

# Palo Alto Rotary Pinion

**Weekly Newsletter**

**Date:** February 9, 2009

**Reporter:** Brian Steen

**Editor:** LYLE CONNELL

## UPCOMING PROGRAMS

### **Feb 16 Dark Presidents Day Observed**

### **Feb 23 Erie Mills The making of an American Opera Singer: the evolution into and out of a singing career**

**CALL TO ORDER:** RALPH ADAMS started the meeting at 12:15 PM. DIANA DIAMOND led the pledge.

### **VISITORS AND GUESTS**

KELLY MORARIU welcomed our guests:

Visiting Rotarians- Ann Brady-Estavez, visiting from Yale.

Host/Guest: RALPH ADAMS/Ken Schroeder, E.J.HONG/Jordan Stanzler, TOM GRACON/Helen Gracon, JUDITH STEINER/Mary Mejedly, BRUCE SWENSON/Don Morgan, TODD LEWIS/Bruce Gee

### **OPENING REMARKS**

were provided by TODD LEWIS who shared insights and history about the Central Valley water systems and recent drastic supply reductions to agricultural properties. Todd emphasized the need to conserve water and recommended: New storage facilities need to be built, stop using Delta water, utilize desalinization wherever possible and "Be mindful and savor every drop."

### **PRESIDENTS CLUB**

JUDITH STEINER joined to thank her table guests who employed the Heimlich maneuver to help Judith avert a choking problem. A quick and effective response! TRISH BUBENIK joined and encouraged a Rotary Training session be scheduled to learn the Heimlich maneuver and other First Aid techniques. VICKY CHING joined to announce the Tall Tree Outstanding Business Award presented to Ming's. SAM WEBSTER also joined this generous group with his own contribution to the President's Club.

### **ANNOUNCEMENTS**

ROB LANCEFIELD announced that WALT HAYS has contracted pneumonia while in Oaxaca, Mexico,

but is doing fine and is expected home later this week. Rob also recognized Mike Couch who received an award from Rotary Foundation Permanent Fund recognizing his generous contribution.

A special Valentine's song written by Le Levy for President MIKE COUCH was romantically sung by JUDY KLEINBERG, JOYCE CUSICK, DARYL SAVAGE, E.J. HONG, and JOAN PLASTIRAS.

MIKE COUCH reminded us of the upcoming March 21 Gala which will honor SAM WEBSTER.

**ANOTHER REMINDER:** No Rotary meeting on Monday, February 16.

AXEL MERK will be at Ming's on Wednesday, Feb 11 to discuss the economy and world financial issues.

### **TODAY'S PROGRAM**

PEITER KARK introduced Dr. Jennifer Tremmel, who is a Stanford cardiovascular specialist. She made an excellent presentation on women's heart disease. 50% of all women are affected by heart disease, which has become the number one cause of death for women, 6 times more than those lost to breast cancer. These numbers are alarming and warrant a significant increase in women's heart research.

Related, diabetes is worse for women and confers a greater risk of heart disease. Obesity and low physical activity also increase probability of heart attack. Endothelial dysfunction, arterial constriction, can now be treated.

For more information, write to:

[womensheart@stanfordhospital.com](mailto:womensheart@stanfordhospital.com)

### **NEARBY MEETING PLACES**

[Palo Alto Rotary - Meeting Information](#)