



The Alamo Oak

Rotary Club of Alamo

June 10, 2009

Alamorotary.org

ROUND HILL PROGRAM CALENDAR:

Date	Program	Greeter
June 17 th	More Jay Tontz, Economist	Morton
June 24 th	Schuppert Outgoing President's Meeting!!	Randall

UPCOMING EVENTS:

June 15 th	Board meeting at Jim Schuppert's home
June 20-24 th	RI Convention, Birmingham England
June 27 th	Demotion Party for Jim Schuppert

GUESTS:

Leni Felton, Speaker
Jean Mello
Nardy Silverman
Judy Lewis

June 10, 2009 Announcements/Reminders

Welcome to the newest member of the Rotary Club of Alamo: **Gaby Ghorbani!** Gaby was sponsored by Bill Randall and is coordinating the newly formed YouthAct Club at Stone Valley.

Member Survey: Thanks to those who responded to the Member Survey on Surveymonkey.com.

Alamo Citizen of the Year: Thanks go to Don Morton for chairing the Citizen of the Year Committee. If you have suggestions for candidates or for people/organizations that should be contacted to solicit nominations, please contact Don.

Board Meeting: Just a reminder that the next board meeting will be a potluck dinner at Jim's home on Monday June 15th at 6PM. Board members and spouses/significant others are welcome. Contact Beth Randall to get your food assignment.

Alamo Music and Wine Festival: The next committee meeting is scheduled for June 25th at the meeting room at Richard's. Work continues. The dinner tickets will be ready soon. All restaurants are signed up now ... including Rotary's Barbeque Booth, Faz, Don Jose, Forli, and Peasant Courtyard.

Demotion Party: If you haven't seen the eVite, please RSVP to Karen McPherson so the committee can plan accordingly for Jim Schuppert's demotion party planned for Saturday evening, June 27th at 6PM at Karen and Mike's home

Recognitions:

Bill Ferguson played catch up as the fiscal year draws to a close, recognizing 11 members for a variety of things or for just being for a total of \$555! Those so honored included Diane Barley, Jim Brandt, Tony Colorado, Bill Humphrey, John Jones, Ron Mello, Chuck Ortmeyer, Steve Polcyn, Ken Soult, Chris Suter, and Bob West!

Our Program:

Thanks to Ron Mello for organizing Leni Felton as our guest speaker. Ms. Felton is a Board Certified Clinical Nutritionist, specializing in nutritional and traditional naturopathic therapies and healthy living practices for those with chronic health issues. She has been in practice since 1995, consulting with individuals at her office in Los Gatos/and in Danville/San Ramon.

She has worked at Preston Wynne Spa, the award winning Saratoga day spa where she developed spa friendly nutrition and cleansing programs. Leni was an early practitioner of the now popular system of Metabolic Typing, for which she co-taught a nutritional seminar for doctors & adjunct health practitioners.

She uses Metabolic typing in assessing the optimum diet for her clients. She suggested an easy 3 day diet to identify your metabolic type. The first day could be a meal consisting of Beef, asparagus, mushrooms with rice. The second day, she suggested a veg. salad, chicken with broccoli and cabbage. The third day could include chicken, veg. salad with rice. She suggested we take cues from our bodies after each meal regarding how sluggish you feel, how hungry you get and if your body is craving coffee. For more info on this subject, she recommended William Wolcott's book "The Metabolic Typing Diet".

Her philosophies regarding health care:

To truly reclaim one's vitality, a "whole health" approach must be taken. This includes re-invigorating and harmonizing body, mind, spirit, and the environment in which you reside.

Ill health of the body can originate due to an imbalance in the body itself, the mind, one's spirit, or a toxic or inhospitable environment. Many clients notice that they regain mental clarity and equanimity, once physical factors are resolved. Likewise, others find that by easing stress or harmonizing troubling emotional issues, their physical symptoms resolve or are finally accessible to healing. The body and mind are inextricably linked.

Symptoms of disease or lack of health are not the problem itself. They are the outermost pointers calling your attention to a deeper, underlying, imbalance. They tell us where to look. Nothing is gained by chasing symptoms or

suppressing them. Making symptoms “go away” are like covering up warning lights on a dashboard instead of fixing the engine. True healing occurs from the inside out. So, intend to become healthy “from” the core.

Nutritional and natural therapies are the perfect complement to traditional medical care in cases of chronic and even serious illness.

Health care starts with Self Care. Medicine cannot make up for a poor diet and destructive living habits. Resolve Chronic Health Issues before they become deep life-long patterns. Healthy living programs are client-specific.

Each person’s path to health is in accord with these foundational healing principles. However, each person’s path is unique in terms of needs, timing, and implementation of their process. Leni Felton can be contacted via her website: thewayofhealth.com.