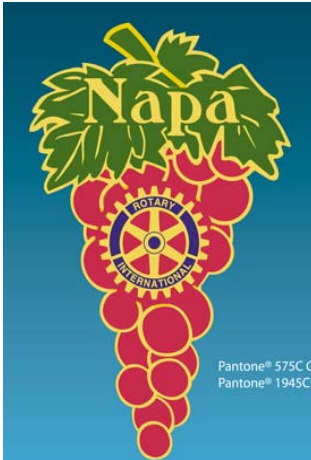


The Napa Rotagram

June 23, 2010



Thought for the Day



Grame McDowell

Irish golfer
Grame McDowell
bogeyed a hole
and say to his
caddy:

"It's going to be a
really fun day.
I'm looking
forward to it.

Visiting Rotarians



Sue McKinney
Botanical
Medicine,
Oakland Sunrise
(via Vietnam).

The meeting started out with a song in honor of Father's Day.

Ed Barwick headed the Pledge of Allegiance.

An Irish man won the U.S. Open. Irish Rotarians and those who wish they were Irish contributed one dollar.

Guest of Rotarians:

Laura Wence, future Rotarian, who was introduced by **Jim Tidgewell**.

Sunshine Report: **Jill Barwick** reported on **Bob Mullikin**, who had a painful skin cancer removed. Hopefully he will be back at Rotary next week.

Fred Gusman and his Pathway Home crew, including a "best friend" service dog, "Champ."



The visiting Pathway Home Veterans thanked the Rotarians for the fun times at the bowling alley, as well as the quilts that make them feel so at home.

The Raffle:



The Raffle was "almost" won by Stuart Slipic and Ed Barwick.

The Raffle will be played differently next week. Everybody who bought a ticket will get a chance to pick the Joker. Someone will win!!! You have to be a member of the Club to participate. We are starting at Zero for the start of Tim Cooney's presidency.

Past-President Bruce McCall thanked all Rotarians for the fun, dignified kick-out event. Bruce was also very grateful for the Paul Harris fellowship award in his late brother's name.

Jill Barwick did the birthday gig and she picked on **John Woodbury** first. Which Rotarian is listed in the record books as having speared the largest fish! This Rotarian is also a marine biologist. Neither **John Woodbury**, nor many Rotarians knew the answer: **Jeannie Christofferson**. Next was **Don Fretz**: He was supposed to know which Rotarian was NOT against women joining the Club. This Rotarian participated in a Fidel Castro look-alike contest, and installed sprinkler systems. That would be **Dean Donaldson**.

Quick, quick, name the five Past Presidents whose names start with the letter B,C,D,E and F.

Barwick or Blanckenburg, Champlin, Donaldson, Erickson, and Ford.

Bill Blanckenburg quickly went on record as having been misrepresented in his alleged reluctance to admit women to the Club.



He only delayed the process a little bit until he heard what Rotary International was going to do.

Today's Program

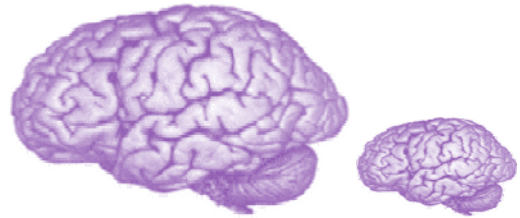


President Bruce introduced our speaker, **Pat Wolfe**, Ed. D.

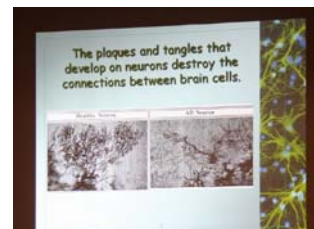


The Rotarians who remembered to attend the meeting today, were treated to a lively presentation by Pat. Her speech explored healthy brains and diseases of the brain.

Pat became interested in the workings of the brain as a teacher when she realized she could teach one child something, but not another. Having reached the age of 76, Pat shifted her focus from exploring the mysteries of the developing brain to the challenges of the aging brain and old age conditions, such as Alzheimer's. The question in many people's mind is: Do I have it, or am I likely to get it? 50% of people are programmed to be afflicted with Alzheimer's disease. It may manifest itself after age 85. The disease is caused by damaged proteins in the brain, as well as free radicals. The condition is called Alzheimer-associated Memory Impairment. As we age, an X-ray will show a little more space between the skull and the brain. This happens because the brain shrinks. The shrinkage, however is not the cause of memory impairment.



Short term memory loss can be caused by stress. There are 50 types of dementia. When our ancestors lived in caves, nobody had Alzheimer's. While medicine has the ability to keep our bodies alive longer, the brain sometimes does not keep pace. The brain is our three-pound universe. Among all organs, the brain is the greatest consumer of glucose and oxygen. This is what the brain cells need to keep their neurons talking to one another. Each time you learn something new, you sprout new connections. Our brains are different before the lecture than they are after they have processed new information. Memory loss occurs when plaque and tangles in the brain prevent the neurons to connect.



The good news is: If you have reached the age of 90 free of Alzheimer's, you won't get the disease. Risk factors are Alzheimer's in a first degree relative, head trauma, high blood pressure,

stroke, high cholesterol in mid-life, low fruit and vegetable intake, sleep deprivation, and type 2 Diabetes. Mild cognitive impairment is the forerunner of Alzheimer's disease. The brain sculpts itself based on its experiences. A baby born blind does not turn on the brain cells needed for sight. Instead, the unused brain cells are used to improve auditory and tactile functions. Regular exercise keeps the brain healthy. It is absolutely essential to carry more oxygen and glucose to the brain. Mental exercises keep the brain in shape. Take a class, join a book discussion group, work puzzles, do Sudoku puzzles, play strategy or memory games, debate and discuss topics, write your memoirs, challenge your brain with brain fitness computer games.

Prevent stress. Long term flight or fight responses are damaging. In the stress mode, the live puts out a lot of glucose, Cortisol shuts down the immune and digestive systems. **("It makes no sense to digest your breakfast if you are not going to be around to eat your lunch")**.

The constant and prolonged stress is very bad for you. The brain does not distinguish between physical and psychological stress. For good brain health, limit alcohol, limit alcohol, control hypertension, learn to relax, keep blood pressure down, keep diabetes well managed, and avoid jarring your brain. Drugs are available to delay the onset of cognitive decline. **The following are nutritional therapeutics: 2-3 cups of coffee per day, 1-2 drinks of alcohol, berries and walnuts, the beta-carotene from carrots or squash (no supplements!), olive oil, canola oil, grape seed extract, curry, melatonin, leptin, CoQ10, lipoic acid, and B vitamins.**

Signs of Alzheimer's: A person doesn't know the year, season, date or month, doesn't know their address, cannot repeat the names of three objects in the room; can't count backwards by seven; can't spell a word backwards; cannot repeat "No ifs, ands or buts"; cannot copy a simple geometric shape.

Pat's website is

<http://www.patwolfe.com/index.php?pid=94>

Final Thought: According to Arthur Hays Sulzberger



"I believe in an open mind, but not so open that your brains fall out."



Maren / Dana

Pathway Home Quilt Presentations June 23, 2010

