



The Flywheel

Thursday, May 27, 2010

www.dentonrotary.com

Denton Rotary Club



Chartered
May 1, 1920
District 5790
Club No. 1779

P. O. Box 1622
Denton, Texas
76202

Meeting Time:
Thursday, Noon
Fremaux's

Johanna Oosterwijk to discuss health and healing



Many of you know Johanna as the spouse of Herman Oosterwijk. She will be our guest speaker this week. What you might not know about her, is that in addition to the fact that she traveled with fellow Rotarians and friends to Nicaragua for the past 6 years, she operates her own wellness center just down the road, on 380 across from TWU, called Shambhala Wellness. This center is home to several practitioners, i.e. chiropractor, massage therapist, acupuncturist, nutritionist and wellness coaches. It provides fitness classes such as yoga, meditation and shamanic journeys and workshops teaching how to practice Reiki hands-on healing.

Johanna has been involved with healthcare ever since she left high school, as she got her RN degree in the Netherlands, where she worked in a hospital and with the Red Cross. Shortly after arriving in the U.S. 27 years ago with her husband and three little girls, she developed cancer, from which she completely recovered. This event caused her to investigate why people get sick and she got very involved with alternative healing from that point on. She became Reiki master so she can practice hands-on healing, and a registered hypnotherapist and biofeedback practitioner so she can assist people in healing themselves. She also is a Doctor in Naturopathy (ND).

The topic of this week's presentation is "graceful aging," which means how to embrace growing old in a healthy manner. There are many factors that impact and accelerate our aging process; most of them are by choice, although we might not always be aware of them. In addition to the natural growing process, we are impacted by detrimental environmental factors like toxins, nutritional choices, overexposure to electromagnetic and other energy, and mental and emotional stress.

This presentation is intended to make us aware of these factors, and to develop a strategy to deal with them so that we can make smart choices. To make these choices, it is often recommended to get help to reduce your stress, get energized, to develop a nutritional plan and get back in shape through stretching, yoga and meditation. These techniques are explained to allow everyone to make the choice to age gracefully!



Shambhala Wellness Center, Denton

Rotary Notes

Howdy to you!!!

It was so good to visit the Rotary Club of Denton in August last year before I left from my journey as an Ambassadorial Scholar to London. I just finished up exams for my Master's degree and am exhausted! It feels good to be done with that portion... now I get to focus on the dissertation.

I was hoping I could get the support of your club for a charity event I am organizing? On behalf of the UK Ambassadorial Scholars, and in honor of The Rotary Foundation, we are raising money for Leonard Cheshire Disability and coordinating a 5K walk in Greenwich Park on 4 July 2010 here in London!

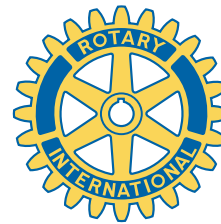
Leonard Cheshire Disability is an amazing charity that works to better the lives of disabled people in the UK and 50 other countries across the world. In fact, Rotary already does some partner work with LCD's program Schools4All Africa, which works to increase accessibility to schools for disabled children in Africa. LCD also does advocacy work to try and get governments to be more supportive and responsive to the needs of disabled people.

You can find out more about the walk event, and about LCD by logging on to our website www.justgiving.com/summerwalk Of course it would be wonderful if any Rotarians can join us for the walk, but we recognize that it may be difficult to get to the event from Texas!!! Thanks for any and all support you can provide.

