January 23 Rotary Meeting at the Park Hotel
Alfred McCoy: In the Shadows of the American Century: The Rise and Decline of US Global Power

Join us next week, January 23, at the Park Hotel, when our guest speaker will be UW-Madison Professor Alfred McCoy who will talk about the rise and decline of US global power.

Professor McCoy holds the Harrington chair of History at UW-Madison, where he teaches courses on Southeast Asia, US foreign policy, and covert operations. His most recent book is, In the Shadows of the American Century: The Rise and Decline of U.S. Global Power, published last year.

His best known book, The Politics of Heroin (2003), stirred controversy when the CIA tried to block its publication back in 1972, but it has remained in print for nearly 50 years; been translated into nine languages; and is generally regarded as the "classic" work on global drug trafficking. His book, A Question of Torture: CIA Interrogation, from the Cold War to the War on Terror (2006) provided much of the information for the film "Taxi to the Darkside" that won the Oscar for Best Documentary Feature in 2008.

Dr. McCoy holds a Bachelor’s degree from Columbia College; a Master’s degree from UC-Berkeley; and a Doctorate degree from Yale. In 2012, Yale University awarded him the Wilbur Cross Medal to acknowledge his work as “one of the world’s leading historians of Southeast Asia and an expert on Philippine political history, opium trafficking in the Golden Triangle, underworld crime syndicates, and international political surveillance.”

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).

Good news...you can do something to prevent Alzheimer's...And it’s never too late

We learned from Dr. Nathaniel Chin that lifestyle factors have a great deal to do with forestalling or preventing cognitive decline leading to Alzheimer’s Disease (AD). And positive change takes place no matter your age… if you do physical exercise, eat better foods, lower stress in your life and sleep better.

Dr. Chin is the Director of Medical Services for Wisconsin Alzheimer’s Disease Research Center. He reminds us that thinking changes normally as we age. We learn at a slower rate; our recall is slower and more challenging and we have less cognitive flexibility. So those senior moments are pretty normal.

In some, normal aging gives way to mild cognitive impairment and then to dementia due to AD or other diseases. Through research, there’s been a shift in the definition of AD. It had been diagnosed through clinical symptoms, but now...
changes in the brain (biological differences) create the condition of AD. Tangles and plaques begin to form in the brain...sometimes without symptoms.

Research is now looking at modifiable risk factors that may impact the course of the disease. So, if you exercise regularly, modify your diet to be healthier, reduce stress, sleep well, engage in social activity; in all engaging in a healthier lifestyle...the trajectory from mild cognitive impairment to Alzheimer’s Disease may be slowed and potentially halted regardless of genetic predictors.

Good news...better living through science.

*Our thanks to Dr. Chin for speaking to our club this week and to Linda Baldwin for preparing this review article. If you missed our meeting this week, you can watch the video [here](#).*

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**Senior Service Guest – Sharon Mohr**

**Introduced by Jerry Thain – Jan. 16, 2019**

Sharon Mohr has volunteered about 40 hours a week for the past five years at The River Food Pantry. Focused on managing The River’s free clothing and household goods, Sharon sorts and displays thousands of pounds of donated items each year. To date, she has given more than 10,000 hours of volunteer service.

“Anything I can do to make people’s lives easier, that’s what I’m here for,” says Sharon, who retired from the state in 2011. A couple years later, Sharon started volunteering at The River. She explains the clothing and household goods area at that time was “a disaster.” Sharon took it upon herself to go to The River five days a week to organize the mixed donations of clothing for men, women and children, as well as bedding, towels, shoes, glassware and other miscellaneous items. Now, all the clothing is hanging neatly on hangers, grouped according to size and gender. Everything else, including seasonal items, is labeled and has a designated place.

Sharon’s efforts have significantly improved the shopping experience for over 1,000 households who visit The River every week. Thanks to Sharon’s orderly system, clients can find what they need quicker and easier. In fact, the organized clothing area has become a favorite service for many clients, who say nothing was organized before and now they don’t know what they would do without it.

In addition to helping those who depend on The River, Sharon has also formed alliances with other Madison-area nonprofits to share excess clothing or to submit it into recycling programs.

