



Lamorindan



The Weekly Newsletter of the Rotary Club of Lamorinda Sunrise
Meetings Friday 7AM at Postino's Restaurant in Lafayette

May 4, 2007

Cal Lee — Reporter
Paul Fillinger — Pictures
Kevin Croak — Publisher

TWO THOUGHTS, WITHOUT COMMENT:

(For parents with college-seeking kids) "Studies show that most kids prosper wherever planted. What's the most important determinant? Marketers call it customer satisfaction. I call it the happiness quotient, AKA the shoe-fit factor." -- Thomas Black, Esq., of the Contra Costa Sun and Peet's.

(A bit of sportsmanship) "A championship is the next step for this team. That's what this team is built for. That's what the goal is; anything less than that is total disappointment." -- Devin Harris, Dallas Mavericks.



VERY WELCOME VISITORS

For those who weren't here yet when Chris Ritchey was a member, well, you haven't lived. Today she was a visitor bringing a visitor -- Nancy Landy of Mt. Diablo Bank, which may sound familiar because it's where Chris used to hang out. Well, Nancy's really of Greater Bay Bank, which swallowed Mt. D a few years back. Now there's a little retribution, as GBB is disappearing into Wells Fargo as we speak. Nancy got a taste of the largesse of our group, as she won the Raffle and took home a generous \$6. Anyway, it was a great pleasure to welcome Nancy this morning, and even to welcome Chris, although she should have been fined since she arrived after her guest.



RESTLESS CONSTITUENTS

The troops probably cheered a little too loudly when the Pres announced that his administration is down into the single-digit weeks remaining. There were several victims of his wrath. It irritated him that Ken and Patti Kosich celebrated their anniversary by consuming grilled shrimp and lobster, respectively, in Cancun. \$30 from Ken, and \$5 from George Chaffey for sighing and wishing he'd been there. Jim and Ceara Brencic's birthdays are 2 weeks apart, and Jim had a leisurely lunch on his day but cleaned house on hers. He was also indiscreet enough to volunteer that this was his very first fine. The Pres lashed out: \$40 fine, \$5 first-fine surcharge, plus \$5 from Riegg and \$5 from Franklin WPWT (wrong place, wrong time). Rod Ford-Smith was accused of having an occasion but couldn't remember it (see speaker topic below), which cost \$5. Tom Black had the temerity to arrive after being quoted in the Thought for the Day, which was a \$10 offense. Kevin Croak, late again, what else is new, these \$5 recognitions will add up after a while. The Pres then observed that "Jim" Herbert wasn't here, so we wait another week to observe his anniversary. Rich forgave himself for the Herbert misnomer, ruthlessly suppressing all opposition.



A FEW USEFUL THINGS ARE DONE AROUND HERE



Thomas Raeth, an employee of Lafayette Tree & Landscape, has dabbled in a few Rotary projects in his time. Specifically mentioned was the 4 P's (Petanque Pathway & Plaque Project), but the totality of Thomas's contributions are too great to count. They apparently were worth at least a dollar -- not just any dollar, but an American Eagle Silver Dollar, Rotary Reno Trip limited edition.

Thomas Peeks gave a handout and a short description of a water project in Malawi, where there are 13 million people, 67% with access to water, and 46% with access to sanitation. LSR is contributing \$1,000 to this, one of the early water projects which will be a part of a massive Rotary International effort along the lines of Polio Plus.

Putting on another of his hats, Mr. Peeks also announced the bad news that Darra Dickson won't be able to attend Camp Royal, but she has a replacement with the highest pedigree and lineage. Cameron Shearer, who was a Raffle Collector Extraordinaire in his young days, will be trying out the rope swing and all the other Royal adventures.

Paul Fillinger announced a low-calorie meeting on May 16th with all the Wives -- not all the Spouses, just the Wives -- to get expert opinions on just why this handsome group just doesn't seem to have it when it comes to encouraging women to join. Maybe the editor is mistaken, but there seemed to be a guffaw from Chris Ritchey's direction at this point.

DYNAMIC SPEAKER ON A SOBERING TOPIC

Jim Brencic, whose contributions to the community apparently aren't limited to Rotary, is on the board of Alzheimer Services of the East Bay (ASEB). Sorry, but Jim wasn't the dynamic one -- he introduced the Deputy Director of ASEB, Michele Pope.



Michele has been with ASEB for 11 years. Following a business degree and careers in marketing and politics in Massachusetts, she was inspired to become involved in dementia-related issues by her grandmother who lived to 99 and was her unique teacher. She started as a program director for early support. ASEB has been around for 20 years and is unusual for such an organization in that it breaks even each year and has continued to grow.

ASEB is also involved with dementia from other conditions such as strokes and Parkinson's; these conditions will plateau. But Alzheimer's is the #1 dementia problem, being the only one that is inevitably progressive. The probability of getting the condition increases with age. Exactly why the condition comes about is unknown -- blood pressure and diabetes increase the odds, and environment and diet may be factors. Holistic health is important, to increase oxygen to the brain.

The basic cause is plaque on the brain, which interferes with the neurotransmitters. First symptom is loss of short term memory -- not just forgetting where the keys are, but when they are found, forgetting what they are for. Early intervention is very important, because new drugs are available which slow -- but do not stop -- the progress of plaque developing. Stimulation from learning new things can enhance memory, which is a big part of what happens at ASEB. Blueberries and other anti-oxidants also help.

Most of the folks at ASEB live at home and visit daily, during Monday through Friday from 8 to 6. There are therapists doing sophisticated plans, and among the activities are card games, quilting, cooking, sewing. Perhaps the most interesting activity is the creation of art by the clients, expressing what they can no longer say. For example, one client painted a flower with a brown seed in the middle, which expressed new life gained from the program where she was treated respectfully and not as a demented person. Highly educated PhD types are among the clients at ASEB.

There are three ASEB centers: 2320 Channing in Berkeley, 561 A Street in Hayward, and in Summit Hospital (soon to move into another location in Oakland). The best diagnostics in the Bay Area come from UC Davis experts in Martinez. They have a comprehensive 32-point test which is scored. A score of 8 or lower out of 30 indicates Alzheimer's.



Michele probably thought that with some of the bantering going on in our meeting, it was like a fourth ASEB center. But despite appearances, the members were keenly interested in what she was saying and appreciated what they learned.



GUESTS

Rudy Reich, Orinda Rotary
Don Dierkes, Orinda Rotary
Ladd Lynch, Moraga Rotary (classification: "Old")
Chris Ritchey, where has she gone?
Nancy Landy, Mt. Diablo Bank, aka, etc.
Joe Masciantonio, at the mercy of Chuck Yeager
Ali Hanna
Simone Raeth

UPCOMING

5/5: Rotary Foundation Day, Western Ranch Museum
5/9: Lafayette Chamber Mixer, 5:30 - 7:30 (see Steve Ware)
5/11: Lois Grandi, Playhouse West (great actress)
5/18: Amy Worth, MTC (formerly Orinda City Council), regional transportation
5/31: TGITLFOOTM -- Riegg?

