

Winter
Weekly

Reader

Volume 96, Issue 158, January 15, 2015

The Plano Rotary Club
www.PlanoRotary.com

UPCOMING MEETINGS

January 15th

Annual MLK Holiday
Celebration: Lynn
Schwartz -
"Why Martin Luther King?"

January 22nd

David Torrance -
"Who are the Millennials?"

January 29nd

Lynn Sipoiora, Executive
Director - Samaritan Inn

JANUARY BIRTHDAYS

| | |
|-------------------|--------|
| David Hammel | Jan 01 |
| Pamela Little | Jan 04 |
| Jo Vai | Jan 05 |
| Lynette Pieper | Jan 06 |
| Yoram Solomon | Jan 08 |
| David McWhorter | Jan 15 |
| Jerry Aris | Jan 17 |
| L.B. Showalter | Jan 17 |
| Sherman Millender | Jan 19 |
| John Brodhead | Jan 20 |
| Alan Feigenbaum | Jan 21 |
| Bev Kilmer | Jan 24 |



The Shwaluk-Kezhaya Alliance

SENSING that he'd not get another shot at the day's birthday cake, **Sainted Editor** grabbed a knife, poised it over **Anat Solomon's** cake for **Yoram's** 50th birthday, and was on the down stroke when a *Southfork* server caught his arm and chastised him (rightly) for attempting to spoil the surprise. Humiliated, **Sainted Editor** consoled himself with a pecan pie...and never got a shot at the cake.



President Wonderful tolled the bell for thee at 12:19, persuading **David McWhorter** to Pray and **John Caldwell** to Pledge. ("Bob's back!") **Karen Sheldon** again was Greeter. **SERGEANT BARBERA** presided over the welcoming of the Visiting Rotarian and Guests. He welcomed **Neal Polan** from the



Delano Rotary in Redondo Beach, CA. **Reedy Spigner** was teased with a "welcome back" as he introduced his guest **Denise Turnbull**. And **Howard Matson** just "brought myself." **Jamee Jolly** introduced a new Chamber minion, **Jenny Lynn**.

Before Nathan began **INSIDE THE ROTARIAN STUDIO**, **Rutledge Haggard** asked him his reaction to his team's failure to make the finals, and Nathan told him "no hard feelings, Rudledge."



Nathan asked all who had suffered **ITRS** interviews to stand, then told those still seated that their turn would come before the year was out. Then he turned to **Kenny Wilson** whose phone had just begun to ring. (Note to self: silence the iPhone®.)

Kenny was born in a town NW of Fayetteville, AR. His father was a car mechanic, and, in deference to **Sainted Editor**, Nathan discovered that his mother was a school teacher for 42 years. Kenny can't remember having had a nickname but did recall he went out for "all the sports" at *Clinton High School*, pop. 60 students. He attended *University of Arkansas*, studying Industrial Engineering.



His first job was with *Sanyo* in Sherman, and then he moved to Mississippi just in time for *Katrina*. The hurricane chased him to Plano, where he bought into an **alphagraphics** franchise from **Bob Bauer**, who taught him the trade. If he couldn't be a commercial printer, he'd rather be a beachcomber.

Favorite movie: *Forrest Gump*. Athlete: **Michael Jordan**. 1st car: '55 Ford pickup. Favorite meal: a free one, preferably steak. Soda: **Dr. Pepper**.

A Rotarian for six years, Kenny joined because Bob made him an offer he couldn't refuse. His favorite Rotary memory is of our Soap Box Derby, and he prefers sweat equity projects.

In service recognitions, **Earnest** fêted **John Ernst** (13), **Charles Milby** (17), **Mark Geller** (38), and **Olin Jaye** (20), who received a certificate as well as a pin.

To assist the Club Archivist (**Lori Phantom Crotchetienne Roberts**), Earnest asked that we fill out the forms on our tables with anecdotes of "significant Rotary events (that have) touched your life" for the 70th anniversary.



PDG Ean **SECRET SANTA** Sullivan announced that, due to the poor response, the District Raffle had been extended and had collected the break-even 500 entrants, so our odds would be better than the advertised 1:1500. The drawing would be done in time to permit the winner to choose to attend the SuperBowl, if he or she chooses. When someone prompted him, he reiterated the choices which included (only two games of) the World Series and 1st class airfare and accommodations throughout.

Earnest read the list of January birthdays (reproduced on the front page of this *Weekly Reader*), highlighting Yoram's 50th and Anat's birthday cake for him. Then invited the Club to sing **HB2U**, that being the only way **Sainted Editor** can code the song to avoid an ASCAP copyright violation. (Yes, **HB2U** is copyrighted and enforced. It's crazy.)



Larry Bisno introduced the program which was provided today by **Jerry Kezhaya's** wife, **Dr. Laura Shwaluk**.

Laura Shwaluk decided to become a Chiropractor after her sister's horseback riding accident when Laura was eight years old.

