



"What's Up?"

Your Napa Sunrise Rotary Bulletin

<http://www.rotary5130.org>

Up Coming Speakers

1/5/2017	Keeping Girls in School	Jeff Boal
		Dot
1/12/2017	Get Out of Back Pain	Spaet
		Paul
1/19/2017	Ag 4 Youth	Tarap
	Miss Napa County	Sarah
1/26/2017	Scholarship Program	Lopez

Welcome: President Mark Lesti gave welcome to members and guests at Silverado Resort.

Pledge & Thought: Becky.P "Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great." Mark Twain

Song: Tom lead us wit "Deck the Hall"

Rotary Minute: Mike B: The Four way test and their enduring effect.

Guests of Rotarians: Brain Dodd daughter Emma Dodd, Howard's Wife and granddaughter.

Visiting Rotarians: NA

Student of the Month: NA

Announcements: Don announced that Michael B would be the president elect elect... Leona asked us to think of rotarian of the year....Alex Volunteered would be appreciated to serve at the lunch for the seniors....Katie: asked if anyone is interested in a vocational effort trip to India.... Mike the Boys N girls club crab feed will be in Jan 28.....Chris C. passed the sign up sheet for this upcoming weeks Table... Howard reminded us about notes to the troop and asked if anyone was interested in helping out in the assembly line for the care packages to the troops...Colleen Friday 7pm the Charles Dicken story musical was being performed this sunday 3 pm....Mark L Christmas party for adults is on Dec 9 from 5-8:30pm at the Beazley House....Kids christmas party will be on December 22...

Three Minute Rotarian: Charlie Bogue gave a very intriguing story about how he got where he is at.

Happy Dollars: Joel.T Happy about the completion of the buying the first licensed vacation home...Charlie happy he helped Joel complete the above mentioned purchase....Howard about for granddaughter's PH...Doris happy she won and will be elected in this upcoming week....Jim.B happy their BNB won the Peg Mosley award.

Rotary Joker: Corey . pulled Q of Spade

Speaker Program: Dr. Scott J. Heun B stron 4 life

<http://napavalley.bstrong4life.com/>

Dr.Heun a fellow rotarian thoughts a lot about preventative measures as we are all getting older. Gravity is unrelenting. It can be your lifelong friend, or a *furios enemy*.

At B•Strong4Life® the battle for your structural health begins with understanding how you are built today.

We want to know what gravity + time, toil, trauma, and the stress of life have done to you so far...therefore, we create a *BodyBlueprint*® to work from.

Guessing about any aspect of your health is out of the question.

Birthdays

Patrick Sweeney
December 08

Jim Nord
December 14

Mark A. Diekroetger
December 16



Patients doing their BStrong4Life routine at the Napa Valley Center

The unique approach of B•Strong4Life® Napa Valley Center is to comprehensively assess both your overall body structure – the relational position of your head, torso, lower body and feet...your *MacroStructure* and the relationship of your joints to one another, as well as the actual structure of your bones – their strength and health...your *MicroStructure*. We use state of the art digital technology, and computer aided assessment tools to insure we have the most accurate information possible.

Once we have a completed your *BodyBlueprint*© we have something to show you, in order that together we formulate a plan to address your pain, loss of function or general lack of health and vitality. Healthcare should be a partnership between patient and physician...and should always be cooperative.

Our role is to help you manage your current condition. The first step is usually to get you out of pain, or to restore some function you have lost. Then, developing a proactive strategy to improve your body mechanics, and structural integrity can be implemented. Once you are as stable, strong and capable as possible, we suggest ways to support your structure and function in the future so you may maximize your physical potential. In other words, so you can fully embrace life every day.

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