



the SPLINTER

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

MEETING DATE: October 9, 2018
www.woodlandrotary.org



Today's Meeting In Mike Chandler's absence, past president Peter Holmes led the meeting. Lacey led the Pledge of Allegiance. Stalwarts Steve, Mark, and Clancy led the Rotary Grace. Note to members: please let the singers pitch the song!

Visiting Rotarians/Guests



Ute Turner was visiting from the Luna Vista club. She's a Rotary Past President and a past District Governor.

Our speaker Thomas Wendt is a member of the Sunrise club.



Announcements

Gary Wegener and his wife Joanie did Meals on Wheels.
Clancy did Set-up.
Barbara did the Splinter.

We received a thank-you for the \$5,050 we raised for the Carr Fire.
A work day was scheduled for Saturday October 12 from 9-12 at the playground.

The meeting on October 16 will feature on panel on homelessness in Woodland. It will likely last more than the normal amount of time.

A reminder again that people are needed to volunteer to help at the World War I parade on November 10. There will also be a Veterans' Day ceremony on November 11 at the old courthouse.

On October 30, our speaker will be California Secretary of Agriculture Karen Ross.

The Board of Directors will meet November 5.

Tony Delevatti shared that we have been able to obtain the Ag Museum for the auction-dinner Feb. 23. We will be out in the main hall, which fits about 340 people. They're still choosing a caterer.

On October 20, the District 5160 Fall Seminar will be in Fairfield. RSVP via the email you received.

George Berrettoni's service will be on November 3.

Ute passed out flyers for the December 7 Rotary holiday party at the Fairfield Inn. The theme will be the Polar Express. Attire for the event is, according to the flyer, "required." RSVP's are required by November 15. She said it will be a fabulous party, with theme cocktails, and desserts made by members of Luna Vista, who are this year's hosts.

Scott Johnson quipped that they had planned for caroling, but decided against it after hearing our club sing. He said he didn't really know how the salmon barbecue went, but the bartending was fabulous. He thanked those who served.



Birthdays and Anniversaries Our substitute leader didn't have a birthday and anniversary list, and no one admitted to having either one coming up.

Recognition Kevin Haarberg led Recognition.



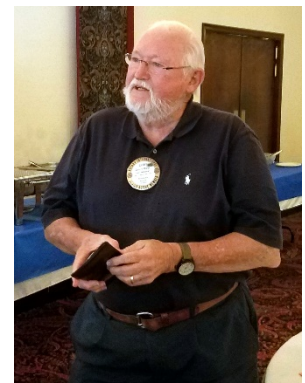
He first fined Mark, Steve, and Clancy for a Rotary Grace below their usual standard. Mark responded that they were trying to show the morning club how it was done, because they don't know how to sing at all.



Don Huff II was happy because they got the rice harvest started, albeit a week late.

Mark Ulrich enjoyed the dinner they had at Gary and Meg Wirth's house. He said they had a fabulous dinner, with lots of wine and lots of fun. He said Gary wore a "tight white shirt", which prompted thanks to Gary for not wearing the shirt at Rotary.

David Janes said he was happy the Supreme Court has its full roster, because neither he nor Abe Lincoln liked empty seats.



Clyde said he was happy to see To Kill a Mockingbird at the Opera House. He said it was due to supporters like Kevin that good performances like that are available here.

Nick's son had a great fifth birthday party at a gymnastics place.

Alan was happy because he just returned from two weeks in Hawaii.

Frank Gardner said he was happy to report he had nothing to report on.

Roger reported on Kevin Waziri. He said he saw him the day before. Surgery was scheduled for today at UC San Francisco. He expects to be home in a couple of weeks. They going up through his nose to operate on the tumor to protect his eyes. The surgeon does three of these surgeries a week. Even though the tumor is benign, it had begun to have effects.

Kevin then asked members what one place that they hadn't yet gone did they want to travel to?

Roger Kohlmeier wants to go to Singapore.

Tabb wants to go to Italy, and they're going in two weeks. It will be his first trip to Europe.

Jim Nolan said he has a trip planned next spring to Vietnam with his two Vietnam veteran brothers.

George Burger said New Zealand was on his bucket list. Now he wants to fish in Alaska.

Tony wants to go to the Adirondacks in New York, and sit back next to a lake and drink wine.

Peter wants to go to the Dolomites and ski in Cortina. So far, his favorite skiing has been in Vail.

Lacey wants to go to Thailand.

Gary Wirth wants to go to Brasilia in Brazil before the jungle closes back in.

Peter used this "President for the day" authority to call on Gary Bunch. Gary wants to see the fall colors in Vermont.

Chuck Moore wants to fish in Glacier Bay.

Jane wants to go to New Zealand.

Barbara wants to go to Morocco.

Jim Taylor wants to go to Newfoundland.

Jason Smith wants to go anywhere tropical for the warm water.

Gary Wegener wants to hike the Cinque Terre in Italy.

Aniek wants to go to Nashville for the music.

