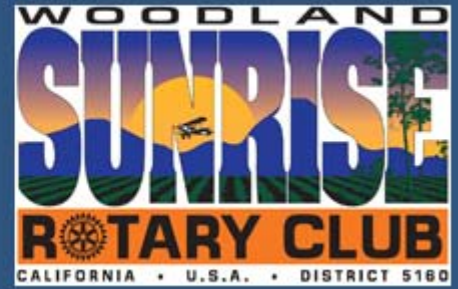




Woodland Sunrise Wake Up Call



WOODLAND SUNRISE ROTARY WHERE WE PUT SUNSHINE IN YOUR LIFE!

Notes by: [Robyn Drivon](#)
January 3, 2019

Happy 2019 New Year's Welcome by President Larry Peterson, Flag salute and a fresh Auld Lange Syne Sunrise Choir.

Guests: Alex Pike's girlfriend and our speaker Danielle Cooper. Ken Price's daughter Mindy Price-Holdway from Texas who will not be intimidated by a bunch of Rotarians because she is the mother of twins.

President Larry - presented a NEW YEARS RESOLUTION: Be More Awesome than Last Year!

ANNOUNCEMENTS: ROTARY SHIRTS: Julia Larson - Rotary logo shirt order catalogue is being sent around, sign up for your logo'd shirt selection. If you would like a Rotarian at Work Safety Vest or Rotarian at Work T-shirt, please indicate the size you would like. You can search the [All Action Awards Website](#) for shirt options as well and let Julia know your selection.

1/6 - Now through March 3rd the Winter Shelter will be open at St Luke's Church - if you would like to help with shelter needs for the homeless, help is being accepted for all tasks.

1/9 - From 6 - 8 pm will be a Rotary Foundation Fundraiser at the UC Davis Games Center. This will be bowling - organized by Davis Sunset Rotary.

1/10 - Blood Drive - the van will be in the parking lot from 8 am - 1 pm. The speaker will be WJUSD Superintendent Tom Pritchard. For the Blood Drive, 5 blood donees are signed up - get your names in or to Bob Hulbert who can help you sign up (several more added by end of our meeting).

1/17 - Speaker Becky Heard of the Yolo Crisis Nursery.

1/19 - Saturday - District 5160 Foundation Day - (Grants Training, Pioneer). John Martin shared that this is the only training day available: sections will be for Foundation training and the other section is for grant types and manner of application. 1 per club need to go for the club to apply for a grant.

Rotary Ski Challenge is March 1st - Dave Dumars - Release forms are available for return ASAP - the event is again at Northstar. See Dave for forms and not jackets, though possibly safety vests.

SUMMARY of SUNRISE ROTARY 2018 Work Hours: President Larry Peterson - 375.5 hours total: Zinnias, Fourth & Hope, Fair beer booth, Medical Equipment, Ranger Road, Cemetery Project, WWI Parade, MOW Dinner Bags, City Christmas Lights, Christmas Parade, & Blue Note Beer. Impressive folks. Forms are on tables to provide additional input for hours

Speakers

January 10, 2019

[Tom Pritchard](#)

Woodland Joint Unified School District

January 17, 2019

[Becky Heard](#)

Yolo Crisis Nursery

January 24, 2019

[Keith Rode](#)

Paradise Fire - Animal Rescue

January 31, 2019

[Marsha Engstrom](#)

Communicating with 5 Diverse Generations

Events

January 10th

[Blood Drive](#)



BE THE INSPIRATION

spent serving our community in the name of Rotary.

Incoming Slate of Officers was offered. The Slate was the subject of a Unanimous Election. Woohoo.

President 2019-2020 - Wayne Ginsburg

President Elect - Ramon Urbano

Secretary - Lynn Clark

Treasurer - Lynn Jepsen

Board Members - Brad Miller, Eric Miller, Sue Westwood, Al Aldrete, Beja

Springer, Rich Sakai

RECOGNITION with Sue Westwood

Don Sharp - Induction on January 1st. Other January 1st events include AT&T being divested, Evil Kneivel's failed jump, Alcatraz's 1934 opening, the Bay to Breakers began in 1912. Don thinks his induction was actually January 3rd, not the first. Bell.

Chuck Santoni - Induction Also thinks it was January 3rd, so long ago that he forgot about it. Bell.

Ken Price - Birthday today - The Four Forces of Flight are Money, Dreams, Reality and the FAA.

