



District 5300



**President**  
Sean Tanko

**Immediate Past President**  
Karl Maisner

**President Elect**  
Jordana Lane  
**Secretary/Treasurer**  
Ed Guthrie

**Directors**  
Shawn Callahan  
Rebecca Collett  
Eric Colvin  
Paul Gustilo  
Tom Martin

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Community Service-Paul Gustilo  
International Service-Shawn Callahan  
Vocational Service-Joe Wittenwiler  
Youth/ Exchange-Adrienne Cox  
Foundation-Ted Henderson  
Club Service-Cliff Silverstein  
Membership-Rebecca Collett/  
Public Relations/Calendar Newsletter  
-Keith Thomas  
Programs-Ed Guthrie

**Monday, Noon**  
Lawry's Prime Rib Restaurant  
4043 Howard Hughes Parkway  
(Paradise and Flamingo)  
Las Vegas, NV

501c(3) Tax ID# 81-1650174  
501c(4) Tax ID# 88-6008778

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Club Phone-702-870-4655

Check out our website  
[www.lvswr.org](http://www.lvswr.org) and our Facebook  
page - "Rotary Club of Las Vegas  
Southwest")

#VegasStrong

# Las Vegas Southwest Rotary Newsletter

## 1/6/20

Presiding and Conducting:  
Rotary Moment:

Pledge:  
Photos:

Mic duty:  
Newsletter:

**President Sean Tanko**

**Cliff Silverstein-** How Rotary helps with expression and helps to be engaged

**Cliff Silverstein**

**Candy Rosenberg** (see below or click [here](#) for better quality pictures taken at today's meeting.)  
Click [here](#) to see good quality pictures (or see below) from the bowling party on December 30th at the South Point Bowling Center.

**Joe Wittenwiler**

Obadiah Dogberry, Esq. (Notes by **Rebecca Collett**)

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## CLUB ELECTIONS

Club elections for the 2020-2021 Rotary year were held at the 12/16/19 meeting. The results of the election are attached below.

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**Thanks for the notes, Rebecca!!!**

### Guests:

**Pepe Charles** – introduced his sister, Sophia, visiting Las Vegas for the holidays-

**Jordana Lane** – introduced Francesca Gilbert – has submitted membership application. Francesca said she looked forward to becoming a permanent addition

## SERVICE ABOVE SELF



### The Object of Rotary

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FIRST The development of acquaintance as an opportunity for service;

SECOND High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service

### The Four-Way Test

OF THE THINGS we think, say, or do:

- 1) Is it the TRUTH?
- 2) Is it FAIR to all concerned?
- 3) Will it build GOODWILL and BETTER FRIENDSHIPS?
- 4) Will it be BENEFICIAL to all concerned?

### Rotarian Code of Conduct

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- 4) Avoid behavior that reflects adversely on Rotary or other Rotarians

**Jele (Jelly) sp? Clement** – UNLV Scholarship winner has completed 1<sup>st</sup> Semester with a 4.07 gpa Computer Science Major

**Scott Baranoff** – introduced his daughter, Alexis, back form 2 years in Dallas and moved back to Vegas to begin medical school in the Fall.

### Member Announcements:

2/3/20 **Fred Fukumoto** covered the 4 Way Speech Contest – and thanked Candy, who has been lining up judges

3/4/20 PBS Las Vegas – **Fred** announces that we have the chance to “man” the phones again for PBS, as we did last year. Our Speaker today would have announced this today but Fred shared that we will be looking at the night of 3/4/20 from 7 to 9pm which will include a tour of the facility. Out President, Sean Tanko would be given a moment to speak on camera and to present PBS with our Club's donation check – much the way Ron Reynolds did last year.

1/29/20 **Tom Martin** reminded us about our next Feed The Homeless event at the end of this month. He asked for lightly used clothing donations and the donations could be brought to our meetings this month. Sean Tanko asked Tom about the need for “youth clothing” and Tom shared that lately, and thankfully, we have not seen many children at the last few Homeless events. He also mentioned that we are planning to serve lasagna at this month' event and would be looking for volunteers to cook lasagnas and bring them that evening. Tom planned to add the sign up page to the binder for the next meeting. Wednesday, January 29, 2020, will be our next Feed the Homeless project from 4:30 p.m. to 6:00 p.m. at [Christ Church Episcopal](#). CCE is located at [2000 S Maryland Pkwy, Las Vegas, NV 89104](#). We provide the food for the dinner and we provide clothing and hygiene supplies for distribution. We will be doing lasagna this time so **Doug Malan** is required to attend as he is the resident expert “lasagna-whisperer”.

