

## YOU CAN MAKE UP AT THESE LOCAL ROTARY CLUBS

**Monday:** Largo, Noon at Alfano's Restaurant

**Tuesday:** Clearwater Countryside, 7:30 AM, Countryside Country Club

**Wednesday:** Dunedin North, 7:30 AM, Dunedin Country Club

Palm Harbor Rotary, 12:15 lunch at Innisbrook

**Thursday:** Tarpon Springs, 12:15 PM, Tarpon Springs Yacht Club

**Friday:** Safety Harbor, 7:30 AM, Safety Harbor Spa

A complete list of all District 6950 Rotary Clubs is available at

[www.Rotary6950.org](http://www.Rotary6950.org).

Visit Your Club Website - [www.DunedinRotary.com](http://www.DunedinRotary.com)

### Next Meeting Agenda

*Invocation* - Don Gage

*Classification Minute* - Carl Keltner

*Joke* - Bob Isham

*Speaker* - Deborah Clark - Supervisor of Elections



### Gulf Breeze Volunteers

Editor - Bill Francisco

Reporters: Sarah McCallum & Tara Jacobsen

Photographer - Sue Thomas

### Upcoming Rotary Events

**February 11 - 60th Anniversary Reception**

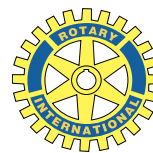
**March 8 - Dunedin Pub Crawl**

**March 24 - Rotary North Lobster Bake**

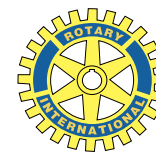
**March 31 - Blue Jays Game**

### WANTED

Let's go shopping for a supermarket manager. Our club does not have one as a member. Invite one to a Tuesday luncheon as your guest at our expense.



# Gulf Breeze



The Rotary Club of Dunedin Florida

Tuesday, January 30, 2007

## Acupuncture and Holistic Medicine



Our Club was treated to an informative presentation from Dr. Mary Riggins about the benefits of Acupuncture and Holistic Medicine.

Dr. Riggins explained that Eastern medicine techniques are quite different from the practice of the Western medicine that most of us are familiar with. According to Dr. Riggins, Western medicine is about balancing the body through chemistry or medication, and involves treating the symptoms presented by the patient. For example if you have a headache you take Tylenol, (or "Vitamin T" as Dr. Riggins calls it,) your headache goes away and you are symptom free, but the issue that brought on your headache remains untreated and there is little

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**BLOOD DRIVE HERE TODAY.  
IF YOU CAN GIVE, PLEASE DO!**

## Rotarian Pat Rawlings Classification Minute

Pat Rawlings moved to Florida in 1954 from Arlington, Virginia. Pat shared with us some of the insights she has gained as a Long Term Care Insurance Agent. Pat says that planning for your future healthcare is of the utmost importance and if left to chance the costs of care can financially devastate a family and greatly effect what assets are available to pass down to heirs.

Because women usually live longer than men long term care planning is even more important for women. In most cases a woman will be the care giver for her husband, but who will take care of her? According to Pat 70% of seniors living below the poverty line are women and 75% of all patients over 65 in nursing homes are women.

Pat says that everyone should consider the need for long term care insurance.

**Congratulations to Julia Linn and Jack Bakeman** who both graduated from the Rotary Leadership International - Leadership School last week. Ray Kingsbury and Don Gage have completed two classes and are only one step away from graduating. Julia Linn says she plans to continue the courses she described as "a great program" so she can become an official trainer.

**Guests:** Rotarians: Barry Poppel from New York; Randy Murrel from Wilmington, Delaware; Pete Pearson from Belfast, Maine; John Mueller from Michigan; Elmer Olson from London, Ohio; Ed Steinbrecker from Colorado and Bob Wheeler – Gostown, New Hampshire. Ret. Brigadier General Pete Chiffarri was a guest of Ken Rejko.

