



# ROTARY VOTARY

The Rotary Club of West Chester  
Dong Kurn Lee, International President 2008-2009

**Make Dreams Real** Bulletin #28 [www.WestChesterRotary.us](http://www.WestChesterRotary.us) February 5, 2009

**This Week's Program: February 5, 2009**  
**Ned Hector, Patriot (Black History Month)**  
**Speaker: Noah Lewis**  
**Arranged by Dave Biffen**

**Next Week's Program: February 12, 2009**  
**Rabbi Sue Greenberg**  
**Kristallnacht**  
**Arranged by Dave Biffen**

### **MINUTES by Elizabeth Guman**

**President Steve** opened the meeting with the ringing of the bell. **Ken Hickman** offered the invocation. **President Steve** then realized that he had made a terrible error and had rung the Lion's bell. So he switched bells and rang the Rotary bell. Thus the meeting officially started!

We had 5 visiting Rotarians with us: Ash Smith, John Saling, Gary Miller, Dan Thompkins and Mike O'Rourke. And a bunch of visitors (hope I got them all!): Winie Stroud, Jane Anthony, Mary Spaquoli, Dominic Carnucio, Vic Abdula, Jackie Stancato, Debra Spar, Pam Constanzi, Keisha Dunbar, Kim Stancato, and Carolyn Comitta.

**Joe Polito** wished **Adrienne Masak Rozier** a happy birthday and **Sue Casso Rogers** wished **Conchetta Schiattarella** a happy birthday.

Announcements: **Joe Polito** shared about Operation Warm. This year our club had budgeted \$1000 for coats. We bought 57 coats for kids identified as having a need by the school caseworkers. Jane Anthony (one of our guests) helped with the project and managed to get Fox & Roach charities to participate by contributing \$876. So it only cost our club \$124. Way to multiply our monies—thanks, Jane! **Sue Casso Rogers** announced a Membership Committee meeting following the regular meeting.

**Dave Wood** announced the Distinguished Vocational Service Award winner: Tony Stancato. Dave explained the multitude of ways that Tony has served our community both through his professional work and his volunteer work. A few highlights: building affordable housing (with his partner,

our friend Vic Abdula), serving on the Republican Committee for 6 years (4 as chair), leading a team of 38 to Katrina, and working with youth through the Young Life program. John Schwab offered his experience with Tony when John worked on the Planning Committee for East Fallowfield Township. John confirmed that Tony was the finest of developers and was always committed to doing the right thing.

Next we had 4 students from the West Chester University Student Government Association. You may remember them through their claim to fame as the makers of the WC RaRa chili that won the Peoples' Choice Award at our Chili Cookoff. They had received their award check and collectively decided that they wanted the money to go back to the community and decided that who better to give it to than the Rotary Club! Two of the students are graduating in May and will consider membership in Rotary wherever they settle.

And last but not least **Cristina Combee** and **Elizabeth Guman** kicked off the Fruit Sale Contest. Cristina explained the numerous ways club members can receive points (helping out, handing in fruit slips early and often, selling at least one more case than last year.) Elizabeth asked trivia questions for points. The trickiest question was who originate the fruit sale name "The Taste of Florida" (**Don Stonestrom**). Sell Fruit!!

### **SPEAKERS REVIEW by Matt Bradley**

Thomas Burgoon, MD gave an introduction to medical acupuncture. Dr. Burgoon is third generation physician, with both parents having been in the field. He attended Villanova University and Vanderbilt

Medical School. After practicing for 5 years he began heading in the direction of acupuncture. In a year or two will have earned his second MD, in Chinese medicine. He is particularly adept at comparing and contrasting western and eastern medicine.

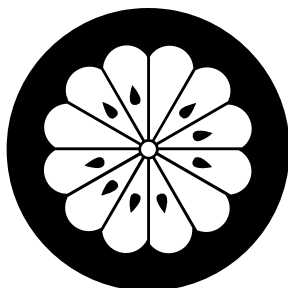
Acupuncture is Latin for "puncture the skin." The needles used are solid and thin, and shaped like sewing needles not hypodermic needles. Because of their shape they do not break the skin. The ancient Chinese first described the body as being made up of dual matter and that energy flows through the body. Eastern and western medicine do not agree on this. Where they do agree is that it works. The ancient Chinese developed procedures for addressing neck and back pain as well as herniated discs. They also identified points on the outside of the body to treat internal illnesses. While modern medicine is understood through the study of molecular biology, Chinese medicine views man as an ecosystem.

Western doctors became interested in acupuncture when studies on animals proved effectiveness. Study results were published in JAMA in the late 1990's, resulting in further acceptance of the methods. Acupuncture is a good alternative to the use of steroids for pain medication because it comes without the potential side effects.

Acupuncture should be used as a first option rather than as a last resort. Some symptoms can get worse during treatment, but this is o.k. Treatment should begin early when symptoms first arise rather than waiting until they progress and become more of a problem.

Dr. Burgoon believes that acupuncture and traditional Chinese medicine are a treasure of clinical experience and knowledge.

SELL FRUIT!



### THANK YOU

Copies of the Votary are provided at our meeting by **Sue Casso Rogers** of Custom Printing and Promotions.

### SAVE THE DATE

Feb 12 Board Meeting  
Feb 21 Habitat for Humanity work date  
Apr 17-19 District Conference  
Check out the Rotary Calendar of events at <http://www.westchesterrotary.us/clubcalendar.htm>

**Add events:**

**[calendar@westchesterrotary.us](mailto:calendar@westchesterrotary.us)**

### EXCHANGE STUDENT

Anri (pronounced Anli) Izui at Henderson HS  
Hosts: Eric and Susan Aaldenberg  
129 Bantery Rd. W C19380  
610-436-1615  
Anri Cell Phone: (610) 400-7432

### THE ROTARY CLUB BOARD of DIRECTORS

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