



The Official Publication of the Rotary Club of Davis

Rotary International President: John Kenny, Rotary Club of Grangemouth, Scotland, UK

District 5160 Governor: Earl Kilmer, Rotary Club of Fairfield-Suisun

Davis Noon Club 437 President: Debbie Davis, P.O. Box 185, Davis, CA 95617 www.rotaryclubofdavis.com

Monday, January 25, 2010

Weekly Programs

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

Programs

- Jan. 25: Rotary Artificial Hand Project – Michael Mendonca
- Feb. 1: Polio Vaccine Trip to Benin – Paul Hart
- Feb. 8: Valentine’s Day Party
- Feb. 15: No Meeting – Prez Day
- Feb. 22: Who Wants to be a Rotary Millionaire – Steve Lack
- Mar. 1: Academy Awards Preview – Derrick Bang
- Mar. 8: tba
- Mar. 15: Supporting our Troops Overseas – Dave Feliz
- Mar. 22: Shall and Pramila Sinha, Rotary Peace Ambassadors from Edmonton, Alberta, Canada
- Mar. 29: Chancellor Linda Katehi

Meals on Wheels

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

Coordinartor: Les Portello
1/28: Steve Bick & Yvonne Clinton
1/29: Heather Copeland & Grace Chen

Coming Events

February 6: Tenth Annual Big Night benefitting Davis Rotary’s Child Abuse Prevention Program, 6 pm, El Macero Country Club

June 20-23: Rotary International Convention, Montreal, Canada

June 28: President Debbie’s Demotion

Announcements

After due process we unanimously chose Jeff Stromberg as our President-Elect for 2010-11, as well as four incoming directors: Robert Bailey, Brian Horsfield, Liz Stallard and Judy Wolf. Prez Debbie thanked the current directors whose terms end this June: Dave Cruz, Ron Fisher, Bill Hollingshead and Charre Symms.

Judy Wolf gave us the history-in-a-nutshell of the Child Abuse Prevention Program and its funding mechanism, our annual Big Night. She and hubbie and then-Prez Bud initiated CAPP in 1999, and a worthy cause it is!

Prez Debbie announced Paul Hart’s third Paul Harris Fellow, designated by Paul to honor his daughter Erin.

Polio Eradication: PDG Brian Thiessen is coordinating District 5160’s participation in Polio Immunization Days in India’s Uttar Pradesh state, 15-22 (or 29 or 31) March. Any of the three options will include a visit to the Taj Mahal. Contact Brian at (925) 837-3355 or bdtalamo@pacbell.net for info.

Amelia Ward, District 5160 GSE Chair, reports the following Group Study Exchange team of firefighters and paramedics will travel to Monterrey, Mexico, from April 10 to May 2: Leader Edward Duarte of San Ramon Rotary Club and Members Gaea True (sponsoring clubs: Woodland & Woodland Sunrise), Jonas Aguiar (San Ramon), Mark Grove (Redding), Scott Sauve (San Ramon) and alternate Edward "Austin" Jansen (Cordelia).

We Are What We Eat...

But only in part, according to UCD Professor Ray Rodriguez, who is also director of the Center of Excellence for Nutritional Genomics. Knowledge of nutritional effects tells us that most of us would be better off by, for example, substituting a few more vegetables for some of the bread pudding. However, Dr. Rodriguez is focusing on the other half of the puzzle: we are what we are, based on our heritage. (His most recent book is

titled Nutrition Genomics.) This recent work is possible and becoming more so as a result of the revolutionary new tools to decode the human genome and identify the genetic makeups of specific individuals. Our heredity interacts with what we eat, so one diet does not fit all. Some examples are well known, such as intolerances to alcohol or lactose. At one time, all human adults could not digest milk – it was for babies. A single genetic mutation eliminates the intolerance; it initially occurred in a cold region of northern Europe where milk was available from reindeer during winter, when other food sources were unavailable, and therefore gave competitive advantage in natural selection to individuals who inherited the mutation. This trait spread from the Sami people to the rest of Europe and elsewhere, but not to Asia.

Other genetic differences are more subtle and involve multiple genes. For example, starch has provided a substantial fraction of the diet of Asian peoples, so natural selection has given Asians better capabilities on average to digest starch. And before the development of agriculture, many hunter-gatherers had intermittent food supplies, and therefore were favored by “thrifty genes” that allowed them to store calories for long periods. With our current abundant availability of food, these thrifty genes predispose those with them to gaining weight.

