RICHLAND ROTARY REACTOR

April 27, 2010

- SubEditor: C. Mark Smith
- Web Site: www.richlandrotaryclub.org

- PO Box 37 • Richland, WA 99352
- Meetings every Tuesday at 12:10 p.m. Red Lion Hotel (Hanford House)
- Charter 7390 • District 5080 • Club ID#262

Lemley's Ledger

5/4 – Scott Shinsato/Goodwill
5/11 – Avonte Jackson/Tri-Cities Pregnancy Network

Preliminaries

In the absence of our scheduled song-leader, President Grant called on Jeanne Dillner who led us in a rendition of "God Bless America" that was neither rocked-out or written in small letters on the screen. Everything would have been fine if we could have matched her sweet soprano voice.

Guests

Hal Williamson brought his wife, Nan, and Jan Hansen visited from Columbia Center.

Announcements

Gordon Bopp informing us about what happens to Rotary contributions made to the National Alliance of Mental Illness, Steve Arneson calling for contributions to help school construction in Afghanistan, and Diane Fossum reminding us that tickets remained for the Richland Rotary table at the Tri-Citian of the Year awards banquet.

Hanford High Report

Pam Larson introduced Hanford High School senior, Ben Sullivan, who is an honor student and active in Key Club, Honor Society and the school's soccer team. He will be attending the University of Washington next year to study bio-engineering.

50-50

John Putz missed out on $110 in the 50/50.

Judge Dave

Dave Lemack assessed a variety of fines for being late. Many Rotarians stepped forward with stories of happy events in their lives and experiences with recent travel.

PAUL HARRIS FELLOWS

Judy L. Addis (2S)
Steve Arneson (2S)
Jeremy Asmus
Bill Battershell (5S)(B)
Bob Best (2S)(B)
Tom Bock (5S)(B)
Gordon Bopp (S)
Ernie Boston (D)(B)
Dee Burrie
Herb Cahn (4S)(B)
Thomas A. Cowan (2S)(B)
Bob De Lorenzo (D)(B)
Jeanne Dillner (S)
Hal J. Ellner (R)
Diane Fossum (2S)
Phill Fossum (3S)
Barbara French (R)
Jan Griffin
Greg Holben (S)
Jan Jackson (S)
Larry D. Jecha
Darrel Johnsen
Cindy Johnson
Roy Keck
Scott Keller
Shelley Kennedy
Tom Kirchner (4S)(B)
Walt Kirkpatrick (2S)(B)
Art D. Kohler (2R)(B)
Dave Larkin (4S)
Bob D. Larson (3S)(B)
Pamela Larsen (3S)(B)
Dave Lemak (2S)
Phil Lemley (S)
Tim Lewis (S)
Yosen Liu (S)
Larry Lowry (S)
Mike McAndrew
Grant McCallum (S)
Bill McCue
Jerry J. McGuire (B)
Richard L. McLean (5S)
Bing Manawadu
Robert D. Nichols
Greg Oberg (2S) (B)
Thomas M. O'Brien (2S)
Marge O'Connell (DD)(B)
Joseph V. Parrish
Jon M. Putz (4S)
Ed Revell (2S)
Robert Rivera
Ray K. Robinson (4S)
George Sanders (2S)(B)
Gary Scofield (4S) (B)
Anjan K. Sen (S)
Chris Senske (S)
Bill R. Siefken (R)
Mark Smith (3S) (B)
Mike Spellman (3S) (B)
Lloyd Swain (5S) (B)
Ruth Swain (4S)(B)
William Taylor
Bob Tibbatts
Russell Treat (B))
Rampur S. Viswanath (4S)
Sam R. Volpentest (R)(B)
Gregory T. Warner (S)
Ken Williams (3S)
Hal Williamson (D)(B)
Keith Woods (S)(B)
Jack D. Zinn (3S)

(B) Benefactor
(D) Diamond PHF
(DD) Dbl. Diamond PHF
(R) Ruby
(#R) Multiple Ruby
(S) Sapphire
(#S) Multiple Sapphires
(6/30/09)

Officers

President .....Grant McCallum
Vice President.....Darrel Johnsen
Secretary.....Dave Larkin
Treasurer.....Diane Fossum
Foundation Treasurer....Bob Tibbatts
Past President.....Dave Lemak

Directors

Club Service 'A'.....William Taylor
Club Service 'B'.....Tom O'Brien
Community Service.....June Ollero
International Service.....Phil Lemley
Membership Activities...Darrel Johnsen
Vocational Service.....Greg Holben

Foundation Award

President Grant presented a special Rotary Foundation award to Hal and Nan Williamson, recognizing their outstanding financial contribution to the Rotary Foundation. The awards consisted of diamond pin and pendant, and specially-engraved crystal awards – the second such awards the Williamson's have received. Congratulations, and thank you on behalf of all of us, Hal!

Program

The program featured Dr. Cheta Nand, a native of Fiji, who is a board-certified in sleep medicine and the medical director at Pinnacle Sleep and Wake Disorder Center in Kennewick. He is also board certified in Psychiatry and Neurology.

Sleep disorders play a major role in various types of illness, including high blood pressure, heart disease and Diabetes. Common symptoms include interrupted breathing while asleep, excessive daytime sleepiness, load snoring, non-refreshing sleep, leg cramps, chronic fatigue and weight gain. These problems often cause poor work performance at the workplace, strained family relationships.

Sleep apnea is a sleep disorder characterized by pauses in breathing during sleep. Each episode lasts long enough so that one or more breaths are missed, and such episodes occur repeatedly throughout sleep. The individual with sleep apnea is rarely aware that they are having difficulty breathing, but the problem is often recognized by others witnessing the individual during sleep or because of its effects on the body. Dr. Nard discussed the various forms of sleep apnea – obstructive, central, and mixed, or complex apnea, and answered a number of questions from the audience.