

OUT OF THE PARC

SEPTEMBER 10, 2014

Phoenix Arcadia Sunrise Rotary Club

Speaker Calendar:

- *September 10: Jessica Ahl, discussing Acupuncture*
- *September 17: Terry Lubsen, Coordinator of District 5510 Mexico Microcredit program*

A VERY BRIEF HISTORY OF ACUPUNCTURE

Although the history of acupuncture can be definitively traced back to China, there are conflicting theories on exactly how long acupuncture has been practiced - it dates back 3,000 to 5,000 years, possibly earlier,

Just as it is unclear how long acupuncture has been practiced, it is equally unclear how it originated.

One potential explanation is that some soldiers had been wounded in a battle by arrows and acupuncture was able to successfully heal the wounds and cure chronic afflictions that were otherwise untreated. There are numerous variations on this story.

There is also some evidence that the use of sharpened stones (instead of needles) may have been the origin of what later became acupuncture. After stones came needles from bone, then metal needles in the 2nd century BC.

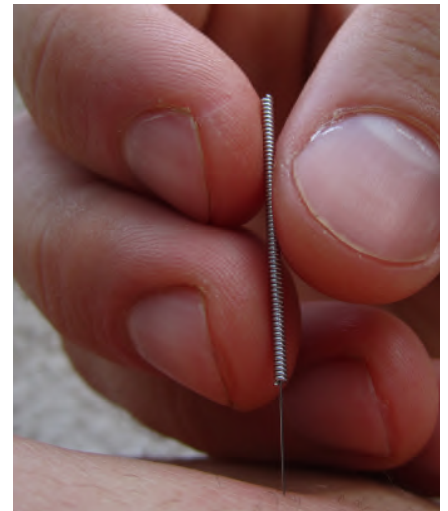
The earliest Chinese medical text to document the history and practice of acupuncture is the *Classic of Internal Medicine* which was compiled around 305-204 BC. The practice of acupuncture spread throughout Asia; in 1023 a bronze statue was produced that depicted the meridians and acupuncture points that were in use at the time.

The practice of acupuncture gained the attention

of the North American population when a *New York Times* reporter who had accompanied President Nixon on his 1972 trip to China underwent acupuncture for post-operative pain following an emergency appendectomy. He was so impressed with the relief from pain that he wrote about it in the *Times*.

In 1973, the IRS began to allow acupuncture to be deducted as a medical expense.

In 1997, the U.S. National Institutes of Health (NIH) recognized acupuncture as a mainstream medicine healing option, documenting the procedure's safety and efficacy for treating a range of conditions.



Acupuncture: a method of relieving pain or curing illness by placing needles into a person's skin at particular points on the body

JOKE O' DA WEEK

Once upon a time, there was a young lawyer who lived in the Wild West. He got a new job in a frontier town, and undertook the long journey there by stagecoach.

A few hours into the journey, in the middle of nowhere, a mysterious

cowboy riding a horse pulls up to the left side of the stagecoach, and a rider-less horse pulls up on the right.

The cowboy leans down, pulls open the door, and jumps off his horse into the stagecoach. Then he opens the door on the

other side and jumps onto the other horse.

Just before he rode off, the young lawyer yells out, "What was all that about?"

The cowboy replied, "Nothing. It's just a stage I'm going through."



What he said!



**PHOENIX
ARCADIA SUNRISE
ROTARY CLUB**

Our Children, Our Future.

Meets Wednesday mornings at 6:45 AM
Vincent on Camelback
3930 E Camelback Rd,
Phoenix, AZ 85018

President, Dan Laux
President-Elect, Jim Wilson,
Treasurer, David Demaine
Community Service, Judy Wilson
Vocation Service, Jim Wilson
Club Service, Betty Peterson
Membership, Mike Burke
International, Sujoy Spencer-Thorlaxson
Past President, Mike Curlee
Newsletter, Jim Wilson

SEPTEMBER BIRTHDAYS

We have no September Birthdays.

SEPTEMBER ANNIVERSARIES

Mike Curlee

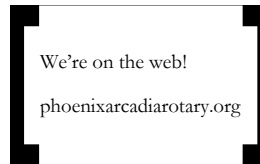
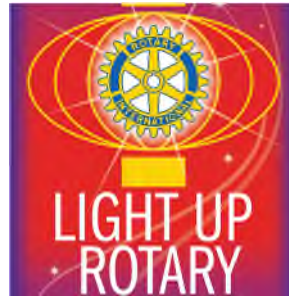


SCOREBOARD

Volunteer Hours	140
Vocational Scholarship	1
Service Projects	1
Paul Harris Fellows	76%
Social Events	0
RYLA Sponsorship	0

Founded in 1988, the **Phoenix Arcadia Rotary Club** has a strong tradition of serving the community, state, and the world. Our primary areas of service have been youth health and education, and international projects to improve the quality of life in less prosperous countries. Hands-on work, fellowship and fund-raising have been the hallmarks of Phoenix Arcadia Rotary for over 25 years. Besides the Rotary International slogan "*Service Above Self*", our club's slogan is... "*Our Children, Our Future*".

Our gatherings promote community service and fun with new friends as we enjoy this Rotary experience. Please, come see what it is all about. *You might find yourself enjoying a whole new experience. We can't wait to meet you!*



the 4 Way Test

...DE CE QUE NOUS PENSONS, DISONS OU FAISONS

1. Est-ce conforme à la **VÉRITÉ**?
2. Est-ce **JUSTE** de part et d'autre?
3. Est-ce susceptible de stimuler la **BONNE VOLONTÉ** réciproque et de créer des **Relations Amicales**?
4. Est-ce **BÉNÉFIQUE** à tous les intéressés?

50 THINGS EVERY ROTARIAN SHOULD KNOW

Steve Garret, 5300 District Governor 1994-1995 presented "50 Things Every Rotarian Should Know About Rotary". We shall endeavor to present one a week during the next year.

#5 - ROTARY MOTTOES

The first motto of Rotary International, "He Profits Most Who Serves Best," was approved at the second Rotary Convention, held in Portland, Oregon, in August 1911. The phrase was first stated by a Chicago Rotarian, Art Sheldon, who made a speech in 1910 which included the remark, "He profits most who serves his fellows best." At about the same time, Ben Collins, president of the Rotary Club of Minneapolis, Minnesota, commented that the proper way to organize a Rotary club was through the principle his club had adopted-"Service, Not Self." These two slogans, slightly modified, were formally approved to be the official mottoes of Rotary at the 1950 Convention in Detroit- "He Profits Most Who Serves Best" and "Service Above Self." The 1989 Council on Legislation established "Service Above Self" as the principal motto of Rotary, since it best explains the philosophy of unselfish volunteer service.