

LASSEN LAVA

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ROTARY CLUB OF RED BLUFF
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"He Profits Most Who Serves Best" *"Service Above Self"*

September 11, 2007 **Dennis Garton, President** **Vol. 86, No. 11**
Editorial Team: Christine Applegate, Dick Beddoe (alternate), Sherry Johnson, Barbara Miller, and Will Murphy

Program Personnel:

Invocation: Dick Beddoe
 Introductions: Don Jones
 Pledge: Tom Amundson
 Greeter: Cindy Brown
 Cashier: Dale Stroud
 Drawing: Jeri Hamlin

Guests of Rotarians:

*Robert Stauffer introduced his Granddaughter, Shannon
 Ryan Sale introduced Brent Forward
 Mike Metherd introduced his Daughter, Penny
 Bill Goodwin introduced Tehama County's Fiscal and Risk Managers, Kathy Peters and Tom Rosely
 Beth Glenn introduced Karen McCurdy
 Tom Amundson introduced Krista Behrens
 Joanne Perkins introduced Pat Ortiz

Member Birthdays:

Keith Kelly, September 16


Partner Birthdays:

Hanna Sue Harvey, September 14

Wedding Anniversaries:

Harlan & Charlotte Confer, September 11
 Dave & Diana Hutchinson, September 14

Announcements:



► Our President announced that there would be **no meeting** on Tuesday, September 18th. Members are encouraged to attend the Kiwanis' meeting on Wednesday, September 19th instead.
 ►Cindy Brown reminded members about the Rubber Ducky tickets and sign-ups for set up and take down at the Kiwanis' Tanya Tucker concert. The Rotary stands to make \$750 for that effort, so members are encouraged to participate.
 ►Ron Judson still needs a chair or co-chairs for the Chilli Cook-off committee. Ron will show you what to do.
 ►Una Jordan mentioned that she lost a cousin in Building Two on 9-11.

Recognitions:

Ron Judson got his picture in the paper (pushing chilli again – but for someone else): \$25. Our **President** had his picture on the front page and paid \$50. **Una Jordan** dedicated \$100 in honor of her brother who passed away recently and her cousin who was lost in Building Two on 9-11.

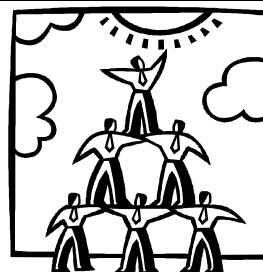
Program:



Tom Amundson introduced **Dr. John Kemp, M.D.** who is an orthopedic surgeon who recently moved here from Colorado. John was here to

talk to us about Arthritis: what it is – why it is – and what to do about it. About two-thirds of John's Colorado practice was in sports medicine and about one-third in arthritis. In essence, arthritis involves the irregular break down of cartilage. The reasons for this break down are not uniform. Medical knowledge appears from a combination of symptom history and treatment. X-rays are used frequently in detection and diagnosis. Known and appropriate non-invasive treatments include the use of anti-inflammatory drugs and some non-impact exercise. The main benefit from appropriate exercise is the strengthening of the muscles around the affected joint. Anti-inflammatory drugs, both over the counter and prescription, reduce inflammation and pain. Finally, Dr. Kemp discussed the use of more invasive surgical techniques and the use of Cox 2 inhibitor class of drugs.

Thought for the Day:



Things don't ever get better unless you make them better.
 Tom Murray,
 Roots

Drawing:

The available pot was about \$16, but I will be darned if I can remember who won it!

Absentees: → → → → → → **20**
 Ash, Brainerd, Cohen, Dolling, Dominick, Glenn, Gray, Kelley, King, Lieberenz, Sr. Manoli, D.Nichols, S.Nichols, Parker, Patidar, Robison, Rubright, Snider, Vine, Wiley

Upcoming Program:

9/18 – **Dr. Wakim – Dentist**
 9/25 – **Kevin Useldinger – Motivational Speaker on Health**