

## Rotary Club of Castro Valley Meeting Highlights - September 26, 2017

### Speaker of the Day: Ethan Fall

Ethan Fall, General Manager of Health Unlimited, presented the history of the family-owned business, which opened its first store 48 years ago in San Leandro and over the years have opened two additional stores including the one in Castro Village Shopping Center. (For additional information, go to <http://www.health-unlimited.com>. Health Unlimited specializes in nutrition and natural whole food supplements. They stock many types of natural grains and vegetable-based supplements. Ethan shared studies that claim that only about 8% of the people get their required levels of vitamins and other nutrients from their daily diets. A most all people need additional supplements.



Many types of vitamins are available in the market. Natural plant-based vitamins are considered to be better for people. Alzheimer disease is quite prevalent in the Western countries; however, recent studies have shown that countries like India have much less presence of Alzheimer. The main reason is the higher use of turmeric and other spices in their diet. Ginger and turmeric are found to reduce inflammation and inflammation in the brain are considered to be responsible Alzheimer. Similarly, Omega-3 found in fish and some other plant-based products is reported to reduce cholesterol levels, which can reduce incidents of heart disease and cancer, which is the reason including fish in one's diet at least twice a week is highly recommended.

Protein is another item which is recommended for bone health, especially for athlete and active adults. Plant-based protein supplements, which are popular, are also commonly recommended as well as including fiber in one's diet. Gluten-free products are recommended for some individual due to intolerance of gluten in their diet and are available at Health Unlimited. In response to several questions and comments from Rotarians, Ethan shared a great deal of information on plant-based, fermented products containing enzymes and probiotics. Ethan recommended that before starting any supplements, vitamins, probiotics, or enzymes-based products, one should consult with his/her doctor.

Several members shared their positive experiences with Health Unlimited. Ethan stressed that he and his staff are always available to answer questions and make recommendations to improve one's health. If you have never visited Health Unlimited in the Village, you owe it to yourself to make a visit soon to improve your health.



### Membership Moment: KJ Page

KJ Page shared a one-minute update regarding something that Club members might not know about her, but first KJ shared a little about the work that she does as a health care provider in Berkeley. Then she shared that while she was in college, she was paid to write Letters to the Editor on all types of topics. KJ concluded by letting everyone know that she has recovered from her recent surgery and is happy to be back.



### I've Been Working on the Railroad

After a month of avoiding the task, Cliff Sherwood finally led the Club in the "Song of the Day" with a short version of "I've Been Working on the Railroad." In recognition of Cliff's efforts, President Jim contributed \$20 to Polio Plus.



*Mark, Ben, and KJ lead the "Hello" song.*

### Announcements

- Carol Wilke, who just returned from a vacation in Italy and Spain, reported that she feels refreshed and rejuvenated. While in Spain, she attended a meeting of the Rotary Club of Marbella. Carol reported that the Club does not have a regular speaker or meal, but has 30-45 minutes of informal socializing and cocktails followed by a vibrant business meeting with a great deal of input and discourse. Rather than contribute to President Jim's coffee cup, Carol contributed a banner from the Rotary Club of Marbella.
- The Spanish Club at Canyon Middle School is collecting toys and other good for students impacted by the earthquakes. Club Advisor Kim Alcaraz requested that the Club help support of the cost of shipping the packages to Mexico. President Jim passed the coffee cup and collected \$200 to support the effort. *(Note: The check was delivered to the Canyon Middle School Spanish Club on September 27.)*
- Randy Vanderbilt announced that the Planning Meetings for the Poker Tournament, Chili Cook-off, and Rodeo Parade will be held on the same day, second Thursday of the month, at Direct Sales Floors at 4:30 pm, 5:15 pm, and 6:00 pm respectively. The dates and times are posted on the Club website, [www.castrovalleyrotary.org](http://www.castrovalleyrotary.org), under Upcoming Events and under the 2017-2018 Calendar in the masthead. Please mark your calendars and plan on attending.
- Mark Poniatowski described some options being considered for the Poker Tournament. Come to the next Planning Meeting to share your thoughts.
- President Jim Negri reminded members of the District 5170 Avenues of Service Conference on October 5 and the District Interact Fall Leadership Conference on October 8.

- President Jim Negri stressed the importance of paying Membership and Recognition Dues since the dues are the primary source of cash flow for the Club and importance of recruiting new members.

### Speaker Chair Gary Bosley



Besides serving as Speaker Chair for the Club again this year, Gary has served as the Monthly Speaker Chair for July, August, and September, and has brought an outstanding series of programs to the Club this year as well as last year. **THANK YOU, Gary** for your great work and great speakers.

Don't forget to invite colleague, friends, and families to hear the outstanding speakers coming to the Club

### Upcoming Event

October 3: John Medlock, Jr. will be the lunch speaker presenting an update from the Alameda County Public Works Agency including recovery from the winter storms.

October 5: District 5170 Avenues of Service in Santa Clara

October 8: District 5170 Interact Fall Leadership Conference.

October 12: Planning Meetings for the Poker Tournament, Chili Cook-off, and Rodeo Parade at 4:30 pm, 5:00 pm, and 5:45 pm.



**ROTARY:  
MAKING A  
DIFFERENCE**

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