



THE Rio Rotarian



HELENE MADERE BRIDGE

"Having fun helping others...watering the rosebuds"

-Dr. Ted Schulz

Welcome

Following formalities, Gene suggests that with Day Light Savings coming up, we sing a Rolling Stones song from 1964, "Time is on My Side." Those that sang along, definitely dated themselves immediately.

Our Guests

Sec. Leon introduces his guest and today's speaker, Mark Urdahl of Young Blood.

Celebrations

After a bit of confusion, we learn that Paula, Lee's wife, celebrated a birthday, and Molly is celebrating her 5th Rotary anniversary.

Announcements

Jay reports our General Fund balance, and advises that he's still working on the invoice challenge.

Confessions

- Hector flies to Phoenix with his wife to visit friends. They have lots of fun, as he continues his R&D efforts for his Tequila Y Más event. After some haggling, he donates \$5.
- Jim flies to Denver to watch the Cal vs. U. of Co. game. Friday, they spend \$1,500 on liquor at Topgolf, and still manage to make the game, Saturday, to tailgate with Tim Lucas and friends. He's in awe of the buffalo running on the field. \$50 is generously donated.

Announcements

Patty announces that the Toy Drive is in full swing, with notifications having gone out to local papers this week. Boxes have been placed at the two Fire Stations, with more scheduled for Sir Flairs and Abel's. She is also pleased to have recruited Rob's wife, Sue, to help out, and is impressed to learn that Sue was a Master Sergeant in the Air Force. Families in need should visit the Rotary website to apply.

Those interested in the poker tourney(11/15) or the horse races (11/18) should sign-up now!

Molly has coordinated our annual Christmas party with Lions Club for December 7. The festivities will be in the Garden Room of The Point, with cocktails beginning at 5:30 p.m. For those interested, there will a \$15 gift exchange (gender neutral gifts only). She mentions that for \$50 the restaurant is willing to set up a table for our wine, which Hector offers to cover. Thank you Hector!

PLEASE JOIN LIONS AND ROTARY
CHRISTMAS PARTY

THURSDAY, DECEMBER 7, 2017
THE POINT RESTAURANT

Cocktails 5:30 p.m. Dinner 6:30 p.m.

MENU

Prime Rib (Carving Station)
Chicken Cordon Bleu
Garlic Mashed Potatoes
Fresh Vegetables
Spinach Salad
Rolls & Butter
Dessert

Cost: \$38.00 per person (inc. tax & tip)
Make your reservation with check payable to Rio Vista Lions Club.
Contact: Lion Janice @330-8434 or Rotarian Molly @386-4452

For your viewing pleasure, Molly has provided the menu. RSVP's must be in within a few weeks. Please see Page 3 for an enlargement of the above figure.

H.S. Rally Today



Pres. Kiara, Mariko and Sam (photo to the left) report that tonight there's a rally with a number of odd games involving shaving cream, cheese balls, tennis balls and nylons. They will be playing their final regular season football game tonight against Golden Sierra. Following the game, and until midnight, seniors will cook hamburgers and fries at the Hwy. 12 Diner with all proceeds benefiting seniors.

Fountain of Youth on the Way

Our speaker, Mark, has known Leon for 30 years, having worked with him on far-ranging projects—including some with the CIA. Mark's latest adventure is as Founder and CEO of Young Blood Institute, a non-profit organization dedicated to improving people's health.

Confessions continued

- Somebody mutters, “loser,” as Jack stands to recognize the Dodgers’ accomplishments this year—despite their loss in the final game. He admits that he had wished the Yankees had won, as he felt the Dodgers’ chances may have improved. He contributes \$50 to our General Fund (GF).
- Jack and Tom have had a running bet on the Giants vs. the Dodgers. Tom loses and pays \$25 to the GF.
- Gary thanks Edwin for lending him a “hand” to pull the winning marble. Both agree to donate their portions; with Gary donating to Interact, and Ed donating to the General Fund.
- Jon Blegen, glowingly recounts his dinner cooked by Dan Origel and shared with great friends. The next day he hops a plane for Jacksonville, FL, for four fun-filled days of golf, including a round at TPC Sawgrass, and a visit to the World Golf Hall of Fame in St. Augustine. \$50 goes to Harvey Felt’s Fund. Ted pays the fine.

Marble Draw Wins

Jim has the winning number but falls short of pulling the marble.



Mark Urdabl, has been friends with Leon for 30 years. Mark notes that Leon is one the world’s top 10 database gurus.

His first job out of college was with IBM Biomedical Systems. This philanthropic group invented the first automated blood cell separator—which would take blood and spin it in a centrifuge to separate it into its individual components—platelets, plasma, and red and white blood cells. Today, most blood centers have systems based on this technology.

Of all global blood exchange procedures, 50% of the plasma pulled is used specifically for autoimmune disorders. As a result, plasma has become a multibillion dollar business—and for good reason. As we age, our blood becomes autoimmune, and we typically die from a decline in our immune systems. In fact, most die from multiple

systems failing—all rooted in the decline of our immune system. Studies suggest that by replacing our “old” oxidized plasma with “young” plasma, we can restore these systems.

In laypersons terms, consider a young person: when they are injured, they may experience localized swelling. As we age, and our immune response diminishes, this swelling may become chronic. Studies suggest that chronic inflammation is the single most important predictor of longevity. They have found that centenarians, for instance, have very low levels of chronic inflammation.

A series studies conducted by a company that buys and sells plasma is showing great promise in this area. In a study in 2005, another pilot in 2009, and a clinical study in 2014, evidence suggested that when there was a plasma exchange in Alzheimer’s patients, they had results many times better than that of pharmaceutical remedies—and with fewer adverse side effects. During their studies, they also learned that the key to successful treatment is early detection.

While these studies are early, Mark is encouraged and understands that success in this area will come only with collaboration across the anti-aging community. We look forward to Leon negotiating a Rotary discount for this procedure.



Newsletter Staff

Co-Editors: Edwin Okamura, Dick Burkhart

Executive Editor: Bob Bard

| COMING ATTRACTIONS | | |
|--------------------|-------------------------------------|----------------|
| DATE | SPEAKER/EVENT | PROGRAM CHAIR |
| November 10 | TBD | Ed Kingen |
| November 17 | TBD | TBD |
| November 24 | No Meeting—Happy Thanksgiving! | Tom Turkey |
| December 1 | Tales of Arabian Nights | Hale Conklin |
| Thurs., December 7 | Xmas Dinner with Lions at the Point | Molly Coito |
| December 15 | TBD | Gary Lazdowski |

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