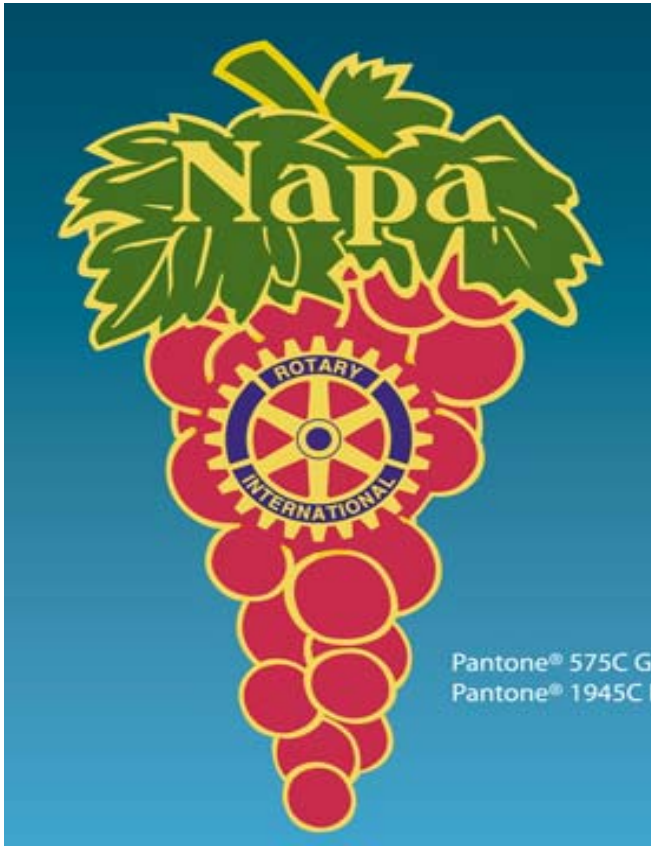


The Napa Rotagram

July 8, 2009



He's Back!

If you thought last week was a guest shot for the Big Guy, you're wrong! He's back for half a hundred more – Titan soundtrack and all.



Visiting Rotarians



Hugh Linn
Napa Sunrise

Guests of Rotarians



Kristine Youngberg, manager of Napa's newest hotel, The Avia
Linda Cordair of the Quent Cordair Fine Art Gallery
Christina Tierchier, owner of NV Designs

Thought for the Day

On an afternoon when our program was about lots of brain stuff including remembering, Richards Lyon came up with the following little ditty:

How often must I hide my shame
When meeting some old guy
Because I can't recall his name
No matter how I try?
He seems to know me very well
His face does look familiar
He says "Oh boy, you're looking fine!"
Which makes me feel still sillier.
And yet at times before we part
My stalling wins a breather.
He calls me Joe.
My name is Dick!
He doesn't know me either!!

Happy E-mails

Past President and Czar of the Cycling Set, Gary, reports a flood of happy e-mails from this year's Cycle for Sight participants. If they all come and bring a friend next year as they say they are, we need to be ready for – lay it on us, Gary – three thousand bikers and a hundred thousand bucks. Holy handlebars, that's off the chart!!

Happy \$10's

Way too many to mention. Lots of things to celebrate among the group.

However, one of the \$10's went along with kudos to our friends from Napa Sunrise Rotary who honchoed a smashing 4th of July Parade through downtown Napa. Outstanding!!!

Three Minutes of Fame

John Imrie launched President Bruce's Three Minute Drill with a little about himself, a little about his family, and, as it turned out, too much about His Highness on the links.

What could have been a comfortable \$10 turned out to be a punitive \$50 before The Man was through with him.

The Program

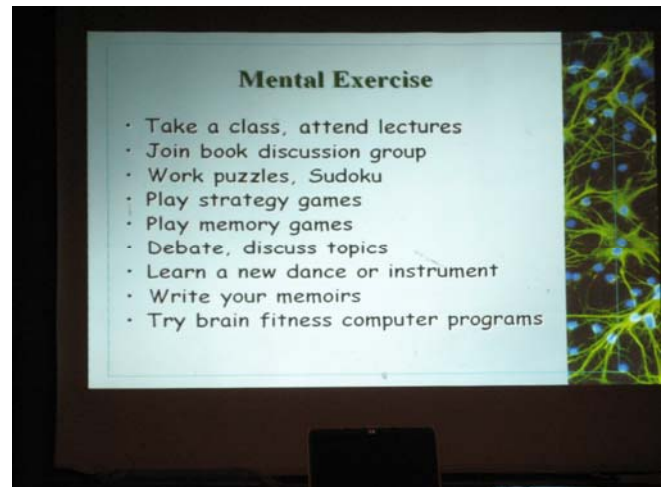
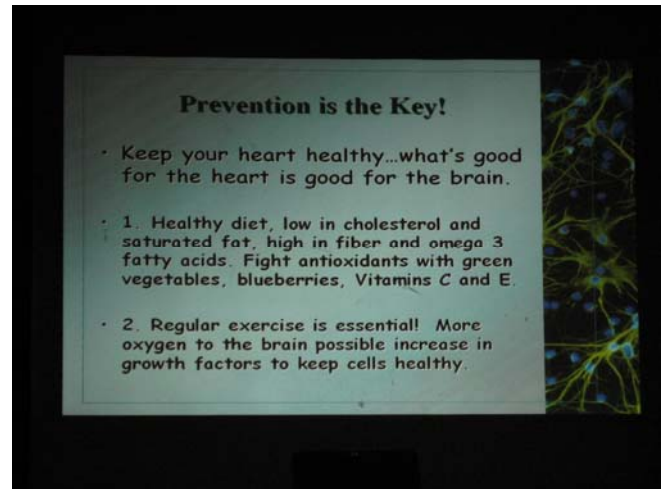


Tim Cooney introduced Napa's one-woman brain trust, Pat Wolfe, who brought her 25 years of fascination with that which makes us tick in the form of a program called Delaying the On-set of Alzheimer's. You had to be there. It was indeed an informative, entertaining and challenging half hour. Pat is a consummate professional presenter. If Mr. Mc had not blown the whistle, the questions would have gone on well into the afternoon.

Pat recommended two books and a Web-based brain exerciser:

The Brain That Changes Itself by Norman Doidge
Aging With Grace by David Snowden
Lumosity at Lumosity.com

Her information was neatly packaged into slide after slide. Here are a couple:



Old Stuff from the Rotagram

Club Projects 1959-60

1. \$150 for Little League baseball uniforms.
2. \$35 to send one boy to Boys' State via Amer. Legion.
3. \$50 to help sponsor foreign exchange student via Amer. Field Service.
4. \$500 to help with Senior Class dance and festivities.
5. \$250 for glasses for students who need them.
6. \$500 scholarship for Napa High or Napa College student.
7. Various civic projects as they arise, e.g. UN Week and Nat'l Farm Week.
8. Specific community needs, e.g. Defibrillator for the Queen.

