

Volume 37, No. 12

Today **September 18, 2007**

Program:

- **Virginia (Ginger) Campbell, RN, PhD**, will present a program on the Kino Campus of the University Physicians Hospital. Campbell is the CEO of the Kino facility.

Next week **September 25, 2007**

Program:

- **Susan D. Parker, MD** plans to discuss the surgery center program at Kino Hospital

Program Chair:

- **David Appleton - 2007-08**
- **Nick Clement - September 2007**

Greeter:

- **Joey Lessa**

Invoker:

- **Robert Lehnhardt**

Hosts:

- **David Lusby** and **David Polsky**

Last week **September 11, 2007**

Visiting Rotarian:

- **Jill Leach** (Past President of the Tustin, CA Rotary Club)

Guests:

- **Shelley Zbojnowist** (University Physicians Hospital)
- **Victor Beal** (Sahuarita H.S. student)

Announcements

Stock Market report:

- Our president cut off Merrill Lynch financial advisor **Robert Lehnhardt**. The word "succinct" (concise) entered the dialog. In short, no report.

Rotary Minute: Ray Colony was on deck this week.

- Q - How old is R.I.? There were two answers: 90 years in 2006, 91 years in 2007 *Editor's note: This has been a tough The Desert Wheel to write.*

EScrip®

- Old news - Today you are to turn in your forms.
- New news - *Editor's note again! I entered the correct spelling of the registered EScrip® trademark on Spellchecker, thanks to input from Father Mike. This is an excuse to check it out.*

Velcro board

- **President-Elect Jerry Ochs** (new title just announced 09/11) displayed this three-fold board for use as a traveling exhibit touting the good works of our club.
- Congratulations Jerry for all you do, and will be doing as next year's President.

Pasta Kitchen - Let's rehash this again. This is a good program and help is needed

- **Father Mike** noted (09/04) it is becoming harder and harder to get Rotary crews together for this monthly venture. Call him with questions or to indicate your interest in helping out.

Rotary Auction- Think about donating money, goods and time to this upcoming program - More to follow!

The Fineman (Polsky and Co.)

- Our president also cut off the Fineman, but not quick enough for Dave **Polsky** to mention this is "National Spinal Cord Awareness Week."

The raffle

\$100 credit to a Paul Harris Fellow (PHF) award

- **Becky Roberts**

Drawing for the PHF awards today

- **Becky Robert, Dr. B.J. Sullivan, David Lusby** and **Konrad Stokes**

Winner of the wine

- Donated by Jim Pletcher, won by **David Polsky**

The program

Dr. Ronald J. Wisneski recently joined the University Physicians Healthcare (UPH) group as an orthopaedic specialist. Dr. Wisneski has had a long association with the Hospital of the University of Pennsylvania.

After some time in Florida, which he said was the "pits," Wisneski moved to Princeton, N.J. as a private practitioner reportedly to recoup financially. Today, here in the Tucson academic arena he finds more "pleasure in being around absorptive minds, dealing with students etc."

Wisneski's PowerPoint presentation was laced with what he called "pearls" for our edification:

- Patient and doctor need to deal with form and function; I.e., our form changes as we age and our function lessens. *Yes! We know that.*
- The profession realizes it must get the patient involved in determining remedial courses of action.
- 80% have back pain at some time.
- We need to recognize we have a limited warranty on our body parts and cease abusing our anatomy in any regard.
- Bodies need to be used favorably:
 - A sedentary job is bad,
 - Physical fitness programs are good
 - An occupation or actions that causes the spine to twist is bad.
 - Exercising the brain is as important as exercising the body.
- Surgery is based on what Dr. Wisneski calls "evidence based management."
 - The opinion of your own primary care provider should be part of team input when reviewing a possible surgical procedure.
 - "Don't let technicians (*Surgeons?*) transcend beyond reason."
 - A primary care provider may wave a red flag on a malady such as treatable ulcers in lieu of surgery.

Good news though - Most episodes of back pain are gone in three months.

