



La Rotariana

Volume 5. Issue 5

February-March 2014

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**Engage Rotary
Change Lives**

**Service Above
Self**

**Dar de Sí Antes
de Pensar en Sí**

**When we engage
Rotary and
change lives, the
one life that
changes the most
is our own.**

**Cuando nos uni-
mos a Rotary,
cambiamos vida
y la vida que más
cambia es la
propia.**

Dr. Edwin Vega speaks about health

Dr. Edwin Vega Jr. was born April 11, 1977 in Rochester NY. Ever since his childhood Dr. Vega knew that he wanted to help people improve their health. He received this passion as a martial arts instructor, teaching everyone from children to seniors the benefit of martial arts in their overall health. While attending a career day in middle school, Dr. Vega accidentally stumbled into a lecture of chiropractic. He was fascinated by how the body works to improve overall health by using only natural means. Since that event Dr. Vega knew he had found his calling in life. In 2000 he graduated from St John Fisher College with a bachelor of science in biology and in 2004 he graduated with high honors from New York Chiropractic College. In September of 2004 Dr. Vega and his wife Dr. Yasellyn Diaz-Vega opened a family chiropractic practice called Rochester Chiropractic Clinic at 1732 E Ridge Rd. For the past ten years they have been helping improve the health of children and adults with chiropractic care. In addition Dr. Vega enjoys, sharing his 10 years of expertise in health, speaking at events on how to achieve optimal health for you and your family.

During his presentation at the evening meeting of the RLRC, Dr. Vega emphasized that even though the body is amazing, by abusing it we develop a host of preventable diseases. He advised that women should engage in exercise at least 30 minutes every day, while men should do 45 minutes. We all need to work on our health every day. The statistics about the leading causes of death in the U.S. are dismal. Deaths from heart disease are 750,000, cancer are 560,000 and another 300,000 are due to medications. Pain killers/anti inflammatory over the counter medications, like Tylenol, cause 17,000 deaths per year, and they constitute the #1 cause of kidney failure. Tylenol is the #1 cause of liver failure in adolescents and children.

He indicated that personal health is influenced by the beliefs one holds— Health is not how you feel. It is defined as “freedom from symptoms, a state of optimal physical, mental, and social wellbeing, and not merely the absence of disease or infirmities.”

He stated that between 40 and 70% of the body cells are diseased or dead before you ever feel pain or symptoms. In a very short time, he said, 50,000 cells in the body die and are replaced by new cells. Other interesting data he shared was that the heart beats 3,000 million times in a lifetime, 1 quart of saliva is produced every day, and a sneeze travels 100/hr when it comes out of the nose. New skin is produced every month and a new skeleton every 3 months. The brain is the organ that tells the body what to do.

He went on to explain how subluxation (an incomplete dislocation of the vertebrae) causes nerve pressure with negative consequences for the body. Among these, the loss of the cervical and thoracic curvature. There are also effects on the heart, lungs and many other organs. By reducing the pressure on the nervous systems, symptoms are relieved. Many research projects during the past several decades have found that spinal manipulations or spinal adjustments as done by Chiropractors result in decreased sensitivity to pain. Chiropractors explain this result as the beneficial change in the function of the nervous system due to the effects of their spinal adjustments.

Second Festival of Friendship and Service

Once more the Minatitlán Roatary Club in conjunction with the Inter Countries Committee held a Festival of Friendship and Service attended by Rotarians from different countries as well as ambassadors to Mexico from Belgium and Pakistan. The event that took place in Tuxpan lasted three days (January 31 to February 2). Representatives from Argentina, Colombia, Panama, Italy, Russia, Taiwan, Belgium, France, United States, among others, made presentations about their projects and how they are serving the cause of peace.

After the event, we were transported from Tuxpan all the way to the State of Chiapas where we satyed in a hotel in the city of San Cristobal, a lovely city preserving the architecture of the colonial times. Afterwards, we travelled to Minatitlán where we stayed with Rotarians until our departure on Friday. We had the opportunity to visit the Minatitlán Regional Hospital where the RLRC helped obtain incubators for the neonatal unit via a grant from the Rotary Foundation.

It was gratifying to see the progress made in terms of decreasing the infant mortality. The chief of pediatrics made a presentation, including photos of the children treated at the unit and how they are performing now. She explained the infant mortality rate has decreased from 40% to 15%, making it comparable to hospitals that are well-equipped with modern incubators and related equipment. During this trip we did not see evidence of the rudimentary "incubator" that had been used prior to the installation of the incubators (see picture on page 4).



