



## Club Assembly



### Last Week

Some stories were scary, some just plain interesting, but all were entertaining. **Jim Price** has a special way of telling ghost stories interlaced with the history of our town. His Halloween talk included stories of ghosts from the Revolutionary and Civil Wars as well as regular folks who lived in the town and who experienced strange visitations.

### Announcements

**Monica Lockett** reminded us that the "Our Ball, Your Charity" event will be on December 3. She is looking for people to help set up the room on December 2 and 3 and take down decorations on December 4. Please let her know if you can help. She also asked the people who bought tables to get checks to her as soon as possible.

**Connie Hammann** reported that Saturday 30 will be an Adopt a Highway fall cleanup for Rotary. Meet in front of the Hoxton Finance offices at 8 a.m. Connie also announced that the Charles Town Rotary Club will be having a fundraising event. The ticket price will be \$25.

**Gary Heichel** reminded members that on November 20 we'll be decorating the Christmas tree and McMurrin Hall. He passed around a sign-up sheet for helpers.

### Visitors

**Paul Woods** introduced his guest, Lori Shettler, who has attended a number of meetings in the last few months. **Holly Frye** hosted an entire table of guests in-

cluding her mother, MaryAnn Morgan, and her son Donovan. She also introduced her godparents, Nancy and Dick Judd, whose family pet were cared for by our speaker in his days as a local veterinarian (many moons ago).

**John Loeffler's** guest was Steve Ayraud. New to the area, Steve is an engineer who has been volunteering assistance on the Riverfront Revitalization Project. In addition we welcomed visiting Rotarian, Jim Leathers, and guests Jantina Mann, Susan Pritchard, Victoria Smith, Sue Kennedy, and Linda Kelso.

### 50-50

Monica Lockett was pleased to find herself the grand winner of the raffle.

### Special Days

**Craig Winkel** has the first birthday of the month: November 5. Happy days!

### Upcoming Programs

#### November

- 9 Justin Namalic, SU Basketball
- 16 Keith Alexander, Town Run
- 23 Michelle Destefano, Acupuncture

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Charles Town, WV	TU	1215	JMH Board Room
Frederick, MD	W	1215	Dutch's Daughter
Hagerstown, MD	W	1215	Fountainhead CC
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Williamsport, MD	W	0715	Red Man's Club
Winchester, VA	TH	1200	Travelodge

For other locations, check with the Club Secretary



## Shepherd University Men's Basketball

Justin Namolik  
head coach

### Today

We welcome Justin Namolik, head men's basketball coach at Shepherd University since April 2009. During the 2009-2010 season, Namolik led the Rams to a 9-19 overall record, 9-13 in conference. However, seven of those losses were by four points or less and the 2009-2010 squad consisted of 10 newcomers, eight of them freshman. Namolik projects that "with 10 returning players for the 2010-2011 season and another strong recruiting class, we will look to take a big step toward the top of the WVIAC."

And that projection isn't just theoretical; it's based on the solid proof of Namolik's earlier successes at Shepherd. As interim head coach for the 2008-2009 season, he led the Rams to a 13-16 overall mark with an 11-9 conference record, including wins over #22 Pitt-Johnstown, and over West Virginia State—the Yellow Jackets' only loss in the WVIAC regular season. As an assistant coach with the Rams from 2006 to 2008, he helped lead them to a 32-26 record, their first back-to-back winning seasons in 14 years. Thirty-three of the 37 student-athletes he has coached or recruited have graduated or are currently in school working toward their degrees.

Prior to Shepherd, Namolik was for three seasons the top assistant coach at Saint Vincent College in Pennsylvania, where he also played a vital role in recruiting. He helped lead the Bearcats to a 68-24 record and two "Sweet Sixteen" appearances in the NAIA Division II National Tournament. The 2004-2005 team finished the season ranked fourth in NAIA Division II, 25-5 overall, and 14-0 in the AMC, becoming only the second team in the 56-year history of the conference to go undefeated in the regular season.

### Last Week

...was Club Assembly.

### Announcements

Gary Heichel reminded everyone that we will be decorating McMurrin Hall for Christmas on Saturday November 20 at 9 a.m. The town tree lighting is Friday, November 26, and the Christmas Parade is Saturday, December 4, at 10 a.m.

With the help of models Brian Erickson and Jennifer Peterson, Monica Lockett announced the opening of the Shepherdstown Rotary Club Clothing Boutique. Sweaters and golf shirts with the Rotary logo will be available for purchase soon. See the club website for more information: <http://shepherdstownrotary.org>.

Rick Caruso thanked the 13 members and three Rotaract students who showed up for the Adopt-a-Highway clean-up on October 30.

Julie Siler announced that Lois Turco and Paul Woods will be co-chairs of the International Service club.

Holly Frye presented the Vocational Service Award to Denny Barron, senior vice president of Jefferson Security Bank. A native of Shepherdstown, Denny is a graduate of both Shepherdstown High School and Shepherd College. He has been extremely active throughout the community, volunteering extensively for 4-H on both the county and state level, serving as treasurer of the Shepherdstown Volunteer Fire Department, and serving on the board of directors of the Shepherdstown University Alumni Association. Congratulations, Denny, on a well deserved honor.

