



SERVICE Above Self

ROTARY VOTARY

The Rotary Club of West Chester

Carl-Wilhelm Stenhammar, International President 2005-2006

Bulletin #50

www.WestChesterRotary.us

June 22, 2006

This Week's Program: June 22, 2006
Induction and Classification Talks
Arranged by Sue Casso

Next Week's Program: June 29, 2006
Classification Talks
Arranged by Sue Casso

MINUTES by Fran Luft

President Gary opened the meeting and **Domenic Carnuccio** gave the invocation based on the 4 Way Test.

Visiting Rotarians were Mary Mosley (Sunrise) and Joe Kahn (WEGO). Guests were: Lori Hackler, Daily Local News, Joe, Conchetta, Laura Dallas Burford, Joyce Chester, Katherine Metzker and Whitney Hawkins.

Happy Birthday wishes were extended to **Craig Kalemjian** by **Paula Ott**, to **Frank Reilly** by **Mike Alfonsi**, to **Matt Bradley** by **Charles Streitwieser**, to **Geoff Baker** by **Joe Polito** and to **Faith Wooward** by **Jack Wintermute**.

Happy Bucks: **Steve Godsall-Myers** (son's wedding), **Katie Walker** (Iron Hill Twilight Bicycle Bingo), **Duke Evans** (playing golf with his three sons), **Eric Metzker** (**Dominic**- passed his certification, his daughter and **Annalie Korengel Lorgus**- big sister to his daughter all week), **Chuck Hawkins** (Brighter Future-thanks to all for a successful event).

Announcements: **Gary Hewett** announced that we need to focus on the Chilli Cook Off which is being held October 8th; **Andrew Stump** stated that sponsorships are needed. Please check the website. **Joe Polito** also said that teams are needed to participate. Please complete your applications and hand them in. To date five teams have registered to participate in this event. Spread sheets are on each table indicating each Rotarian's assignments.

Mike Alfonsi announced that the cost to eat lunch has increased to \$12.00 effective July 6th. Another Blue Rocks date will be determined in the near future.

Eric Metzker announced that the Chester County Leadership Connection is looking for individuals for the next session. You learn about non-profit boards. 30 people are in each class.

Annaile Korengel Lorgus announced that overviews of each avenue are on the tables. Please sign up for those committees which you would like to serve on.

Katherine Metzker pulled the 50/50 ticket- the winner **Mac Neilon**.

SPEAKERS REVIEW by Cathy Palmquist

Dave Rayburn introduced our speaker, Eva Zeller an acupuncturist, licensed in Pennsylvania and the U.S., who learned her profession in California and Japan.

Eva said most people are aware of acupuncture's effect on pain. She said that acupuncture was relatively unknown in the western world until the 1960s. During President Nixon's term, an aide had emergency surgery followed by acupuncture and was so amazed by the procedure that he wrote an article for a major magazine, which introduced acupuncture to the west.

What is acupuncture good for? Certainly for relief of pain, said Eva. However, 90 % of all illnesses are made worse by stress, which can be relieved by acupuncture. Then she gave an example, telling about her husband's stress that resulted in a frozen shoulder. After medication and therapy, he was still in pain until she used acupuncture on him. Acupuncture is a sneaky way of getting around stress, she said. And its effects are cumulative. The more you get acupuncture, the more it relieves your pain or stress.

The Chinese and western views of acupuncture are completely different, she said. The Chinese view acupuncture as a function of freeing up the "chi" or pathways which flow through our bodies. The aim of acupuncture is to place the needles where chi has gotten stuck and has interrupted the flow through our bodies.

What can you expect when you go to an

acupuncturist? First you fill out forms that ask strange questions. Then the acupuncturist looks at your tongue before making a diagnosis. Ten to 12 treatments are typical and she treats people with a great variety of health issues, ranging from vertigo to infertility. There are several styles of acupuncture; she practices the Japanese style, having learned her profession through masters' classes in California and in Japan prior to taking her licensing exams.

