January 16 Rotary Meeting at the Park Hotel
Nathaniel Chin to Present: Build Your Brain Buffer: Lifestyle Changes that Lower Your Risk for Alzheimer’s Disease

Join us next week, January 16, at the Park Hotel, when our guest speaker will be Nathaniel Chin who will make a presentation on lifestyle changes that may lower your risk for Alzheimer’s disease.

Dr. Chin joined the Wisconsin Alzheimer’s Disease Research Center (ADRC) and the University of Wisconsin Hospital and Clinics in 2017. He grew up in Watertown and earned undergraduate and medical degrees from UW-Madison. He completed an internal medicine residency at the University of California, San Diego, and it was during this time that Dr. Chin’s father was diagnosed with Alzheimer’s disease. His father’s condition influenced the way he began to look at his own career, and Dr. Chin decided to pursue a career as a geriatrician and scientist focused on Alzheimer’s disease and dementia. Dr. Chin and his wife returned to Wisconsin to help care for his father and during that time he completed a one-year geriatric medicine fellowship at UW-Madison and also a new geriatric dementia fellowship which he created with his faculty mentors. He sees patients in the UW Health Memory Clinic in addition to pursuing biomarker driven Alzheimer’s research within the Wisconsin ADRC. His particular area of interest is understanding the role of lifestyle behaviors on cognitive health trajectories.

To plan for sufficient seating, members bringing guests to our weekly meetings are asked to contact the Rotary office with the number of guests you plan to bring by Tuesday noon (rotaryoffice@rotarymadison.org or phone 255-9164).

Joe Parisi: An Update on Dane County

Joe Parisi, Dane County Executive since 2011, shared information with downtown Rotarians about area lake cleanups; mental health assistance in our schools and an update on airport expansion.

To address algae growth in our lakes due to too many nutrients flowing into them, partnerships have been formed to address run off at their sources. In urban areas, this means creating more retention ponds and in rural areas, partnering with local farmers to plan buffer strips and to utilize manure digesters. These digesters remove about 60% of the phosphorus which leads to algae bloom. Then with the use of nutrient concentration systems, the remaining 40% of phosphorus is removed!

In addition, centuries old streams contain high phosphorus levels in their muck. Two years ago, the County began a 4 year $12M project to “suck the muck/phosphorus” out of streams. This is proving to be a highly successful project and we have another 33 miles of stream to go.

As we are starting to experience warmer and wetter winters and will likely see more frequent high impact rains according to climate change experts, the County is using software to analyze which “choke points” along the waterways are moving...
too slow so they can be opened up. For example, they are looking to remove a lot of muck between lakes Monona and Waubesa and to utilize weed cutters more to help keep the water moving so it doesn’t back up.

With increasing population growth, lands to protect are being identified and will be purchased to keep them available to absorb rain and more wetlands may be purchased for water storage.

The County is investing millions of dollars to increase energy and renewables in county buildings. With MG&E, the county is building a 41 acre solar farm near the airport. We are “walking the walk” and when doing good for the environment we are also doing good for the bottom line”, stated Parisi. We all need to consider climate change action plans.

Regarding mental health services, which is a big part of the county’s budget, partnering with schools is a large initiative. Building Bridges is a school-based mental health program that is a collaboration with Catholic Charities. Some area schools now have mental health professional staff available to meet with young people instead of engaging with law enforcement. Issues are being identified early and students are getting the help they need. In 2019, an 11th school district is being funded.

Our airport is growing! 2018 brought 5 new destinations bringing the total of non-stop destinations to 19. Terminal modernization is being planned to include larger spaces, new seating and more dining.

In closing, Parisi stated the goal is to not rest until all county residents have access to all we have to offer.

Our thanks to Joe Parisi for speaking to our club this week and to Mary Borland for preparing this review article.

Meet Our New Members

Robert A. Calder has been loaned the classification of Physician-Retired and is formerly with Merck Pharmaceuticals. He was born in Beloit and moved back to Madison from Philadelphia in 2003. He and his wife, Debra, make their home on Waunona Way in Madison and have four adult children. Bob received his bachelor’s degree from UW-Madison and his medical degree from the Medical College of Wisconsin. He also holds a master’s degree from UW-Milwaukee. He served in the US Army and received 3 army commendation medals. Bob is also listed in Who’s Who in the World, and he is an Eagle Scout. Bob currently serves as an Assistant Adjunct Professor of Medicine for the Medical College of Wisconsin. He enjoys sailing, reading and has bicycled over 42,000 miles since 2005. His sponsors are John Braden and Jim Ruhl.

