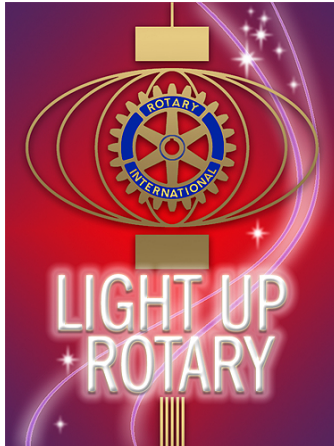
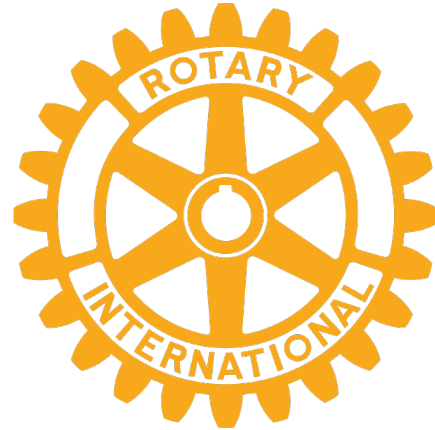


This week, learn how to live your life free from back pain.

[View this email in your browser](#)

Vallejo Rotary



The Propeller

July 17th, 2014

Walter Newell

Robert Briseno's 3rd meeting as President

President Briseno opened the meeting at approximately 12:30 pm at Zio Fredos Trattoria.

Jeannie Kilkenny Turk led the fearless group in the Pledge of Allegiance.

Former Vallejo Mayor Intintoli then led the choir in a Rotarians rendition of "You're a grand ole Flag".

Announcements

Tony "Miagi Do" Shannon announced that the Rotary website has had a facelift that looks even better than Michael Jackson's (May he rest in peace). This is for members only and if you have forgotten your password just click on it and type in a password and it will send it to your e-mail. (Mayor Intintoli asked what an e-mail was).

Also the Members-Only area has information about how to propose a new member. (I would like propose Greg Silva as a new member)

Lori-Ann is hosting a Cocktail party Aug 22 at her home in Fairfield. She will be serving her famous Red Beans and rice.

Jerry Wilkerson announced that the Fairfield Rotary Club will be having their golf tournament, (The Outhouse

Open), at Paradise CC on Sept 5. He would like the Vallejo Club to join in with a foursome.

Admiral's baseball Friday July 31. To get tickets contact Kathe Chandler. Shawna said there are ads available for the Times Herald to help with this event.

Sept 13 Picnic and Potluck. Look for details to come.

Oct 4 is the Pig-a-Palooza, hosted by President Briseno.

Roctoberfest is Oct 10 at Dan Foley Park from 6:00 to 10:00 pm. Drinks, Beer, wine and sausages will be provided. The girl holding the beer was recommended to be a red head for this year's event.

Dr Bishop is having a Bond measure meeting at her office following the meeting.

The waterfront weekend celebration will be Oct 4, 5 in Vallejo. JD Miller will be in the dunk tank, so please get there early to get your place in the long line!!

Guests

Former Vallejo Rotarian Jerry Wilkerson was here visiting from Fairfield Rotary.

Recognitions

Birthdays

None in attendance

Anniversaries

None in attendance

Happy Dollars

JD is happy for \$20 because his Dodger's are in first place and he could wear his Dodger Jersey. Also the A's are in first place as well. Disneyland is celebrating their 59 year anniversary.

Lori Ann gave \$5.00 because she saw Carol Burnett and Jim Mitchell.

Ann Grove gave \$20 because she was in Austin Nevada land sailing in major dust storms. She closed her eyes and imagined that she was with Lawrence of Arabia in the Sahara Desert.

Connie Klimisch gave \$10 for Lori Ann bringing her flowers.

Derrick gave \$30 for his mom making him watch "Gone with the Wind". Ran the "Bay to Breakers", and he got a lead role in the Shakespeare play coming up in Vallejo. Congrats.

Mike Diaz gave 5 pesos because he visited his home town in Mexico with his 2 brothers. This community has grown so much and prospered since he moved away. Robert suggested that he move away from Vallejo and maybe it our community as well.

Joke for the week:

While his father was eating his soup the son asked him if he thought flies are good eating. His father didn't have time to answer the question and avoided him. So the boy didn't bother him to let him finish the soup. Later that night the father said, okay I'm ready to answer your question. The boy replied that I was wondering if flies are good eating because there was one in your soup. (We are hoping for a better joke next week, it shouldn't be that difficult to top that one).

Program

Dot Spaet is a Certified Personal Trainer in Fitness and specializes in Back Care. She is also a Yoga and Pilates instructor.

Dot's Top 3 Keys to End Your Back Pain is for you if:

1. you want to get rid of your back pain
2. you don't want to think about your back pain all the time
3. you want to learn what triggers your pain and how to stop it.

She has a workshop that will teach you to learn how to:

- Have freedom of movement so you can do the activities you love
- Move so there is no pain in your back or neck
- Have more and more moments of no pain
- Make your back strong and better
- Have flexibility

Dots website is www.fitnessbydot.com Her Phone # is (415) 892-6605

Dot had helpful hints on how to get out of back pain. Sitting in a chair and stretching your calve muscles and your hammies. Also, stretching out your neck from turning side to side. Remember to only do what is recommended by your doctor. Dot discovered that there were certain posturing positions that helped her overcome her back pain when she could barely walk or sit. Now she is pain free in her entire body.

Tony Shannon couldn't figure out why he had back pain, so he began to walk in the evenings. He lost 110 lbs and his back started to feel better. Imagine that!!

Doc mentioned that he had trouble turning his head and Robert thought that it was maybe because of his large neck.

Dot recommended before stretching to warm up the body by walking, having coffee or even going to the bathroom. Get the blood moving before stretching.

Mystery Handshaker

Our mystery hand shaker winner was Mike Diaz.

Drawing

Derrick Karimian. Derrick announced that he is enjoying the property management business in Vallejo. He joined Rotary to give back to the community and is very proud to be working with people like Dr Bishop.

Proposed Member

Jack McCarthur - Vallejo Fire Chief

Meeting adjourned at 1:30pm



Our Speaker Dot Spaet - giving us all some great advice on how to live pain free.

She mentioned that she has a 90% success rate. The 10% she is not able to help are mostly over 75 years old. At this, Tony Intintoli lost all hope.

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