There is still much to be learned. For example, a study of the descendants of women who were pregnant while malnourished during WWII found that the effects of dietary deficiencies appeared in the grandchildren rather than the children. The reasons are not yet known.

Dr. Rodriguez hopes that we’ll eventually be able to utilize the combination of knowledge of general nutritional principles and that of our individual genetic makeups to tailor our diets to maintain and improve our health. However, he notes that we won’t live forever; we can only delay rather than prevent the onset of some ailments such as Type 2 diabetes and cardiovascular diseases.



Yankee Doodle

Yankee Doodle went to town
 a riding on a pony,
 Stuck a feather in his cap
 and called it macaroni.

Yankee Doodle keep it up,
 Yankee Doodle dandy,
 Mind the music and the step,
 and with the girls be handy.

Fath'r and I went down to camp
 along with Captain Goodwin.
 There we saw the men and boys
 as thick as hasty puddin'.

(refrain)

There was Captain Washington
 upon a slapping stallion,
 Giving orders to his men;
 I guess there were a million.

(refrain)

Birthdays

Marjorie	Maxwell	1	30

Anniversaries

Happy Anniversary we all sing to you,
 Love and joy be yours always
 May your dreams come true.

Allan	Telford	1	27

The Four Way Test

In all things a Rotarian does and says, s/he is guided by these four questions:

- **Is it the TRUTH?**
- **Is it FAIR TO ALL concerned?**
- **Will it BUILD GOODWILL & better FRIENDSHIPS?**
- **Will it be BENEFICIAL to ALL concerned?**