Birthday/airplane joke - St. Peters meets a pilot at the gate, the pilot got a better seat than the pastor, reasoning is that during the pastor's sermons everyone slept whereas during the pilot's landings everyone prayed. :)

Ken got a Birthday Song and candlelit cupcake. Ken was born in Seattle and the movie of the year was Wizard of Oz. It's hit song being Somewhere Over the Rainbow. Ken is 80 today and his wife surprised him with a visit from his daughter and the twin grandkids for his birthday! Bell.



John Beatty - Anniversary - Lena complains to the Dr. that Ole is losing interest. The Dr. gives her a blue pill for her to slip in to his dinner. Lena put the pill in the mashed potatoes that night. Ole is quite smitten and ravages her right there at the table. Dishes fly off and break. Lena reports the result to the Dr., who says he didn't know it was that strong but that the office would cover the damages. Lena replies, That's ok, we are not going back to that restaurant anyway. 35 years of wedded bliss - no table clearing. The anniversary is January 7th. Bell.

HAPPY BUCKS

Patty Arriaga - Sad/Supportive Buck for her son who is in the process of driving to Dallas, Fort Worth by car to take a new position - this is a bittersweet time.

Joel Butler - Wheel tax bucks for his change after three decades of driving Suburbans, Joel now has bought a GMC Sierra - wheel tax. Joel is noticing that lots of things have gotten bigger over the years.

Charles Mack - Happy to report that fois gras [goose liver pate] is alive and well in the local economy. They dined at Waterboy in Sacramento recently where they had a great dinner for Nancy's birthday - it was superb.

Al Aldrete - Some Happy Bucks for great neighbors and Rotarian friends. 2 weeks ago they got the wife's requested video doorbell alert which Al got to install. While they were away they realized from an alert that a package came early - 45 minutes later they get a signal while hiking in the forest. They watched that a kid had picked up the package and walked away with it. They called neighbor Galeazzi's to ask the neighborhood? Turned out

they found the laptop, their package and some other discarded contents of packages. Thanks. Also, Al got called for an appointment/estimate to look for a sign placement - it included wine. Great.

Julia Larson - Thank you dollar for Jenee Rawlings, who brought Nashville memorabilia back for the U-pick Raffle - its never too early. Jenee was there celebrating for daughter's 20th birthday.

Wayne Ginsburg - Happy that they are going traveling for the next month, back in February. Happy that they leave for Easter Island and Patagonia and that Wayne passed his running stress tests 9 1/2 years after heart surgery - yeah.

Don Sharp - Happy for grandkids creating such enjoyment of the holidays.

Christi Skibbins - Happy because a few weeks ago the National Meals on Wheels selected her local offices for a photo shoot - they were very selective and it was a lot of work with customers and their photogenic kitchen staff. In a few weeks she will get 500 - 1,000 photos that they can use for further marketing efforts. Very thankful and soon to be famous.

Bob Hulbert - Thanks for 7 more blood donation signups during the meeting. Memory buck - was in Colusa Rotary 17 years with Wayne Hoblit - he passed on 12/28. He was very involved with Rotary and will be missed.

Larry Peterson - Thanks for the Christmas Party games and efforts. You guys are great.

SPEAKER - Danielle Cooper - GUT MICROBIOTA

Introduction by Alex Pike

Dr. Danielle Cooper, is also Alex's girlfriend, so he promised not to tell any lies. When she was young, she was deeply schooled in martial arts of combat until at the age of 17 she was informed that she was no longer medically recommended to continue this line of endeavor. Rather she was encouraged to augment her studies with additional intellectual pursuits.

Danielle then attended UC Davis where she majored in psychology and medieval history. She went on to receive Masters and Doctorate degrees, as well. Currently Danielle Cooper holds the distinction as the longest teaching graduate role on campus, as well as earning the nickname "The Knife". There are several theories as to the genesis of this moniker.

Danielle Cooper began with a thanks to Alex for that long introduction. She is here to talk about intestinal biome and aging.

Explaining that age-related changes begin as early as 30.

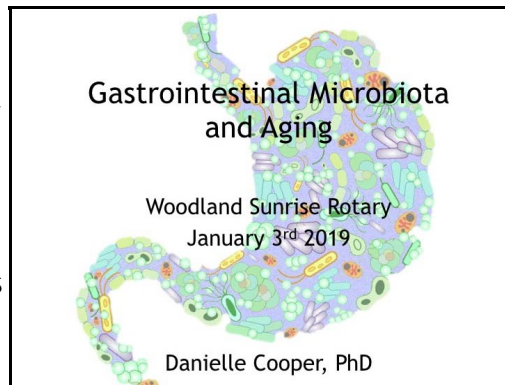
Yes, Alex, that involves everyone in this room except you. What happens begins with physiology such as taste and smell changes - the senses get weaker. The immune system is compromised, the gut being very important. Secretions - it all becomes less, these are protective mechanisms from many of these enzymes and less mucous then compromises the integrity of the intestinal walls. Composition of muscles weaken. All of these changes impact movement and health.