### Visitors

Our guests were Denny Barron and Jim Leathers.

### 50-50

Tom Trumble was the lucky winner with ticket number 973.

### Special Days

Happy Birthday to Gary Heichel this very day, and to Christian Asam on the 13th.

### Upcoming Programs

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## Town Run

Dr. Keith D. Alexander

### Today

Our guest is Dr. Keith Alexander, visiting assistant professor of environmental studies at Shepherd University and the coordinator of Shepherd's Historic Preservation program.

After graduating from Penn State in 1992, Alexander worked in Washington, D.C., as an environmental policy analyst, and then went to graduate school. He received his masters in 1996 and his doctorate in 2003 in history from the University of Maryland. He has been involved in historic preservation efforts in West Virginia and in Germany, and his research interests include green historic preservation and service learning in preservation education. At Shepherd he teaches classes in architectural history, environmental studies, and historic preservation.

Dr. Alexander is secretary of the Friends of the Shepherdstown Riverfront, which is working on plans to revitalize the area where Town Run flows into the Potomac, and co-chair of the Historic Resources working group of the Rivers and Trails Conservation Assistance project. Town Run, also known as Falling Spring Branch, has long shaped Shepherdstown's history, including dictating the town's location and first industries. This morning Dr. Alexander will explore the cultural and natural history of this important stream, and link it to recent efforts to revitalize the waterfront.

### Last Week

Justin Namolik, head men's basketball coach at Shepherd University, spoke of his excitement for the upcoming season and how he plans to continue to build the basketball program at Shepherd. The team for

the upcoming year is young, with only a couple of upperclassmen. However, with 10 returning players from last year and a strong recruiting class from the local area, Justin believes the team will take a big step forward this year. He is looking to build the team into a consistent contender for the WVIAC conference title.

### Announcements

**Gary Heichel** reminded everyone that we will be decorating McMurrin Hall for Christmas on Saturday November 20 at 9 a.m..

**Monica Lockett** passed around a Charity Ball support sign-up sheet to solicit assistance with selling tickets, setting up, cleaning up, and donations of silent auction items. A sponsor for the bar is also needed. Without a sponsor for the bar, a limited number of drink tickets will be handed out along with the availability of a cash bar.

**Rick Caruso** announced that the Shepherdstown Rotary Club Boutique is now operational on the club website: <http://www.shepherdstownrotary.org>. Click on the Rotary Boutique link to see pictures of Shepherdstown Rotary clothing available for purchase and to place an order.

**Paul Woods** announced that the International and New Generations committees are sponsoring a Rotary Youth Exchange. Two youths visit us from foreign countries in January. They need a host for a 16-year-old girl during the summer. Contact Paul for more information.

**Lois Turco** asked everyone to consider giving to the Rotary "Thirsting to Serve" clean water campaign. Among the projects supported by the campaign is an initiative to help provide immediate access to clean water for Haitians recovering from the January earthquake and now suffering

from cholera. Checks can be made out to the Rotary Club of Shepherdstown Charitable Fund, Inc. The donations will then be channeled to Thirsting to Serve via the District Water Resources chair.

**Hank Walter** informed everyone that the next club social event will be a Shepherd University Basketball Rotary Night on January 12, 2011 starting at 6 p.m.. For \$10, you'll get to see the women's game, enjoy a potluck dinner in the skybox overlooking the court, and then watch the men's game.

**Tom Trumble** announced that the annual dictionary and thesaurus handout at the local schools will be beginning next week. See Tom if you would like to help.

### Visitors

Our guests were Jim Leathers and Tom Trumble's wife, Ann.

### 50-50

Ann Trumble picked ticket number 987 to make **Karen Kinnett** the winner.

### Special Days

**Jack** and **Helen Saum** celebrate their anniversary on November 19. Best wishes!

### Upcoming Programs

#### November

23 Michelle Destefano, Acupuncture



## Acupuncture: The Law of Five Elements

Michelle DeStefano

### Today

Michelle DeStefano received her master's degree in acupuncture in 1988 from Traditional Acupuncture Institute—the oldest acupuncture school in the United States—and began her practice in Shepherdstown in 1999. Since then she has studied Toyo Hari, a unique form of Japanese acupuncture, with the same teachers for the last 10 years. Toyo Hari utilizes noninsertion techniques that provide effective, yet painless, results. One special quality about her Japanese teachers is that they are blind, so they offer a unique perspective in teaching the subtle evaluation skills it takes to assess the energetics of the body during the healing process. Acupuncture is energy medicine. Energy is what holds the integrity of our organs and bodies in place, and energy is what is responsible for the functioning of these organs.

DeStefano also practices needle insertion, what is more popularly known as Traditional Chinese Medicine, which most American acupuncture schools teach. Typically in this type of treatment, needles are inserted and retained for a time before being removed, and more than one person can be worked on at a time.

