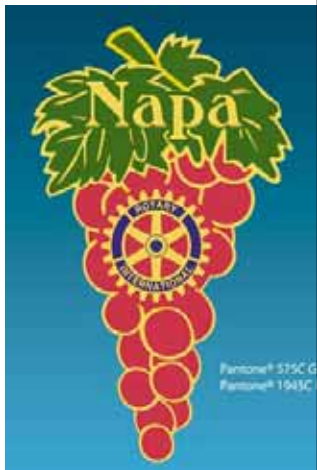


The Napa Rotagram January 21, 2009



Thought for the Day

Elisabeth Mackenzie described the feelings she had on Inauguration Day. Wherever you fall in the political spectrum, you could see the enormity of what our nation did when it elected Barack Obama to the highest office. Greatness is never given – it must be earned.

David Wildhagen led the Pledge of Allegiance, and "The Beaver Overture" was eclipsed by Ray Charles' "America, the Beautiful."

Visiting Rotarians

Debra Matteri, Umpqua Bank, Petaluma, and **Jim Nord**, Estate Administration, Napa Sunrise.

Guests of Rotarians

Brother Armando Garcia, who hosted the Pathway Home graduation, a touching and beautiful ceremony. Brother Armando received a warm Rotary welcome and a standing ovation.



Eric Isaacson and Lynn, the new Mrs. Carriker, also received friendly applause.

Alecia Hancock did it again. She put on the Ritz at Silverado where Rotarians enjoyed the scrumptious fish buffet and a DJ with fun music for dancing. Of course, **Kirk Candland** played a major part to make this event memorable.

Joe Dacanay acquired a new skill. He performed admirably with lighted balls on strings, tossing them forward, backwards and crisscrossing them.



Alecia also earned the title Rotarian of the Month because of her active procurement of speakers and her holiday party planning expertise.

Tim Cooney will tell volunteers next week when the dictionaries will be distributed to third graders at the various schools.

Past Pres **Steve Omdorf** attended the Pathway Home graduation ceremony. Ten veterans graduated, most of whom had spent time with Steve at his cabin near Truckee where they went skiing and had a great time.

Pathway Home has given them their lives back. The therapy and contact with Rotarians and others helped turn things around for the returnees. A French crew has produced a documentary about the program.

Steve said he has never discussed painful war experiences with them. Rotarians are invited to join the vets for the Super Bowl. **Pres Gary** suggested that Rotarians should consider attending the next graduation at the Veterans Home.

Cycle for Sight is only three months away. It will be a wine, food and music festival featuring the group Pride and Joy. Tickets are on sale. Please take a few and sell them prior to the event. Next Monday, there will be a meeting at Gary's office to discuss strategy and bundle brochures. For this event we have also many volunteers from the Kiwanis Club.

Chuck deLorimier is working on the creation of a new Rotary Club in American Canyon. They will need 20 committed people to get the Club started. They will meet 12:15 PM at La Strada.

Elisabeth Frater announced that Piccolino's would donate 15% of the price for a meal or take out to the Wolfe Center, a very worthy cause.

Trivia

Paul Ahearn came close to guessing the average age of U.S. presidents: It's 55! **Ed Barwick** stumbled over the youngest president on inauguration day: It was Teddy Roosevelt at 43. Our oldest president was Ronald Reagan. **Bill Blanckenburg** was asked a tricky one: Barack Obama was the fifth youngest president – who were the second, third and fourth youngest? John Kennedy, Ulysses S. Grant and Bill Clinton. **Randy Bryant's** question was: In the last 100 years, who was the only president who was not inaugurated in Washington, D.C.? Answer: Lyndon B. Johnson.



At the January 14 Rotary meeting we enjoyed a presentation about the Special Olympics.



Ed Barwick contributed \$500 to this worthwhile cause, and the club matched this amount. Other individual contributions totaled \$2,250. Thanks to Ed, for taking the lead. His generosity was rewarded when he was declared Rotarian of the Month!

Our Speaker...

Dr. Ben Platt, an anesthesiologist specializing in pain management earned his M.D. at UC San Diego He is also our newest Rotarian.



Dr. Platt has joined Dr. Eric Grigsby's practice. Pain management is a unique field. Long term, it is comprehensive and compassionate.

What is pain management? What is pain?

The International Society for Pain defines it as an unpleasant physical and emotional experience. Some are more sensitive to pain due to an abnormality in the pain sensing system.

How does pain affect people?

Activities of daily living become more difficult. Anxiety and depression go along with chronic pain. Relationships with family and friends deteriorate, and

hours are lost from work. After diagnosis, there is a way of redirecting the pathway to get improvement. Patients learn to appreciate what they can do. The patient's mood or distress tells the doctor how they respond to treatment. Acute pain should resolve itself within three months.

The cause of chronic pain is not always known. The duration of pain determines the treatment approach. Medications, physicals, imaging, and orthopedic exams are used extensively. The spectrum of therapy involves a balance between side effects and medical benefits. Medications mask or suppress symptoms. Nerve blocks and epidural injections can be helpful.

There is also cancer pain, end of life issues for Hospice patients. With proper pain management, patients can function and talk to family members. Some of the treatment options can also involve lifestyle changes and improvement of self-hygiene. Headaches have been studied, and exercise has been scientifically proven to be very effective. Day-to-day living can also be improved with the help of psychologists. When chronic pain becomes an illness, patients have to learn to live with it and to manage it. In many cases acupuncturists and occupational therapists can bring about improvement. Whatever is done should be minimally invasive.

Botox injections have been helpful for headaches. Spinal chord stimulation and joint injections are used for arthritis. In this field of medical practice, drug tests are used to see if the patients are taking their prescribed medication ... and making sure they are not selling them.



Lynn Carriker is our latest Paul Harris fellow.

The raffle is up to \$1,800. Lynn had the winning ticket but did not pick the Joker!



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