

# WEST VALLEY STEM CLUB

January 2022 NEWSLETTER

[www.engineersaz.com](http://www.engineersaz.com)

The Engineers Club is a social organization which meets monthly for lunch with a speaker on a topic of interest. Spouses and guests are invited and many attend regularly. Short field trips are occasionally scheduled. Membership is open to anyone who has worked in or has an interest in Engineering, Science or Technology. Meetings are held at 11:30am on the first Friday of each month (unless otherwise noted), October through June, at Briarwood Country Club, 135th and Meeker in Sun City West, AZ. Guests are always welcome. Contact Phil Main: [maintwin3@gmail.com](mailto:maintwin3@gmail.com), 623-826-0101 (cell).

## JANUARY 7 PROGRAM

### Senescence and Metabolic Biomarkers in Parkinson's

Dr. Alexander Choi

Movement Disorders Specialist

Banner Sun Health Research Institute



Dr. Choi completed his movement disorders fellowship at NIH where he had the opportunity to see a variety of movement disorders and undertake mentored research in autonomic medicine as well as metabolic investigation in Parkinson's to test the hypothesis that a short course of ketogenic diet is feasible and found to be helpful for symptom manage-

ment. He graduated from Tulane University Medical School and received training in Anatomic and Clinical Pathology at Harbor-UCLA, and Internal Medicine and Neurology at SUNY-Downstate. He is excited to work with the BSHRI care team to deliver thorough assessment including exploring biomarkers and non-pharmacologic approaches to therapy. In his spare time, he enjoys exercising and hiking in nature as well as spending time with his family.

Abstract: he summary is review of the worldwide health crisis of physical inactivity and relation to disease and disability, health benefits of physical activity, overlap of metabolic syndrome and Parkinson's Disease risk, and the promise of metabolic therapy including low carbohydrate/nutritional ketosis and exogenous insulin sensitizing therapy, exenatide (active study at BSHRI, Neuraly is a phase 3 study for early PD).

## PRESIDENT'S MESSAGE

Jim Schlenvogt

I hope everyone had a happy and healthy Holiday Season! We are starting 2022 with some new and some old Officers for the Club:

Jim Schlenvogt – President

George Zieglgansberger – Vice President

Marilyn Dumond – Secretary

Carol Mungas – Treasurer

Please feel free to contact any of the Officers or Board Members with any questions or recommendations. We are here to make the Club successful.

Next, I want to recognize and THANK Steve Sumner for his three years of service as President of the Club. He has shown leadership and dedication during these years of challenges and successes for the Club.

In 2022 and beyond, the Board's number one goal is to grow our membership and to get the word out to the West Valley that we welcome new members and guests to the West Valley STEM Club.

Finally, at the December Board meeting the Board reviewed the income and expenses for 2022 and determined that we will be able to allow \$3,000 to be dedicated to the 2022 Scholarship. The Scholarship Committee is working with Glendale Community College to request graduating two year STEM students, who are transferring to a four year STEM University to apply. The scholarship applications are due by February 11, 2022. Thanks to the generous scholarship donations by our Club Members, we were very successful in receiving enough donations to approve the \$3,000 scholarship.

**THANK YOU!!**

## WEST VALLEY STEM CLUB WEBSITE

Several have asked why do we have a new website? The short answer is we had to rebuild the site because Go-Daddy, our web host, was no longer supporting the software that we had used for many years. The new website was built using WordPress a very popular and easy to use tool for building websites. At the time of this writing the website is fully functional but not all of the content from the old site has been added. It is expected to be completed in the near future. The website address is still the same so if you have book marked the address you can continue to use it. If you have not been to our website I invite you to check it out at [engineersaz.com](http://engineersaz.com) or ask Dave Campbell or Paul Scherer for help.

# WEST VALLEY STEM January 2022

## 2022 OFFICERS

President	Jim Schlenvogt
Vice President	George Zieglgansberger
Secretary	Marilyn Dumond
Treasurer	Carol Mungas
Asst. Treas.	Dave Campbell

## COMMITTEE CHAIRPERSONS

Programs	Peter Rauen/Jim Schlenvogt
Membership	Philip Main
Reservations	Philip Main
Luncheons	Peter Rauen
Scholarship	Jim Schlenvogt
Member at Large	Peter Rauen
Member at Large	George Zieglgansberger
Newsletter / Website	Dave Campbell
Event Audio	Hal Lind/Doug Totel
Event Computer	Paul Scherer
Publicity	Lance Berglund
Field Trips	Open
Hospitality	Open

Email the Board at: [board@engineersaz.com](mailto:board@engineersaz.com)

students are entirely committed completing their studies and are forever grateful to the West Valley STEM Club members for their scholarship assistance.

**Please consider an additional donation to the Scholarship Fund!**



DECEMBER 3 PROGRAM

Hydrogeology of the Phoenix Active Management Area

Jeff Inwood, Chief Hydrologist  
Arizona Department of Water Resources

## TREASURER'S REPORT December 2021

General Fund Balance: \$ 6570.89

Membership Total: 94

October 50/50 was \$ 52.00 - Congratulations to winner Barbara Summer who donated her winnings to the Scholarship Fund. Thanks!

## 2022 VEST MEETING DATES

January 7, February 3 (Thursday), March 4, April 1,  
May 6, June 3, October 7,  
November 4, December 2

## WEST VALLEY STEM CLUB SCHOLARSHIP PROGRAM SUMMARY

Since the club's inception, awarding scholarships has been a priority and is stipulated in the club's bylaws. In the last three years, the West Valley STEM (VEST) Club has awarded seven (7) Scholarships to STEM students, who after graduating from the Glendale Community College, were transferring to ASU. The awards totaled \$13,000 and include engineering in the following areas: Biomedical (1), Mechanical (1), Industrial (2), Software/Computer Science (3).

In 2021, one year of in-state tuition, college fees and other student fees is approximately \$12,398. These

## 2022 MEMBERSHIP DUES

Dues for 2022 are \$25.00 of which half goes to the Scholarship Fund. **Please consider making an additional donation to the Scholarship Fund** (put scholarship in the memo line). Please mail your check(s), made out to West Valley STEM to: Philip Main, 17604 N Buntline Drive, Sun City West, AZ 85375-5148, [maintwin3@gmail.com](mailto:maintwin3@gmail.com), 623-748-8222 (Home), 623-826-0101 (Cell)

## You Can Help Recruit New Members

- Hand out business cards to friends and family
- Leave business cards at local businesses that have a display area for them

*If you need business cards, pick them up at the luncheon or contact Jim Schlenvogt at [js3820@msn.com](mailto:js3820@msn.com)*