

Soundings

June 21, 2007

Song Leader.....Barbara Clark
Pledge of Allegiance.....Mary Noonan
Invocation.....Charles Cauthen

♪ GOOD OLD SUMMERTIME ♪

In the good old summertime.
In the good old summertime.
Strolling through the shady lanes,
With your baby mine.

You hold her hand and she holds yours
And that's a very good sign,
That she's your tootsey-wootsey
In the good old summertime.

TODAY'S PROGRAM CAST OF "A CHORUS LINE" ARTS CENTER OF COASTAL CAROLINA

CELEBRATE PRESIDENT MARY!!

THE END IS NEAR.....The End of the Year Party, that is. TODAY is the last chance you'll have to sign up for this Sunday's wonderful event here at Sea Pines Country Club. The fun goes from 6 to 10 PM. This is a party you literally can't afford to miss. See Denny Nelson to make your reservation.

PROPOSED NEW INVOICING PROCESS

With the ever rising cost of postage and paper, we are proposing to send out our member quarterly invoices via e-mail to all members who are open to receiving their invoices in this manner. This would begin with the July invoices. Those members who don't have e-mail or who prefer to receive their invoices by regular mail will still have this option available to them. We feel the money saved with this new process can be much better used to fund some of our charitable donations. You should have just received an e-mail with this announcement. If you agree to receive your invoices via e-mail, you do not need to do anything. If you still want to receive your invoices by US mail, just let Linda know.

Upcoming

Programs

June 28.....Mary Noonan
A Year in Review
July 5.....**NO MEETING**
JULY 4TH HOLIDAY

July 12.....President Sandee Brooks
Goals for 2007-2008

Family of Rotary

Birthdays

George Flathmann.....June 23
Don Havlish.....June 25
Bob Sullivan.....June 26
Michael Marks.....June 27

Anniversaries

Bob and Patti Onorato.....June 22
Scott and Jennifer Lynch.....June 23
Bill and Mary Lou Westmaas.....June 24
Tom and Jackie Bauner.....June 26

Club Anniversaries

On June 24, **Mark Baker, Andy Klepchick, and Hendrik Smit** will all celebrate **8** years of “Service Above Self”. Congratulations.

Coming Events

End of the Year Party.....June 24

Member Updates

Twenty-two year member, **Jim Wasson**, has been on a laid up for over six months due to an automobile accident and subsequent surgeries. He is recuperating, but VERY slowly. Doctors claim he will be OK, but full health is months away. His walking is very limited. His wife, Patricia Ann says “Cards or calls from club members would boost his morale” .

Member Blake Hampton has also had severe health issues that will keep him away from meetings for another 2 months or so. Again, cards and calls from members would cheer him up.

ALZHEIMER RESEARCH AND HOW C.A.R.T HELPS

Our own **Dr. Jack Bass**, who has just retired from the Board of Directors of CART, introduced the program by telling us about The CART (Coins for Alzheimer's Research Trust) Fund. Jack has served as Chairman of the CART Grants Program. Established in 1995, the Coins for Alzheimer's Research Trust has raised over \$2 million for research that will lead to a prevention or cure of Alzheimer's Disease. The program was initiated by the Rotary Club of Sumter, then adopted by District 7770 and now has spread to all the Rotary Districts in South Carolina, North Carolina and Georgia. The program simply asks Rotarians to donate their loose change at their weekly meetings.

Dr. Bass then introduced D. Stephen Snyder, Ph.D. from the National Institutes of Health to speak about “Alzheimer's Disease Research at the Century Mark”.

First described in 1906 by Dr. Alois Alzheimer, today AD is a public health crisis with more than 4.5 million Americans believed to have AD. It is estimated that by 2050, that number could increase to 12

million. Worldwide this figure is projected to grow to more than 106 million people by 2050.

AD is the most common cause of dementia among people age 65 and older. Up to 10% of all cases of AD are believed to be familial (hereditary). In familial cases, often called early-onset AD, symptoms can appear as early as age 40. Common symptoms include: disturbances in memory, attention, and orientation, changes in personality, language difficulties, and impairments in gait and movement.

Some promising areas of research are biomarkers involving inflammation, cerebrospinal fluid, and neuronal sortilin-related receptors.

Scientists have also identified several factors that appear to play a role in the development of AD, but have not yet reached any firm conclusions as to exactly what causes the disease. Some of these included cardiovascular risk factors that increase the risk for heart disease and stroke, such as high blood pressure, oxidative damage caused by free radicals, and Type 2 Diabetes.

Dr. Snyder spoke in some detail about the risk factor of inflammation. It is not known whether inflammation is helping to cause AD or is part of an immune response that is attempting to contain the disease. The former may be more likely, since research indicates that anti-inflammatory drugs can prevent or retard AD development.

In addition, genes play a part. So far, five genes have been identified that are associated with AD development. Mutations in three of these genes are associated with the rare, early-onset AD, which usually affects people aged 30 to 60. Inheriting one of these genes dramatically increases the chances that an individual will develop early-onset AD. The other two AD-linked genes are associated with the more prevalent form of the disease, called late-onset AD, which usually develops after age 65. Inheriting one of these genes increases the risk of developing late-onset AD but does not guarantee it.

In conclusion Dr. Snyder said “rapid progress is being made towards a better understanding of the cellular and molecular changes responsible for the dysfunction and death of neurons in AD. Having markers that predict future cognitive decline in individuals while they are cognitively normal- will help bring more effective therapeutics to the market and do so efficiently and ultimately, will achieve the goal of delaying or preventing AD.”

-Patricia Friedman-

Video Available

Mark Adelman is making copies of the 40th Anniversary Past President's Remembrances DVD available to all members. He is providing free copies to all Past Presidents. Members may purchase them at cost. See Linda if you want to reserve a copy. When we get a count, we'll be able to let you know the cost.

EDITORS

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*Please submit announcements via e-mail
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