



Palo Alto Rotary Pinion

Weekly Newsletter

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THE PLEDGE

BRUCE SWENSON led the assembled in a synchronized Pledge.

INTRODUCTIONS

CHARLES CHENG introduced Visiting Rotarians including: Art Adams (Los Gatos), Dean Merritt (Shanghai) and Guests including: Dean Hovey (YORIKO KISHIMOTO), Roseanne Fairty (ROB LANCEFIELD) and Morma Espina (BOB SMITHWICK).

OPENING REMARKS

HAL MICKELSON described the range of thresholds and reactions when engaging someone in public. There is the polite say hello approach and there is the 'inform' your public official opportunity. Be aware however, bulldozers may be sent to your neighborhood.

ELECTION RESULTS

There was great surprise that the slate of officers and directors was approved by the Club. Congratulations to President Elect-Elect, SHERRI SAGER and to new board member, GINNY LEAR.

ANNOUNCEMENTS

VICKY CHING reminded us to celebrate CHINESE NEW YEAR 2010, YEAR OF THE TIGER on Saturday, January 23rd, 6 pm at Ming's. Call GLORIA HOM 650-493-1142 for reservations (\$50 per person).

YORIKO KISHIMOTO joined the President's Club, and received a standing ovation for eight years of service on the Palo Alto City Council.

JAMES SUTHERLAND and CHARLES CHENG were honored by receiving their Blue Badges. PETER GUENTERMANN has completed his requirements, but was not present to receive it.

THE PROGRAM

GEORGE FITZGERALD introduced Dr. Nancy Morioka-Douglas as today's speaker.

As a primary care physician at Stanford, her theme was New Year's resolutions for a healthy year and lifestyle. (Author's disclosure: Dr. Morioka-Douglas has been the physician of my wife and daughters for many years, so it was a pleasure to meet her. The women in my family are impressed with her as a physician and with her amazing memory. When I introduced myself, she not only recognized my name, but asked about my running.)

Cardio-vascular disease is still the number one killer in the US. Prevention strategies are weight control, exercise, eating

fruits and grains, and reduction of hypertension. Social support is very important to reducing stress. The Dash Diet is a recommended guideline to lower blood pressure, as is the 10,000 step per day program (<http://hprc.stanford.edu>). Physical activity enhances effectiveness, brain function, and is more effective than medication. Methods to reduce cancer include reduction in eating red meat, excessive alcohol and smoking. There is evidence plastic food containers can leach toxins into food. There is an alarming trend considering the over 65 population will increase by 20% by 2050, while the number of primary care physicians has decreased from 50% in 1959 to 30% in 2007.

Dr. Morioka-Douglas was endeared to the crowd when she completed her remarks with the Four Way Test.

UPCOMING PROGRAMS

[Palo Alto Rotary - Speakers Schedule](#)

January 11 – Justin Arenstein, Stanford Knight Fellow, publisher and CEO, African Eye News Service (AENS) and HomeGrown Magazines, Nelspruit, South Africa, "Current Political Crisis in South Africa"

January 18 – Sam Savage, PhD, founder and president of AnalyCorp Inc, a firm that develops executive education programs and software for improving business analysis; Consulting Professor at Stanford, husband of DARYL, "Understanding Risk and Probability"

NEARBY MEETING PLACES:

[Palo Alto Rotary - Meeting Information](#)