Heidi J. Frankson has been loaned the classification of Cultural Institutions and is Development and Marketing Director for the Monroe Street Arts Center. Born in Arlington Heights, Illinois, Heidi came to Madison from Charlotte, North Carolina, last year. She and her husband, Michael Hackett, have one son. They live on Huntington Drive in Sun Prairie. Heidi holds bachelor’s and master’s degrees in Music/Vocal Performance from Indiana University. She was a member of the Rotary Club of Bloomington, Indiana, from 2005-2011 and Charlotte, North Carolina from 2012-13. She is a Paul Harris Fellow. Heidi is the national chair of Sigma Alpha Iota Philanthropies, Inc. Heidi enjoys birdwatching, music and literature. Jenni Jeffress and Anne Neujahr Morrison are her sponsors.

Sandra Gajic has been loaned the classification of Arts-Performing and is President and CEO of the Overture Center for the Arts. Sandra was born in Croatia and came to Madison from British Columbia, Canada, last September. She lives on East Wilson Street in Madison. Her adult children live outside of the U.S. Sandra earned an Honours BA degree and an MBA degree from the University of Belgrade. She also holds a Human Resources Management degree from Ryerson University in Toronto, Canada. She is a former member of the Rotary Club of Calgary, Canada, from 2008 - 2011 and the Rotary Club of Edmonton, Canada from 2011 - 2016. Sandra speaks five languages and enjoys art and travel. Her sponsors are Ted DeDee and Dawn Crim.
Jessica J. Giesen has been loaned the classification of Law and is partner at Giesen Law Offices, S.C. She was born and raised in Madison, returning to the city in 2016 after working in New York City at Ralph Lauren and Versace and in Atlanta at Triumph Motorcycles. She lives on Camelot Drive. Jessica holds a bachelor’s degree in political science from UW-Madison and received her Juris Doctor, cum laude, from William Mitchell College of Law. Jessica is a member of the Dane County Bar Association as well as a board member of the Wisconsin Association of Criminal Defense Lawyers. She serves as secretary of the Dane County Criminal Defense Lawyers Association. She was named an Up & Coming Lawyer by the Wisconsin Law Journal in September of 2018 and co-authored a Wisconsin Supreme Court brief that won the 2018 “best brief” award. Jessica enjoys yoga, surfing, hiking and pheasant hunting and was a competitive halfpipe snowboarder for 10 years. Jason Beren and Tina Choles are her sponsors.

Mark D. Westover has been loaned the classification of Community Services and is President/CEO of YMCA of Dane County Inc. Mark was born in Neenah and came to Madison from Sussex in 2003. He and his wife, Kristi, have one daughter and one son. They make their home on Shenandoah Drive in Waunakee. Mark received a bachelor’s degree from UW-Oshkosh and an MBA degree from UW-Madison. He is Lean Six Sigma-certified. He is a board member of RISE. Mark’s sponsors are Tim Stadelman and Scott Strong.

Rotary Friendship Exchanges Planned In Holland and New Mexico

Holland Exchange: Our Rotary District 6250 Friendship Exchange Committee has arranged an exchange with Rotary District 7680 in Hoogeland, Warfflum, Holland, from May 24 – June 1, 2019. Our group can then travel on to the Rotary International Convention in Germany from June 1 – 5. A group from Holland will travel to our district in the fall of 2019, dates tbd.

Anticipated expenses per person for participants: Round trip airfare; In-country air, rail or bus travel; Meals when not at host homes; Travel insurance; Personal costs, such as gifts and souvenirs; Admission charges to museums or events.

Hosts on each end of the exchange program support the visitors with room, board and some entertainment/activities and local transportation while in host city. Detailed in country itineraries will be determined closer to the travel dates.

Contact one of our chairpersons—either Dave Clemens at drdave@dellsdental.net, or Edwin Bos at Edwin@bosdesignbuilders.com—if you are interested in hosting or traveling.

