

Flywheel



SERVICE Above Self

September 30, 2005

A Weekly Publication of the Rotary Club of Richmond, California



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2005-2006**

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*Richmond Rotary
meets every Friday
12:30 at the
beautiful Mira
Vista Golf and
Country Club*

Program for Friday September 30, 2005

Joint Meeting with Soroptomists!

“The Truth About Olive Oil & other slippery, flavorful subjects

No, this is not a “Popeye Tells All” story from Hollywood. Dan MacLean, Operations Manager at California Oils Corp. talks about the food oils industry and his company’s long history in Richmond.

Door Duty: Elof Granberg and Monique le Conge

Program for Friday October 7, 2005

Tom Lynden, CPA

host of the West County Forum discusses the WCCUSD \$400,000,000 parcel tax, Measure “J” on the November ballot

October 7th meeting will be held at La Strada’s In San Pablo !

Door Duty: Margaret Hanlon-Gradie and Don Lau

Meeting of September 23, 2005

Prez Jon rang the meeting to order. Our Rock and spiritual minder **Stoney** returned from the mountain and lead us in a moment of silence for freedom and peace on Earth. Prez Jon then asked Prez Gonnabe **George Egan** to provide the thought for the day, which he did, “Being considerate of others will get your kids farther than the best college education”.

Visiting Rotarians

Although member **Bob Niccolls** himself has guest-like status, given his long commute from Eagle ID, Bob introduced his guest and wife Lavonne

Rotarians with Guests

Josh Genser introduced his guest David Smith from Wells Fargo Home Mortgage Office at Richmond Hilltop. **Lance Jackson** introduced his guest and Assistant Construction Program Manager for the Seville Group (school rehab program). Raphael Parra. **Paul Hodgen** introduced his son Mathew who recently graduated from UCSB and will begin working for Price Waterhouse next week.

Sunshine Report

See Happy and Sad Dollars

Door Duty

10/7
Margaret Hanlon-Gradie
Don Lau

10/14
Don Hardison

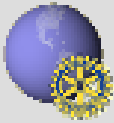
10/21
No Meeting

10/28
Rhonda Harris
David K

11/4
Ralph Hill
Joe Kelman

11/11
Joni Hiramoto
Henry Kelman

11/18
Paul Hodgen
Judy Kafka



Where to Make Up

Mon 12:15 Seafood
Peddler, San Rafael

Tue 12:30 Solano Grill
Albany

Tue 12:15 Elks Club
El Sobrante

Wed 12:15 His Lordships
Berkeley

Wed 7:15am Hercules
Senior Center, Hercules

Wed 12:15 La Strada
San Pablo

Thu 12:15 Mira Vista
G&CC, El Cerrito

Thu 12:30 Outback Steak
House, Pinole

Thu 12:15 World Holiday
Inn, Vallejo



Where's My Badge?

Prez. Jon asked **Lance Jackson** to step forward and, given his completion of all the requirements for full membership in the club, accept his Blue Badge, which was acknowledged by a round of applause.

Paul Harris

Prez Jon then asked the Foundation of the Foundation **Erleonovich Brownovski**, still suffering rail-lag from his 6,000 mile trip on the Trans-Siberian Railroad, to please take the podium. Erle gave his pitch for the Paul Harris Award noting that after a first pin is earned, a member can designate Paul Harris status for any other person. That said, Erle asked **Lavonne Niccolls** to please step forward and accept her first Paul Harris Fellow designation



from the Richmond Rotary, giving her the pin, the medal and the certificate. Erle then asked **Bob Niccolls**, the source of Lavonne's PH designation to please step forward and accept his new Paul Harris pin with one stone. The Paul Harris pin itself and each additional stone thereon signifies the gift of \$1,000 to the good works of the Rotary Foundation International. *The Editor notes that Richmond Rotary is very interested in becoming a 100%Paul Harris Fellow Club and will match, dollar for dollar, any member's contribution toward their initial Paul Harris pin. Question? Ask Prez Jon or Erle Brown.*

Announcements

El Cerrito Rotary will host the Egyptian Counsel General as their guest and speaker September 29th.

Paul Washington has resigned from the club, having just gotten married and will be moving back to Colorado. Paul's responsibilities for the Peres Classroom signup (*and as Acting Editor for "The Flywheel", 1/5 time*) need to be filled. On Thursday October 20th, Peres Elementary School is going to dedicate the **Dan Ercolini Memorial Library and Computer lab**. Please sponsor a Classroom at Peres ES", **The Holiday**

Upcoming Programs

Oct 7

Tom Lynden, CPA and host of the West County Forum discusses the WCCUSD \$400,000,000 parcel tax, Measure "J" on the November ballot. 510-758-6800.

Oct 14

Congressman George Miller

Oct 21

Michael Mahoney, Chair of the Citizens Bond Oversight Committee discusses the use of Measure M & D school bonds and the need for Measure "J" on the Nov. ballot.

Raffle

Prez Jon asked Nancy Walls to select a ticket and raffle winner. The winner was Don H. who got a free lunch and left \$360 in the kitty.