Best,

Lauren Williamson

Ambassadorial Scholar 2009-2010
District 5790, Gainesville Club
MA International Studies and Diplomacy



Attendance Report:

May 20, 2010
Members Present
43 of 79
Percentage for this meeting
54.43%

Guest Speakers:

Dr. Arvin Short, M.D., Author
A Mystery - Reckoning

Guests of Members:

Andrew Kinslow
Guest of William McKee
Bill Lastinger
Guest of Karen Sandelin
Cheryl Ellis
Guest of William McKee
Colt Edwards
Guest of Randy Sudderth

Irfan Dossani
Guest of Jeffery Price
Joe Belanger
Guest of Ron Aldridge
John Shiver
Guest of Rob Seay
Karen Fortune
Guest of James Engelbrecht
Tim Sims
Guest of Jeffery Price

Leave of Absence:

Kimberly Karl
4/21/2010 to 8/21/2010
Penny Gee
1/1/2010 to 6/30/2010
Vince Baugher
1/1/2010 to 6/30/2010



Save the date!

On June 24th, we will have **our annual blood drive** before, during and after our noon meeting time. Beginning in June, we will have sign up sheets at the front where Rotarians sign in. For more information, contact Virginia McDaniel at 383-6347.

The Rotary 4-Way Test

Is it the TRUTH?
Is it FAIR to All Concerned?
Will it Build GOODWILL and BETTER FRIENDSHIPS?
Will it be BENEFICIAL to All Concerned?

Meetings

May
27th
Naturopathy,

June
3rd
Currently Open

June
10th
RYLA Camp

June
17th
Changing of the
Guards

2009-10 Officers

President – Larry Aaron
President Elect – Dale Kimble
Past President – Eva Poole
Treasurer – Rob Seay
Secretary – John Iverson
Sergeant-at-Arms – Dick Stewart
Assistant Sergeants-at-Arms – Bruce Burleson
Co-Historians – Ralph Flesher
Rita Burleson – Executive Secretary
rita@ritaburleson.com

Club Service (A)

Dale Kimble – Director
Attendance: Tom Phillips
Classifications: Bruce Burleson
Fundraising Projects: Tom LaPoint
& Harv Kitchens
Membership: Jack Thomson
Membership Development: Margaret Griffin
Rotary Information: Eva Poole, Mary Ann McDuff
Bylaws: Ron Aldridge
Audit: Rob Seay

Club Service (B)

Doreen Rue – Director
Fellowship Activities: Charles McCarty
Club Bulletin: Tim Mangrum
Magazine: Dick Stewart
Programs: Todd Price
Public Relations: Dan Leal
Audio/Visual/Photography: Don Barnes

Community Service

Karen Dickson – Director
Community Development: Ricky Grunden
Environmental Protection: Ray Croff
Human Development: Tyler Wood
Partners in Service: Bill McKee
Scholarships: Olive Morton
Blood Drive: Virginia Langston-McDaniel

2009-10 Directors-At-Large

Steve Coburn
Charles McCarty
Olive Morton
Margaret Griffin
Jack Thomson



John Kenny
International President



John A. Miller
District Governor



Larry Aaron
Club President

Vocational Service

Karen Sandelin – Director
Career Development: Rick Woolfolk
RYLA: Vicki Smith & Mary Ann McDuff
Vocational Awards: open
Four-Way Speech Contest: Tim Mangrum

International Service

Margaret M. Griffin – Director
World Community Service: John Cooper
Rotary Foundation: Rob Seay
PolioPlus: Rob Seay
Nicaragua Project: Herman Oosterwijk

