



Rotary Club of Durham

Connect. Collaborate. Serve.



November 2, 2015

Volume XXIII, Issue 15

Post Office Box 51572 – Durham, North Carolina 27717

www.DurhamRotaryClub.org

The mission of Rotary International is to support its member clubs in fulfilling the Object of Rotary by:

- Fostering unity among member clubs
- Strengthening and expanding Rotary around the world
- Communicating worldwide the work of Rotary; and
- Providing a system of international administration

THE 4-WAY TEST

Of The Things We Think, Say or Do:

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?

PROGRAM SCHEDULE

- 11/02 **OFFSITE EVENING ROTARY MEETING!!**
Joni Madison, McKinney Chief Operating Officer – McKinney/Durham Renaissance
Introduction: Vandana Dake
- 11/09 **VETERANS DAY PROGRAM**
- 11/16 **Centennial Program: International**
- 11/23 **No Meeting!! In Observance of Thanksgiving Holiday**
- 11/30 **Congressman GK Butterfield Civil Rights In An Era of Mass Incarceration**
Introduction: Del Mattioli
- 12/07 **Centennial Program: Community Development**
- 12/14 **HOLIDAY PROGRAM: Durham Public Schools Performance**
Introduction: Steed Rollins

SERVICE SCHEDULE FOR NOVEMBER 2, 2015

Music

Pianist: N/A

Vocalists: George Deaton & Shelly Green

“Star Spangled Banner”

Invocation: Bill Kalkhof

DRC Raffle: RI Foundation Programs

Contribution: \$1/Ticket; \$5/6 Tickets

Proceeds: ½ RI Foundation; ½ Winner

Rotary International: \$67 Raffle Winner: \$66

Total: \$133.00

Raffle Winner: INDIRA EVERETT

CART Fund (Coins For Alzheimer’s Research Trust)

10/26 \$TBD

DR. ADAM PERLMAN



I guess I had a vague notion of what “integrative medicine” is, but Dr. Perlman set me straight on what it is and what it isn’t. It is a combination of Western “scientific” medicine and Complimentary Alternative Medicine. More and more medical schools, hospitals, and individual physicians have embraced integrative medicine over the last two decades. A 1993 study published in *The New England Journal of Medicine* gave integrative medicine a big boost and revealed that about a third of the American Population

had resorted to alternative treatments: acupuncture, massage therapy, yoga, nutrition, fitness, meditation, mindfulness retreats, journaling, chiropractic -- to name a few.

Since then, about 60 academic health centers have formed The Academic Consortium for Integrative Medicine and Health. Duke University has played an important role in giving this movement impetus and has built a state of the art facility for the Practice. Other prominent members of The Consortium include Johns Hopkins, Georgetown, and The Mayo Clinic.

Trained in Boston, Adam Perlman came to Duke in 2011 as Executive Director of Duke Integrative Medicine, and also leads The Duke Diet and Fitness Center, as well as The Duke Health and Fitness Center. Toward the end of the program, Jim Leak, in his usual exuberant manner, testified to the effectiveness of The Health and Fitness Center. One would never believe that Jim once weighed in--if I heard him correctly, 235 lbs. One can only imagine the costs of the new wardrobe, but worth every penny!

Perlman contends that health is not just the absence of disease in which medicine strives to get measurements of blood pressure or glucose levels back to normal. Integrative Medicine attempts to develop a sense of well-being, often depending on diet, but also can have spiritual and emotional dimensions. It emphasizes prevention rather than treatment.

The major health costs in this country --- 70% --- go for diabetes, heart disease, asthma, high blood pressure, and depression. And each of these is potentially preventable through changes in diet, exercise, cessation of smoking, good sleep, moderate alcohol consumption.

Integrative Health affirms the development of a sound relationship between provider and patient. The pop in – pop out practice that we traditionally experience doesn’t lead to meaningful relationships. The leading complaint by patients is not having enough time to discuss their health concerns. The typical encounter between patient and provider in Integrative Medicine is from 30 to 60 minutes. Beyond that, openness between provider and patient is also important. Integrative Medicine encourages patients to share in decisions about their health.

