



ROTA-BITS



SERVICE ABOVE SELF

VOL. 13, NO. 49 * June 7, 2012 * EDITOR: * DOUG GROSE*

JUNE IS FELLOWSHIP MONTH IN THE ROTARY CALENDAR.

LAST MEETING

Reported by Linda Clements

Sgt.-at-arms: Marlene Pelyhes

Prayer: The prayer was led by Karen Bowersox who expressed thanks for all of the good works that are done and for good health. (Very apropos for today's topic)

Guests/visitors: Tom Hough's lovely wife, Felicia, joined us today. She is a member of the Chardon Rotary club. Randy Carver brought Trent Schulz, a new office member, with him today.

Rotabuck: The winning number was held by Carl Myers and because there was no secret word last week your editor .donated a buck to the cause.

Upcoming/ special events: Pres. Wayne reminded the group that Randy Carver's golf outing which benefits our Rotary club, will be held on Friday.

There will be a new member orientation this Saturday from 8:00-10:00 at the Panera Bread near Kohl's on Mentor Avenue.

Volunteers are still needed for the United Way Day of Caring on June 20th. Please sign up.

The District 6630 picnic will be held on June 20th at 4:00 p.m. at a Geauga county park.

The Installation Dinner will be held on June 28th at Kirtland Country Club. The President Elect and new Board members will be installed. Invitations have been mailed and an email was also sent in case there may be some incorrect addresses. Please RSVP.

Pres. Wayne received a call from the director of voting in Lake County. They are in need of 1200 polling location

workers. Anyone interested in taking this part in our democracy can contact President Wayne.

Thom Sivo announced that Hospice of the Western Reserve is having their first annual walk on September 9th. Information is available on the table.

Rick Cooper reminded the group that we will meet at the Trout Club next Thursday and there is no lunch meeting. Cocktails will begin at 6:00 with dinner at 7:00. There is still room for 4 more people. This writer was told to ask Dr. Gary Estadt about "Archibald"?

Our next meeting at LaMalfa will be held on June 14th and we will have a speaker from The BMV.

Speaker: Karen Bowersox introduced the speaker for today's meeting, Dr. Harold Bowersox. They have been married for 25 years and they worked together for ten years in his medical practice.



Dr. Bowersox addressing the Rotary Club of Mentor. Photo by Dan Welker.

Dr. Bowersox graduated from AT Still University as a D.O. in 1969. He has also earned his law de-

gree and an MBA. He is a fellow in the American College of Quality Assurance. He also holds an HMD in Homeopathy. He has also authored a book on protocol for Fibromyalgia. He has helped hundreds of women to lead a new life without the use of prescription drugs.

Dr. Bowersox spoke to the group on the condition of fibromyalgia. This condition has actually been around for a very long time. Now there is much research into this very serious problem.

This is a spectrum disease with people falling on all aspects of the spectrum. Dr. Bowersox began about 15 years ago looking at this disease with a holistic approach. As referrals began coming in, he decided to try to find a common treatment with a homeopathic medicines protocol. He has seen at least 2500 patients in the last 12-14 years with about 95% total recovery. Most patients get better in 3-4 months. Patients can recover and have a stressful event and experience a re-lapse.

This condition occurs mostly in females. It is a problem with the neurotransmitters in the brain. Women's estrogen receptors are also a factor. There are three major symptoms: pain, fatigue and sleep disturbance. Pain is usually the main problem. To complicate things, there are also about 25 different morbidities along with the big three already mentioned.

When patients see their regular doctor, they are most often referred out to specialists due to these other symptoms. And there are a myriad of symptoms and sensitivities. With each referral, the patient is usually prescribed meds to treat the symptoms. All of the meds have side effects on the central nervous system. Most times; patients need to come off the meds before treatment.

Men do get fibromyalgia and it presents itself most often as fatigue and is difficult to treat. What is the cause of this disease? It is due to stress – even good stress can trigger this. If a person

is predisposed they will get it. It affects the endocrine, immune and neurological systems. If you have problems with any of these, you are sick. This is even seen in adolescents and mainly in teen girls. He is treating a child as young as 5 years old.

Questions were raised from the group. Bob Z. asked about the treatment description. The treatment consists of a protocol of homeopathic medicines that are very safe. These medicines were developed over 200 years ago and used mainly in Europe until the drug companies began to saturate the market. He learned his use from a French physician. Many schools in Europe teach homeopathic medicine but this is not taught in the U.S.

Chet Karchefsky. spoke of his own personal positive experience with his homeopathic treatment. A great deal of time is spent in an initial interview with the patient, logging history and utilizing any imaging records they may have. Dr. Bowersox conducts his own physical and does follow-up visits. He does what he terms as Clinical Homeopathy, western style. The European teaching is different from the American classical homeopathy that is also practiced.

A question was raised about stressors that can cause this. Dr. Bowersox revealed that over 50% of women develop this after childbirth; mostly after the birth of the second child.

Another question was asked with regard to how chronic fatigue syndrome relates to fibromyalgia. He stated that this is the same as fibromyalgia but without the pain.

The idea of the importance of diet was raised. Often, the body feels like it is being attacked and it needs to hang on to the calories- thus the overweight issue. He suggests that we follow the Mediterranean diet. Refined sugars and dairy products should be eliminated.

Another question was asked about the level of difficulty of the transition from traditional medicines to his homeopathic protocol. Dr. Bowersox said that people must stay on necessary medicines but should get off all of what he calls "The Crap"!

