



THE ROTATOR

Vol. 100, No. 28 January 16, 2014

ROTARY CLUB OF SAN DIEGO

Alzheimer's Disease On Trial



Tom Gable
Editor

It was a bright day, both weather-wise in the San Diego sunshine and with all the assembled brain power in the room.

We were inspired by **Solveig Deuprey**, stirred to patriotic fervor by

Colin Weid (accompanied by **Suzy Spafford**) in leading the group in the Star Spangled Banner and enlightened by the news from **George Alexander**. **Marten Barry** pitched the Feb. 21 golf tournament at San Diego Country Club. **Ann Hill** was fined and received a baby spoon for a new granddaughter. **Natasha Josefowitz** contributed money and a few one-liners when fined for a new book announcement ("Living Without the One You Cannot Live Without").

Nancy Scott provided a short history of the Club 33 auction, which started 21 years ago with a garage sale accumulation of oddities and has evolved into a major annual event offering fine food, vacations, tours, art and a wall of wine. The big news: over \$1 million raised to date. Congratulations to all!

Kudos also went to Rotarians for supporting the global effort to eliminate polio. President Chuck introduced Carol Pandak and John Germ, from the Rotary Foundation, in San Diego to attend the Rotary International Assembly. Carol, director of Rotary Polio Plus program since 2000, gave highlights of the work with the World Health Organization, UNICEF and other organizations to fight the disease. The work is paying off. India was just declared polio free after three years with no cases. Immunization programs are underway in the last three countries with the disease: Pakistan, Nigeria and Afghanistan.

John, vice chairman of the Rotary Foundation, talked about the first efforts to immunize 6 million children in the Philippines and then expanded globally. Now, major steps are underway with the Gates Foundation committing \$4 billion and matching donations two-for-one for the next five years. President Chuck presented John and Carol with a big check (literally!) from Club 33 for \$55,000.

The club welcomed two new members: **Sue Goldstein** (Healthcare-Sexual Medicine); and **David Kvendru** (Associations-San Diego Association of Realtors).

President Chuck introduced the chair of the day, **Mary Ball**, President of the San Diego chapter of the American Alzheimer's Association.

According to Mary, Alzheimer's disease is the third leading cause of death in San Diego County, with more than 60,000 San Diegans currently afflicted. One in three Americans will die with Alzheimer's disease. It is the most expensive disease to treat in the United States (some estimates are \$50,000 a year for ten years, with two care givers involved with each patient). There is currently no treatment or cure.

But Mary said there is hope on the horizon. She introduced Dr. Paul Aisen, M.D., professor, Department of Neurosciences, UCSD, and director of the Alzheimer's Disease Cooperative Study, a consortium funded by the National Institute on Aging. Aisen is leading a new national wide trial called A-4 (Anti-amyloid treatment and asymptomatic Alzheimer's Disease trial) for finding ways to intervene before the brain is dysfunctional.

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NEXT MEETING

Thurs., January 23, 2014
Liberty Station Conference Center

San Diego County Water Authority: Ensuring Reliability

Since a six-year drought hit the region in the late 1980s-early 1990s, the San Diego County Water Authority has been working to diversify our region's water supplies and strengthen and enhance the facilities that are used to deliver it. Assistant General Manager Dennis Cushman will discuss the pressing issues that the Water Authority is facing and its initiatives to control rates while ensuring a reliable water supply to support the 3.1 million people and \$188 billion economy of San Diego County.



Mike Conner
Chair of the Day

OUR STRATEGIC VISION

Club 33 will be the premier service organization in the San Diego region, providing the most extensive opportunities for philanthropy, volunteerism, business development, leadership and fellowship.

QUICK BITS

ATTENTION GOLFERS!

Champion Don Tarte defends his title in the second round of this year's Club 33 Tournament on Friday, February 21st, at the San Diego Country Club. First tee time at 12:30 PM.

All Rotary golfers are encouraged to play in this fun event, as fellowship is the top priority. The cost to play this exclusive, private course is approximately \$116.50 per player, which includes electric carts, plus each player's pro rata share of the cost of refreshments.

Contact Marten Barry to sign up.

BIRTHDAYS

Alan Spector, M.D.	Jan . 21
Jim Jackson, Jr., Ph.D.	21
Marie Huff	22
Greg Noonan	23
Andrew Poat	23
Chris McComic	25
Joe Zakowski, D.D.S	25

Alzheimer's Disease On Trial

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He provided a quick history of the disease, which is the most common cause of dementia. Everything goes wrong in your brain cells, he said. The first sign is an accumulation of a protein, amyloid beta, that forms plaques. Using amyloid PET (nuclear medical imaging technique that produces 3-D images) imaging has been a breakthrough in enabling scientists to identify amyloid plaque, the precursor stage to AD. Scientists have found that one third of all people over 55 have amyloids.

There is a 15-year trajectory between getting amyloids in the brain and having Alzheimer's kick in, he said, hence the push for early diagnosis and potential treatment. (A June 24, 2013, story in *The New Yorker*, quoting Aisen, reported that by the time a person has even mild AD-related dementia – with impaired short-term memory and some difficulty in daily functioning – he has already lost fifty percent to seventy percent of the neurons responsible for healthy memory and reasoning.)

Aisen said the A-4 trial begins this month at 60 sites to find ways of stopping plaque accumulation. They are recruiting 1,000 healthy people who are over 65 whose brain scans show plaque buildup but who do not yet have any symptoms of dementia. Participants will receive monthly infusions of either a trial drug or a placebo for three years.