1/11/20 **Rebecca Collett** reminded everyone of the upcoming RLI training (Rotary Leadership Institute) this Saturday beginning at 8:30a.m. The all day training / class this time will be held at the Windmill Library and all are invited to attend. Rebecca said that makes every effort to attend every Rotary Training because it offers great information but also the chance to meet Rotarians from not only other Clubs but also from other Districts. Rebecca will be attending and hopes to see several other Club Members join her on Saturday.

**Joe Wittenwiler** told the Club about his friend telling him about the North Las Vegas Title 1 elementary school basketball team that he coaches that are sorely in need of basketball shoes and our Club planned to sponsor the 16 player team's new basketball sneakers. The plan is for some Golden Knights players to visit the team when the new shoes and socks will be presented.

### **Recognitions –**

Sean Tanko asked **Ron Reynolds** to grab a mic and asked him what was “new”. Ron said “not much that I know of “ and as Sean was attempting to get Ron to

figure out what Sean was driving at – Bruce Pope delivered a piece of paper to Sean and Sean then read from the paper. He asked Ron was the number 3 Song of the TOP ROCK SONGS OF THE LAST DECADE was and Ron said he really did not know. Sean then proceeded to read a part of the list that he had:

**#3 Song OF THE DECADE – Radio Active by Imagine Dragons**

**#2 Song OF THE DECADE – Thunder by Imagine Dragons**

**#1 Song OF THE DECADE – Believer by Imagine Dragons**

Ron seemed to be sincerely surprised by the news. Sean said he considered to charge him a “TRIPLE” fine but instead fined him only \$100 and Ron seem very pleased with that amount.

Next Sean asked to speak to **Eric Colvin** and asked, “how was your New Years”. Eric said he didn’t remember. Said he had a party and the highlight was it was FUN. The lowlight was that silly string was found everywhere. Seems Sean and Melissa Tanko were in attendance. (not sure others received an invitation – just saying). Eric said he kicked everyone out at 2 AM . Sean shared there were games and wagering and apparently Sean Tanko won \$700 at the game, “Left,Right,Center”. (I wonder if there should be a fine for Sean?) Not really sure there was any fine for Eric either.

Next Sean asked **Joe Wittenwiler** about his New Years. Joe said it was very quiet as his wife was do-sitting and watching 4 dogs which the cat did not like much. Sean mentioned there would be no fine and Joe said, “okay then and thanks for asking. It was lowkey and safe”.

#### **GIFTS FOR THE PRESIDENT – there was quite a line**

Doug Malan – socks from Laguna Beach – was there for a week – and the socks say “My wife says I don’t listen...” (I thought they were pretty funny)

Cliff Silverstein – socks from Hawaii over the holidays – with swimming turtles design

Scott Baranoff – Captain America socks – thought Sean might not have any like this

<b>RAFFLE</b> – Ed Guthrie drew the winning ticket number belonging to <b>Sophia</b> , Pepe’s sister
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**Cesar Vasquez**, our Lawry’s Server was presented with a check that was not presented before the holidays which the Club awards every year in gratitude for taking such great care of our Club’s needs.

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#### **UPCOMING EVENTS**

1/13/20 Brian Lee Berman, Senior Partnership Specialist, U.S. Census Bureau

5/1-3/20 [District Assembly/Conference](#)

Registration starts 9-1-19.

Westin Pasadena, 191 N Los Robles Ave., Pasadena, CA 91101, (626) 792-2727.

6/6-10/20 RI Convention in Honolulu, Hawaii  
6/12-16/21 RI Convention in Taipei, Taiwan  
6/4-8/22 RI Convention in Houston, Texas

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## **PROGRAM**

Ed Guthrie graciously stood in for our scheduled speaker Tom Axle, of Las Vegas PBS and Member of the Las Vegas Rotary Club, due to a family emergency. Tom's 102 year old father fell and broke his hip.

Ed Guthrie provided an impressively brilliant and informative talk on the subject of PARKINSON'S DISEASE, which his wife Sherl has. Ed took many questions thereafter and was able to share so much great knowledge on the subject matter. His notes for his presentation will be provided.

Ed presented a very interesting review of Parkinson's disease, a disease that he knows from the inside! Here are some notes:

### **Non-motor Symptoms of Parkinson's Disease**

Parkinson's disease (PD) is the second most common neurodegenerative disorder affecting about 1% of the population older than 60 years. Classically, PD is considered as a movement disorder, and its diagnosis is based on the presence of a set of cardinal motor signs that are the consequence of a pronounced death of dopaminergic neurons in the substantia nigra. However, many people with Parkinson's disease also suffer from nonmotor symptoms that have a more severe impact on their quality of life than the motor symptoms.

