

NEWPORT BEACH SUNRISE ROTARY CLUB Reflections at Sunrise

President	Cynthia Cowell	Fellowship	to be assigned	Community Svc.	to be assigned
Secretary	Donna Cody	Membership	Thomas Giullioni	Internat'l Fndn.	John Hedlund
Treasurer	James Valle	Programs	Bill Robbins	International Svc.	Kimberly McKinney
Club Adm.	Will Longyear	Finemaster	Jerry Barrone	Public Relations	Laura Dietz
Bulletin	Caroline Babott	Sgt.at Arms	Tammy McKennon	Arch'vs/Web Site	Dan Korpman

President Cynthia Cowell called the meeting to order at 7:30 am Sept 27, 2011 at the Five Crowns Restaurant. John Hedlund gave the invocation, Don Norman led the pledge and John Gregg led us in song. Paul Ingvaldsen was greeter. President Cynthia Cowell led us in the 4-Way Test.

Pledge Babott Biscay
Song Oien Wallace

Apr 18 Board Meeting 7:30 am @
Coco's CDM
May 16 Board Meeting 7:30 am @
Coco's CDM
June 19 Club Assembly
June 20 Board Meeting 7:30 am @
Coco's CDM

Rotary Calendar

- Oct 4 Club Assembly
- Oct 11 RYLA Students and Anglican Bishop of So Africa
- Oct 18 Dr. Kris Iyer, Mary & Dick Allen Diabetes Center, Hoag Hospital.
- Oct 19 Board Meeting 7:30 am @ Coco's CDM
- Oct 25 Fr Henry Simaro, Mt Olive Academy, Kenya
- Nov 1 Women's Success Day
- Nov 16 Board Meeting 7:30 am @ Coco's CDM
- Nov 29 Lillian Partida, CN, Nutritional Overview
- Dec 13 Vic Ching, Paramount Studios
- Dec 20 Klyan the Magician
- Dec 21 Board Meeting 7:30 am @ Coco's CDM
- Dec 27 **DARK**
- Jan 10 Club Assembly
- Jan 17 Linda Smith, CEO, Providence Speech & Hearing
- Jan 18 Board Meeting 7:30 am @ Coco's CDM
- Feb 15 Board Meeting 7:30 am @ Coco's CDM
- Mar 15 Board Meeting 7:30 am @ Coco's CDM
- Mar 27 Club Assembly

Visiting Rotarians and Guests

Lisa Goodlad, guest
Dick Berube, guest of Don Norman
Danny Atchley of Working Wardrobes
Max Alovi, Esq., guest
Ha Nuygen, Guest



Lisa Goodlad presented President Cynthia Cowell with the Rotary apron that her father, John Goodland, acquired in South America

September is New Generations Month

Chuck Hirsch entertained us with a bit of humor

Assignments

Sept. 27 Oct 4

Greeter Ingvaldsen Ingvaldsen
Invocation Morris Bailey



Dick Berube and Don Norman



Virgil Galey and Jerry Barrone

Proposed Members

The following individuals have been proposed for membership:

Mar 31 CLUB FUNDRAISER

Lisa Goodlad, proposed by John Hedlund, and **Max Alovi, Esq.**, proposed by Reniero Francisco. Please contact President Cynthia Cowell or Reniero Francisco with any comments.

Announcements

Patricia Bintliff thanked all members who this morning donated women's clothing for Working Wardrobes for our Club's upcoming **women's program at the Salvation Army**. Patricia also passed She is also looking for volunteers to help with the sessions on Wednesday and Saturdays from 1:30 to 03:30 at the Salvation Army facilities. Please contact Patricia to sign up.

Jeff Heileson announced that **Working Wardrobes** is also on a mission to collect **pairs of men's shoes, belts and shirts**. Please bring in next week pairs of shoes, belts and shirts that are in good condition and Jeff will deliver.



Jeff Heileson

Patricia Bintliff announced that the next **Drug Court Graduation** is Monday, October 3, at 2pm at the

Harbor Justice Court at Jamboree and Birch, Newport Beach.



