



Meeting of October 17th 2019



Looking at the picture you see Teresa Adams and Jill Letendre in absentia. Behind the scenes are Jason Salter and Michelle Nystrom.

Several announcements included:

- ◆ Jason Salter has Rotary volunteer T-Shirts available following recent and future projects.
- ◆ Amelia Ward mentioned the District 5160 meeting at Simpson University October 19th.

Also there will be a pumpkin carving contest to be featured at the October 31st meeting.

- ◆ Steve Westlake announced the Shasta High School Project Phase 2 installing 7 yards of road base on the hillside is complete. Next is Phase 3 to install 7 yards of decomposed granite in the same area. Phase 4 completes the project by installing turf.
- ◆ Kristy Lanham brought attention to the local "Think Pink Movement." Missy McArthur and Eva Jimenez were honored with a glass of champagne as a cancer survivor.
- ◆ Jeanne Jelke reminded the membership that November is Rotary Foundation month. Jeanne encouraged all Redding Rotarians who have a Paul Harris Fellow to wear their pins on Nov. 21st.

Sequoia Middle School Honored Student



Brook is an 8th grader with a GPA of 3.8. She is involved in sports and advanced band. Brook has received the Spartan Spirit Award. Congratulations to Brook for her being honored and her achievements.

Treatments for Joint Ailments

Dr. Eric Jenkinson is a member of the medical staff at Shasta Orthopedics. Dr. Jenkinson discussed the alternatives for treatment of joint disease.

◆ What are my options?

The first thought presented was how medicine has evolved today. Dr. Jenkinson said medicine is no longer a care profession but has become a business. Money plays an important part of what treatment and care is available to the patient. The cost of procedures and treatments have changed the way cases are handled. This affects the insurance market drastically. The increase in cost of medicine automatically causes an increase in insurance premiums.



◆ Supplements

Treatments mentioned were Glucosamine and chondroitin. This type of medication is directed for alleviating pain. These medications have been used successfully for some time. Another type of medication is Turmeric. This is a natural spice that is an anti-inflammatory. Also mentioned was hyaluronic acid which is used to replace joint synovial fluid. Next in line was CBD or Cannabidiol from the hemp plant. This is used for pain, insomnia and anxiety. Another benefit is the alleviation of cancer-related symptoms. It may also reduce acne and have some neuroprotective properties. Some say CBD can benefit heart health.

◆ Injections

Cortisone is a well known anti-inflammatory medication. These are glucocorticoids and should be used carefully. Those with diabetes need to be very careful using it. Visco supplementation is an injection that acts like WD-40 inside the joint. Biologics are another way to treat arthritis. Stem cell research is using the primordial cell to regenerate cartilage. This method is in its infancy and shows considerable promise. Other injections include Orthoflow and Aminofix. These injectables are used to promote joint healing. The last injectable mentioned was PRP. The full name is Platelet Rich Plasma. This injection is also used to promote healing. Dr. Jenkinson says be prepared for severe pain for about five days before the beneficial effects kick in.

◆ Exercise

Dr. Jenkinson emphasized exercise and staying mobile. He mentioned when we are in our 20's and 30's we train for sports. When in our 40's and 50's we train for our businesses and jobs. When in our 60's and above we train for life.

Dr. Jenkinson responding to a question mentioning the cost of medications comes from some basic costs in medication development. The cost of research is where much of the initial product costs come from. This means new drugs with a patent and no generic form are very pricey. After seven years the patent runs out and the generics come on line at a much reduced price.



New Paul Harris Fellowship

Years ago when Marissa Westlake was born, Redding Rotary started her Paul Harris with the cups on our tables. Now she is a young woman. Her father, Steve has been adding to the PH over the years. At the October 17th meeting she is receiving her Paul Harris Fellow. Marissa and Steve were introduced by Jeanne Jelke, chair of the Foundation Committee

President Jeff's Recognitions

The first to receive recognition was **Jason Waybright**. Jason was part of a Bosse Ball team that



won a championship and \$250.00 prize. The event was sponsored by the Sons of Italy. Jason donated \$100 to his Paul Harris.



Pat Corey is very proud of his grand daughters Ashley and Annette. They are on the Millville Elementary cross country team. Pat gave \$100 to the club and \$100 to his PH.

Rick Plummer was seen in Red Bluff at a Monster Truck Event. Rick was attracted to the paint job on the side of this monster. Rick donated \$100 to his PH.



Mike Mangas is proud to show off his beautiful granddaughter. She was 7 pounds 13 ounces and born on September 11th. Mike donated \$100 to his PH.



Card Game

Laurie Baker wins the card game. She almost went to the end but after her fourth card successful draw decided to take the \$75.00. Good choice Laurie.

Membership, Foundation and Public Image!

North: October 19

keynote Speaker: D-5130 PDG Michael Juric



Redding California, Simpson University

2211 College View Drive, Redding, CA 96003

Six breakout alternatives...two for each of the three areas of focus

Registration at 8:30 — Lunch by 12:10

Closing session & call to action to wrap up by 1:30 pm

Rotary
DISTRICT 5160



Calendar

October 24th	Early Childhood Education
October 31st	Kerry Caranci of the Shasta Regional Community Foundation. Update
November 7th	Veteran's Day Presentation
November 14th	District Attorney Investigator Joe Hendrix. (Stephanie Bridgett)
November 21st	District Governor Tina Akins



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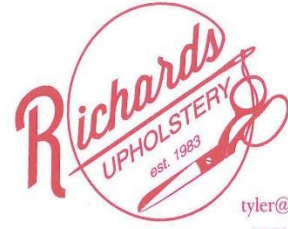


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