Important Dates

09/30/05 Joint Meeting with Soroptomists

10/20/05 Board Meeting at Richmond Country Club

10/21- 10/22/05 District Conference in Concord

12/02/05 Annual Holiday Party

12/02/05 Holiday Party with El Cerrito Rotary

Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST The development of acquaintance as an opportunity for service;

SECOND High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Auction and Party will both be December 2nd. However, the auction will be at the Mira Vista CC per tradition, followed by the election of officers, and, the party will be in the evening with the El Cerrito and Richmond Rotaries coming together to celebrate at the Richmond CC.

Recognitions

Cajun Sid again recognized **Bob and Lavonne Niccolls** as they have just celebrated their 44th wedding anniversary followed with quick acknowledgement of **Charlie and Clavel Fender's** 63rd, **Erle and Phyllis Brown's** 46th and **Joe and Rita Bagley's** 30th (that Joey Baggs, he's such a kid!). Sid acknowledged that **Thomas Cameron** and **Father Nick** were celebrating their second club anniversary and **Paul Washington** would be too if it wasn't for love. **David Ninomirya** and **John Nicol** are celebrating 41 year anniversaries. And, **Judy K.** and **Leslie L.** are celebrating their 18th with Richmond Rotary.

Happy & Sad Dollars

H&S Dollars were dominated by the politically sensitive topic of Stanford's fortunes, or one might say "misfortunes" on the grid iron. **David Brown** observed that he, if only briefly being a UC Davis "Aggie", took great pleasure in the Aggie defeat of mighty Cardinals (or *S. sempervirens* or Indians) acknowledging that it was unexpected. **Josh "Cardinal" Genser** observed that it was not only unexpected, but embarrassing. **Bob "Indian" Niccoll** acknowledged that it not only was embarrassing, but it was humbling. Many happy and sad dollars changed hands. **Rich Brandes** had happy dollars for his old neighbors Randy and Nancy who are speaking to the club today. **Capt. Richie** also was glad to acknowledge the good work of his wife Lisa and Linda Young who cooked up a Hurricane Relief effort to ship hundreds of surplus textbooks from Vallejo to Pescagula Miss where public schools (and everything in them were largely destroyed. **Don Lau** had happy dollars seeing the Niccolls at the meeting today. **David K.** had happy Sunshine Report dollars seeing **Elof** at the meeting today because he'd been trying to talk to him all week to find out how his knees are doing and it must be "OK".

Herb "dollar-a-word" Cole had alotta dollars for his kin in Beaumont TX who got through Rita with "just rain". He said everybody's at his Momma's, x-spouses and in-laws two Labrador dogs, a cat and cuz Bonnie and her parrot. Herb allowed as how he didn't know how long it would be "just rain" in Beaumont. He then told how his brother, in the greatest deal of his life, sold 135 acres ring on the gulf two weeks ago to a California developer for a marina. Someone observed it will now probably be a sub-marina.

Program

Prez Jon called on Jim Young to introduce today's speakers. Noting that the speakers had something important and informative to say, Young introduced Nancy Walls speaking about Parkinson's Disease and her husband Dr. Randy Schekman, Cal Prof. in Microbiology and head of the UC's Stem Cell Laboratory.



Birthdays

9/6 Lance Jackson
9/9 Bob Dabney
9/11 David K
9/20 Jim Young
9/22 Hank Covell, Jazzy Singh & Bart Wallace
9/23 Dave Calfee
9/25 Margaret Morkowski
9/30 Barry Gordon and Stan Teaderman

Anniversaries

9/12 Jim and Linda Young
9/13 Markku and Mary Pelanne
9/16 Bob and Lavonne Niccolls
9/26 Charlie and Clavel Fender
9/27 Joe and Rita Bagley

Club Anniversaries

09/02 John Nicol and David Ninomiya 41 Years!!
9/05 Father Nick Reina 2 Years
09/08 Joni Hiramoto 7 Years
9/22 Leslie Levy and Judy Kafka - 18 Years
9/26 Thomas Cameron and Paul Washington 2 Years

Get To Know Our New Members!

Monique Le Conge
Classification
Libraries

Margaret Morkowski
Classification
Waste Management

Margaret Hanlon-Gradie
Classification
Consulting-Political

Lance Jackson
Classification
Engineering- Electrical

Don Joseph
Classification
Banking-Branch
Management

Jazzy Singh
Classification
Banking – Account
Executive

Nick Despota
Classification
Graphics-Web Design

EJ Shalaby
Classification
Wastewater
Management

Glenn Daggs
Classification
Security Management

Ms. Walls spoke first acknowledging that she has Parkinson's Disease (PD) and that with her medical background as a registered Nurse and Randy's scientific paradigm, they have been brutally honest about her condition and their expectations for future relief from stem cell therapy. Nancy then explained some of the realities about Parkinson's Disease. They are outlined below:

