



# The Alamo Oak

*Rotary Club of Alamo*

*September 24, 2008*

[Alamorotary.org](http://Alamorotary.org)

## PROGRAM CALENDAR:

DATE	PROGRAM	GREETER
October 1 <sup>st</sup>	B. Thiessen Supervisor Mary Piepho	C.Thiessen
October 8 <sup>th</sup>	Morton Bill Harlan Shakespeare and "who really wrote the plays"	West
October 15 <sup>th</sup>	Robbins Delhi Polio NID	Brandt

## UPCOMING EVENTS:

Saturday October 18<sup>th</sup> Rotary Day at the Races

October 24-26 District 5160 Conference, Concord Hilton

Monday October 27<sup>th</sup> Board Meeting at Jim Schuppert's home

Wednesday October 29<sup>th</sup> Club Fireside (NO lunch meeting)



## September 24th MEETING:

ALAMO ROTARIANS WELCOMED THE FOLLOWING GUESTS:

Dr. Bonnie Conner-Speaker

Pat Stevens- Bill Humphrey's daughter

### FINES/RECOGNITIONS: \$20

Talk to Chuck Ortmeyer if you're looking for a great deal on a used Expedition...not!!! According to Chuck, we'll be seeing him walking a lot more. So, Father Bill fined him for all the money he'll be saving on gas.

Bill Humphrey was fined for having his daughter Pat visit from Texas. Pat then went on to win \$15 on the raffle!

### ANNOUNCEMENTS:

Rotary Day at the Races is on Sat. October 18<sup>th</sup>.  
The price is \$30, which includes VIP parking, admission to the Turf Club and buffet lunch.  
A percentage of the proceeds will go back to our club.

Our club Fireside is scheduled on Wednesday, October 29<sup>th</sup>.  
We will not have our lunch meeting that day. More details to follow.

District Conference Information:

<http://rotary5160.org/events/2008Conference.php>

## **2008 District Conference letter from DG Jim Campbell:**

Linda and I would like to invite you to the 2008-2009 District Conference, **October 24-25**, at the Hilton Concord, California.

The conference theme is ***You Make the Difference, You Make Dreams Real***. We believe in the work of Rotary and the work of Rotarians. Rotary changes lives every day, and it does it through people like you. You Make the Difference. Whether it is a local community project, your participation in an International project, or your support of The Rotary Foundation through the annual giving program, You Make the Difference.

We are privileged to have a strong set of speakers who have seen the value of what Rotary can do. Speakers like Past R.I. Presidents **Cliff Dochterman** and **Rick King**, as well as **Jean Irwin**, who teaches deaf children how to speak in normal tones, and **Deepa Willingham** who founded Pace Universal with the goals to nurture the educational, health, nutritional, social and cultural development of girls in impoverished areas of India, and to build in Calcutta the first prototype Piyali Learning Center (PLC) to serve as a model for the delivery of these services all over the world. All these speakers will remind us of the impact we have on people we may never meet, the difference we can make.

And you and your spouse can make a difference at the conference in the project center where Interact members will teach you how to assemble the LN-4 prosthetic hand, or you can knit AIDS bears for distribution in East Africa, or you can help assemble quilts for Rotaplast projects.

Mark October 24-25 on your calendar. Come to our conference, and let's work together to make a difference.

Thank you, [Jim and Linda Campbell](#) District Governor

The District #5160 Conference Committee  
Invites you to the  
Twin Format Golf Tournament  
At  
Orinda & Moraga Country Clubs  
**Thursday, October 23, 2008**

Buffet Luncheon 11:15 – 12:15

Shotgun Start 12:30

Finish NLT 5:00

Prizes and Hors d'oeuvres 5:00 – 6:00

\$100 Fee Includes:

Green Fees, Cart, Lunch, Sleeve of Balls, and Hors d'oeuvres

FORMATS:

Orinda Country Club Moraga Country Club

2 Man Best-Ball (Net of Handicap) Scramble

Name: \_\_\_\_\_ Name: \_\_\_\_\_

Address: \_\_\_\_\_ Address: \_\_\_\_\_

Phone (H): \_\_\_\_\_ Phone (H): \_\_\_\_\_

(B): \_\_\_\_\_ (B): \_\_\_\_\_

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Email: \_\_\_\_\_ Email: \_\_\_\_\_

GHIN#: \_\_\_\_\_

Rotary club of \_\_\_\_\_ Rotary Club of \_\_\_\_\_

Partner: \_\_\_\_\_ Partners: \_\_\_\_\_

Partnered Two-some: \_\_\_\_\_

Credit Card:  Visa  MasterCard  AMEX Personal Check

# \_\_\_\_\_

Exp. Date \_\_\_/\_\_\_

Signature: \_\_\_\_\_

**Mail to: District 5160 Conference, c/o Tina Blythe, 531 Granite Way,  
Vacaville, CA 95688**

**Fax to: 925-355-1134. Deadline for registration and refund requests is  
Friday, October 17, 2008.**

## OUR PROGRAM:

We were fortunate to have Dr. Bonnie Conner speak to us about aging...what's normal, what's not.

Dr. Conner specializes in the behavioral health of older adults. She translates scientific research into practical, everyday tools, techniques and resources to use with individuals affected by decline in mood, memory and thinking; and for older adults who are aging normally.

Some interesting points covered by Dr. Conner:

7 Daily Practices for Highly Successful Aging of the Brain  
(Adapted from Marian C. Diamond)

1. Diet- our brains are what we eat
2. Calorie reduction-smaller portions
3. Exercise-what's good for the body is good for the brain
4. Challenge-bored brains shrivel, challenged brains grow
5. Newness-new activities & ideas keep us out of old ruts
6. Reduce stress-for better mood, memory and thinking
7. Love-makes for a happy brain!

Food for thought...and better brains:

Choline: found in soybeans and soy products, egg yolks, peanuts and liver

B Vitamins: found in potatoes, bananas, chicken breast, beef top round steak, turkey white meat, rice bran, carrot juice and rainbow trout.

Antioxidants:

Vitamin C: sources include orange, grapefruit, cantaloupe, broccoli, blueberries and strawberries.

Vitamin E: sources include spinach, broccoli, mango, avocado, peanuts and peanut butter.

Omega-3's: sources including salmon, cod, beans, peanuts, olives, lamb, pork, and walnuts

Calcium: sources include soy, sardines, tofu, pink salmon, spinach, kale, okra and oatmeal.

Raffle: With 10 black marbles in the bag, Pat Stevens pulled out the white one, winning \$15.