

## **THE VALE NEWS**

May 26, 2010

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Spring Conferences

### **Club Calendar & Speaker Assignments**

June 2 Manny Apigian Classification Speech  
9 Helmut Hietzker  
16 WIN Smith- Sugarbush Resort  
23 Dinsmore Fulton  
29 Changeover Party (Tues. 6 PM) Hogan's Pub  
30 No Meeting

Editor's Note: Please inform Wini (496-6710) of the name of your speaker at least 2 weeks in advance. If you can't get a speaker for that date, please try to trade with another person on the list.

Birthdays: Gary Plewak 5/28

Anniversaries: none

### **Meeting News**

Ron Geren is back for the summer and thanked us for welcoming him with a dose of hot humid "Savannah" weather. Thank goodness our meetings are early in the morning while the sun is low. Only 36 attendees this morning including 2 guests: Dr. Corin Bauer, our local chiropractor, and John Daniell, our faithful summer guest.

Audrey conducted the meeting today while Dave Koepele is visiting his family in California. She reported that at the last BOD meeting they voted to donate 1) \$50 for an ad in the program of the Rotary Spring Conference, 2) \$1,000. for Central Vermont Basic Education, 3) \$1,000 to the MRV Seniors Ass'n, and 4) \$400 for the MRV Ambulance Corporation ( safety seat inspection program).

### **Announcements**

#### **Duck Race**

Leo told us that 10 sponsorships have been committed so far but he needs all the rest of them by next meeting or June 4th at the latest. Len and Audrey are the money handlers. Gary Plewak is in charge of the sales at the various venues. Both sponsorships and tickets will be sold on the Website. Tickets will also be sold at the usual places- Mehurons & Shaws on Friday and Sat. evenings, Farmers Mkt. on Sat mornings and the Warren store on Sunday mornings.

Heli informed us that an Air Show will be held at the Sugarbush airport on July 3rd and we are welcome to do something for Rotary - such as sell Duck Race tickets.

Ken Friedman - 1) The Chili committee is meeting immediately after the regular mtg. this morning. 2) A few people needed from 3 - 5 PM this afternoon to set up rehearsal at Gatehouse at Sugarhouse. 3) Concert on Sunday, 6 PM. volunteer needed to take entrance fees. Dinsmore volunteered.

The Russians are coming! Two hosts needed to house 2 Russian GSE team members from June 2 - 7. See Al Molnar to sign up.

Reminders: Bill Heinzerling's memorial service will be on May 29th at Mad River Glen Base Box, 3 PM. Frank Rodger's service will be at the Round Barn at 10 AM, also on May 29th

District Conference will be held on June 12th & 13th (Fri. & Sat.) Dave Koepele has the registration forms and hopes at least 6 of our members will attend this event.

**Mega Bucks** \$555 to the winner. Joe Klimek drew the Q of diamonds and got the \$5. compensation.

### **Happy Bucks**

Jack Mansfield - attending 3 graduations  
Bob Holden - Played racquet ball with son Eli  
Heli - good trip to Mich.- visit relatives  
Tom Byrne - stepson had success with his book  
Ken Friedman - Opera Festival  
John Hale - golf game  
Al Barillaro – it's warm  
Jim Leyton - sell Duck race tickets on Fridays  
Stan Needleman - MR Tennis Club open  
Trish - Glad thru her classification speech  
John Daniell - happy  
Joe Koch - happy over something  
Leo Cohen - Happy for Dinsmore headed to MR  
Ron Geren - Grateful to be back  
Dave Ellison - Stained deck  
Betty - Opening up old tavern  
Jack Miner -good trip to PA – dad's 98 birthday  
Audrey - glad to be standing up.

Attention Golfers! Randolph Rotary Club is having a Golf Tournament on June 5th

Carol Hosford - Still asking for your on-line VOTE to help Waitsfield win a grant for an orchard at the Flamer Field. The Fruit Tree Planting Foundation will award 5 grants each month for the next 5 months : We are in 5th place now. Need your votes to stay there.

Please visit <http://www.communitiestakeroot.com/plant/index> and vote as often as once a day between March 15th & August 31st.

## Program

Audrey introduced Dr. Corin Bauer, the newest chiropractor in our Valley. Dr. Bauer grew up in the Valley, went to college in Nevada, came back here, decided to become a chiropractor and went to the West Coast to get her degree. She started her practice here last December.

She told us that chiropractic is a 110 year old profession in preventive form of health care. It is the largest natural healing method of alignment of the 5 skeletal systems

Our body runs just fine automatically until one or more lines of the nervous systems become blocked (spinal bones get out of alignment), thus causing nervous interference. This causes stress, pain, robs us of our vitality and many other problems.

She handed out a flyer showing the spine with all the connections to every other part of our body. She also brought along a full sized human plastic spine showing the correct curvature. The spine contains 24 bones. It looks straight when viewed from front to back, but curved when viewed from the side. Thus is important to maintain a good posture, slouching is one cause of misalignment.

It not only controls muscles and tendons but your heart rate, breathing, digestion and many other functions. For proper physical and mental health, your nerves must remain free from spinal stress.

Chiropractors don't just look at one part of your body (the part that hurts) but the whole body to find the cause of your problem. After you decide you need outside help (your body is not healing itself) they are the first profession where you should seek help.

They do naturally what drugs do internally, thus your hormone system is not interfered with. If the chiropractor cannot solve your problem, she will put you in touch with a professional in the appropriate field.

She mentioned that the elderly suffer a gradual impairment of all their physical parts. The best hope of slowing the process is to keep moving; always be working towards some goal and never give up. The more you do, the more you can do.

### THE FOUR WAY TEST

of the things we think, say or do:

- 1) Is it the Truth?
- 2) Is it Fair to All Concerned?
- 3) Will it Build Goodwill and Better Friendships?
- 4) Will it be Beneficial to All Concerned?

The Vale News  
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**Club Officers**

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