- Nancy said the first thing people need is good information. She recommended for all health issues the website of the National Institute of Health. <http://health.nih.gov> Another good source of information for PD is the Parkinson's Institute in Sunnyvale <http://www.thepi.org/news>.
- Parkinson's disease is a chronic progressive degenerative disease that occurs when a group of cells in the substantia nigra of the brain malfunction and die. This results in a substantial loss of a neurotransmitter (chemical messenger) called Dopamine. Dopamine transports the signals to the part of the brain that controls movement, coordination and initiation.
- It was first identified medically by Dr. James Parkinson in 1817 and was commonly known as Shaking Palsy.
- There is no clinical diagnosis per se but the disease is characterized by slow movement, poor balance, stiffness, muffled speech and depression. By the time a diagnosis is made, about 80% of the substantia nigra in the brain is gone.
- PD is the second most common degenerative neurological disease after Alzheimer's Disease.
- PD is currently treated with Dopamine stimulating drugs that work effectively initially at stimulating Dopamine production from the remaining substantia nigra cells in the brain. However, ongoing therapy requires larger and larger doses until drug side effects become an issue. Nancy, who was doing a fine job in her presentation, said that would not be the case without the drug therapy.
- Thanks to the unintended contamination of illicit drug manufactures in the South Bay, researchers have learned how to produce "instant" PD in laboratory animals, greatly improving their ability to actually study the disease and different therapies for treating and possibly curing it.
- Deciding what and when to tell people about PD is a major personal challenge. Children, relatives, friends, employers and insurance companies all react differently and have different motives. Noting that they have not regretted their general openness, Nancy said she had founded a good support group and learned a lot about humility.

Randy then took the podium and provided the members with a brief review of his previous presentation of what is a stem cell, where they come from, the difference between "adult" and "embryonic" stem cells and a review of why the current federal

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Highlights of the District Meeting:

Friday, October 21, 2005
8:00 - Golf – Diablo Creek
8:00 - Hike Mt Diablo
1:00 - Community Project – Markham Regional Arboretum, Concord
5:00 - No Host Reception – Banquet Room Area - Concord Hilton
7:00 - Dinner
8:00 – Rain Man – Kim Peek
9:00 - Club Entertainment – Fun, Food, Beverages – Suite Rooms – Concord Hilton

Saturday, October 22, 2005

8:30 – Breakfast
9:00 - Opening Ceremony
9:30 - Cliff Dochterman, Past RI President
10:30 - Special Session – Getting to know Rotary
12:00 – Lunch.
1:00 – RI President's Representative
2:00 – Special Session – Getting to know Rotary
5:00 - No Host Reception – Banquet Room Area - Concord Hilton
6:30 - Dinner
7:30 – Cave Man – Al Mathis
8:30 - Conclusion of District Meeting
9:00 – Club Entertainment – Fun, Food

prohibition against creating new stem cell lines hamstrings American biomedical research efforts.

Speaking to the federal prohibition (use of federal research dollars, there are no restriction on using non-federal funds for research) Randy said that stem cells don't age well and the 20 to 70 "approved lines" have been contaminated with genetic mutations and mouse DNA which is a by-product of research done to date. These lines, unlike the hundreds of new human stem cell lines that have been created abroad can not be used for human research therapy.

Randy said that stems cells are not a cure-all for everything and there are 30+/- diseases, most notably PD and diabetes that are the result of loss of a very small number of specialized cells that could be completely replaced with new cells by stem cell therapy. Glossing over the daunting technical challenges Randy reiterated the core idea that stem cells, especially embryonic stem cells, could be coaxed into any of the 200 types of tissues in the human body, and, with genetic engineering could be coaxed into becoming "personalized" replacements for specialized lost cells like the missing substantia nigra cells in a PD sufferer.

He characterized the task of the Stem Cell Laboratory at Cal as being "bar-code readers" for the DNA bar codes that will allow this kind of future therapy to happen.

Noting again that these kinds of therapies are not available in for human, Randy said that because there is no federal prohibition against embryonic stem cell research on mice, scientists can now cure Parkinson's disease in mice.

Speaking to the recently passed California Prop. 71, Randy said researchers from all around the world are moving to California to continue their bio-medical research on stem cells. He personally is looking forward to and has applied for research funds for his lab to, "better understand and use the bar-code". He said it is very frustrating to see the \$3 B in research dollars currently bottled up by litigation from individuals claiming religious and ethical justice because the research money would, "enslave embryonic stem cells", a 14th Amendment legal argument.

Touching lightly on the fertility clinic source of embryonic stem cells Randy said about 3% of the frozen human embryos that have been created for fertility purposes by couples have been donated by those couple for medical research. However, federal prohibition still prevents using these cells for research funded with federal money.

The Walls/Schekman very interesting presentation was ended with loud applause and a Q&A period that followed the closure of the meeting.

For those of you who missed the article about Randy and Nancy in the "California Monthly", the alumni magazine for Cal, you can access it here;

http://www.alumni.berkeley.edu/Alumni/Cal_Monthly/September_2005/Calibrating_Hope.asp

And the meeting was adjourned.

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Your Acting Editor,
Jim Young