New Mexico Exchange: Our Rotary District has arranged its first Rotary Friendship Exchange within the United States with District 5520 in New Mexico. A group from New Mexico will visit our district from October 3 – 11, 2019. A group from our district will travel to New Mexico from October 28 – November 5, 2019.

Anticipated Expenses for travelers: Round trip airfare; Some local travel expenses within the district; Meals when not at host homes; Travel insurance; Personal costs, such as gifts and souvenirs; Admission charges to museums or events.

Hosts on each end of the exchange program support the visitors with room, board and some entertainment/activities and local transportation while in host city.

Detailed in country itineraries will be determined closer to the travel dates.

Contact Dave Clemens at drdave@dellsdental.net if you are interested in hosting or traveling.

Volunteer for Feb. 15 Rotary Ethics Symposium

Our 19th annual Rotary Ethics Symposium is set for Friday, February 15th, at Monona Terrace, and our planning committee invites Rotarians to volunteer during the day-long event. We need members to help with the following:

- **Registration 7:30–8:30am:** Assist with set-up of registration, distribution of name badges and packets to students.
- **Sgt.-at-Arms:** (check one of the following times): ___ 9:00 –10:45 am. or ___ 10:45 am–12:45 pm to assist in guiding participants to room locations; ringing bell in hallway towards end of break time to remind students it is time to move into next session; reminding room hosts when 5 minutes is remaining in session, and helping as needed with meeting details in breakout rooms. If you plan to attend the lunch also, sign up separately for it on the next line.
- **Lunch Host 12:15–1:30 pm**: Lunch hosts should arrive at 12:15pm at Monona Terrace for the lunch that runs from 12:30 – 1:30 pm. Send payment of $22 (check payable to Rotary Club of Madison or provide credit card info.) for your meal cost. Lunch will be an assortment of turkey, ham or vegetarian sandwiches. Note: If you have any dietary restrictions, please let us know in advance.

- **Wrap-up Details 1:30–1:50 pm**: As symposium session ends, assist with wrap-up details of event

  The intent of the symposium is to engage the students in thinking about (and discussing) every day ethical dilemmas and leaving them with a framework for ethical decision making. This is truly a wonderful experience for the students as indicated in the comments made by participants of past Ethics Symposiums:
  - It made me think about life and how it was meant to be lived.
  - A great way to observe ideas from a new point of view.
  - I thought that the whole thing was an amazing experience, and hearing from my peers on issues like those we covered is valuable to me.
  - It wasn’t just people telling us what they think ethics are, but asking us what we thought they were.

  If you can assist with one of the volunteer roles noted above, contact the Rotary office at 608-255-9164 or rotaryoffice@rotarymadison.org.

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### Fund Drive Update

All members received an envelope in the mail for our annual fund drive. The goal this year is $160,000. Help us achieve this goal, and send your contribution to the Rotary office. Gifts recorded by end of day each Tuesday will be eligible for the Jeopardy question prize at the Rotary luncheon the following day.

At this week’s Rotary meeting, Melanie Ramey, chair of the Fund Drive Committee, provided an update report during our luncheon. A total of $142,169.64 has been received towards our $160,000 goal, and we have 373 members participating. Make your contribution to the Madison Rotary Foundation today – mail your gift or visit our website to make a donation online. Thank you!

Our thanks to Denny Carey for donating this week’s prize drawing gift of a handmade glass piece. Congratulations to Karen Kendrick-Hands who was this week’s winner!

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### Winter Mixer for Scholars and Mentors Held on January 9

The Annual Scholar Mentor Winter Mixer brought together over 30 Rotary Scholars and their mentors before our January 9th Rotary meeting. This was an opportunity for the scholars and mentors to share their experiences and socialize. “A Minute to Win It” set of games provided a chance for the scholars to interact with each other. There was much laughter as the scholar teams competed against each other in a marshmallow toss, cup pyramid and ball toss. The scholars joined Club members at lunch and were recognized during the meeting.

Our Madison Rotary Foundation has 100 students receiving college scholarship assistance each year. Best wishes to all of our scholars as they begin their next semester of studies, and thanks to so many for taking time to be with us on January 9th!
**2018 Kay Family Scholarship Fund Grants**

The Kay Family Scholarship Fund was established within the Madison Rotary Foundation in 2015. This fund provides one-time grants to Rotary scholars who need funding beyond the eight semesters of scholarship payments they are receiving through our Madison Rotary Foundation Scholarship program. A total of $2,504 was distributed in 2018.

