



"What's Up?"

Your Napa Sunrise Rotary Bulletin

<http://www.rotary5130.org>

Up Coming Speakers

DATE	TOPIC	SPEAKER
2/2/2017	K-9 Comfort Ministry	Ken Arnold
2/9/2017	Connolly Ranch	Jennifer Fotherby
2/16/2017	Memory Fun 101	Chester Santos
2/23/2017	Mentis of Napa	Liz Marks
DATE	TOPIC	SPEAKER
3/2/2017	Cope Family Center	Christina Mitchell
3/9/2017	Craft Talk	Ron Driscoll
3/16/2017	Changes in Recycling and Sanitation	Tim Dewey-Mattia
3/23/2017	41 Years of Napa Broadcasting	Ira C. Smith
3/30/2017	Craft Talk	Julie Neely

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

Pledge & Thought: Chris C "Make no little plans; they have no magic to stir men's blood and probably themselves will not be realized. Make big plans; aim high in hope and work, remembering that a noble, logical diagram once recorded will never die, but long after we are gone be a living thing, asserting itself with ever-growing insistency" Daniel Burnham

Song: Charlie lead us with "You are my sunshine" using his ukelele

Rotary Minute: Denny Mosher.

Guests of Rotarians: Becky Peterson's husband Ed

Visiting Rotarians: NA

Student of the Month: NA

Three Minute Rotarian: NA

Announcements: March 3rd Skiing Trip Tahoe....Kent announced that the dictionaries are ready to be handed out... Hugh announced February 4th science workshop and the big science fair is on May 13th...Doris announced the Boy N Girls club crab feed...Mark L announced the board meeting...Rocky celebrated the January birthdays....

Happy Dollars: Denny \$50 to the club....Brenden \$50 to P.H...Joe \$50 to Denny and \$50 to P.H...Dean \$40...Jason \$20 remodeling his kitchen....Coleen \$63 birthday....Dr.David \$50 P.H.

Rotary Joker: Chris C..3 Diamond.

Speaker Program: Jeff Bowl: Dot Spaet: Get Out of Back Pain

Our philosophy is for you to get involved; we need to be involved in our own healing. We can learn to move in specific ways that free our bodies from pain. This knowledge is incredibly powerful; you can make a difference in your own body and your own pain.

A spine that is in alignment with enough space in between each vertebra is the spine of a person whose back does not hurt.

What this means, is the converse:

If our back hurts, our spine is somehow out of alignment; this includes when our spine is compressed where there is not enough space in between the vertebrae. We therefore need to learn to identify where the spine is out of alignment and then learn to move in ways that decompress the spine and get it back into alignment.

So we get the spine into alignment for maximum pain-free mobility. We look for imbalances: identify them, then teach you exactly what to do to fix the imbalances. At this point, usually within a few weeks, your back pain is starting to go away.

Sometimes our backs or other joints hurt because they are doing work the muscles are meant to do. Joints are not meant to do the work of the muscles. We teach you exactly how to train your muscles to do the work they are supposed to do, so your joints and back can stop hurting.

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Disclosure as to accuracy: No responsibility is taken for the accuracy of the content within this bulletin or for the reliability for what may or may not have occurred at this gathering.

Birthdays

- Linda Glass**
January 11
- Colleen Clark**
January 11
- Leona Charfauros**
January 13
- Brian Doughty**
January 16
- Mike Basayne**
January 19
- Alfredo Pedroza**
January 21
- Rocky Loftus**
January 21
- William Jabin**
January 25
- Michael Ledwich**
January 26
- James Collins**
January 31
- Charles Knechtel**
February 02
- Conor Massey**
February 03
- Michael Donovan**
February 04
- Clifford C. Kunkel**
February 04
- Michael Alan Murray**
February 05
- Jason Dominici**
February 06
- Jose Rossi**
February 06

