

July 28, 2003

- Guests at the July 21 meeting included Larry Krajaulis of the West Bradenton Rotary Club; Cheryl Rhodes of the Sarasota Bay Club; Juan Galvin, an exchange student from Venezuela who accompanied Frank Willett; and Lisa Stubeck, a prospective member who is a CPA with Kerkering Barberio.
- Catherine Brown and Red Badge Program committee members Dick Nelson and Daisy Vulovich presented requirements for Rotarians. Virginia Orenstein moved to accept the plan, Pat Schmoranz seconded the motion, and the club voted in favor. The requirements (some of which differ for new Rotarians) include:

Present invocation, present Four-Way Test, lead Pledge of Allegiance, act as a greeter, serve on two committees, give a classification speech, present a 60-second "commercial," present a Rotary Minute, attend a board meeting, recruit a new member, have lunch with two or three other Rotarians, work at a fund-raising community service event, submit the names of three possible speakers, have perfect attendance for two months, submit an article for the newsletter and mentor a new Rotarian.

- Sign-up sheets are being distributed for members to lead the Pledge of Allegiance, invocation and Four-Way test.
- Pat Schmoranz read a quote by Paul Harris that, in part, stated, "Without friendship, without tolerance, can blow the whole organization to bits." She congratulated our club for doing such a good job emphasizing friendship and tolerance.
- Virginia Orenstein won the \$199 in the Queen of Hearts pot. She promptly donated it to buy two wheelchairs.
- Remember, volunteers still are needed to work from 4 to 6 p.m. Friday, Aug. 8, at the open house at McNeal Elementary School. Twenty Rotarians are needed to participate.
- President Jeff Orenstein promised that new photos will appear soon on this web site.
- The guest speaker July 21 was Dr. Harvey Kaltas. He is a Doctor of Oriental Medicine in practice in Sarasota. Medical malpractice insurance is a hot topic, and Kaltas began his speech by saying he pays only \$750 per year for \$1 million to \$3 million in coverage. That's because Chinese medicine inflicts less harm, he said. It's an ancient practice in which treatments have been observed for generations in contrast to the 100 years since Western medicine was developed.

There are seven essential areas for good health, Kaltas said, and they are: rest, exercise, water, food, good air, light, and peace of mind/meditation. Most of the Chinese medicine practices in the United States are for pain control. Now, Western and Chinese doctors work together to find the best treatments for patients in China, but in the United States, Western doctors know very little about Chinese medicine.



The 4 Way Test

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?"

Kaltas said doctors of Oriental medicine must have an associate's degree, then complete a four-year program in Chinese medicine before being tested. DOMs do not perform surgery or prescribe drugs.