

# Soundings

July 23, 2009

Song Leader.....Barbara Clark  
Pledge of Allegiance.....Hugh O’Kane  
Invocation.....David Miller

♪ **GOD BLESS AMERICA** ♪

God bless America, Land that I love.  
Stand beside her, and guide her  
Through the night with a light from above.  
Form the mountains, to the prairies  
To the oceans white with foam.  
God bless America  
My home, sweet home.  
God bless America  
My home, sweet home.

**TODAY’S PROGRAM  
ECONOMIC IMPACTS ON  
NON-PROFITS  
JILL BRIGGS, MARY BRIGGS,  
KATHI BATESON, DENISE SPENCER**

**Upcoming Programs**

July 30.....Dr. Thomas Leitzel  
TCL: Connecting the Dots  
August 6.....Eddie Maple  
Secretariat’s Last Ride  
August 13.....Alan Walters  
District 7770 District Governor

**ROTARY CUSTOMS AND TRADITIONS**

“Visits by the District Governor, Assistant Governor, and their partners should be treated as special occasions. A member should be assigned to them, act as an aide (host), and introduce them to others. They should never be left alone. Every member should make an effort to acknowledge their presence and extend appreciation for their attending.”

**Family of Rotary  
Birthdays**

Rick Carr.....July 24

Nick Mihelic.....July 25  
John Wilson.....July 27  
Gloria Shoemaker.....July 29

**Anniversaries**

Michael and Monica Putich.....July 24  
Garst and Shannon Reese.....July 26  
Todd and Sarah Brooks.....July 29  
Louis and Mary Seikel.....July 29

**Upcoming Events**

August 13.....Rotary After Hours  
Riverside @ Belfair  
October 3.....Heel to Toe for Polio  
Area Clubs' Polio Fund Raiser Walk

**DISTRICT GOVERNOR VISIT**

On August 13, the District Governor, Alan Walters will be visiting our Club and presenting his program for the new Rotary year. This meeting will not only be special because of his presence, but will be a unique time of having the members of the Sunset and VanLandingham Clubs joining us for a joint "3-Club Meeting". You'll want to be sure to be here to make a good showing for our Club and to get to know these fellow Rotarians. Put the date on your calendar and think about bringing a guest who may be a potential member. What a great meeting to use to introduce your guest to the power of Rotary and the District plans for this year.

**HEEL TO TOE FOR POLIO**

In a concerted effort to meet our collective commitments to Polio Plus for this year, all 5 area Rotary Clubs are joining to present a beach walk on Saturday, October 3, called Heel to Toe for Polio. It will begin at the Coligney beach at 8AM. Our goal is to get 100 walkers from each Club. Walkers pay \$15 to participate, then get others to donate money for their distance. One ambitious walker is already trying to determine how he can literally walk from the Heel to the Toe of HHI. Round up the kids, the dogs, and friends to join you: it's a great social time, it's healthy for you, and it's for a worldwide cause. We'll soon be looking for sponsors and participants, so please set that date aside and join the fun.

**HEALTH AND WELLNESS OR  
JUST DISEASE CONTROL??**

Dr Tracy Gaudet presented, "Quakery or the Wave of the Future?" She was brought to the Lowcountry by Beaufort Memorial Hospital to present a women's health seminar just prior to the show, "Menopause The Musical" at the Arts Center. We had the pleasure of listening and learning about this holistic approach to health care. Her energy and dynamic attitude was contagious.



Dr. Gaudet is the Executive Director of Integrative Medicine at Duke University. She defined Integrative Medicine as CAM: Complimentary and Alternative Medicine or non-traditional medicine. The National Institute of Health listed five categories of Alternative Medicine and they are as follows: Biological Based Therapies, Manipulative Based Therapies, Mind Body Based Therapies, Energy Based Therapies, and Whole System Therapies.

In 1990, a survey showed that 34% of all Americans use CAM. In 1997, 40% of all Americans used CAM and in 2002 that number increased to 49.8%. She shared that patients are using CAM because CAM "was more congruent with their own beliefs, values and philosophical orientations towards health and life.

She explained the difference between traditional medicine and integrative care. Traditional care is disease oriented, symptoms are treated, doctors tend to find it and fix it and it is reactive. Integrative care is health oriented; more prevention oriented than disease treatment oriented. Symptoms are treated considering the impact on the whole person; doctors identify risk and minimize it; and it is proactive.

She said that the center at Duke has several distinctions: Planning for health, focusing on healing and whole person strategies, supporting behavior changes and coordinating care across time. Dr Gaudet's approach to life and her career was very educational and enlightening.

*—Amanda O’Nan—*

### **WHERE ARE THEY?**

At this time, 10% of our Club members are on a Leave of Absence. Reasons range from the poor economy to ill health to work projects taking them out of the area. I’m sure all of them would welcome a call or some communication from a fellow Rotarian to let them know that we notice that they are not here, and that we miss their presence with us. Consider inviting them to lunch—maybe as your guest—offer to pick them up to bring them. Your effort may be instrumental in encouraging them to return when they are able rather than resigning. Please take a moment to extend a friendly greeting to :

***Peter Cooper, Todd Brooks, George Flathmann, Linda Fraser, Dan Gafgen, Bruce Goff, Blake Hampton, Mark Haycock, Andy Klepchick, Donice Krepps, Bill Pollard, Gloria Shoemaker, Bob Verhey, and Ray Westmoreland.***

If you don’t have a phone number or e-mail, ask Linda.

### ***Goal Corner***

*Member Goal...6/30/2010.....151*

*Current Active Members.....144*

*AR&R 2010 Goal .....\$250,000*

*Current total.....56.1%.....\$140,161*