



the SPLINTER

CLUB 470 * DISTRICT 5160 * ORGANIZED APRIL 29, 1926
www.rotary5160.org

MEETING DATE: September 1, 2015
www.woodlandrotary.org



Today's Meeting

The first day of September, the sun is out, the kids are back in school, and all is well. Our **President, Kris Kristensen** rang the meeting to order at precisely 12:15. **Linda Konietzko** led us in the pledge and **Marque Fiya** led the Rotary song.

Visiting Rotarians/Guests

No visiting Rotarians.

Our only guest was **Ernie Hodges**, recently retired from Farm Credit West, but not yet into shorts mode.



Announcements

Kris thanked **Shawn Seyk** who was apparently still out in the field delivering for Meals on Wheels (I don't know who is in charge of this program now for our club (used to be Mahlon Whittle) but it is something we have been doing for a very long time and is a great community service).

Remember to write down your good deeds and put them in the District Governor's Random Acts of Kindness box.

Dona Mast continues to be on the mend. I know she knows, but the club misses her (including this editor) and hope that she is soon back with us on Tuesdays. Dona would like to hear from you. Her e-mail is donamast@gmail.com and her number is 530-787-3206.

Contact **Jim Taylor**, jtaylor@potter-taylor.com, or **Steve Venables** for information and reservations for the UC Davis football game on October 10. \$40/seat.

The Woodland Rotary Club Endowment Board positions have been filled. **Clyde Brooker** has scheduled an Endowment Board meeting after the club meeting on September 15.

Lori Ross paid \$6.00 because 6 people saw her hidden message in last week's Splinter. Now I know that more than six of you read this **very** captivating weekly missive. Lori was also pleased to talk about the Woodland United Way Campaign Launch held last Monday at Freeman Park. Over 200 people were in attendance and 20 non-profits set up booths with information.

Jonathon Leckey, our newest member, attended the event and won the 50/50 raffle. He won \$200 and the Yolo County Children's Alliance won \$200. Congrats Jonathon!

Dan Stroski is looking for three fit Rotarians to help on a project. The Yolo County DA's office and Woodland Rotary are teaming up to provide document shredding at two locations. The Rotarians will be lifting the bags or boxes to the shredding machine. Sounds like a good project and hopefully will prevent a few identity thefts... The dates are September 18 from 9:45-1:45 at the Woodland Costco and at Wild Wings on September 28 from 9:00-12:00. Let Dan know if you can help.

The Woodland Sunrise Salmon BBQ is on October 3, 6:00-10:00 p.m. at Holy Rosary School.

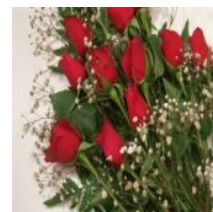
<http://portal.clubrunner.ca/9144/Page/salmon-bbq>



Birthdays and Anniversaries

There were no Birthdays to celebrate. Apparently the first part of January is just too cold.

Jonathon Leckey dodged a very close bullet. Seems he was sure his two year anniversary was the 14th of September but was then casually informed that it was actually a week earlier. Jonathon is scrambling.



Les Engelmann has celebrated 46 more anniversaries than Jonathon and I know has never once forgot. It was 48 years ago in Joliet, Illinois.

Tim Pettit will be celebrating the 12th anniversary of his wedding in Murphys, California.

Recognition

George Berrettoni was tasked with helping Mr. **Gary Bunch** fill in his little boxes of "recognition" payments (fines) and decided that since California is the #1 Agricultural State in the United States of America he would school us on ag facts and figures.

But first, willing volunteers stepped up with their Happy Time payments. **Tabb Randolph** was happy that he brought home about 250 pounds of halibut and salmon from a successful fishing trip to Alaska. He was less happy about his round trip to George Fox.

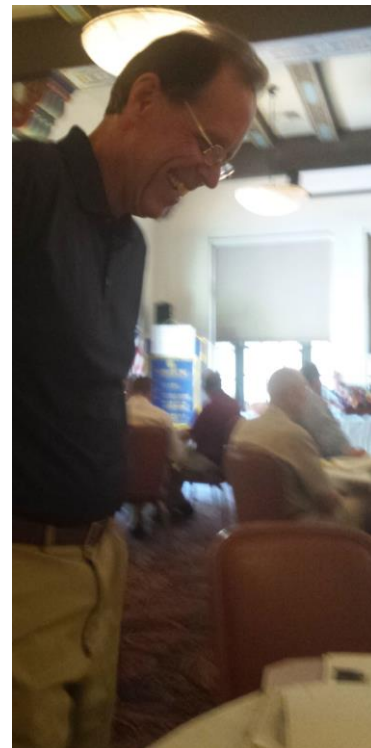
Frank Gardner wants **Dona Mast** to hurry back to our meetings.