Luisa Baars poses with PDG Vicente Arbezú. He has been the motor behind the projects carried out in Mexico, as well as the organization of the Festivals. Vicente is a member of the Minatitlán Rotary Club and he is the coordinator for the Inter Countries Committee in Mexico. The Club is a vibrant one with many of its members involved in several community projects, including support for a preschool program in a very poor part of the city.

The incubators are used continuously since the hospital has a high rate of premature, low weight births. The staff is very dedicated, and there is parental involvement. During the visit, it was observed a blind mother tending to her child, who now was out of the incubator. The staff was teaching her how to care for her baby.

Hector Ureña, successful business owner

When talking about a self-made man, none other than Hector Ureña to respond to that characterization. During his talk at the RLRC, Hector spoke of his beginnings and the environment that surrounded him as a youngster. He was raised in Bronx, NY by his Puerto Rican parents. His neighborhood was infected by drugs and all the negative consequences of drug abuse and dealing. He stated that from early on he felt a need to overcome the environment and make something out of himself. Eventually his parents moved to the Mid-Hudson Valley, and this was a completely different world. It was a farm community back in 1969. He was the only Hispanic in the area and because of his heavy accent, he was bullied. He was determined to get an education, to assimilate, and then tell the story. Hector indicated that to be able to understand what we live today, we need to tell the story of our lives.

Today, Hector owns five McDonalds, is a member of the Greece Rotary Club, and gives back to the community by being involved on boards and helping with service projects. He is married and has two children. He bought his first store in Saratoga, but saw greater opportunity for growth in Rochester, and since has expanded his business to the Rochester area. Hector believes in hard work and dedication as the way out of an unfavorable situation. In his case, this has paid off. In his business, he likes to offer employees the opportunity to grow and prosper. He recounted the story of a young girl who was running away from an abusive stepfather. He gave her employment and support from the age of 16 to 22. She graduated from college, attended medical school and today she is a successful surgeon in San Francisco. In another case, he now has a store manager who started working at the age of 15. He now owns a house, car, and is going to marry another employee who is studying to be a teacher.

Among the causes supported by his company are the Ronald McDonald House and Borinquen Dance. He feels his company makes a difference by providing opportunities to young people through employment.

Club surpasses Polio Plus goals

Elisa DeJesús, Foundation Committee chair, announced that the RLRC has surpassed the goal set for the Polio Plus program of the Rotary Foundation. This was achieved by the successful bake sale during Thanksgiving. Several club members baked delicious desserts that were sold to friends and family members. In addition, during the regular club meetings, money was donated by members in attendance.

Polio continues to be present in the world and it is the goal of the Rotary Foundation, and Rotarians around the world, to eradicate this dreadful disease. Those affected by polio have a very difficult life because of the paralysis that results from the viral attack. Many cannot use their legs, arms, and have to drag themselves around. Particularly difficult is life for those living in underdeveloped countries due to the lack of medical attention, rehabilitation services, and basic equipment. There is still a lot of work to be done to eradicate the disease. Over the past few decades Rotary has been making enormous contributions to vaccinate children in remote parts of the world where polio is endemic. Thanks to those efforts, polio is now present in only three countries: Pakistan, Afghanistan, and Nigeria. Just a short while ago, India was among the countries where polio was a problem. In February, 2014, the World Health Organization (WHO) officially declared India polio-free, with no case of the disease being reported in the country for three years. This victory is owed to 2.4 million health workers who visited 200 million households to vaccinate 172 million children.



A 60 cents vaccine can prevent...



... a crippling disease that affects indiscriminately

... a life of hardship for its survivors

... deformities that may limit the individual's ability to earn a living

... pain and suffering that extend to adulthood

Join the fight against polio and help eradicate this disease!



Folkloric Ballet of Tuxpan performs for attendees to the Festival Of Friendship and Service

Old “incubator” at Minatitlan Regional Hospital (right)

Attendees to the Festival of Friendship and Service in Tuxpan, Mexico (below)



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FUTURE EVENTS

1. April 5– District Training Assembly, Geneseo HS, 7:30 am
2. April 26– Club Fifth Anniversary, Diplomat Banquet Center, 6:30 pm
3. May 2-4– District Conference, Burlington, Vermont

Board of Directors

Abraham Hernández, President

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