**Happy Bucks:** Bill Francisco for Ted and Rose Napp being winners of Beatrice Donoghue Delightful Dunedin Award by the Chamber of Commerce and thanks to Chamber of Commerce for \$500 donation to our Club's 60th Anniversary Scholarship Campaign. Lynn Wargo for Ted and Rose Napp, Cheryl Wade as outgoing President of the Chamber and Kevin Donoghue for being the MC at the Chamber event. Sue Thomas for Ann Kennedy and Becky Eggers for saving the day at the Friends of the Library Luncheon by bringing tablecloths and napkins; Carol Lushear for the Indianapolis Colts going to the Super Bowl and Charlie Harris for history being made with two African American coaches leading their teams to the Super Bowl.

There is \$248 in the 50/50 pot.

**DRUG TRAIL: A VIEW INTO ANOTHER WORLD (Continued)**

exploration to find the underlying cause of the headache.

Dr. Riggins said that symptoms like headaches, aches and pains and other seemingly small problems are actually our body's way of telling us that something is out of balance and we need a tune up. Eastern medicine practices would approach and treat a headache very differently, as the aim is not to simply relieve the headache, but to find the imbalance in the body that is causing the headache and restoring that balance so that the body can correct itself thereby alleviating the symptoms. Dr. Riggins said that it is important to listen to our body, (as opposed to simply masking symptoms with medicine) when it is communicating with us so that we can address health issues long before they present as disease. Also it is important to be fully aware of the potential negative effects of too much medication. As Dr. Riggins shared with us, 1 out of 5 patients receiving dialysis is there because of an over-

use of pain medicines like Tylenol.

Dr. Riggins' practice uses a combination of Chinese herbs, acupuncture and advanced body work to evaluate and balance the energy fields in the body, treating the whole person and not just a symptom. Dr. Riggins said that people today are quick to take a medicine to get relief and just are not aware that something as seemingly as benign as Tylenol can have devastating consequences when used over a life time.

In recent years Eastern medicine practices have become more common among U.S. patients as more and more people seek answers beyond their general physician. Dr. Riggins said that her purpose is to share her education and knowledge with as many people as possible to help people be better stewards of their health. When it comes to medicine and your health it pays to do your homework and understand the benefits and potential negative effects of any treatment prescribed.



**MEETING AGENDA**

**January 30, 2007**

- Invocation - Carol Ketterhagen
- Pledge of Alligence
- Joke - Sue Thomas
- Classification Minute - Julia Linn
- Introduction of Guests
- Happy Bucks & 50/50
- Announcements

Speaker - *Rotarian Bill Lewis, Learning to Fly at 70*



**Downtown Dunedin Pub Crawl II**  
**Location: Bellini Restaurant (first stop)**  
**When: Thursday, March 8, 5:30pm**

It's baaaack!!! Join us on Thursday, March 8, for the Downtown Dunedin Pub Crawl, Part II. The second coming of this fun-raiser will once again benefit the Dunedin Rotary Club. For a \$25 donation, you'll receive one free drink (beer or non-alcoholic alternative) at each of five great downtown restaurants/bars that will give you a true taste of the exciting night life in downtown Dunedin. Each stop on the pub crawl will also include light snacks. Sponsored by Miller Lite, Skip Cline Young Leadership Society of the Morton Plant Mease Foundation, and each of the fantastic restaurants/bars you'll enjoy!

Event starts at 5:30pm and the pub crawl route will be:

1. Bellini Restaurant - 487 Main Street
2. Flanagan's Irish Pub - 465 Main Street
3. Skip's Bar & Grill - 371 Main Street
4. Chic-a-Boom Room - 319 Main Street
5. Dunedin Brewery & Snug Pub - 937 Douglas Avenue

RSVP is required as space is limited, but please spread the word by inviting your friends! Payment by check (in advance or at the door) or by cash at the door (do not mail cash). Make checks payable to Dunedin Rotary Club and mail to Dunedin Rotary Club - Pub Crawl, PO Box 1153 Dunedin, FL 34697-1153. The Dunedin Rotary Club is a 501(c)3 non-profit organization.