District Conference
2009-2010 Co-Chairs
John Cooper & Larry Aaron



Club Members

| NAME...CLASSIFICATION..... | Bus. Phone |
|---|----------------|
| ☺☺ AARON, LARRY.... Counsel-Marriage & Fam..... | (940) 382-0860 |
| * ADAMS, JAMES.... Newspaper Publishing..... | (940) 566-2093 |
| ☺☺†* ALDRIDGE, RON.... Health Services- AIDS..... | (940) 381-1501 |
| * ALEXANDER, JIM.... Higher Educ, Univ..... | (940) 898-2133 |
| * Alexander, Miogene.... Real Estate-Sales..... | (940) 390-2355 |
| ☺☺†* BARNES, DON.... Photography-Commercial..... | (940) 566-1888 |
| ☺+* Baugher, Vince.... Healthcare-Chiropractor..... | (940) 484 6336 |
| * BRADBURY, PETE.... Mailing Services..... | (940) 382-8583 |
| * Braswell, Ray.... Public School, Admin..... | (940) 369-0001 |
| †* BROCK, EULINE.... Past Service..... | (940) 382-2436 |
| ☺+†* BROCK, HORACE.... Higher Education..... | (940) 565-3369 |
| ☺* Burleson, Bruce.... Law Enforcement..... | (940) 300-2273 |
| †* Burroughs, Mark.... Law Practices-Tax Law..... | (940) 382-4357 |
| * Bynum, Lilia.... Non-Profit Administration..... | (940) 566-5851 |
| Cabrales, John.... Municipal Gov, Admin..... | (940) 349-8509 |
| Carranza, Gabriel.... Higher Education..... | (940) 369-5261 |
| †* CLAYTON, KAY.... Education Admin..... | (940) 566-6208 |
| ☺☺†* COBURN, STEVE.... Optometry..... | (940) 566-3413 |
| ☺+* COOPER, JOHN.... County Extension Agent Emeritus... | (940) 453-1886 |
| CROSS, JACK.... Honorary Member..... | (940) 382-9935 |
| ☺* Dickson, Karen.... Economic Development..... | (940) 382-7151 |
| ☺+* Engelbrecht, Jim..... | (940) 206-5167 |
| * FLESHER, RALPH.... Veterinary Medicine..... | (940) 382-1203 |
| * Garden, Condell.... Non-Profit Mgmt..... | (940) 566-5927 |
| * Gee, Penny.... Consultant..... | (940) 391-3254 |
| Gotcher, Mary.... Honorary..... | (817) 403-3808 |
| * GREGORY, MIKE.... Law Practice, Family..... | (940) 387-1600 |
| ☺☺†♦* GRIFFIN, MARGARET.... Higher Ed Univ-Prep..... | (940) 382-7316 |
| * HEATH, MILLARD..... | (940) 387-8916 |
| Henson, Kevin.... Non-Profit Mgmt..... | (940) 382-5112 |
| Hix, Quentin.... Airport Manager..... | (940) 349-7744 |
| * HOPKINS, GEORGE.... Law Practices..... | (940) 566-8739 |
| HORTON, BRUCE.... Non-Profit Mgmt..... | (940) 391-5229 |
| HUDGENS, DERV.... Honorary Member | |
| * Ibarguen, Karen.... Chiropractic Neurology..... | (940) 382-6000 |
| * Ingman, Stan.... Higher Ed-Univ..... | (940) 565-2298 |
| * INGRAM, KEN.... Professional Banking Services..... | (940) 381-7365 |
| ☺+* Iverson, John.... Retired..... | (940) 891-4305 |
| * Jester, Tom.... Law Practice-Adoption..... | (940) 387-7585 |
| * Jones, Leon.... Events Management..... | (800) 430-0464 |
| * KARL, KIMBERLY.... Consulting..... | (940) 391-0031 |
| * KEITH, LEE.... Cattle Raising..... | (940) 382-3709 |
| * Kimble, Dale.... Credit Unions-Admin..... | (940) 380-5902 |
| †* KITCHENS, HARV.... Innkeeper..... | (940) 365-3535 |

