



Club of Palestine

Eighth Oldest Rotary Club in Texas

ROTO-VIEWS

Wednesday, September 23, 2020



ANNOUNCEMENTS & BUSINESS

ROTARIANS AT WORK

PRAYER – Wayne Polster
PLEDGE – Kimberly Grayson
FOUR WAY TEST – Harold Campbell

SEPTEMBER SATELLITE CLUB PROJECT

GOAL: 50 Bears any size, 25 Blankets and Cash donation . Please take your bears, etc to Jean Mollard at the Redlands Hotel.



YOUR INVITED TO A



VIRTUAL

Social for District 5910
Governor Becky Mason

Tuesday - September 29th @ 6pm

<https://us02web.zoom.us/j/89376611693?pwd=SFRDdkNHVXBKc1pmNjdvV1RZYTRIQT09>

Thank you to everyone that supported our Virtual Gala!

Rotarians always make it happen!

If you haven't donated yet it's not to late. Just let me or Mary know!

Not So Easy...
SPEAKEASY GALA
Sept 19, 2020



"Welcome Baby Rooke Fields"

Born September 7th

to

Chris and Angela (Howell) Fields

6lbs, 9oz and 20" long

Congratulations
on your new



THIS WEEK'S BIRTHDAYS

22nd—Jerry Fontaine

24th—Lisa Priest



26th—Sharon and Burl Grizzle
(42 years)

PALESTINE ROTARY CLUB HISTORY, contd

It was in 1919, after years of litigation, that a court ruling ordered the relocation of the General Offices of the I&GN to Palestine from Houston. Local Rotarians planned a special welcome with a reception, entertainment and watermelon feast at the home of Rotarian and Mrs A.G. Greenwood, the evening of Tuesday, August 12, 1919 for the new citizens being transferred to Palestine with the I&GN general offices.

TODAY'S PRESENTATION

Michelle Ping "New Chiropractic Techniques"

Five Common Chiropractic Adjustment Techniques (And what they do!)

Have you ever wondered exactly what your Chiropractor is doing? Well, here's a few of the basic techniques commonly used, as well as a few details about what they do!

1. Gonstead technique

This hands-on technique often involves adjusting the low back or pelvis as the patient lies on his side. Chiropractors use it to realign joints, reduce pain and stiffness, and increase mobility.

2. Activator technique

A handheld adjusting instrument delivers a gentle impulse into the vertebral segments of the spine, or the extremities. The force feels like a light thumping sensation when used to treat everything from low back pain to certain types of headaches, like migraines.

3. Flexion distraction

Also called Cox Technic or decompression manipulation, it's used in more than half of all chiropractic clinics, and a method of choice when treating disc herniations, facet joint pain, scoliosis and other conditions.

4. Thompson, or drop table, technique

This involves a specially adapted table with padded platforms designed to drop a fraction of an inch when the chiropractor applies a quick thrust to make an adjustment.

5. Diversified technique

Also employed to adjust the spine and extremities, this feels similar to the Gonstead technique. It's considered the most widely used technique involving very precise hands-on thrusts aimed at restoring proper movement and alignment to the spine.

UPCOMING PRESENTATIONS

September 29, 2020—Zoom Social for District Governor Becky Mason @ 6pm

September 30, 2020—Rotary District 5910 Governor Becky Mason Visit

October 7, 2020—World Renown Saxophonist, Art Sherrod

ROTARY CLUB OF PALESTINE FOUNDED JUNE 1913

2020-2021 CLUB OFFICERS

President – Rhonda Herrington President Elect – Michael Page Secretary – LeeAnn Martine Treasurer – Mary Raum

Past President – Leon Willhite Satellite Chair – Brenda Walker Membership Director – Tish Shade Public Image Director – Jordan Byrd

Service Director – Richard Rutledge Youth Service Director – Victor LeGloahec Foundation Director – Brenda Johnston

RI President – Holger Knaack

5910 District Governor – Betsy Mason

Asst Governor – Leon Willhite