



The Official Publication of the Rotary Club of Davis

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Monday, September 28, 2009

Weekly Programs

To suggest a future program, contact Jim Willett, Chair of the Program Committee.

Programs

Sept. 28 – Rotary GSE Team from Monterrey, Mexico, and joint meeting with Davis Sunrise Rotary

Oct. 5 – Using Social Media (Facebook, Twitter, etc.) – Dr. Susanne Rockwell

Oct. 12 – Davis Farmers Market – America’s Favorite – Randii MacNear, DFM Manager

Oct. 19 – Meeting at Explorit Science Center, Davis

Oct. 26 – Halloween Doings – Peggy Hoyt and Bruce Hartsough

Meals on Wheels

If you swap dates, contact Greg Phister: (W) 756.9211 (H) 753.5594

Coordinator: Les Portello
10/1 Paul Hart & Linda Hendricks
10/2 Dick Donaldson & R. Gambatese

Coordinator: Doug Jena
10/8 Dean Labadie & G. Jayaweera
10/9 Doug Jena & Jeannie Jones

Coordinator: Greg Gibbs
10/15 Becky King & Don Kessler
10/16 Tapani Koivunen & Jeff Kowes

Coordinator: J.D. Denton
10/22 Jennifer LaPlante &
10/23 Brian Sturges & Liz Magnussen

Coordinator: Grace Chen
10/29: Chris Martin & M. Mansefield
10/30: Ted Puntillo & Mike Morris

Coming Events

October 1-4: District Conference, Lake Tahoe. Visit Rotary5160.org, or see Dean Labadie

Nov. 14: Winters Rotary Wine and Food Jubilee, contact Woody at 795-4600.

Feb. 6, 2010: Tenth Annual Big Night benefiting Child Abuse Prevention Program.

Announcements—September 21

Kay Resler was honored with her second Paul Harris Fellowship. PHF contributions fund the Rotary Foundation. Each Rotarian is encouraged to contribute \$100 per year. See Don Kessler or Marilyn Mansfield for more information.

Steve Bick, CPA warned of a scam involving emails to taxpayers supposedly from IRS – don’t respond, IRS doesn’t send emails.

Jim Willett has stepped up to chair the Program Committee.

Doug Jena was recognized for completing his first Rotary year. Doug said he’s especially enjoyed interaction with Meals on Wheels recipients, selling draw-of-the-day tickets, and the golf tournament. Jim is executive director of Yolo Hospice.

Sgt Jeff Stromberg fined Peggy Hoyt for false rumors of her demise – Peggy said what bothered her most was that no one sent flowers.

The Obesity Epidemic – Dennis Styne, M.D., UCD School of Medicine

Dennis Styne, M.D., presented a gloomy but realistic overview of obesity in the United States, focusing mostly on young people.

Obesity in U.S. children (as defined by Body Mass Index scores) has quadrupled in the last 20 years. In six states (all southern or border states) over 30% of the adult population is BMI obese. Generally, rural people and minority groups are more obese.

There are lots of causes of obesity (genetic predisposition to weight

gain; better food supplies overall; consumption of fried and sweetened food; lack of exercise).

Reducing obesity is difficult. The best way is to eat less and exercise more. But people eat a lot due to boredom, advertising, bad information, etc. And young people exercise less due to electronic devices, TV, and because it’s not safe to be outside in some places. Car-oriented transportation systems have made exercise by walking or bike riding difficult for many. “Almost everything about 21st century life promotes obesity,” he said.

Styne said that “high fructose corn syrup is a remarkable toxin” – not only is it fattening, but it can cause other problems. Check labels and avoid it.

He also noted that a recent article in the New England Journal of Medicine predicted that average U.S. life expectancies will likely decline in the 21st century due to obesity-related diseases.

What to do? Lifestyle changes are better than medicine -- basically eat less and exercise more. “No one ever died from eating fruits and vegetables. or from exercise.” Weight loss pills aren’t too helpful, and surgery (gastric bypass) helps only extreme cases. Long term, changes in education and in how we organize our daily lives will be needed to end the obesity epidemic.

Why Rotary #3 – Friendship

In an increasingly complex world, Rotary provides one of the most basic human needs – for friends and fellowship.