



# Palo Alto Rotary Pinion

Weekly Newsletter

Date March 23, 2009

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Editor: NICK NICHOLS

## OPENERS

MIKE COUCH started the meeting at 12:15PM. LE LEVY led the pledge.

A special announcement was made asking for housing for those attending the April 6 GLE Conference. Housing is needed on April 4,5,6,7.

## VISITORS & GUESTS

TERRY FATEHI welcomed our guests:

Visiting Rotarians - Lee Osborn from San Mateo, Steve and Noko Yoshida from Homer, Alaska Rotary.

Guests: Don Morgan, guest of BRUCE SWENSON, Anita Moser, Dwight and Phyliss Brede and Shirley Negrin, guests of DAVID NEGRIN.

## OPENING REMARKS

KELLY MORARUI shared insights and history about food and its preparations over the millennia. She confirmed the healthy practice of avoiding processed foods and staying with the "hunter/gather" menus of fruits, nuts and vegetables. Tips to remember: Eat whole natural foods, more fish and lean meats, use olive oil and no food with trans fats.

## ANNOUNCEMENTS

MIKE welcomed WARREN THOITS back and celebrated his renewed health.

MIKE thanked KEVIN CURRY for his masterful work creating this year's Rotary Gala at the Sharon Heights Country Club. In turn, KEVIN extended his personal thanks to all the volunteers, particularly MIKE COUCH and "Helpful HAL", and the donors that made this year's event a success.

PETER GUENTERMANN provided signup sheets for those wanting to be Rotaract mentors.

MIKE asked for volunteers for the upcoming Rotary District Celebration April 17 and 19.

WALT HAYS encouraged volunteers to help with Earth Day recycling April 18 at Lucie Stern Center in conjunction with City of Palo Alto Zero Waste Program.

BRIAN STEEN asked for volunteers to re-landscape a city Gateway at Alma and El Camino Real on Saturday, April 25.

## PROGRAM

GEORGE FITZGERALD introduced Robert Negrin Professor, Stanford Medicine - Division: Blood and Marrow Transplantation. Professor Negrin expressed some nervousness because of his parents' presence but then did an

excellent job of providing updates and progress in stem cell research. He pointed out that stem cells are routinely being transplanted in bone marrow. One of today's guests is still alive via a marrow transplant.

US research is now accelerating with new funding, thanks to President Obama and Recovery Act Funds with \$10 billion available from the National Institute of Health.

Stem cell research can possibly lead to breakthrough discoveries based upon the cell's properties to regenerate tissue.

Traditionally, embryo cells have been used, but alternatives such as skin cells are also being studied.

More diseases are being addressed and leading researchers are returning to the US to conduct this important work.

MIKE thanked Professor Negrin for a great presentation with a dictionary to be dedicated to Green Oaks Academy inscribed with his name.

Meeting adjourned at 1:30PM.

## UPCOMING PROGRAMS

[Palo Alto Rotary - Speakers Schedule](#)

March 30 – Kim Keene, Palo Alto City Manager

April 6 – Jesse Cool, Restaurant Owner, Flea Street Café in Menlo Park and Cool Café on the Stanford campus – "The Farmer and the Cook – Who Are We in the Community?"

April 13 – Babak Dehghanpisheh, Stanford Knight Fellow – "The Challenges of Reporting from the Middle East: Afghanistan, Iraq, and Iran"

April 20 – Jeffry Walker, Executive Director, Community School of Music and Arts – Title to be announced

April 27 – Trish Bubenik, Red Cross – "Be Red Cross Ready"

## NEARBY MEETING PLACES:

[Palo Alto Rotary - Meeting Information](#)