He does treat children. He gets referrals from doctors- a great deal come

from psychiatrists and women physicians. Insurance is not recognizing this in a formal way. A typical treatment usually lasts from 3-4 months and cost can average around \$300 per month. This is safe and cost effective.

Homeopathy lets the body heal and re-balance. The body reaches homeostasis and it is very gentle on the body. Synthetic drugs are not curative – they are for symptomatic relief.

KUDOS

To the following members and spouses who reviewed this year's High School plays: Bill and Chris Robertson, Mike and Mary Beth Scruggs, Dick Swain, Bob Zyromski, Glenn and Jan Pizzuti, Vicki and Bob Curtis. Special KUDOS to Bill Robertson who chaired the project.

MORE KUDOS

To the following members and others who helped with the Senior Center project: Mike and Mary Beth Scruggs, John Solich, Dave Lehmer, Dan Welker, Dennis Nowacki, Jack Butler, Wayne Brodhan, Kevin Newcomb, Ron Traub Amy, Bob, and Chloe Kapostasy, Vickie Wildeman, Nancy Sanden, Bob Fritts and Ray Kirchner. Special KUDOS to Dave Lehmer who chaired the event and drew up all of the plans.

JOCOE'S JOURNAL

Watching her mother as she tried on her new fur coat, young Lora said unhappily, "Mom, do you realize some poor dumb beast suffered so you could have that?"

The woman shot her an angry look, "Lora, how dare you talk about your father like that!"

You Know You're a Mom When...

- You automatically double knot everything you tie.
- You find yourself humming the Barney song as you do the dishes.
- You hear a baby cry in the grocery store and you start to gently sway back and forth, back and forth. However, your children are at school!

- You actually start to like the smell of strained carrots mixed with applesauce.
- You weep through the scene in Dumbo when his mom is taken away, not to mention what Bambi does to you.
- You get so into crafts that you contemplate writing a book called "101 Fun Crafts To Do With Dryer Lint and Eggshells."
- You spend a half hour searching for your sunglasses only to have your teenager say, "Mom, why don't you wear the ones you pushed up on your head"?
- You are out for a nice romantic meal with your husband, enjoying some real adult conversation, when suddenly you realize that you've reached over and started to cut up his steak.

MEA CULPA

In Last week's issue, under UPCOMING EVENTS the Lake County Day of Caring was listed in error as June 22nd. Please note that the correct date is June 20th.

UPCOMING EVENTS

June 7 – Trout Club Dinner at 6:00PM, No Luncheon.
June 13 - Board Meeting, 6:00PM at Wayne's home.
June 14 - Pat Szarnicki, Chief of Field Services DMV - The BMV's achievements
June 20 – Lake County Day of Caring at Broadmoor School.
June 21 - LEC President – Michael Victor
June 24 – District 6630 Picnic
June 28 – Installation Dinner at Kirtland Country Club

BIRTHDAYS

June 1 – Alex Cooper
 June 4 – Jeff McMillen
 June 8 – Dan Welker
 June 14 – Gary Estadt
 June 15 - Dianne McDermott
 June 21 – Lou Kreider
 June 24 – Elfie Roman
 June 26 – John Solich
 June 28 – John Trebets

If I have missed anyone, please call 257-9827 or email d.grose@sbcglobe.net

THE 4-WAY TEST

Of the things we think, say or do...
Is it the Truth?
Is it Fair to all concerned?
Will it build Goodwill and Better
Friendships?
Will it be Beneficial to all concerned?

OFFICERS

MENTOR ROTARY CLUB 2011\2012

President

Wayne Brodnan PHF

Immediate Past President

Mike Scruggs PHF

President Elect

Tom Hough

Vice President

John Solich

Secretary

Kevin Newcomb PHF

Treasurer

Curt Jones, PHF

Sergeant-at-Arms

Fred Lariccia, PHF

Board Members

T. R. Hach PHF

Shane Novak

Ron Traub PHF

Dan Welker

Bill Robertson PHF

Amy Kapostasy

Tom Weiss PHF

Bob Boyd

Membership Chair

Vicki Curtis

www.rotary.org

MEETING MAKE-UPS

Following are a few nearby Rotary
Club meeting sites and times for
makeups;

MONDAY

Willoughby at Gavi's, 12:00 PM

TUESDAY

Painesville at Hellreigel's Inn at
12:00 Noon.

WEDNESDAY

Burton-Middlefield at Welshfield Inn
Banquet Hall, 14001 Main Market
Rd., Burton, at 7:00PM

Cleveland East at Nighttown Res-
taurant 12387 Cedar Road Cleveland
Hts. At Noon.

THURSDAY

Cleveland at Windows on the River
in the Flats, Bridge View Room,
Third Floor, Windows on the River,
Powerhouse. Nautica Entertainment
Complex, 2000 Sycamore at 12:00

FRIDAY

**Chagrin Highlands (Beachwood
area):** at Mitchell's Fish Market,
28601 Chagrin Blvd., Woodmere (at
Eton Square).

WHERE WE MEET

LaMalfa Center,
5783 Heisley Road,
Mentor, Ohio
Thursday at 12 Noon

OUR MAILING ADDRESS

PO Box 1177
Mentor, OH 44061-1177

OUR WEB SITE

www.mentor-rotary.org/

ROTARY INTERNATIONAL

A NEWSLETTER PUBLISHED BY THE ROTARY CLUB OF MENTOR, OHIO