

Rotary Club of Santa Rosa West

Bulletin for November 30, 2009 All About Acupuncture

By David McDonald

Preliminaries



President Susan rings the bell at 12:30.

Joe Perez leads us all in the Pledge. Bill Dodson gives us a Rotary Moment on Leadership. And Bo tells us a joke with a great Italian accent.

We had NO visiting Rotarians, BUT we did have visitors! Tracy's guest today was Barrett Huls, from New York Life. Darcie's guest today was Viola Wong. This was her 2nd visit with us. And Casey brought his dear old dad, Tim. Dale and Teddy brightened the room with there presence.

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Coming Up:

12/14 - Polio, Past District Governor, Larry Myers

12/19 - Christmas Party

12/21 - Dr. Mary Bates, Boys and Girls Club, Santa Rosa

12/28 - DARK

1/4 - Petaluma History, Katherine Rinehart

1/11 - Club Assembly

1/30/10 - [Crab Feed](#)



Announcements & Such

The Club's Christmas Party is at Pres. Susan's on the 19th

Doug Angelo talked about the Annual Bell Ringing at Coddington on Dec. 18th; the sign up sheet is full, way to go team!



Past District Governor and Rotarian extraordinaire **Mike Merrill** gave a brief (and I'm sure that was hard for him) talk on The Festival of Brotherhood. It started 14 years ago with District 4150 in Mexico and has funded \$1.3M in projects so far. Some of these projects were in our District as well. We are doing 3 more projects and with all clubs donating there will be about \$12K to \$15K for

- 1) Clean Water
- 2) Agricultural High School
- 3) Special Kitchen for nutrition

The trip is 7-9 days and you will make a REAL difference in the lives of others. This is real "Hands on Rotary."

Casey, Janet and **Tracy** talked about the Crab Feed (January 30th for those of you not paying attention). **Joe Perez** donated a plane ride and the afore mentioned **Mike Merrill** donated his house in Nevada City. Other good news, ALL of the baskets were taken last week.....so fill 'em up and bring 'em back! We are also receiving donations for the 12 months of dining. Please help distribute the donation request letters. I have it on good authority that they cold-called Montgomery Village with the letters and did very well. Can we do no less?

Janet has been getting out tickets... 310 so far. For \$75 you get your Biz card in the program and projected on the screen!! Get the artwork to **Tracy!**

Getting to Know You



Chris Rosell was the "get to know your fellow club members" speaker and he has a tricky driveway. He was born in OK and grew up in CO. In '85 he was here vacationing with family and liked it so much he moved here. In '89 he was on the 4th floor of a parking garage when Loma Prieta hit; not something he cares to repeat. (I wonder if he was second guessing his decision while he was going thru that??) **Chris** has 3 daughters; **Michelle** 28, **Nicole** 24 and **Daniel** 20 and has a degree in Economics. He has been in banking for his whole adult life. He loves the outdoors, biking, kayaking etc. And his 2nd home is in WA on the San Juan Islands. He is proud and happy to be a Rotarian. Afterall, Rotarian **Terry Price** introduced him to his lovely wife Susan. Way to go **Chris!!**

And the winner is...

Raffle was \$750 bucks and 5 marbles; Secretary **Jim Hinton** had the right ticket but not the right marble. **Joe Perez** won the wine! (There is no truth to the rumor that he was seen sitting in his car after the meeting drinking it).



Program: All About Acupuncture

Matt introduced our speaker **Erin Prucha**. **Erin** is an Acupuncturist who trained in NM and received a "Master of Science" degree. She worked for Royal Caribbean before setting up shop on 2nd St., here in Santa Rosa.



In 1972 Acupuncture became legal in California and now is the fastest growing movement in the healthcare industry.

In 1996 the needles used became a class 2 medical device. They are about the width of a human hair and disposable. Acupuncture works with Western medicine, not instead of it and is over 3,000 years old.

Traditional Chinese Medicine is broken down into 5 Categories: Acupuncture, Chinese Herbs, Nutritional Therapy, Massage Therapy, Tai Chi and Chi Gong Exercises.

The WHO found Acupuncture to be an effective treatment of: Stress, Digestion, Respiratory, Pain and women's health. Other benefits include augmentation of the immune system during treatment (stimulates white blood cell production, endorphins, including serotonin; and an increase in circulation).



Some basic differences between and Western Medicine are:

East: Focus on prevention and wellness, and root cause of the problem.

West: Focus on emergency care and treating symptoms.

Health is a balance between the yin and the yang (day/night) the goal is to achieve Homeostasis.

Questions???

Susan asked if it would help a snoring husband. No (TMI)

Joe Perez asked how long the schooling was. 4 years and she is Board Certified.

Chris Rosell asked about treatment frequency. Usually about 10 visits.

Pam David asked about helping with tinnitus. Yes

Von asked about helping with nerve numbness. Yes

Anne Abrams asked how old her youngest patient was. 9 treated for nightmares.

Closing note... Sonoma County has the highest number of acupuncturists per capita than anywhere in the world.

Erin got a bottle of wine and the bell was rung at 1:30 sharp. The room was empty shortly after that.

Merry Christmas!!!

Bulletin Reporter:

David McDonald



Bulletin Editor:

Jim Valinoti