Medicine will change dramatically in the next ten years when genetic profiling will allow personalized diagnoses and treatment to prevail.

The wrap-up! Laughter is the best medicine. Enjoy yourself and seek a quality of life to enhance your well-being.

Mystery Rotarian on the next page

Mystery Rotarian

The clues:

- Born in Colorado Springs, CO
- Moved to the "banana belt of Colorado" on the western slope. *We never found out where the banana belt is.*
- B.S. in Business Administration at the University of Denver.
- Uncle Sam called after graduation.
- Returned to the banana belt.
- Moved to Colorado high country, "Ski-town USA." *First guess from the group - Aspen!*
- Owned and operated a small retail carpet, drapery, wall coverings and paint business.
- Sold business and moved to G.V. in 1987

The Mystery Rotarian:

- **Ray Colony**

Noble Rose, Editor

2007-08 Board of Directors

President:

- **Mark Dugan**

President Elect:

- **Jerry Ochs**

Vice President:

- Unfilled position

Secretary:

- **Michael Pease** GVRotary@yahoo.com

Treasurer:

- **Philip Brooke**

Immediate Past President:

- **Dr. Tom Bunting**

Directors

- Administration: **John Guion**
- Membership: **Joyce Finkelstein**
- Public Relations: **Jerry Ochs**
- Rotary Foundation: **Father Michael Shay**
- Service Projects: **Donna Gallagher**

General information

2007-08 Green Valley Rotary Foundation Trustees:

- **Bill McGibbon, Joyce Finkelstein, Andy Heideman, Ralph Ankuda, Becky Roberts, Tom Bunting and Mark Dugan**

Rotary District 5500

- **Sandy Goodsite**, District Governor (Pantano)
- **Jean Waltke**, Ass't District Governor (Rio Rico)

Club website

- <http://www.rotaryclubofgreenvalley.org>

Makeup locations

To make up on-line

- <http://www.rotaryclubone.org>

Monday @ 12:10 PM - Tucson Old Pueblo Club

- McMahon's Steak House - Swan @ Ft. Lowell

Tuesday @ 5:30 PM - Sahuarita Rotary Club

- Ashley Home Store's Community Room
W. Duval Mine Road @ NW corner of I-19

Wednesday @ 6:45 AM - Rio Rico Rotary Club

- Esplendor Resort at Rio Rico - I-19 Exit 17 West

Wednesday @ 11:30 AM - Rotary Club of Tucson

- Doubletree Hotel at Reid Park - 445 S. Alvernon

Thursday @ 6:45 AM - Valle Verde Rotary Club

- GV Community Church - Esperanza at LaCañada

Friday @ 8:00 AM - Tubac Rotary Club

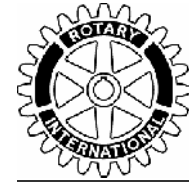
- Nob Hill Gourmet Market & Fine Dining

Friday @ 12:10 PM - Tucson Catalina Rotary Club

- Viscount Suite Hotel - 4855 E. Broadway

Rotary Club of Green Valley

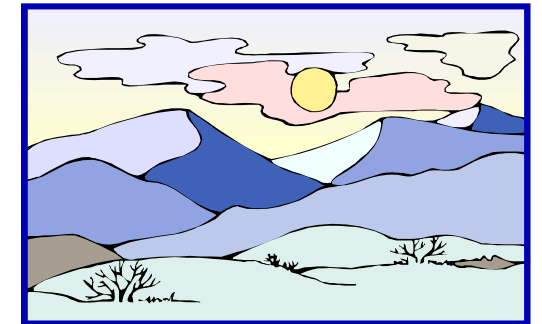
The Desert Wheel



Wilfrid J. Wilkinson

R.I. President

Rotary Club of Trenton, Canada



The Rotary Club of Green Valley meets
On Tuesdays @ 11:45 AM at the
St. Francis-in-the Valley Episcopal Church
600 S. LaCañada Drive

P.O. Box 701 - Green Valley, AZ 85622