During our January 9 Rotary luncheon, the 2018 recipients of the Kay Family Scholarship grants were announced as follows:

**Gabe Guglielmina** graduated from Western Michigan University with a Bachelor of Music in Instrumental Performance Degree and is pursuing a Master’s Degree and Doctorate Degree. The Kay grant assisted him in participating in a Professional Performance Certificate program at Penn State, and he is thankful for the assistance of this grant to help propel him into the next stage as a musician.

**Eleazar Wawa** received a Bachelor’s Degree in Social Welfare, and he plans to pursue a Master’s Degree in Social Work and eventually a PhD in Social Work. The Kay grant assisted him with coursework as part of his Master’s Degree studies.

Our thanks to Lori and Arlan Kay for establishing this fund to assist our Rotary scholars!

**Action By Directors**

The following, proposed as new members, were favorably considered by the Directors at a recent meeting. Members are accorded a period of ten days within which objections may be filed in writing, stating the specific reason for the objection and signed by the objecting member, and sent to the Executive Director in the Rotary office. Consideration of a membership proposal is to be kept confidential, and members should not discuss membership with any listed candidate at this time. After the ten-day period, the sponsors will be notified of the status of the candidate.

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<tr>
<th>NAME</th>
<th>ORGANIZATION</th>
<th>CLASSIFICATION</th>
<th>SPONSORS</th>
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<td>City of Madison</td>
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<td>Dane County Cultural Affairs</td>
<td>Cultural Institutions</td>
<td>Wes Sparkman &amp; Juan Lopez</td>
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<td>Colleges &amp; Universities-Administration</td>
<td>Al Bryan &amp; Bob Dinndorf</td>
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**Members in the News**

- Congratulations to [Dawn Crim](#) who has been named [Secretary of Safety and Professional Services for the State of Wisconsin](#). 1/3
- [Majid Sarmadi](#) was interviewed on WISC Channel 3 about [why living coral was chosen as the color for the year 2019](#). 1/2
- [Martha Sullivan](#) was pictured and quoted in an article titled, “Mistaken Value: Knowing what your business is worth and attempts to protect the business and wealth it generates.” [InBusiness Magazine Jan 19](#)

**OUR SYMPATHIES…**

Denny Carey’s son, Brian Carey, passed away in Minneapolis on January 3. We extend our sympathies to Denny Carey and Carol Koby and to their family.
Wishing You A Happy Birthday!

- Jan. 13 -- Mary Wright -- Adm. Date: 3/2/2011  Housing. Wisconsin Housing Preservation Corp.
- Jan. 14 -- Alan Steinhauser -- Adm. Date: 11/7/2018  Advertising, Publicity & Public Relations. The Elm Company
- Jan. 15 -- Larry Smith -- Adm. Date: 10/29/1986  Consulting. UC Management Services  Director 1993-96; President 1996-97; 100% Attendance since 10/29/1986  PHF (10)
- Jan. 16 -- Gail Selk -- Adm. Date: 10/1/1997  Real Estate. The Selk Company, LLC  PHF
- Jan. 16 -- Alex Vitanye -- Adm. Date: 12/6/2017  Business Services & Supplies. Badger Sports Properties

Weekly Statistics

Guest List for January 9, 2019
Arlan Kay of Scholarship Committee; Scott Adrian & Josh Wescott of Program Committee; Dan Carpenter of Charles McLiman's; Wendi Dwyer of Paul Riehemann; Marianne Gariti of Gary Tree; Charley Giesen, Sandy Giesen, Alex Giesen & Bobby Christy of Tina Choles; Sharon Corrigan of Susan Schmitz; Nelson Kling of Joyce Bromley

Attendance Record

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<td>382</td>
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<td>01/09/2019</td>
<td>478</td>
<td>365</td>
<td>324 (96)</td>
<td>88.77%</td>
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Reminder: Members were emailed a link to our annual **Membership Satisfaction Survey** on Friday, January 4th. It is important for us to receive feedback, so please take a few mintues to complete the survey. The deadline to complete the survey is Jan. 21.