Don Huff, Jr., Frank Gardner, Carl Rodegerdts and **Marc Faye** have been in the club longer than George. They all didn't have to pay as George was just confirming the fact that he is the fifth longest surviving member. Gentlemen, I would keep your head on a swivel. He may want to move up in the ranking.

Roger Kohlmeier, when asked about the 49ers so far, said he liked the defense. 'Nuff said.

Marc Faye was happy that his name was spelled correctly once in the last Splinter. Twice today...booyah!

Kevin Haarberg said he wasn't looking for any tall buildings due to the stock market declines of late. It'll be fine, we've been here before...



Mr. Bunch looking over his records (is he sporting a soul patch?)

Now to the Ag questions:

Scott Johnston didn't know that the largest ag sector in dollars in California is the dairy business. **Tim Pettit** guessed wrong on how many farms there are in California. Official estimate is 77,900, but I'm thinking they're including back yard gardens in that total. Your correspondent correctly named Iowa as the #2 Ag State in the country. **Christian Sherrill** didn't know (and probably no one else in California knows) that pecans were way up and oats were way down last year. **Gary Wirth** knew that almonds ("amonds") were the number two crop in the state. Jenny Green didn't know that Cattle/Calves were #4 and **Carl Rodegerdts** was stumped about the ranking of "other poultry", which apparently doesn't include squab.



Rags to Riches

The pot is \$233 with 22 cards left. But first, there was a frozen chicken to be raffled off... yum. **Kris Kristensen** was the lucky winner of the foul. **Tom Schwarzgruber** was thankful that he didn't win the chicken but did get his number drawn next for the big money. Alas, he won a free lunch (chicken?).

Today's Program

Jim Nolan introduced the program for the day, our own **Dr. Christian Sherrill, D.C., Q.M.E.**



Christian was born in San Leandro, grew up in Cupertino, and graduated with honors from the University of California, Santa Barbara with a degree in Behavioral Neuroscience. He then went on to Palmer Chiropractic West in San Jose where, after four years of study and clinical rotations, he earned his Doctor of Chiropractic

degree. While at Palmer, he met his now wife, Holidae Barrow, from Woodland, who is also a Chiropractor. In 2003 they opened Premier Chiropractic and in 2004 Christian joined the Woodland Rotary Club. In 2006 they opened the Pilates Studio and became Premier Chiropractic & Pilates. Holidae and Christian have two sons, Luke, age 7, and Cohen, age 4.

Christian spoke to us about his mission to improve the Quality of Life for his patients (and keep **George Berrettoni** awake for the next 30 minutes). Health care is rapidly changing and the change is accelerating year by year. Christian's goals are to help you feel better and help your

employees feel better which saves your business money by having fewer medical problems and absences.

According to a Global Burden of Disease study (funded by the Bill and Melinda Gates Foundation), back pain is the number one cause of 'years lived with disability' ("YLDs") worldwide; neck pain is also a common contributor to years lived with disability. Musculoskeletal disorders ranged from 9.6% of YLDs to 28.9% of YLDs and lower back pain was the leading cause of YLDs in 86 countries and the second or third leading cause in 67 countries.

Christian emphasized our good and bad habits related to our musculoskeletal system. For instance, bad posture, or as he called it, Upper Cross Syndrome. This is standing with your hips and head forward and your back arched. This type of posture can lead to headaches, pinched nerves, neck pain, numbness in your arms and other symptoms. His practice endeavors to correct those bad habits with adjustments, stretching, exercising, and laser treatments.

Their practice also has about 25% of their space devoted to Pilates. He is an advocate of the Pilates regimen because they can isolate muscle groups for stretching and strength training to improve your overall health, lessen your years lived with disability and therefore improve your overall outlook on life.

Upcoming Programs

September 8: Dr. Halima Karim, Dr. Sheikh Salim, and Dr. James Cullor, **Introduction to Humanity Beyond Barriers (HBB), Inc; Implementing and Sustaining A One Health Program in Bangladesh.** <http://www.humanitybeyondbarriers.org>

September 15: Jim Hilliard and Sean Denny, Woodland City Councilmembers, **Downtown Revitalization.** <http://www.cityofwoodland.org/gov/cityhall/council/>

September 22: Kevin Vaziri, President, Woodland Healthcare, and Dean Ward, Vice President of Operations, Dignity Health Medical Foundation, Woodland/Davis; **Recent Developments at Woodland Healthcare.**

September 29: Kent Smith, California Dept. Fish & Wildlife (Ret.); **Sierra Conservancy, Who They Are, What They Do.** <http://www.sierranevada.ca.gov/>