



# THE KEYWAY

December 9, 2005

**President: Mark Burket**

**Editor: Jim Stevens**

***Bruce Wapen, MD on 5 Nutritional Supplements***

Dr. Bruce Wapen received his undergraduate degree in Zoology from Penn State University; taught public school general science, chemistry & physics for two years; and then earned an MD degree from the West Virginia University School of Medicine.

Emergency Medicine and has 29-years of experience practicing that specialty.

Currently, he works full-time in the Mills-Peninsula Hospital Emergency Department and

*Continued on next page*

**Upcoming Programs**

**12/09 Bruce Wapen MD  
Dietary Supplements**

**\$\$ FINEMASTERS \$\$**

**Dec 09 Tom Harrelson  
Dec 16 Arlan Young**

He completed three years of residency training in General Surgery but gravitated to Emergency Medicine.

He became board certified in

ROTARY CLUB OF SAN CARLOS, CALIFORNIA, U.S.A. CHARTERED 1949 - CLUB 406 - DISTRICT 5150

<p><b>MONDAY</b></p> <p>Belmont 12:15 The Vans</p> <p>Burlingame 12:15 Sheraton Gateway</p> <p>Marin 12:15 Left Bank</p> <p>San Rafael 12:15 Seafood Peddler</p> <p><b>TUESDAY</b></p> <p>Marin 6:30 pm McInnis Park</p> <p>Mill Valley 12:15 Mill Valley G.C.</p> <p>Millbrae 12:15 Green Hills CC</p> <p>Novato 7:15 am Moylan's Brewery</p> <p>Pacifica 7:15 am Sharp Park Rest.</p> <p>Peninsula Sunrise 7:30 am Pete's Harbor</p> <p>Redwood City 12:15 Sequoia Club</p> <p>San Francisco 12:00 Marine's Mem. Club</p> <p>SF Golden Gate 7:00 La Barca Restaurant</p> <p>SFO/Gt. Mission 7:45 am Double Play Rest.</p> <p>Terra Linda 12:15 Sheraton</p>	<p><b>WEDNESDAY</b></p> <p>Daly City 12:15 Marie Callender's</p> <p>Foster City 12:15 Crowne Plaza</p> <p>Marin 7:15 am Giorgio's, Drake's Landing</p> <p>Menlo Park 12:15 M.P. Rec Center</p> <p>Ross Valley 12:15 Deer Park Villa</p> <p>PA Sunrise 12:15 Starbuck's, East Palo Alto</p> <p>San Bruno 12:15 El Rancho Inn, Millbrae</p> <p>SF Int. Airport 12:15 Firewood Cafe, Int. Term.</p> <p>SF West 6:00 pm So. Sea Seafood Village</p> <p>SF Bayview 7:00 am Dago Mary's</p> <p>Tiburon 12:15 SF Yacht Club</p> <p>Woodside//PV 7:30 am Woodside Church</p> <p><b>THURSDAY</b></p> <p>Half Moon Bay 12:15 Comm. United Methodist Ch.</p> <p>Ignacio 12:15 Inn Marin</p> <p>Mission San Rafael 12:15 San Rafael Joe's</p>	<p><b>THURSDAY continued</b></p> <p>San Mateo 12:15 Poplar Creek G.C.</p> <p>Sausalito 12:15 Alta Mira Hotel</p> <p>So. San Francisco 12:15 Basque Cultural Ctr.</p> <p>S.F. Fisherman's Wharf 7:30 am Franciscan Rest. at Pier 43-1/2</p> <p><b>FRIDAY</b></p> <p>Novato 12:15 Margaret Todd</p> <p>Palo Alto/University 7:15 Sheraton Hotel</p> <p>San Carlos 12:15 The Van's</p> <p>San Mateo Sunrise 7:30 am Dominic's</p>	<p>R.I. PRESIDENT CARL-WILHELM STENHAMMAR. DISTRICT #5150 GOV. HOLLY AXTELL</p> <p style="text-align: center;"><b>BOARD OF DIRECTORS</b></p> <table border="0"> <tr> <td>President, Mark Burket</td> <td>Directors:</td> <td>Chris Edwards</td> <td>04-06</td> </tr> <tr> <td>Past President, Claire Earley</td> <td></td> <td>Judy Brown</td> <td>04-06</td> </tr> <tr> <td>Secretary, Robert Watkins</td> <td></td> <td>Hans Slade</td> <td>04-06</td> </tr> <tr> <td>Treasurer, Stuart Johnson</td> <td></td> <td>Pete Nannarone</td> <td>04-06</td> </tr> <tr> <td>Sgt. At Arms, Steve San Filippo</td> <td></td> <td>Chester Fisher</td> <td>05-07</td> </tr> <tr> <td></td> <td></td> <td>Steve Eldridge</td> <td>05-07</td> </tr> <tr> <td></td> <td></td> <td>Chris Davis</td> <td>05-07</td> </tr> </table>	President, Mark Burket	Directors:	Chris Edwards	04-06	Past President, Claire Earley		Judy Brown	04-06	Secretary, Robert Watkins		Hans Slade	04-06	Treasurer, Stuart Johnson		Pete Nannarone	04-06	Sgt. At Arms, Steve San Filippo		Chester Fisher	05-07			Steve Eldridge	05-07			Chris Davis	05-07
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*Online Make-up <http://www.rotaryclubone.org>*