Christian said his kids are 10 and 7, so he wants to sit somewhere tropical and have a drink.

Kevin said his wife told him he should take her someone she hadn't been, so he took her to the kitchen.



Rags to Riches Kevin drew the winning card, but the pot continued to grow as he won a free lunch (and tried to blame Christian for directing him to pick the wrong card).



Today's Program

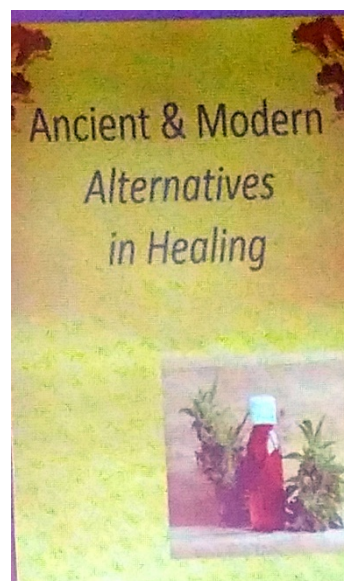
President-Elect Tony Delevati introduced Thomas Wendt. Tom grew up in San Diego, but has lived in Woodland for 39 years. He has two kids and 7 grandkids. He has a BS in Exercise Physiology from UC Davis. He got a master's degree from the Meiji College of Oriental Medicine, which took 4 years, and required a one-year internship.

Tom said it's a small world. He was hiking the Cinque Terre just recently. He was a bit out of breath, and told some passers-by that he wasn't used to hills because he lived in a flat area. They turned out to be kids of Woodland resident Dan Darling.

Amana Essentials in Woodland, which Tom runs, offers massages and acupuncture, as well as selling essential oils. He said that California was the first state to license acupuncture, in 1976. There are only 18,000 US practitioners of acupuncture. The needles are used once and discarded. There is a type of acupuncture (moxibustion) in which the needles are first heated with herbs.

Tom feels herbal medicine is not used enough in this country. He said it is very sophisticated medicine, and very individualized. "What may kill me may heal you, and vice versa."

He said early Western herbalism was verbal, passed from grandmother to daughter "till they burned all the witches." By contrast, Eastern herbalism has been a written science for centuries.



Tom sees Western medicine and Chinese herbs to be complementary. He said when people want to switch from pharmaceuticals to herbs, he works with their MD for a safe transition.

Tom said some things are better treated by Western medicine – cancer in particular. But he said herbs can be a good adjunct, particularly between treatments. Tom said the safety of acupuncture is supported by the fact that they have the lowest malpractice insurance of any specialty. He said there is rarely any bleeding with acupuncture. In fact, he said that may have been one reason he got into it. "I don't like blood and I'm not too keen on other bodily fluids either."

Tom said most insurance covers acupuncture, but most acupuncturists won't accept insurance, because they're paid so poorly.

Jim Nolan asked how acupuncture worked. Tom said that's what he wrote his master's thesis on. He said it works deep inside the brain "neuro-humerally." He said that it works with our largest organ, the skin, and sends messages to the brain. The body then begins producing chemical healing agents, which in Chinese medicine are referred to as Qi. The purpose is to get the body to dampen the stress response.

Frank asked what percent of patients have successful results. He said he was referred for acupuncture and it didn't work. Tom said he didn't know. He sees people when they're miserable, and then they don't come back. For some people, that might mean they're 50% better and they're content with that. The reported success rate is 85-90%.

Gary Wegener asked whether every acupuncturist would stick needles in the same place for the same condition. Tom said that they would not, that there are many different styles of acupuncture.

Kevin Haarberg asked if he would collaborate with chiropractors and medical doctors. Tom replied that he's happy to do that, but "I am more willing to talk with Western medical doctors than they are to talk to me." He said that's changing, and credited Kevin Waziri for some of that change in Woodland, saying that Kevin is very open to other types of healing.

Tom then moved into a discussion of CBD oil. He said he's had patients asking for it for 5-10 years, but "I'm not a marijuana kind of guy." He said he's suspicious of anything reported to cure everything from toenails to glaucoma. But he started looking into it for patients who felt it would help them, but didn't feel comfortable buying it from a dispensary.

Then the 2013 Farm Bill made a legal differentiation between industrial hemp (with a very low level of marijuana) and marijuana. Hemp is now legally grown in 14 states, and legally sold in 44 states. It "appears to be" federally legal. Tom said our bodies produce cannabinoids. There are receptors for them all over the body, not just in the brain. He said there's an endo-cannabinoid system which supports homeostasis in the body. Tom said CBD oil is the best topical he's had, but it's very expensive (\$25-100 a tub). There are also tinctures, sprays, and gel caps available for insomnia, polymyalgia, chronic pain and arthritis.

Upcoming Programs

October 16 – Panel discussion about homelessness. Panelists:

Doug Zeck, 4th and Hope
Michelle Kellogg, Yolo Community Care Continuum
Kristen Kline, City of Woodland Social Services Manager
Ashley Bran- Dignity Health

October 30: California Secretary of Agriculture Karen Ross