DeStefano's special interest is the mind/body/spiritual connection to healing. She finds that many people's physical complaints are in a large part due to deeper suffering—they feel disconnected from an inner sense of purpose. Some may feel stuck in an unfulfilling life; others may feel constant life pressures, anxiety, and a constant undercurrent of stress. Toyo Hari is a great modality for these types of treatments. Toyo Hari treatments typically last about 45 minutes to an hour and are gentle and relaxing. Only one person can be worked on at a time.

This morning DeStefano will introduce The Law of the Five Elements, a description of the energetics involved in acupuncture. Understanding these laws not only allows people to understand the basic principles involved in an acupuncture treatment, but also empowers them to take better care of themselves.

### Last Week

Dr. Keith Alexander, visiting assistant professor of environmental studies at Shepherd University and the coordinator of Shepherd's historic preservation program spoke about Shepherdstown's Town Run. The "invisible stream" originates from springs near Morgan's Grove Park and is fed by 25 natural springs along its course. In his presentation, Dr. Alexander discussed times where the stream flooded Shepherdstown and other times where it "disappeared" during droughts. Historically the Town Run was used mainly to provide power, recreation, and fire protection for Shepherdstown. Today the run also provides natural stormwater management, and it gives a sense of natural beauty not found in many other towns.

Dr. Alexander also stressed the need to preserve Town Run for the future. Shepherd and the state of West Virginia are establishing programs to help keep it clean.

### Announcements

**Lois Turco** stated International Service has received pledges to donate water filters for Haiti and is still accepting money. **Holly Frye** added that Shepherd students raised over \$300 to help with the water filters for Haiti.

**Ken Mann** reviewed his stash of Christmas decorations available to table

sponsors and the Charity Ball Committee, encouraging them to be creative.

**Hank Walter** announced that January 13 will be "Rotary Night at Shepherd Basketball." He sent around a sign-up sheet for covered dishes. **Tom Maiden** proclaimed he would be "bringing something from Food Lion" so don't miss that.

### Visitors

We enjoyed the company of our out-of-town regular Jim Leathers; plus John Amos, president of SkyTruth; and Amanda Hanson, Shepherd University service learning coordinator.

### 50-50

**Carl Moore** was the big winner. Hope he didn't spend it all in one place.

### Special Days

Congratulations go out to **Ken** and **Jantina Mann** who celebrate their anniversary today! Happy Birthday to **Ted Leslie** on the 29th.

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## Beekeeping Today

Gerry Fitzgerald



### Today

Our guest is the current president of the Eastern Panhandle Beekeepers' Association. He is the representative of the state of West Virginia to the Board of Directors of the Eastern Apicultural Society (EAS) of North America.

Mr. Fitzgerald has been a beekeeper for 15 years. He is an EAS-certified master beekeeper and a West Virginia apprentice master beekeeper. He also holds a master's in environmental biology.

### Last Week

Michelle DeStefano spoke to us about "the Law of Five Elements" and how it relates to her acupuncture practice here in Shepherdstown. The concept of the Law of Five Elements started in Asia some time between 2,000 and 5,000 years ago and it basically translates into how the seasons spring, summer, late summer, fall, and winter relate to human bodily functions. She uses this concept in determining how to successfully treat her patients. She recommends the best way to keep the body in balance is to eat breakfast by 9 a.m. and dinner by 7 p.m. She also recommends not skipping any meals.

### Announcements

Gary Heichel thanked all who helped in decorating McMurrin Hall and made a plea for Rotarians to march in the December 4 Shepherdstown Christmas Parade.

George Alwin reminded us that Trinity Episcopal will have a "Living Nativity" on Saturday, December 4 at 12, 1, 6, 7 and 8 p.m.

Monica Lockett promoted the "Rotary Boutique" accessible on the website and said the first bulk order will be placed on December 9. She also said that the Fire Hall will be open on December 3 at 9 a.m. so the Rotary Ball table decorators can get to work.

Karen Kinnett passed out bid sheets for the Rotary Ball silent auction.

Lois Turco stated that we have raised enough money to purchase 15 water filters for Haiti.

### Visitors

Jim Leathers, Alex Wilp (former German Rotary Exchange student), and Katie Shepherd (former Shepherdstown Rotary Exchange student) joined us. Alex spoke to us about what a wonderful experience Rotary exchange was for her when she came to Shepherdstown five years ago. Katie spoke of her adventures in Germany and how they helped her decide to major in German at WVU. Katie said she would like to return to the club and speak more about her travels and education.

### 50-50

There was definitely a "German connection" going on as former exchange student Alex Wilp drew the number of our member from Bavaria, Erwin Asam.

### Special Days

Happy Birthday greetings go out to Connie Hammann who celebrates on December 1!

### Upcoming Events

#### December

- 7 Club Assembly
- 14 Meredith Wait  
*Shepherdstown 250th anniversary*
- 21 Stephen Czarkowski  
*Christmas program*
- 28 Informal meeting (no speaker)

#### January

- 4 Club Assembly
- 11 John Amos, Pres. of Skytruth  
*Gulf of Mexico oil spill*
- 18 John Splaine  
*Democracy in America*

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