After you check in, you get on a table and very fine, thin needles are put in your body. Some needles are placed deep, some are placed shallow and some are heated. Treatments typically last from five to 40 minutes and most people feel good and relaxed and many even fall asleep. If any part of the treatment hurts, she advises a person to find another acupuncturist! Treatments typically cost \$60 to \$80. Treatments are not always covered by insurance, so Eva recommends checking with your insurance company and requesting coverage of acupuncture treatments.

EXCHANGE STUDENTS

Virginie Bregeon (France) Henderson
Host Family – Ellen and Mark Morun
416 Crislena Lane 19380 610-344-0205

Sebastian Velez(Ecuador) East HS
Host Family - Steve and Catherine Burch
170 Wm Penn Blvd 19382 610-399-1258

SAVE THE DATE

- June 30 Blue Rocks (need 30 people)
- July 6 President's Picnic 5 PM
- Aug 17 Governor's visit
- Sept 16 District Membership Workshop
- Oct 8 Chili Cook Off
- Nov 18 Foundation Workshop

PRESIDENTIAL PICNIC 2006

Thursday, July 6 at 5:00pm

Annalie's house - 429 W. Union St., WC

Please RSVP by June 30

to 610-692-5055 or lorgusfamily@verizon

HOW TO GET IN TOUCH

Rotary Votary Committee: Faith Woodward,
Publisher. Work: 610-918-3432 Home: 610-
692-5411 Fax: 610-918-3404 e-mail:
fwood@bf.kendal.org.

Mark Sammarone, Vice-Chair and Web site
maintenance. Committee Members: Elizabeth
Guman, Seamus Lavin (Web site), Fran Luft,
Eric Metzker, Cathy Palmquist, and Joe Polito

2006 GUNDAKER FUNDRAISING CAMPAIGN

The Gundaker spring campaign is off to an excellent start, with over 57% of our club members having made a donation already. I would like to recognize the following Rotarians for their support of the Gundaker Foundation this year:

Duncan Smith, Jeannie McGinn, Bunny Welsh, Irvie Hoffman, Bill Gotwals, Paul Woodruff, Joe Cunnane, Fran Luft, Mike Alfonsi, Michelle Venema, Elizabeth Guman, Bill Bunch, Carol Metzker, Eric Metzker, Jeanne Oakes, Quigley Steve, Larry Richards, Bob Poole, Linda Hicks, Ann Mintz, Dave Rayburn, Patty Jefferis, Duke Evans, John Schwab, David Wood, Lee Bunting, Joe DellaVecchia, Jim Stuart, Alan Elko, Bill Winters, Clint Wiggins, Bert Volger, Vernon Brewer, Howard Johns, Matt Bradley, Christina McCawley, Jack Cording, David Biffen, Cathy Palmquist, Carol Hanson, John Olszewski, Rich Kauffman, Madeleine Adler, Frank Reilly, Gary Hewitt, Gary Hess, Adrienne Masak, Carl Werner, Vic Abdala, Charles Streitwieser, Phoebe Kitson-Davis, Norman Skillman, Joe Hamel, Bill Ronayne, Bill Hess, Jim Lees, Victoria Dow, Don Stonestrom, Geoff Baker, Mac Neilon, Steve Founds, Sue Casso, Grant Nelson, Linda Antonowich, Paula Ott, Bob Frame, Faith Woodward, Jack Wintermute, Bob Crow, Joanne Tadeo, and Kevin Quinn.

Thanks again to all of these Rotarians for generously supporting our District's Foundation.

**BOARD OF DIRECTORS –
THE ROTARY CLUB OF WEST CHESTER -
DISTRICT 7450**

P. Gary Hewitt, President; Annalie Korengel-Lorgus, President-Elect; Gary Hess, Vice-President; Steve Quigley, Past President; Patricia Kotsay, Secretary; Victoria Dow, Assistant Secretary; M. Robert Clarke, Treasurer; Steve Karp, Sergeant At Arms; Mike Alfonsi, Assistant Sergeant At Arms. Board Members: Vic Abdala, Bob Frame, Joe Hamel, Rich Kaufmann, Carol Metzker, Bill Ronayne, and Joanne Tadeo.

Bob Lankin, District Governor
Robert Poole, III, M.D., P. D.G. 1980-1981