



Espanola Rotary News

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Bowling for Hopes & Dreams

February 4, 2006

Wow what a night. Once a year we Rotarians get together to have our fun in the alley and hopefully not get too embarrassed in front of our friends.

Why do we do it? Well, yes part of it is to enjoy the evening. But really it is much bigger than that. This annual event is our second largest fundraiser each year. This money promotes our hopes & dreams for projects we support every year.

Participants included: Dr Asad and family, Beron, Al, Manuel, Robin, Ivan, Ken and Jeanette, Julie and Ken, Harpal and Japa, everyone's friends and family and of course our esteemed key organizer of the bowling tournament, Christine Bustos.

Thanks to all who participate in bowling, contributing and raising funds for this event. Special Thanks to Christine for organizing. For more pictures, check out: <http://www.rotary5520.org/espanola/photosbowling.htm>



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Bridgette Lindquist – Espanola Rotarian



I grew up on the tip of Lake Superior in Duluth, Minnesota, and am the eldest of eight children. Yes, we were Catholic. I played Division II basketball in college – which should come as no surprise to those who have met me – and then went on to law school, in part because my Dad detested lawyers and I was doggedly defiant. After graduation, I litigated for four years before deciding to segue into non-profit management where I've spent the remainder of my career.

I've really enjoyed our Rotary meetings and as the head of the Española Animal Shelter, my hope is to discover new ways to contribute to the community we serve because our mission is more than just solving the problem of pet overpopulation. Our mission is to strengthen the entire Valley by promoting traits that make good pet owners and caring, involved citizens.

Guest Speakers – February

Manuel 7th or the 14th of Feb.
Regina -the speaker for the 21st Feb.

February is Health Awareness Month

Have you been to your local Walgreen's lately and been overwhelmed by the dizzying array of herbs and supplements? Yes, it can be very confusing, but this month I'd like to share some of my favorite products with you. I don't actually sell these products so I don't have an agenda in promoting them, other than to help you improve your health.

I first started taking lots of supplements back in 1998 when I joined 3HO. I noticed immediately that my general state of mind improved and I had more energy when I was taking a regular Multi Vitamin and Multi Mineral supplement. My favorite brand is New Chapter because it's actually made of food and dissolves easily in your stomach and is more readily available for your body to use. I also like Rainbow Light, both of these can be found on the internet or The Vitamin Cottage in Santa Fe has good prices. People take Centrum and other brands but these are harder for your body to digest. It's worth it to pay a little more and get more out of it!

One other product that Har Pal and I take a lot is Emergen-C which is available at Walgreens. It is an electrolyte Vitamin C blend that dissolves in water and is very tasty. It comes in little packets that you can carry in your pocket or purse and is a great substitute for the afternoon soda or coffee. I also recommend for everyone to take a multi B vitamin because it's so calming and good for the nervous system. If you want to start getting a bit more sophisticated, it's great to add a "greens" supplement to your diet. My favorite is alfalfa because it's inexpensive and contains many beneficial enzymes and amino acids. We generally don't get enough vegetables in our diet and it can't hurt to take some extras.

Lastly I have to promote my all time favorite supplement; Turmeric. In India, this herb is well known as "the internal doctor." It has anti viral, anti bacterial and anti inflammatory properties. Basically, it heals the lining of the intestines in a way that nothing else can. You can get it in pill or powder form. Plus it is great for joints and arthritic conditions.

One reason I really like supplements is that when you take them regularly, it gives your body enough nutrition that you typically will have less cravings for sugary and salty foods that are not healthy but give your body that false energy "boost". In our stress and pollutant filled reality, it's important to give your body all the help you can. Try these consistently for a month and let me know how you feel!

- Japa Kaur Khalsa DOM

Jennifer Briggs D.O.M – Espanola Rotarian



Born and raised in Coos Bay, Oregon, which is where most of my family still lives. I went to Williams College in Williamstown, MA, where I earned a BA in Classics, studying ancient Greek and Latin. I came to Santa Fe in 1998 to attend the International Institute of Chinese Medicine. Part of my program included a summer studying and working in hospitals in China. I do not speak Chinese; only have it interpreted for me when possible. After I graduated in 2001, I moved to Tempe, AZ for 2 years. It was hot and polluted, so I moved back to Santa Fe in 2004 and started working at the Northern New Mexico Health Center doing Chinese medicine full-time. In my spare time I like to walk with my dog, knit and read novels. I always wish I could read more non-fiction but I just don't like it. I'm very excited to join Rotary Club---my father and grandfather were in the Lions' Club, and I grew up with service clubs and think that this is a great way to give back to the community which supports me.

Birthdays & Anniversary Celebrations

Robin S. Thompson,
Anniversary: Feb 19th

Beron Briscoe
B.D. Feb 20th

Joe Romero
Anniversary: Feb 28th

