

NEWPORT BEACH SUNRISE ROTARY CLUB

Reflections at Sunrise

President	Tim Brown	Fellowship	Jerry Barrone	Community Svc.	Syd Lucas
Secretary	Cal Wallace	Membership	Reniero Francisco	Internat'l Fndn.	Christina Holliday
Treasurer	Sylvia Michler	Programs	P. Iles, C. Cowell	International Svc.	Price Shapiro
Club Adm.	Kim . McKinney	Finemaster	Jeff Heileson	Public Relations	Laura Dietz
Bulletin	Caroline Babott	Sgt. at Arms	Craig Fults	Arch'vs, Web Site	Tom Egan

President Tim Brown called the meeting to order at 7:30 AM on April 13, 2010. He thanked Five Crowns' Margo and Jill. Virgil Galey gave the invocation, Elizabeth Reece led the pledge and Craig Kennedy led us in song.



Cal Wallace and Carl Lachman assembling the new standard

June 1 Mary Lonich, Balboa Theater
 June 8 Judge Matt Anderson, Harbor Court
 June 9 Board of Directors Meeting @ Coco's at 7:30 am
 June 15 Kim Farthing, Operation Home Front
 June 22 Club Assembly
 June 29 **DEMOTION PARTY**
 July 6 Gordon Duffy
 July 13 TBD
 July 14 Board of Directors Meeting @ Coco's at 7:30 am

Geoff Maddox, Ambassadorial Scholar Candidate
 Tammy McKennon, Guest
 Bill Robbins, Guest
 Dixie Clark, Guest of John Clark
 David & Karen McGrath, Rotary Club of Robina, Queensland, Australia

Announcements

The deadline to place an ad in the **District Directory** is May 1, 2010. Check the District website or contact him for more information.

Reniero Francisco is looking for volunteers for the summer fundraiser. Every member needs to participate to make it a success so please see Reniero and sign up.

Newport Beach Film Festival is scheduled for April 22 and 23, 2010.

The Newport to Ensenada Yacht race starts at 11 am on April 23, 2010.

Assignments

April 20 April 27

Greeter	Jackson	Reese
Invocation	Reynolds	Birch
Pledge	Bintliff	Bradford
Song	Bagne	Oien

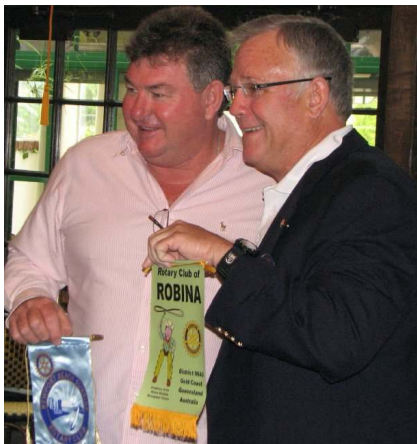
Rotary Calendar

Apr 20 Kelly Reavis, UCI – Recent Tinnitus (ringing in ears) Research
 Apr 27 Brian Williams – Soles for Souls
 May 4 **Offsite Meeting** at Working Wardrobes, 3030 Pullman, Costa Mesa
 May 11 Stacey Rae and Michael Mednick – Exercising for Health – no matter what your age
 May 12 Board of Directors Meeting @ Coco's 7:30 am
 May 18 Dr. Marcia Whalen – Foods you Need to Eat
 May 23 **Wine Tasting Fund Raiser**
 May 25 Tony Staser, Ronald McDonald House



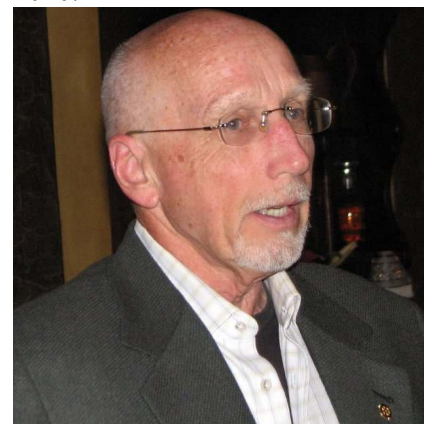
Patricia Bintliff and Caroline Babott

Flag Exchange



Visiting Rotarian David McGrath and Tim Brown exchanging Club flags.

Visiting Rotarians and Guests



Rear Commodore Chuck Iverson

Chuck Iverson is in charge of all of the land operations of the yacht race. It is the largest yacht race in the world. If you wish to see the

start of the race, it will take place on Friday, April 23rd at noon at the Balboa Pier.

The Newport Beach Boat Show is April 15th – 18th.

Condolences to the Holliday Family

Christina Holliday's mother-in-law has passed away. Please keep the family in your thoughts and prayers.