Rudy Baron

Fines and Happy Dollars

The secret greeter today was John Hedlund. Gordon Bagne paid \$100 Happy Dollars in celebrations of Dolores being clear of cancer after 3 ½ months of chemo. Paul Ingvaldsen paid \$50 for his birthday on the 29th. Jeff Heileson paid \$15 for the 3 fish he kept out of all that he caught on his recent fishing trip. John Gregg will not be in town for the Stanford v. UCLA game so he paid \$50 for his trip and will be an additional \$50 if Stanford beats UCLA and recommends that Jerry Barrone paid his fine if Stanford losses!

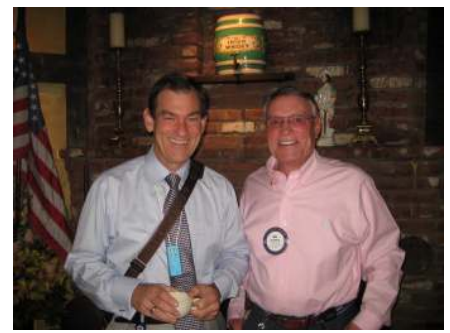


Jerry Barrone



Dan Morris and Richard Hanki, texting before the meeting starts!

2011-12 District Governor



Dr. Ron Shankle and Bill Robbins.

Bill Robbins introduced Dr. Ron Shankle from Hoag Hospital, Neurosciences Institute. Dr. Shankle is here to tell us about early detection, the most overlooked opportunity in Alzheimer's care. We are dealing with a progressive disease that ravages the brain with each passing year and, on average, we are not intervening with treatment until end-stage pathology and massive brain damage have occurred. There are ways to reduce the risk of dementia, but we still don't know what causes it.

Dr. Shankle stated that earlier intervention is a sensible but slippery goal. This is because early-stage AD patients, those in the MCI stage, have only mild symptoms. In this way, they look to a physician precisely like the multitudes of "normally aging" patients who have

accurately sensed a slowing of their word-recall or name-recall and are needlessly worried about AD. As you might imagine, these two types of patients are difficult to distinguish from one another.

Since the chances are high that a 65-year old patient complaining of subtle memory decline does not have early stage AD, such concerns are usually not closely evaluated until symptoms worsen considerably. This has led to the current practice of intervening only after the disease has progressed to the dementia stage when, by definition, the symptoms are quite pronounced. Exercise, diet and lifestyle can help delay dementia.

Today, however, there are short neuropsychological assessments, such as the MCI Screen, scored with sophisticated computer algorithms that accurately distinguish MCI from normal aging. These assessment tools perform an efficient traffic control function to escort the worried well out of the health care system while retaining those with objectively measured deficits for a comprehensive diagnostic work-up. With such brief and inexpensive assessment tools, physicians can now intervene earlier and treat memory disorders like AD before unnecessary brain damage has occurred. Doing so will foster a major improvement in standards of care for Alzheimer's patients. He encourages everyone to check out the Orange County Vital Aging Program by visiting their web site at www.OCVitalAging.org. It is a community program promoting long-term brain health through education, risk factor management, and early intervention against medical conditions that impair memory.



Dr. Ron Shankle

A book will be donated to the Newport Beach Library in the name of Dr. Ron Shankle.

Club Website

www.newportbeachsunriserotary.org

2011-2012 District 5320

District Governor: Greg Owen

District 5320 Office:

Jim deBoom PDG

District Website: www.rotary5320.org

Need a Make-up? Try:

Newport Irvine Rotary Club on Thursdays at 12 noon at the University Club on the UCI Campus.

Newport Balboa Rotary Club on Wednesdays at the Bahia Corinthian Yacht Club, 1601 Bayside Dr., Newport Beach at 6:15 PM.

Laguna Beach Rotary Club on Fridays at 12:15 at Aliso Creek Inn, 31103 Pacific Coast Hwy, Laguna Beach, CA.

Costa Mesa Rotary Club on Wednesdays at 12:15 at the Ramada Inn and Suites, 1680 Superior Avenue, Costa Mesa.

Privacy

Any Club members desiring not to have their picture published in the newsletter should notify Caroline B. Babott, newsletter editor.



Joe Patrick intently paying attention to "The Hands"



Tom Birch and Sam Biscay



Tammy McKennon and Jim Valle