

## Upcoming Programs

**March 26**  
**Our Board Meeting**  
plus . . .

**Our Student Recognitions!**

**April 2**  
**Gary Cowles**  
**Habitat for Humanity**

**April 9**  
**Brunonia "Sandy"**  
**Barry Author of**  
**"The Lace Reader"**

# Can You Stand Straight? If not, there's a reason!



## Prof. Kristian McCoy

spoke to us this week on Balance and Posture. Everyone commented that it was a very interesting presentation.

Kristian is a professor of Anatomy and Physiology at North Shore Community College here in Lynn and has a chiropractic practice here



too. He has been a chiropractic physician for 18 years and has degrees in human anatomy.

He asked: "Has anyone in the room

woken up in the night or early morning and found the room spinning around?" He then showed us the many body links we have for balance and keeping in contact with the world around us - there are hundreds of little sensors in our body!

Neurologically, balance begins with the inner ear or vestibular apparatus in the brain. Our visual system compensates for poor balance for most people.

Posture and balance are maintained by the inner ear, and our visual system and receptors in muscles and joints. In the musculoskeletal system posture begins at the feet and your body is an upside down pendulum swaying forwards and backwards at the ankle. Your hips and lumbar spine sway side to side. Your neck and eyes manage head position.

Loss of balance is a major cause of morbidity and mortality in older adults. Balance can be retrained in most adults through vestibular exercises. Motion disorders (motion sickness, mild dizziness) have recently been linked to clinical anxiety and panic attacks.

Kristian explained how within our inner ear we have "stones" rolling around touching several receptors which tell our brain we are leaning to the left or right - when a "stone" gets "stuck" for any reason our brain cannot tell "what we are doing, position-wise" and a person can easily panic!

There was so very much more to his presentation - it is not the purpose of our club newsletter to write a treatise on the subject!

Thank you Kristian.

## Our Lucky Tickets

were selected by Kristian and Elaine Kurkul, having just returned from her weekend in New Hampshire at PETS (President-Elect Training Sessions) and Adam Sherman looked for the lucky joker - the \$70 pot is safe!!

## Last week's Presentation

was also excellent and I regret that my computer



was in the repair shop for several days and there was no review possible. We had several talented personnel



from the Cataldo Ambulance Service including a Vice President (at right) and the main presenter (above)!

We learned it is a highly-trained organization with the latest techniques for saving lives in an emergency. Everyone received a highly detailed brochure about the organization.

## This Friday March 20

is the absolute deadline - the "final call" for turning in to Virginia or Loretta sponsorship copy for our program book for our giant musical extravaganza!



**SELL TICKETS! SELL SPONSORSHIPS!**  
**SELL! SELL! SELL!**



## Two couples from District 5340 in California . . .

were recently inducted into the Arch C. Klumph Society, which honors people who give at least \$250,000 to The Rotary Foundation.

Past District Governor Steve Brown and his wife, Susan, and Larry and Linda Sundram were honored 25 February during a ceremony at RI World Headquarters in Evanston, Illinois, where their portraits now hang in the Arch C. Klumph Gallery.

Brown has traveled extensively to underdeveloped countries, promoting the Foundation and overseeing projects. The Foundation's positive impact in these areas shows why contributions are so vital, he says.



"Your dollar can make a bigger difference when it's spent in underdeveloped countries," explains Brown.

"In many countries, there are no safety nets. People could really hit rock bottom if it weren't for the Foundation."

A successful lawyer, Brown became a charter member of the Rotary Club of La Jolla Golden Triangle in 1986. He has participated in a National Immunization Day (NID) in Eritrea and facilitated Matching Grant projects in Kenya, Mexico, and Russia.

Much of his current passion is directed toward Afghanistan, which he has visited several times to support humanitarian and educational projects. In October, Brown and a fellow club member, Fary Moini, met with Islamic leaders in Jalalabad to emphasize the importance of the polio eradication effort.

"There are needs all over the world," he says. "Being an Arch C. Klumph member means I'm an investor in the Foundation. I have a strong vested interest to see that the Foundation thrives and carries out its mission to help people worldwide."

The Sundrams, who are both Rotarians, are also committed to the Foundation's international reach. Larry has traveled to India for an NID and has been involved with several Matching Grants in that country. He is currently the District 5340 Group Study Exchange Subcommittee chair.

The couple has been married for 32 years, and both retired from the insurance industry in 2002. Larry joined the Rotary Club of Vista in 2003, and Linda is president of the Rotary Club of Camp Pendleton, which she joined in 2006.

Linda credits her husband with introducing her to Rotary.

"Rotary is the best organization I've seen at breaking down cultural barriers to create peace and understanding," she says. "It's a great feeling to donate to such a wonderful foundation, realizing that people will be helped long after we're gone."

The Sundrams have helped support the humanitarian work of U.S. military units in Afghanistan and Iraq by helping to collect and forward supplies. Each year, Larry and members of

his club distribute Christmas gifts to disadvantaged children and their families in Ensenada, Mexico. The Sundrams also support the Permanent Fund and the Annual Programs Fund.

"The Foundation is the most effective way to get the most money and resources into the hands of people who are in the most need," says Larry. "Giving to the Foundation gives us peace of mind that the money will be used to its optimum potential."

## Our 2008-2009 District Conference is FRIDAY AND SATURDAY, MAY 1ST AND 2ND, 2009 In Historic Salem Massachusetts

The updated district website now has the schedule of the two-day event in detail and a registration form too!

**NOW is the time to sign up so that the committee can plan attendance accurately at the many food-related events.**

Use this website link:

<http://www.rotary7930.org/DistrictConference.cfm>

If you do not have Email Bob Wood's telephone is 1-617-266-4860

### GREETERS' SCHEDULE

March 26 - Joyce Elliott & Jan Reardon

April 2 - Virginia Doocy & Maroli Licardie

April 9 - Art Horgan and Adam Sherman

Please remember, Greeters have to **BREAK DOWN** also !!