| | |
|--|------------------------|
| Langston-McDaniel, Virginia.... Retirement Home..... | (940) 383-6347 |
| * Leal, Dan.... Nonprofit Admin..... | (214) 597-0868 |
| Longcrier, Hank.... Office Furniture..... | (940) 440-9979 |
| * Mainja, Martin.... Corporate Accountant..... | (940) 239-5172 |
| * Mauldin, Dan.... Higher Ed Univ-Mathematics..... | (940) 383-3958 |
| ☺☺* McCarty, Charles.... Insurance Executive..... | (940) 243-4252 |
| ☺☺† McDUFF, MARY ANN.... Higher Ed..... | (940) 898-3310 |
| * McGee, Ernie.... Banking..... | (940) 891-2344 |
| * McKee, Bill.... Arbitrator/Mediator..... | (940) 565-3445 |
| Minter, Roy.... Law Enforcement-Administration..... | (940) 349-7923 |
| †* MITCHELL, DANNY.... Banking..... | (940) 440-9100 |
| * MOHELNITZKY, JERRY.... Insurance-Health/Life..... | (940) 387-6196 |
| ☺+ MORTON, OLIVE.... Community Ed..... | (940) 262-0828 |
| * Muniz, Sarah.... Credit Union-Insurance..... | (940) 442-5581 |
| * Nelson, Bob.... Public Utilities..... | (940) 498-4044 |
| * OOSTERWIJK, HERMAN.... Healthcare-Imaging..... | (940) 440-9530 |
| ☺☺†* PHILIPS, TOM.... Banking & Costruction Lending... | (940) 349-5441 |
| ☺☺ POOLE, EVA.... Public Library Administration..... | (940) 349-8750 |
| * PRENTISS, DEMI.... Religion-Development..... | (940) 565-8341 |
| * Price, Todd.... Banking..... | (940) 383-6246 |
| * PROUTY, HERB.... Law Practice-Municipal..... | (940) 349-8333 |
| * RAGSDALE, MARK.... Optometry..... | (940) 387-9595 |
| RAGSDALE, RICHARD.... Honorary Member | |
| Rahn, Richard..... | (940) 262-0994 |
| Ramsay, Robin.... Municipal Judge..... | (940) 349-8139 |
| Ramirez, Robert.... Law Practice..... | (940) 321-0265 |
| * Robinson, Randy.... Banking Admin..... | (940) 349-5601 |
| * Robison, Doug.... Law Practice..... | (940) 380-0911 |
| ☺☺†* ROGERS, SONJA.... Financial Services..... | (940) 565-1819 |
| * Rue, Doreen.... Health Services-Admin..... | (940) 381-1501 |
| SANDELIN, KAREN.... Insurance Agent..... | (940) 381-5363 |
| * SEAY, ROBERT.... Accountant, CPA..... | (940) 387-8563 Ext. 21 |
| * SHRADER, JOHN.... Honorary Member..... | (940) 387-1255 |
| * SIEGMUND, JOHN.... Honorary Member..... | (940) 565-1819 |
| * Smith, Vickie.... Non-Profit Mgmt..... | (940) 566-5851 |
| * Stanley, David.... Banking-Lending..... | (940) 383-2641 |
| STEWART, BOB.... Youth Organizations..... | (832) 217-9409 |
| ☺☺†* STEWART, RICHARD.... Airline Pilot..... | (940) 382-4962 |
| †* STREAM, RICHARD.... Higher Ed Univ-Comm..... | (940) 246-3000 |
| * Sudderth, Randy.... Banking Trust..... | (940) 349-5600 |
| * SYLER, TOM.... Honorary Member..... | (214) 727-8307 |
| ☺+* Thomson, Jack.... Retired..... | (940) 382-5176 |
| * Villarreal, Andre.... Adult Day Care..... | (940) 383-8371 |
| Watts, Guy.... Non-Profit..... | (940) 566-3800 |
| ☺* Wood, Tyler..... | (940) 566-3143 |
| ☺+†* WOOLFOLK, RICK.... Investment, Broker..... | (940) 382-5500 |

Highlighted Name...Past Club President NAME IN CAPS...Paul Harris Fellow *...Paul Harris Sustaining Fellow ♦...Bequest Society †...Foundation Benefactor

Highlighted Name...Past Club President-Other ☺...Perfect Attendance: March ☺+...Perfect Attendance YTD ☺☺...Perfect Attendance since July 2007

☆...Past Dist. Gov. ⚙...Assistant Dist. Gov.