Members

- ⊕ Adler, Jerry
- + Alassaad, Samer
- ⊕⁷ Alston, Randy
- + Amaya, Alex
- ⊕² Anderson, Jennifer
- ⊕ Bailey, Dean
- + Bailey, Robert
- ⊕ Baldwin, Mary Ellen
- ⊕² ⊕^{*} Bartholomew, Jacque
- ⊕¹ Below, Lou
- ⊕ Bick, Steve
- ⊕ Chen, Grace
- + Clinton, Yvonne
- + Copeland, Heather
- + Cruz, David
- ⊕ Davis, Debbie
- ⊕ Denton, JD
- ⊕ Donaldson, Dick
- + Donaldson, Richelle
- + Dowling, Andrew
- + Famula, Michelle
- ⊕ Fish, Don
- + Fisher, Ron
- ⊕ Galbreath, Doug
- ⊕² ⊕^{*} Gambatese, Roger
- ⊕ Garoyan, Lee
- ⊕² ⊕^{*} Gibbs, Greg
- ⊕ Goodman, Michael
- + Gregoire, Robert
- ⊕ Hamel, John
- ⊕ Hamlyn, Diane
- ⊕² ⊕^{*} Hart, Paul
- ⊕¹ ⊕^{*} Hartsough, Bruce
- ⊕³ Head, Ernie
- + Hendricks, Linda
- ⊕¹ Hollingshead, Bill
- + Horsfield, Brian
- ⊕ Howard, Howdy
- ⊕² ⊕^{*} Hoyt, Margaret
- + Jayaweera, Gamani
- + Jena, Doug
- ⊕ Johnston, Bob
- ⊕ Jones, Jeanne
- ⊕⁹ ⊕^{*} Kessler, Don
- ⊕² ⊕^{*} King, Becky
- ⊕ Koivunen, Tapani
- + Kowes, Jeff
- ⊕^{*} Labadie, Dean
- + Landry, Claudette
- + LaPlante, Jennifer
- + Magnusson, Liz
- ⊕⁹ Mansfield, Marilyn
- + Martin, Chris
- ⊕¹ Maxwell, Marjorie
- + Morris, Michael
- ⊕ Nicholes, Jim
- ⊕^{*} Pearl, Bob
- ⊕^{*} Peterson, Michael
- + Phister, Greg
- + Pinkner, Frank
- + Pinto, David
- + Portello, Les
- ⊕¹ Puntillo, Sherry
- ⊕¹ ⊕^{*} Puntillo, Ted
- ⊕¹ Puntillo, Ted Sr.
- ⊕¹ Resler, Kay
- ⊕ Robinson, Michael
- ⊕² ⊕^{*} Roe, Bill
- + Rosenberg, David
- + Schaffer, Marisa
- ⊕ Scheiber, Dave
- ⊕^{*} Schrader, Wayne
- ⊕ Shoemaker, Sharon
- ⊕⁹ ⊕⁵ ⊕⁸ ⊕⁸ Shwe, Hla
- ⊕ Siemens, John
- + Silva, Maurice
- + Stallard, Liz
- ⊕ Smalley, Ty
- ⊕ Smith, Virgil
- + Spencer, Margy
- ⊕² ⊕^{*} Stehli, Al
- ⊕⁸ Streng, Bill
- + Stromberg, Jeff
- + Sturges, Brian
- + Swanson, Rochelle
- ⊕ Symms, Charlotte
- + Telford, Allan
- + Vanderhoef, Larry
- + von Rusten, Claudette
- ⊕ Walgenbach, Gary
- + White, Kathy
- + Willett, Jim
- ⊕¹ ⊕^{*} Wolf, Bud
- ⊕ Wolf, Judy
- + Wolk, Lois
- + Yamada, Mariko
- ⊕ Young, Darla
- ⊕¹ ⊕^{*} Young, Steve
- Civil Litigation
- Dentistry
- Investment Management
- Banking
- Hardware – Retail
- Commercial Real Estate
- Investments
- Retired
- Banking – Lending
- Residential Appraisal
- Accountant – Financial Planning
- Prop. Mgmt. – Commercial
- Education - Private Music (piano)
- Insurance – Personal
- Emergency Medical Equipmt.
- Print Journalism
- Sports Equipment - Retail
- Exporting – Wholesale
- Development Manager
- Real Estate
- Univ. Health Center Admin.
- Banking Administration - retired
- USAF - retired
- Printer
- Civil Law
- Ag. Extension–Ag. Econ., Emeritus
- Insurance – Fire
- Gynecology
- Business and Facility Consulting
- Banking
- Travel Agent
- Waste Removal
- Education – Ag. Engineering
- Laboratory Business Mgr
- Marriage & Family Therapy
- Entertainment Mgmt.
- Engineering
- Education – Ecology
- Law – Family Law
- Schools – Private
- Non-Profit – Administration
- Educ. – Secondary Schools
- Biotechnical – Management
- Insurance – Commercial
- Property Mgmt – Residential
- International Consulting
- Pest Management
- Florist
- Education - Primary
- Accountancy
- Consulting – Marketing
- Secondary Education
- Landscaping
- Dentistry
- Retirement Health Care Admin.
- Employee Benefits
- Ag. Ext. – Food Tech.
- Law – Estates
- Insurance
- Dentistry – General
- Insurance
- Property Management
- Human Resources
- Postal Service – Retired
- Honorary
- University Administration
- Sky Diver
- Building Construction
- Honorary
- Hotelier
- Insurance, Personal, Financial Serv.
- Optometry
- Education and Research
- Education – Physics
- Education – Ag Engineering
- Cosmetology
- Civil Litigation
- Architecture – Commercial
- Accountant – Certified Public
- Accounting
- Real Estate – Relocation
- General Contracting
- Attorney – Estate Litigation
- Art Supplies
- Land Use Consulting
- Environmental Chemistry
- Financial Advice
- Honorary
- Retired Store Owner
- Plumbing Contractor
- Honorary
- Law – Trusts & Estate Plng.
- Yacht Broker
- Medical Administration
- Honorary
- Honorary
- Banking – Retail
- Mortgage Broker

+ Paul Harris Sustaining Member	⊕ Rotary Foundation Benefactor
⊕ Paul Harris Fellow	\$ Rotary Foundation Bequest Soc.
⊕ ^(H) Additional PHF Recognitions	* Past President
	& Past District Governor

Where To Make Up

- Mon: Sacramento South – 12:15 pm, Casa de Los Niños
- Tues: Vacaville Sunrise – 7:15 am, Opera House
- Woodland – 12:00 pm, Hotel Woodland
- Wed: Davis Sunset – 6:00 pm, Bistro 33
- Dixon – 12:00 pm, Fairgrounds, Madden Hall
- Thurs: Winters – 12:10 pm, Buckhorn
- Woodland-Luna Vista – 6 pm, Woodland Community Center
- Vacaville – 12:15 pm, Opera House
- Woodland Sunrise – 7:00 am, Cracchiolo's Catering
- Fri: Capay Valley – 7 am, C2 Restaurant, Cache Creek Casino
- Davis Sunrise – 7 am, Senior Center
- West Sacramento – 12:15 pm, Pheasant Club