The world of health is much more complex than it used to be, so in addition to her doctorate from Parker College of Chiropractic in Dallas, she achieved certificates in neurology, applied kinesiology, nutrition, and functional endocrinology.

Making a huge difference for people has taken on a more advanced level of preventing or reversing chronic diseases such as Type 2 diabetes, hypothyroidism, gastrointestinal issues, autoimmune disorders, and age-related issues.



The goal of her wellness and functional medicine practice is to help people gain independence of their health [sic] for the rest of their lives. This is based on five pillars of health: detox, diet, hormone balance, exercise, and nervous system. Dr. Shwaluk's practice provides range of classes, seminars, and treatment programs including nutrition, hormone balance, fitness, and permanent weight loss.

Dr. Shwaluk is the author of "Take Charge! Steps to Prevent Breast Cancer" and "Take Charge! 90-Day Workbook."

Dr. Shwaluk is here today to discuss "How to Reverse Your Type 2 Diabetes."

Laura first recognized "a lot of you," noting she still has Ean's little balsa airplane from his governorship induction.

She asked for a show of hands of those who knew the difference between diabetes Type 1 vs. 2, then proceeded to instruct those sitting on their hands that Type 1 is genetic and often called "juvenile diabetes." Type 2, on the other hand, is "adult" or "late onset" diabetes.

She debunked several myths in connection with Type 2, the first of which was "it always gets worse." Not true; it is controllable and often preventable and reversible. Adult diabetes has only a 3% genetic component. So 97% is lifestyle (thus amenable to change). "Lifestyle trumps genetics." (A highly-debatable point, valid perhaps, in this case, due to the 3:97 ratio.)

Another myth she swung at was "diabetes is not a big deal as long as you take your meds." Actually, meds only aid the body in utilizing blood sugar; they don't treat any underlying causes. Laura wanted us to know the early symptoms of diabetes: weight loss, low energy, thirst, increase in urination, blurred vision, and slow healing of wounds.

Weight loss is paradoxical since obesity is one root cause of diabetes. She told horror tales of folks who knew not they were diabetic until they went blind. She recommended discovering what our blood sugar is doing because "diabetes is very destructive" of blood vessels, nerves, kidneys, you name it. It is progressive from the extremities in, causing "pins & needles" in the toes (neuropathy) that "works its way up the legs" to the torso. Peripheral vascular disease is the #1 cause of amputation (beating out IEDs), blindness, stroke, and heart attack.

Laura spoke of a favorite uncle in the township of "Freeze Your Ass Off, Ontario, Canada" (from which she hales), who had a rare swimming pool (slash skating rink), and she watched his health decline annually until he lost a leg and went blind. She warned us "You could be a favorite aunt or uncle." So start reversing your diabetes now.

She spoke of a patient's testimony of losing four of his five meds after only a month of treatment. Within three months, he was playing with his two grandchildren.

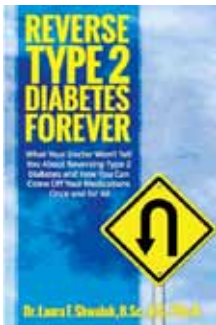


Another show of hands was called for those of us aware of what hemoglobin A1c is. (It's sugar adhering to your red blood cells. Plasma sugar suffers spikes and troughs, and so it's a fickle measure. But blood cells have a 90-day lifetime, so A1C measures blood sugar averaged over that period.) She described a patient's starting level as 8.1 (when 5-5.5 is the normal range). After 12 weeks of weight loss, resulting in 30 fewer pounds, her A1C was 6.6, not yet normal but enough to cancel her painful liver biopsy, normalize her sleep patterns, reduce her back pain, rendering her energetic and happy and more pleasant to be around!

Her recommendation was thus to get our A1C checked, to correct any dysfunctions which threaten our health, and to track that systematically, accepting mentoring as needed. She mentioned her diabetes book but cautioned us "not to purchase it unless you or someone you know will benefit from it." Then, noting the imminent appearance of "the hook, if I don't shut up," she concluded her presentation, chastising **Howard** for attempting to cut out early. In a transparent bid for kind treatment in this *Weekly Reader*, she told him he'd find a complete and accurate write-up of this talk in the Bulletin. Someone amended that to "award-winning Bulletin." **Sainted Editor** didn't think to blush.

Earnest awarded her the "world-renown perpetual calendar" which will be accurate "to ∞ and beyond." Then he called **Randy Wright** to auction off a pair of tickets to a private party, a new play, "Cupcake Conspiracy" (synopsized by **John Caldwell**), and reception with the playwrights at **Jason Rice's Rover Dramawerks**. **Rick Maucieri's** \$100 bid (which went into the Birthday Account) won the prize.

The **FATEFUL ROTARY BELL** tolled again at 1:03, releasing the Faithful back to their lives.



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Guest

Jenny Lynn

Denise Turnbull

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Howard Matson

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Proposed by: Transfer

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Jamee Jolly

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