What happens with less taste and smell? Possible results include eating sour or spoiled milk. Impairments come with less danger signal awareness.

What happens with reduced immunity? More infections.

What happens with less mucous? Damage to the intestinal lining and less protection.

Less Composition? Less breakdown and more transit time - more time for harmful results to impact health.



How do we go about being healthy again?



Some of these things happen naturally, however, we are seeing these things get worse as people are living longer. Statistically there are more viruses - the CDC reported in 2012 that over the last 8 years infection is up 5 fold. 29,000 patients died within 30 days of C. Difficile infections. 80% of the deaths were in the over 65 year old crowd.

PREVENTION?

It can be done. Gut microbiota can help. We have 39 trillion of them. What are they? Bacteria, Archaea, and Fungi - they live in the body through symbiotic, commensal or parasitic mechanisms.

Healthy adults have a huge plethora of these mechanisms. If you are curious you can send a sample for a count for study off to a laboratory to identify your own personal microbiota.

What we are seeing is that this is also physician directed through Smart Gut test kits to diagnose chronic issues. This is becoming a standard of care when there are problems. Sample data shows that there isn't a lot of diversity - the variance among humans is small. Michael Pollan is an author who self-tested and then shared his results, for example. On average there are over 200 kinds of microbiota per person. They carry 600,000 genes which can adapt to different situations.

Aging Gut functions: Protective functions of bacteria, they displace bad bacteria. They also prevent through anti-bacterial factors - these are the good warriors for your health. They can act as gut barrier foundations - they tell the body to prevent junctions that could allow leaky gut activity. They could signal the body to make more mucous for prevention purposes. Metabolic functions can be a dietary carcinogen destroyer, improve ion synthesis, vitamin absorption improvement or synthesis. A bacteria metabolic function can also be to break down nutrients into energy sources.

Recap - Microbiota improve digestion, energy, and protective activities in the gut. Bacteria can maintain the muscular walls and metabolic absorption of good functioning factors.

Microbiota is good for you. How do you assist its efforts? You can shift or alter your bacteria with diet - vegetarian shifts change it. Antibiotic use changes it. Probiotic use can change it. Fecal transfers - dramatic.

Long-term dietary habits - studies have shown that low fiber and red meat eaters who change to very different diets, can experience a huge increase in their microbiota - high fiber increase and decrease of red meat will change the bad bacteria in the gut. Antibiotics will negatively impact the gut bacteria. This negative impact is without distinction to the bacteria, and it is Russian roulette as to which bacteria return - taking probiotics can help. Charles does it with olives in his martinis. Things which are pickled or soured without spoiling. There are forms available commercially. Seek those which are included with fiber.

How to use Probiotics:

With Antibiotic Course: Take them after your Daily Antibiotic. Take them with food, Continue Usage for at least 2 weeks Post Antibiotic usage.

For General Health: Take with Food. May take 2 months to see effects

How to choose Probiotics: Think critically about the strains you take and

how you take them. Research shows one may wish to take:

- Lactobacillus Casei
- Lactobacillus gasseri
- Bifidobacterium longum

Fecal Transplants - Created from Purified Bacteria from the Feces of a Healthy Donor.

Transplant can be introduced at the terminal Ileum OR taken Orally.

Best Cure we have for C. difficile infection, 90% cure rate in 72 hours

Empower Your Microbiota to Avoid Age-Related Gut Health Declines

Feed them Well, Increase Fiber intake, Decrease Red Meat intake

Use Probiotics with Antibiotics, if possible consider making Lactobacillus and Bifidobacterium probiotics a part of your diet.

◆Us◆ verses ◆Them◆ is never as powerful as ◆we◆.

Thank you Danielle for a very interesting program: Book Signing
Thank you Mindy Price-Holdway for visiting today.

Raffle: Joker is worth \$200. Side pool is \$40

Jim Hilliard won a free breakfast. Lynn Jepsen won the second chance raffle.

Jim Hilliard led the 4 Way Test. Bell.