Our Senior Service Award recipient reports that she feels blessed to give back to the community and honored to be nominated. She says, “I was just doing something I enjoy, and I think it needs to be done.”

Thank you, Sharon, for exemplifying Service Above Self, and congratulations on receiving the Senior Service Award from the Rotary Club of Madison.

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**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 Symposia:

- *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](mailto:rotaryoffice@rotarymadison.org).

### Fund Drive Results

Melanie Ramey, chair of this year’s fund drive, provided results of this year’s campaign which officially ran from November 1 through January 15th.

A total of $145,604.64 has been received towards our $160,000 goal, and we have 81% participation. 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 John Hayes and Goodman’s Jewelers for donating this week’s prize drawing gift of a watch. Congratulations to Linda Baldwin who was this week’s winner!

### Rotary Youth Exchange News

**Brun Moves to Second Host Family:** Brun Zulfikarpasic is our Rotary Youth Exchange Student from Croatia. He arrived in August and is attending Madison West High School. Over the holidays, Brun moved from his first host home of Melanie Ramey to his second host family: Jennifer Penzotti & Petar Igic. We thank Melanie for serving as Brun’s first host family and also thank Jennifer and Petar for serving as his second host family. He is pictured here with Jennifer and Petar on the mountain slopes of Steamboat, Colorado.

**Welcome Vheneka Magazi From Harare, Zimbabwe:** Our Rotary Club is also sponsoring a winter Rotary Youth Exchange student this year. Vheneka Magazi from Harare, Zimbabwe, arrived in Madison on January 14, and his first host family is President Jason Beren and his wife, Erin Luken. Vheneka enjoys art and music and will be attending Madison West High School. Welcome, Vheneka, and thanks to Jason and Erin for serving as his first host family. Vheneka is pictured in the center here with Bradley Campbell on the left and John Bonsett-Veal on the right. Brun Zulfikarpasic and Moses Altsech are seated.

### January Rotary District Newsletter

The January edition of the Rotary District 6250 Newsletter, *The District Dispatch*, is now available. Click
on the following link read about happenings within our Rotary District: http://www.rotary6250.org/currentnewsletter.

Members in the News
- Allen Ebert was pictured and quoted in an article titled, “Youth arts center gets $20M.” WSJ 1/13
- Charles McLimans was interviewed last week by local Channel 15 and Channel 27 about local food pantries and how they may see an increase in use as the government shutdown continues. 1/9, 1/10

Wishing You A Happy Birthday!
- Jan. 20 -- Jorge Hidalgo -- Adm. Date: 12/3/2014 Retail-Services & Products. Wilde East Towne Honda
  PHF (3)
- Jan. 21 -- Jeff Simmons -- Adm. Date: 9/7/2016 Law. Foley & Lardner LLP
- Jan. 22 -- Al Bryan -- Adm. Date: 7/10/1985 Physician. American Medical Center-Moscow
  PHF
- Jan. 24 -- Mary Helen Becker -- Adm. Date: 3/21/1990 Retail-Services & Products-Retired. PHF (4)
  PHF (4)
  PHF (5)
  Director 2015-17
  Treasurer 2014 to present PHF
  PHF
- Jan. 26 -- Trey Sprinkman -- Adm. Date: 5/2/2007 Real Estate. Sprinkman Real Estate Sgt.-at-Arms
  2015-16; Director 2016-18 PHF

Weekly Statistics
MakeUp Artists
Cummings, Nelson at Oregon 1/8; Franzen, Mike at Sun City, AZ 1/8; Moreland, Donna at Oregon 1/15

Guest List for January 16, 2019
John Kerns of Rotaract Advisory Committee; Erin Chin, Karen Chin & Hanna Blazel of Program Committee; Vheneka Magazi & Brun Zulfikarpasic of RYE Committee; Mike Mohr, Karen Dixon, Gordon Kinder & Georgia Knider of Senior Service Committee; Ben Blagoege of Melanie Ramey, David McKnight of Haley Saalsaa; Rhonda Adams fo Charles McLimans; Steve Ramig of Sara DeTienne; Chris Hughes of Kris Euclide; Mo Cheeks of Mark Clear

Visiting Rotarian List for January 16, 2019
Jeff Hausman from South

Attendance Record

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<tr>
<th>Date</th>
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