District Conference



Clare Taber getting volunteers to serve ice cream

The District Conference is scheduled for April 29 – 30, 2010 at Knott's Berry Farm Resort & Hotel. Our Club will participate on Friday's Hospitality Night with our Ice Cream Shoppe. Clare Taber and Cal Wallace will be in charge and will be recruiting volunteers. **You must register** to attend the District Conference in order to attend Hospitality Night. It is so easy to register on line.

Wine Tasting Fund Raiser

Our annual Wine Tasting Fund Raiser is scheduled for Sunday, May 23, 2010 at the home of John Gregg. The theme is "Bring a Guest" – a potential new Rotarian. The funds raised at this event will be matched by the Gates Challenge Foundation. The cost is \$50 per person. If you bring a potential new Rotarian please let Reniero

Francisco know and the **cost for that guest is only \$20.**

Vocational Service Project

You can check the local service page of our website for the pictures.

<http://newportbeachsunriserotary.org/service/local-service>

The remaining schedule for workshops is as follows, so please mark your calendars:

Saturday, April 17

Saturday, April 24

Saturday, May 1

Tuesday, May 4. Rotary offsite Club meeting to be held at Working Wardrobes, 3030 Pullman, Costa Mesa.

Saturday, May 8. Final workshop and graduation at the Salvation Army.

Rotary Family Day

Rotary Family Day is scheduled for Saturday, May 22, 2010 at the Outdoor Educational Center in Irvine. If you are interested in learning more, please contact President Tim.

Fines and Happy Dollars

Fine Master Jeff Heileson received \$20 from Rear Commodore Chuck Iverson. Laura Dietz recently had lunch with John McCain and Carly Fiorina so she paid \$20. Clare Taber had a joke on Newton's discovery of gravity so he too paid \$20. Bob Lind says he saw a Lobsterfest billboard but did not believe it was ours so he paid \$5.

Jeff Heileson is looking for an apprentice for the next Rotary year if you are interested. It needs to be someone who is attendance every week so one thought was to nominate Jill Bodette. It is a fun job!

Dr. William Shankle – Shankle Memory Clinic



Dr. William Shankle

Cynthia Cowell introduced Dr. William Shankle of the Shankle Memory Clinic and Hoag Health Care. Dr. Shankle started in 1988 at UC Irvine Alzheimer's program. Current prevention treatment strategies aimed at reducing risk factors of Alzheimer's disease and related disorders (ADRD) can delay symptom onset by 3 or more years. This delay adds onto that achieved by early detection and treatment of AD, which can delay symptom progression by 2 to 4.5 years. For a typical individual who would first develop symptoms at 74 years old, prevention will push the onset of symptoms out to age 77 or older, and early detection and treatment will delay the onset of moderate dementia to between 88 and 91 years old. This combined approach means that you can avoid spending your final years in a nursing home, plus preserve your memories, abilities and live out your life with independence and dignity.

Here are the two most important things you should do to prevent the onset and progression of ADRD.

Manage Your Risk Factors for ADRD

There are many risk factors you can manage by choosing a healthy life style and by using appropriate risk-reducing treatments. These risk factors include but are not limited to:

- Diabetes
- Stroke
- Heart Disease
- High Cholesterol
- High or Low Blood Pressure
- Alcohol or Drug Abuse
- Depression, Bipolar Disorder, or Schizophrenia
- Head Injury
- Severe Estrogen (hysterectomy, menopause) or Testosterone Deficiency (andropause)

Detect the Earliest Signs of Memory Loss Medical research shows that the onset and progression of Alzheimer's disease (AD) can be delayed by 5 or more years. For a 74 year-old, such a 5-year delay could keep memory

intact until after age 79, which is beyond the average life expectancy in the USA.

Knowing and managing your risk factors is the first step to delaying AD onset and progression.

[Club Website](#)

www.newportbeachsunriserotary.org

[2008-2009 District 5320](#)

District Governor: Bret Gerdes
District 5320 Office:
Jim deBoom PDG

District Website: www.rotary5320.org
(You can contact Cal Wallace for the name and password for logging on to the district-wide roster (which isn't provided on paper anymore).)

[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 Wednesday evening 5:15 - 6:45 PM at the Ramada Inn and Suites, 1680 Superior Avenue, Costa Mesa.

International President 2009-10: John Kenny, Rotary Club of Grangemouth, Scotland

[Privacy](#)

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



Lobsterfest committee meeting after our regular meeting: Donna Cody, Carl Lachman, Laura Dietz, Cynthia Cowell, and Craig Kennedy

[Success Workshops](#)

The Success Workshops continued on Saturday April 10, 2010. This workshop focused on the written job application. For our clients the written job application creates a number of challenges. Among these are appropriate references, lengthy gaps in employment, and the question asking whether or not there has been a felony conviction. Special thanks go to Laura Dietz, Tom Birch, and John Hedlund for their outstanding contributions as coaches to the second workshop.

THE FUTURE OF ROTARY IS IN YOUR HANDS



Laura Dietz helping with the applications



Tom Birch and John Hedlund also helping with applications



President Tim Brown addressing the entire class.