The Q&A session led to some interesting and sometimes amusing moments. In a question about herbal medicines, Perlman said they can help but the body doesn’t really recognize the difference between them and manufactured medicines. What diet is most effective? Perlman says he uses a modified Mediterranean diet but lifestyle modification is important. In a light moment, a visiting physician whose name and whose age did not diminish his nimble mind said he saw a lot of women during his practice who presented with stomach complaints. The cause, it turns out, is their husbands were about to retire! I don’t suppose there is a better example of what integrative medicine can expose.

Submitted By: Allen Cronenberg

**Club Statistics as of
November 2, 2015:**

**Club Members: 242;
Active: 206**

**Active-LOA: 6; Honorary: 30
Staff Positions: 1**



Member	Birthday
LLOYD GURLEY	NOVEMBER 03
MICHEL THARP	NOVEMBER 03
NANCY GORDON	NOVEMBER 06
STAN MORRIS	NOVEMBER 07
BERT COLLINS	NOVEMBER 09
ARTHUR WHITEHURST	NOVEMBER 10
ROBERT BRATCHER	NOVEMBER 11
JULIE WELLS	NOVEMBER 12
TREAT HARVEY	NOVEMBER 13
EARL TYE	NOVEMBER 14
KIM CAMERON	NOVEMBER 15
WOLFGANG JOKLIK	NOVEMBER 16
EARL DOWELL	NOVEMBER 16
ERNIE MILLS, SR.	NOVEMBER 18
CHRISSY BECK	NOVEMBER 18
AUDREY BROADWAY	NOVEMBER 20
MAURA SULLIVAN	NOVEMBER 22
ANDY ESSER	NOVEMBER 22
LYNN RICHARDSON	NOVEMBER 24
JACK HUGHES	NOVEMBER 24
SHERIDAN VAN WAGENBERG	NOVEMBER 29

Pending New Member:

Emily Oliver: Sponsored By: Susan Ross

2015-2016 ROTARY LEADERSHIP

RI President: K. R. Ravindran
District Governor: Newman Aguiar
ADG-Area 7: Joyce McKinney

2015-2017 Club Officers

President: Lois Deloatch
Immediate Past-President: Vandana Dake
President-Elect: B. C. Dash
Vice-President: Shelly Green
Secretary: Phyllis Coley
Treasurer: Susan Miller
Sergeant-at-Arms: Janene Tompkins
Finance Advisor: Barry Curtis
Legal Advisor: Deana Labriola

2015-2017 Board of Directors

Eric Miller
David Reese
Andy Esser
Blake Strayhorn
Meg Solera
Marge Nordstrom
Jen Noble
Ari Medoff
Danielle Kaspar

Club Website Master

Jay Zenner, Designer; Updates

ROTARY MINUTE
JODEE NIMERICHTER

WELCOME TO OUR NEWEST MEMBER, ANN EVANS
Sponsored By: Melissa Mills
(District Governor Newman Aguiar
Stands In On Behalf of Melissa)



CONGRATULATIONS TO DR. LARRY CRANE
ON BECOMING A PAUL HARRIS SOCIETY MEMBER



IT'S POINSETTIA TIME 2015!

BENEFITING ROTARY SCHOLARSHIP FUND
LOCALLY GROWN BEAUTIFUL PLANTS
BE SURE TO GET YOUR ORDER FORM FILLED OUT & TURNED IN!!
FINAL DAY FOR ORDERING PLANTS IS NOVEMBER 16!
PLANTS WILL BE DELIVERED TO OUR ROTARY MEETING ON DECEMBER 7TH.
QUESTIONS: SEE MARGE NORDSTROM OR BILL LEFEVRE (OR SHARON)



SAVE THE DATE FOR SALVATION ARMY BELL RINGING!!!

AVAILABLE DATES: DECEMBER 8, 9, 10, 11, 12, 2015
10:00 A.M. – 7:00 P.M. EACH DAY

WALMART ON MLK – DURHAM

Additional Information To Be Announced

Questions: See Tom Kerns (Thomas.kerns@morganstanley.com)



DURHAM ROTARY YOUTH EXCHANGE

INTERESTED IN HOSTING A STUDENT!
SEE JANENE TOMPKINS OR SHANNON LESKIN

shannonleskin@gmail.com janenetompkins@gmail.com



Club Facebook link: www.facebook.com/DurhamRotaryClub

Executive Secretary: Sharon Lassiter

slassiter38@nc.rr.com