



MEETING NOTES: May `22, 2019

John King called the meeting to order.

Rotary Video: This week's video featured Ziggy Marley, son of Bob Marley, who recorded a song based on the revolution that Rotary is making globally, especially with polio. He sang about how Rotary is affecting multiple cultures and improving the quality of life for these people.



Thought of the Day: Irv Ford gave a great presentation about semantics and how they affect us. He used words like incognito, driven, conclusion, flexible, incapable, suspense, incompetent and hereafter in his talk.

Happy Dollars: John King gave for the Sharks. Patrice mentioned the 4 Way Convention in Reno. Jann was pleased that the convention had 800 attendees. Joy praised the convention as well. Bob Sutherland was happy with his hearing aids.



Raffle: Chuck and Bea each won a bottle of wine. The size of the raffle amount is now \$419.00.

ANNOUNCEMENTS

John reminded us of the Walnut Creek WWII Veterans event.

Foundation Business: Joy led off the Rotary Foundation announcement as part of the Foundation Annual Meeting. We approved the appointment of **Marlene Miller** and **Bob Sutherland** to the board.

Rotary Foundation Awards: Bea announced two foundation gifts. The Winter Night Shelter was given \$2,500. They have at least twenty families under their care which lasts from September to June of each year.

Choice in Aging, an adult day care program for Alzheimer's patients, was awarded \$8,000. The patients pay \$80 per day for this care.



John mentioned the John Muir Trust who is seeking donations.

PROGRAM

Our speaker was Asher Garfinkle who is Vice President of the Golden West Chapter of the ALS Society. ALS stands for Amyotrophic Lateral Sclerosis. This disease causes the brain to lose its ability to communicate with the peripheral muscles which results in loss of breathing, movement, and speaking, among other things.



There are two types of ALS. Ninety percent of cases are sporadic. The other ten percent of cases are familial. Those with the gene for ALS seem to get ALS about fifty percent of the time. Trauma increases the incidence of the disease. There are no specific treatments that can cure ALS but there are two treatments that slow the disease down slightly, and multi-disciplinary care helps as well. ALS is largely managed symptomatically. The cost to manage a patient with ALS is about \$200,000 per year. Victims of ALS usually live two to five years.

The ALS Society has twenty-six other chapters. The East Bay Walk to Defeat ALS will take place at Heather Farms Park on November 12, 2019.



CALENDAR

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| Today | John Foyt, Author |
| Next Week | Adam Nilson – Phoebe Hearst Museum, UC Berkeley |