**SMELL:** Loss of smell is one of the most common and best characterized non-motor symptoms of Parkinson's disease. Studies suggest that patients may lose their sense of smell up to 10 years before other symptoms appear.

**APATHY:** Around 40% of PwP have apathy. Apathy is different than fatigue. With fatigue, you're exhausted. With apathy, you don't care.

**FATIGUE:** 70% of PwP have problems with fatigue. Some of that is due to the disease but fatigue is also a common side effect of the medications used to treat Parkinson's

**DAYTIME SLEEPINESS:** Up to 75% of PwP have problems with daytime sleepiness, which is 15 x's more frequent than the general population

**DEPRESSION:** 45% - 50% of PwP have to struggle with depression. Some of that is due to changes in the chemistry of the brain but part of it is also due to just the diagnosis (e.g. you won't get better)

**ANXIETY:** Chemical changes occurring in the brain due to Parkinson's disease can trigger mood disorders such as anxiety and depression. People living with Parkinson's often have extremely low levels of the chemical GABA, which has been linked to the onset of anxiety and depression. Approximately 50% of PwP suffer from anxiety disorders.

**COGNITIVE IMPAIRMENT:** Cognitive impairment for PwP is different than for people with Alzheimer's. Where people with Alzheimer's lose access to the memory, PwP appear to "misfile" the memory. PwP also have problems with "executive function" (e.g. organizing your day).

**HALLUCINATIONS & DELUSIONS:** Hallucinations and delusions can be caused by some of the medications used to treat Parkinson's (e.g. Seral and Requip). PwP also have trouble seeing detail with their peripheral vision so the brain fills in the detail.

**DROOLING:** 70% of PwP have problems with drooling. Although PwP actually make too little saliva, their brain doesn't signal them to swallow.

**SWALLOWING:** Up to 80% of PwP have difficulty swallowing and 50% of those people aspirate, usually at night. People who aspirate are at high risk of pneumonia.

**NAUSIA & GASTROPARISIS:** 25% of PwP have problems with nausea and gastroparesis (failure to empty the stomach is also very common with PwP. Gastroparesis can cause problems with digesting medications, since the medications also get caught in the stomach.

**BOWEL DYSFUNCTION:** Around 2/3rds of PwP have problems with constipation. The largest concentration of Dopamine cells, other than the brain, is in the colon.

**PERSPIRATION:** Perspiration is due to deficits in thermo-regulation (e.g. you are always hot) and 65% of PwP are affected.

**BLADDER:** Dopamine is the hormone that regulates the bladder. Since PwP have a decreased amount of Dopamine, over 40% of PwP have an overactive bladder. Most of those individuals do not respond to the normal medications for an overactive bladder

**VISION:** Your eye is very complex and the optic nerve has over 1 million neurons. 78% of PwP have visual problems including blurriness, unclear vision and contrast problems (e.g. where do the steps end?).

**PAIN:** Pain is the symptom that is most often reported as negatively influencing the quality of life for PwP. Over 60% of PwP report experiencing chronic pain. Sometimes the pain is caused by the tremors and their effect on the muscles but other times the pain appears to have nothing to do with the tremor.

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## CONCLUSION

We concluded the meeting by standing and reciting the Four-Way Test:

ROTARY



**THE FOUR-WAY TEST**  
of the things we think, say or do

*first*

**Is it the TRUTH?**

*second*

**Is it FAIR to all concerned?**

*third*

**Will it build GOOD WILL  
and BETTER FRIENDSHIPS?**

*fourth*

**Will it be BENEFICIAL to  
all concerned?**

INTERNATIONAL

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**RESULTS OF 12/16/19 ELECTION OF OFFICERS AND DIRECTORS FOR 2020-2021**

President	<b>Jordana Lane</b>
President-elect	<b>Ed Guthrie</b>
Secretary/Treasurer	<b>Paul Gustilo</b>
Director	<b>Rebecca Collett</b> (reelected to 2 year term)
Director	<b>Eric Colvin</b> (reelected to 2 year term)
Director	<b>Fred Fukumoto</b> (elected to 2 year term)
Director	<b>Tom Martin</b> (elected to 1 year term replacing Paul Gustilo who would have been serving his 2 <sup>nd</sup> year of a two year term, except he was elected to Secretary/Treasurer.)

*Therefore, your officers and directors for 2020-2021 will be as follows:*

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Director	<b>Shawn Callahan</b> (serving 2 <sup>nd</sup> year of two year term)
Director	<b>Tom Martin</b> (elected to 1 year term, serving 2 <sup>nd</sup> year of Paul Gustilo's 2 year term.)

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Thank you so much to the current officers and board members (see below). We are halfway through the year and you are all doing a great job!!

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Sean Tanko

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Karl Maisner

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**Secretary/Treasurer**  
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