



Wilton Rotary Drummer

Wilton, Connecticut

www.wiltonrotaryclub.org



February 6, 2009

Pam Lucas

Guests/Visiting Rotarians

Ed from Minnesota always a welcome visitor.

Announcements

1. Valentine Dance in New Haven tomorrow---call Pay if you want to go \$125/couple
2. Dictionary project went well and we got a nice card for Mrs. Yates classroom.
3. Senior smoke alarm project—sign up sheet going around.
4. Ed has set up outlook calendar on our website—if you want to post, see Ed.

Program

Jill Kleiber, WHS class of '93, joined us to speak about acupuncture and its benefits. She became interested in alternative medicine when she got Bell's palsy and lyme disease and needed help in recovering. She spent years studying in Texas and now has her own business. Jill spoke of all the "aches and pains" acupuncture is good for: stress, digestive issues, respiratory ailments including asthma, general pain—back, headaches, smoking recession, and women's health issues. The Chinese have been using acupuncture for over 4000 years but only since the 70's has it been used in the US. It is a very painless process, as she showed by inserting needles in Bob and Matt, and acupuncture is now a medical procedure. Some insurance companies will pay, but not all and treatments could be around \$100 per session. Along with herbal supplements and massage, acupuncture is now more widely used. Very interesting topic—let's see who is next to try it!

See you soon Pam