**ROTARY CLUB OF SAN CARLOS  
PO BOX 515  
SAN CARLOS, CA 94070 U.S.A.**



**SERVICE Above Self**

**The 4 Way Test**

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

## THE SECRETARY'S KIOSK

### UPCOMING EVENTS

#### *Fall 2005 Activities*

Dec 21 Membership Social 5-7pm  
A Tavola RWC

***Merry Christmas (Dec. 25)  
&  
Happy Hanukkah  
(begins Dec. 26)***

#### ***Happy New Year!*** *Winter 2006 Activities*

Jan 03 Board Meeting, Jim  
McGovern's Office 5pm

Jan 04/18 Membership Social 5-7pm  
A Tavola RWC

Apr 20-23 District Conference  
Sonoma Wine Country  
Doubletree Hotel

#### *Club Anniversaries*

December 12, 1997

***Jim Fahnestock***

#### *Happy Birthday!*

December 9

***Judy Brown***

is also a clinical instructor in Emergency Medicine for the Stanford University Physician Assistant Training Program and the San Francisco State University Family Nurse Practitioner training Program.

In addition, he has closely followed developments in the field of Complementary & Alternative Medicine for the past 25-years.

Dr. Wapen has given talks on this subject across the country, and now teaches a 16-hour lecture series on topics in Complementary & Alternative Medicine entitled "Nutrients for Health."

### ***Quote of the Day***

"Get your facts first, and then you can distort them as much as you please." - Mark Twain

New Website coming!!,  
New website coming!!  
Details in future issues of "The Keyway"

Membership in the Rotary Club of San Carlos has been proposed for:

**Jonathan Nicholas**

**Classification:**  
Financial Planner w/ John Hancock

**Proposed by:**

**Jim McGovern**

The Board of Directors has approved the proposal. The bylaws of the club allow you, as a member, to object to the proposal with due cause.

Any objection must be sent in writing to the Secretary within 7 days of the date of this notice listing specific reasons for the objection(s).

**Stuart Johnson,**  
Club Secretary  
P.O. Box 515,  
San Carlos, CA 94070

**CONTACT THE EDITOR-Jim Stevens**  
jim.stevens@earthlink.net  
(650) 595-0924 tel./ (650) 631-9797 fax  
Submission deadline: Wednesday @ noon

## San Carlos Rotary Christmas Open House At the Burkets'

A time of fellowship  
and holiday fun

Date: Saturday Dec 10<sup>th</sup>

Time: 7pm-10pm

Location: 2072 Alma St.  
San Carlos, CA 94070

Attire: Holiday Festive!

RSVP: Cathy Burket  
650-592-1928

Bring an hors d'oeuvres or a  
dessert to share.

\*\* Please bring a gift for Forbes  
King's kids-\$25 value.

**Rotary International District 5150**  
<http://www.rotary5150.org>  
**Rotary Club of San Carlos**  
<http://www.rotarysancarlosusa.org>  
**Online Make-up**  
<http://www.rotaryclubone.org>