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DECEMBER 3, 2009

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THERE IS **NO MEETING** THIS WEEK, **DECEMBER 10<sup>TH</sup>**. PLEASE JOIN US FOR THE TVEA HOLIDAY BANQUET. CALL CRISTIN ASAP FOR YOUR RESERVATION.

For those attending the dinner, we thought it would be nice to have a philanthropic "purpose". If you are able, please bring whatever **non-perishable food items** that you can spare. We will be collecting them that evening to give to Tom Fox for the Alameda County Food Bank. Just another way to give something back...

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**IN TWO WEEKS:**

The **next meeting** of the Tri-Valley Executives' Association will be held on **December 17** at Vic's All-Star Kitchen at 7:00am.

This meeting is the **Annual TVEA Dirty Santa** aka Pirate Bingo Gift Exchange. Please bring your \$15-20 gift in an anonymous disguise and get your strategy prepared!

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**THE WEEKLY "POT" REPORT:**

TVEA's 50/50 raffle is up to **\$109.00**.

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**TVEA HOLIDAY BANQUET**

This should be a great evening! We are looking forward to seeing everyone there.

**When:** Thursday, December 10, 2009 at 6:30pm

**Where:** Girasole Grill: 3180 Santa Rita Rd. at Las Positas, Pleasanton, 484-1001

**Cost:** \$30 per person; no-host bar

**RSVP:** ASAP to Cristin Sanchez 736-4522

Remember to bring your non-perishable food items!

**\*There will be no meeting the morning of 12/10.**

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**NEW MEMBER:**

*Classification:* Acupuncture

*Member:* Dr. Sun's Acupuncture Center, P.C.

*Represented by:* **Haili Sun**

*Address:* 4275 Rosewood Dr. #29, Pleasanton, CA 94588

*Phone:* (925) 463-8686

*E-Mail:* drhsun@ymail.com

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**CALENDAR:**

December 10 – No Meeting

December 10 – Christmas Party at Girasole, 6:30pm

December 17 – **Gift Exchange**

December 24 & 31 – No Meeting (Christmas Eve. & NYE)

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**DID YOU GIVE A REFERRAL THIS WEEK?**

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**CLASSIFICATION:**

**Dr. Haili Sun** performs the world's oldest practice of medicine: Traditional Chinese Medicine, which includes acupuncture as well as tui na (similar to chiropractic massage) and herbal medicine, as treatments for disease. Acupuncture is the insertion of very fine needles on the body's surface, in order to influence physiological functioning of the body.

Insertion points have been mapped and documented by the Chinese over the last 2,500 years. Recently, these maps have been confirmed by magnetic imaging; however, modern western medicine cannot explain how acupuncture really works.

The body's Qi (pronounced "chee") travels throughout the body along "Meridians" or special pathways. Acupuncture helps move Qi from areas of excess to

areas of deficiency, restoring harmony and balance in the body.

Chinese medicine has quickly established itself in western countries as an effective treatment for thousands of diseases and ailments:

- ear/nose/throat
- tooth ache
- asthma
- gastrointestinal issues
- headache
- nerve pain
- joint and back/neck pain
- bed wetting
- infertility
- shingles
- high blood pressure
- anxiety and mental disorders
- many more...

Acupuncturists in the US are licensed and regulated. All needles are disposable – needles are never reused. Inserted needles can be left in for up to an hour (in other countries, they are allowed to be left indefinitely, some lasting for a full 24 hours). The larger the muscle, the deeper the needle can go – up to 5 or 6 inches in some cases.

Course of therapy usually consists of two sessions per week until the patient is completely recovered and Qi is restored. Each patient is given a completely unique and personalized treatment plan that may combine acupuncture, tui na and/or herbal medicine designed to address the individuals symptoms and issues. The herbs consist of vegetable, animal or minerals most of which are imported.

At Dr. Sun's office, they have patients as young as 6 months old all the way to the opposite side of the spectrum. Sessions cost approximately \$60 and are generally covered by medical insurance.

To schedule your appointment or refer Dr. Sun, please call her office in the Rosewood Shopping center at 463-8686.

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