



Rotary Club of Santa Rosa West

Bulletin for March 3, 2008

Keeping in Step

with John Hollander, D.P.M. and Alanna Wargula, D.P.M.

By Anne Abrams

Preliminaries



President Fred Zmarzly welcomed everyone to the March 3 meeting at St. Rose with a photo opportunity provided by Jim's camera.

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Coming Up:

3/10 - SMARTRAIN, Chris
Coursey

3/17 - Special ST. PATRICK
Meeting

3/24 - Jerry Johnson - Safari
West

3/31 - Katherine Barnet – Savory
Magazine

The Pledge: Pledge was lead by Mr Henry "Von" **Von der Mehden** sitting at the front tables.

The Rotary Moment: **Bill Fisher** offered the following Rotary Moment:

"The idea that you can merchandise candidates for high office like breakfast cereal- that you can gather votes like box tops- is, I think, the ultimate indignity to the democratic process." Adlai Stevenson

Our faithful catering crew once again prepared a sumptuous meal (hey I sure thought they were Generous with the thick cuts of roast beef, and most everyone at my table remarked that it tasted pretty good too! It didn't take any encouragement for our members to start the feeding conga line either!



Thanks to the following Rotarians for their assistance with today's meeting:

Secretary: **Janet Coddling**,

Cashier: **Bob Zeni**,

Greeter: **Ken Dansie**,

Tickets: **Scott Bartley**,

Rotary Moment: **Bill Fisher**,

Bulletin: **Anne Abrams**,
 Program: **Will Richards** for **Dave Wattell**, and
 Photographer: **Jim Valinoti**

Visiting Rotarians and Guests: **Tom Farrell** visited from the Sebastopol Club. **Vaughn Held**, manager of Community Resources for Independence was also visiting for today in what was a slim attendance day as half the club is skiing in Colorado apparently.



Sunshine Report:

Among us once again was **John Palmer**. Welcome back **John**. He thanks all who sent cards and good wishes.

Announcements and Such:

The board meeting is Tuesday and all board members are required to attend and all members are welcome. The meeting is at Joseph's in Railroad Square.

John Withers is celebrating his 81 birthday. Happy Birthday, **John!**

Susan Silverman celebrated a birthday on March 2.

Prez Fred thanked **Incoming President David McDonald** for chairing the meeting last week sporting a Three Stooges necktie. **Pres Fred** says he will have to bring back his Jerry Garcia tie one of these days.



David McDonald announced plans for a board retreat for his incoming board next year. Contact **David** for details.

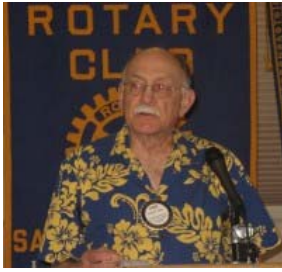
The St. Paddy's Day event will be held Monday evening, March 17, not at noon as was suggested earlier. Apparently green beer and whisky will go over better at that later hour along with some Irish dancing and good fellowship SO BRING YOUR FAVORITE Irish jokes and your spouse.

Our online roster is now up thanks to **Diane Winsby** and **Janet Coddling** and especially **Jim Valinoti** who put in a lot of effort. Check it out.

The board is meeting to decide which charities and organizations to support with this year's record-breaking Crab Feed fundraising event. It will be presented to the board at next meeting and then to the Projects committee for approval.

Craft Talk: Chuck Baker

Chuck Baker, long time member of this club gave a craft talk on his life between college at UC Berkeley and his 24 plus years running A and A Transmissions with wife Barbara. With a degree in Mechanical Engineering he began working at Laurence Livermore Lab before traveling around the world from from Guatemala and Mexico to Hawaii where he worked on machinery for processing sugar cane. When their daughter was born they moved back to mainland US and worked for the second largest employer in Sonoma county designing equipment for processing corn for masa and also in the wine industry.



Recognition

Mike Merrill was fined \$5 for flying a Golf Stream 206 back from a ski trip in the Sierras.

Raffle

Ginny Pitts got a chance at the marble and promised to share with the club her winnings but alas she drew the wrong marble.

Bill Fisher had the ticket for the bottle of wine and the rest of us shooting for that \$600+ in

Prize money lost.....some of us (like your Editor © bigger than others) Evidence, The LOSING tickets!



Program: Keeping in Step with John Hollander, D.P.M. and Alanna Wargula, D.P.M.

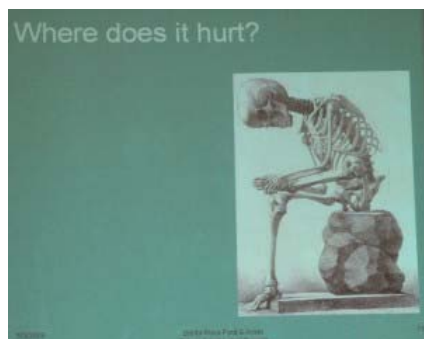
Will Richards introduced our two speakers.

John Hollander, doctor of Podiatry Medicine attended USC and UCSF. He now has a practice in Santa Rosa, the Santa Rosa Foot and Ankle Associates at 990 Sonoma Avenue #18 with his partner **Alanna Wargula**, also a Doctor of Podiatric Medicine. www.SantaRosaFoodandAnkle.com



Dr. Hollander first spoke about some of the misconceptions about what Podiatry is and outlined the education required to obtain a DPM degree.

Dr. Alanna Wargula explained her training to become a DPM beginning with a BA in Kinesiology and body mechanics and four years of Podiatry schooling: 1.5 years of general medical courses before specializing in lower extremities. In August of '07 she joined **Dr. Hollander's** practice. Her specialty is triage.



Their practice serves the very young to the elderly: congenital conditions, repetitive injury from dancing, running, hiking, to fashion queens wearing the wrong shoes,.

Dr. Hollander told the story of one patient who traveled miles to see him for a consultation on a sore foot before he was to undergo 6 hours of surgery to repair the injury. **Dr. Hollander** told him that the problem in his estimation was that he was tying his boot-laces too tight. The guy was upset having traveled so far for this small advice and refused to pay the doctor's fee. **Dr. Hollander** told him to call back if he was correct. A month later he got the call that his advice worked and the foot ailment was cured by corrected lacing technique.

Some other conditions that the clinic treats are: trauma to the foot, neurological conditions brought on by diabetes and other illness, bio mechanical function, arthritis, ingrown toe nails, heal pain and plantar fasciitis.

Dr. Hollander showed several rather graphic slides of disease and injury that he has cured with variety of medical procedures and treatments including surgery and extracorporeal shockwave therapy.

Dr. Hollander in addition to running his clinic also serves our community by volunteering his expertise and service at the Indian Health Clinic on Stony Point Road in Santa Rosa.

Drs. Hollander and **Wargula** ended the presentation with the advice to wear comfortable shoes to assure good foot and ankle health. What is a good brand of shoe? They recommend a correctly fitting shoe that is comfortable regardless of brand name.

I wonder if this theory applies to Presidential candidates?!

Have a good week.

Your Bulletin Reporter:

Anne Abrams



Your Bulletin Editor:

Jim Valinoti

