

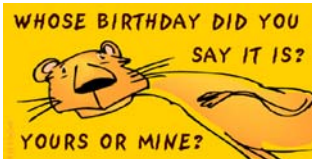


August 3, 2004

District 4-C4

### PRESIDING

Lion President Charles Nelson presided and Lion Roy Minor offered the invocation.



Those dandy Lions just keep popping up! This week it was the turn of Lion Gil Gilfix to basque in the tides of our sonorous singing, led by our Kappelmeister, Lion Dan Arrmistead. Lion Dan, do you think we need rehearsals?



### HEALTH

We were startled and concerned to hear that our old colleague and friend, Dan D'Alessandro, is now in a local nursing home. Stay tuned. We'll be passing on more information and contacts as they become available.

Also, Lion Jim Anderson has been laid low by sciatica. Lion Jim, you drive a hot rod! Sciatica is just not part of the image.



### HEAR YE!

Lion President Charles announced that the next board meeting would be at 7:30 PM on Thursday, Aug. 12th, at the Concours office. Any interested party is welcome to attend.

The first District 4-C4 cabinet meeting is on Saturday, August 28th, at the William E. Walker Recreation Center (Foster City Rec. Center), 650 Shell Blvd. 8-9am Registration & Breakfast; 9am Sharp - 3pm Cabinet Meeting; \$15.00/person; Continental Breakfast & Lunch Included. You can get the details from Lion Chaz.

**25th ANNUAL MY FAIR LADY PAGEANT.** At the San Mateo County Fair, Tuesday, August 17, at 12:15 PM, cosponsored by the County Fair, the Lions and the California Association of Health Facilities.

The Pageant is sort of the Police & Fire awards for health care workers in San Mateo, San Francisco and Marin counties. Contestants are asked a series of questions by the MC and are judged and are assessed by volunteer judges (including Lion Governor Ray) on the basis of their presentation. We regularly contribute \$25 towards the prizes.



### DOOR PRIZE

The Door Prize, a set of lotions, was donated by Elve Bacigalupi and won by Hinda Minor. Future door prizes: Aug. 10 - Ray Baron; Aug. 17 - Dennis Daly; Aug. 24 - Bobbi Harold; Sept. 7 - Dean Johnson; Sept. 14 - Pearl Director.

### Meetings

- Aug 12 - Board Meeting 7:30 pm at the Concours Office
- Aug 22 - Peninsula Council - Dominic's at Coyote Point

### Overzellous Lions

By the White Lilly that braves the last snows of Winter; by Hopeful Rose of Spring; by the Mighty Oak of Summer; by the Hardy Thistle of Fall; by the deep Green Holly in the deeps of Winter; by all these Signs Royal do we most humbly apologize for those Rothful Lions, astride their



Mighty Island, who would caste forth from the circle and favor of the Crown all coggéd wheels, diverse things and persons Rotarian. We stand with you in your hour of need and toast your fortitude with a Lions toast: Never above you, never beneath you, but with you.



### PROGRAM

Lion Dolores Chappell introduced Robert Murray, a chiropractor, who spoke to us about tunnel carpel syndrome as an example of repetitive stress injuries.



Rob's presentation was clear and concise, and pitched at the right level of detail. He began with a well illustrated description of the physiology of CTS and showed how the inflammation of tissues and nerves lead to a variety of progressively severe symptoms. Then he placed this problem in the wider context of other bodily functions and systems, showing how changes in stress management, posture, exercise, diet and medication can prevent CTS from developing or cure the condition once it has arisen. Surgery can also alleviate the symptoms of CTS, but may create problems as the body ages. He then showed us a series of simple exercises that will help prevent the development of CTS or relieve the symptoms of its first onset, before inflammation and consequent nerve damage have become severe.

It is interesting that, as medicine has become increasingly based on developing specializations, chiropractic has focused on the 'ecology' of the human organism, especially the ways in which different systems in the body interact and affect one another.



- Aug 10 - Lion Sam Lerner from the Lions Eye Foundation
- Aug 17 - NASA engineer John Sgreto on the safety engineering of the Space Shuttle
- Aug 24 - Trina Lovercheck & Ann Gordon of the Opportunity Center of Palo Alto
- Aug 31 - Fifth Tuesday - No Meeting this day



**Remember - save postage stamps from your mail! Bring them to the first meeting of the month.**

**Remember to bring fruit for Elizabeth Seton School.**