The main goal will be seeing if the drug can slow the rate of cognitive decline by halting the buildup of beta-amyloid years before any symptoms appear and preventing irreversible damage. If so, AD could be treated preemptively, much the way statins have helped prevent heart disease by reducing plaque build-up in the arteries, giving hope to not only the large number of boomers in attendance, but for many generations to come.

CALENDAR

ALL MEETINGS ARE HELD AT LIBERTY STATION CONFERENCE CENTER UNLESS OTHERWISE NOTED

JANUARY

- 23 *San Diego County Water Authority: Ensuring Reliability*
- 30 *Balboa Park 2015 Celebration*

FEBRUARY

- 6 *Feb-BREW-ary*
- 13 *San Diego's Bi-National Economy*
- 20 *2014 Business Forecast*

GROTARIAN EVENTS

February 25 – Fireside Chat at Tom Vecchione's home

March 11 – Gem Institute of America in Carlsbad. This will be a daytime event including a VIP tour of the vault. Organized by Diana MarJip-Chuh

April 22 – Great News Cooking School, hosted by Ron Eisenberg

FACES IN THE CROWD AT OUR MEETING



Pictured at left from top to bottom:

Mary Ball was the Chair of the Day

Dr Paul Aisen of UCSD gave a terrific presentation about the history of Alzheimer's and the near-term hope for progress



Marten Barry described how close he was to his first hole-in-one.

Ann Hill was fined for being a proud grandparent, and received a Rotary Silver Baby Spoon courtesy of Jacobs Jewelers

Bill McColl received social media tips from granddaughter Lauren Platt. Lauren recently returned from the Philippines where she worked on polio eradication.



Pictured at right from top to bottom:

President Chuck presented Carol Pandak and John Germ of Rotary International with a check from the proceeds of the auction

Nancy Scott discussed the astonishing fact that Club 33 has raised over \$1 million from our auctions

New member Sue Goldstein is welcomed by sponsor **Glenn Younger** and President Chuck



New member David Kvendru is welcomed by sponsor **Mia Harenski** and President Chuck

Natasha Josefowitz was fined for promoting her award winning book

Photos courtesy of Mike Conner



NEW MEMBERS

PLEASE WELCOME...

Sue Goldstein

“Healthcare - Sexual Medicine” introduced herself to Club 33 today. Sue is Founder and Co-owner of San Diego Sexual Medicine. **Stan Lawrence, Bonnie Schwartz** and Glenn Younger were sponsors.

(B) 619-265-8865

(C) 617-543-4302

(E) suegoldstein@gmail.com



PLEASE WELCOME...

David Kvendru

“Associations— San Diego Association of Realtors” introduced himself to Club 33 today. David is CFO of San Diego Association of Realtors. **Mia Harenski, John Anewalt** and **Dick Eger** were sponsors.

(B) 858--715-8036

(C) 619-838-9378

(E) dkvendru@sdar.com



DISTRICT GOVERNORS ASSEMBLY

Club 33 members were active supporting numerous activities with the Governor’s Conference including hosting many of the visiting Governor’s at dinners and receptions. Here are just a few photos from the events.



Solveig Deuprey, and her husband Dan with visiting Governor



Solveig Deuprey, host **Christy White**, Sushi Chef, **Ellen Casey**, Glenn Younger, **Jackie Meyer**, **Kate Carinder**



President Chuck with Rotary International President Gary Haung, his wife and District Governor Carl Kruse



A feast of sushi at Christy White’s house

Rotarians at Work

PHOENIX HOUSE TRANQUILITY GARDEN PROJECT

Find a need and fill it - one of the oldest rules of business-and it's true for helping others as well. When Michelle Candland heard about the great works of the Phoenix House in Descanso (see www.phoenixhouse.org) and their sad, neglected Tranquility Garden, she immediately thought Rotary could help. Because of its East County location she thought she could partner with the El Cajon Club, and their members signed up on the spot. Under the guidance of **Pat Caughey**, Wimmer Yamada & Caughey Landscape Architecture and his design guru Luke, a plan was developed to refurbish the area the kids at the Phoenix House once used to find some much needed peace and solitude. Through the generous donations made by many of Pat's vendors and **Ken Andersen** of Walter Andersen Nurseries, materials were provided for filling the cisterns, laying sprinkler lines and planting some new flora.

Sixteen volunteers from Club 33, El Cajon Club and our always faithful SDSU Rotaract Club assembled early Saturday morning to begin the heavy lifting... really heavy lifting! By noon everyone was hungry and the Phoenix House cook rolled out a lunch fit for a king, including cheesecake! Patrick from the Rotaracts said, "no one appreciates a real meal more than a college student!" We can never do too much good!



FISH ACROSS THE BORDER

Bob Fletcher reports that the weekend was an outstanding success. The weather was fabulous and the toll road detour did not create any travel problems. The first day was four hours of hard work handing out food bags. Saturday morning, the group of Rotarians had breakfast with the Ensenada Rotary. They then visited farms to distribute toys and food to migrant workers. Next they visited half-way homes where 50 families were in need of food and medical supplies. The group generously donated money to various charities that provide care and basic staples such as diapers and formula to needy families. They ended the weekend with a fiesta at the home of an Ensenada Rotarian where they celebrated another successful year. They returned to San Diego just in time to watch the Chargers lose. But the loss didn't dampen the spirit of the good that was accomplished over the weekend in Ensenada!

