



Palo Alto Rotary Club Pinion



October 8, 2007 Reporter: David Negrin Editor: Lyle Connell

OPENING

The Official Greeter for today's meeting was ART STUFFER, Greeter Extraordinaire

PREZ ROB called on HIG HIGGINS to lead us all in the Pledge which was enthusiastically rendered, as usual.

VISITORS AND GUESTS

Rotary visitors and guests were introduced by LYNDA STEELE. The visiting Rotarians were WALT MCCULLOUGH of the San Mateo club, and CHARLIE SHOEMAKER of the Sunnyvale club.

Visitors (Hosts) were Wife, Helen (TOM GRACON), Andy Coe (DARYL SAVAGE) and Carla Stevenson (WALT HAYS)

OPENING REMARKS



B A R B A R A MITCHELL's Opening Remarks referred back to the devastating Chicago fire which occurred on this date, October 8 many years ago. The event was fictitiously attributed to Mrs. O'Leary and her cow. However, the fire was devastating and 200

people lost their lives. World wide contributions to Chicago's restoration amounted to \$5M in old dollars. It resulted in Chicago's renaissance and its population tripled in the next generation. Thanks BARBARA for this interesting account.

ANNOUNCEMENTS

Win a trip to Maui for twenty bucks! Just by a raffle ticket from ExPrez ART STAUFFER benefiting the Foundation. You're sure to win.

NINA MOORE announced Rotary socials for November 1 and December 5. More next week.

PROGRAM SCHEDULE

October 15 - Tony Seba "Building a Winner" (The real reasons Apple, Google, Symantec, Skype, and others built winners and beat their competition.)

October 22 - Rotary International Partner will speak in support of The Rotary Foundation.

October 29 - Michael Nierenberg, M.D., Weight Loss, One Bite at a Time



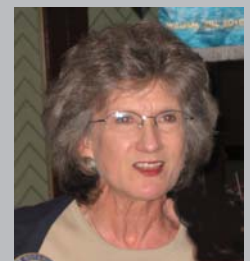
TOM GRACON requested assistance in video editing by people with ability in Mac software. Please call TOM.



HERSH DAVIS announced a hands-on project for November 3. More details regarding purpose, location, etc. to come.



STEVE PLAYER auctioned off a surprise (undisclosed) gift for one hundred bucks!! He also announced the pre-BIG GAME meeting at the Berkeley Rotary club on October 28 (hope they show up).



TRISH BUBENIK announced that the PA Red Cross chapter will host a disaster preparedness event. This is important; raise your hands next time TRISH asks if you're interested.

TODAY'S PROGRAM

LE LEVY introduced today's speaker, DR. RAFAEL PELAYO of the Stanford Sleep Disorders Clinic, who gave a most interesting talk on a problem most of us are faced with, or at least those who are advancing in age.



He attributed the difficulty to problems such as 1) insomnia, 2) sleep apnea and 3) periodic limb movement disorder (PLMD), all considered to be addressable medical problems.

His general advice was to go to bed when you are drowsy, and if possible avoid the use of sleep medication since they remain in the body for longer periods as we age. Sleep is a necessary state which renews our physical and mental health each day. A very complete description of activities that improve our sleep patterns were explained by DR. PELAYO, and can be referred to in a brochure which was distributed. Call him at (650) 723-6601 to receive copy or visit the web site <www.aasmnet.org> for more information on this very pertinent information.

JOKE OF THE WEEK: A special treat this week. I don't have a joke.

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PALO ALTO ROTARY

PRESIDENT: Rob Lancefield. PRESIDENT-ELECT: Mike Couch. PAST-PRESIDENT: Art Stauffer. DIRECTORS: Ralph Adams, Cyrille Betant, Trish Bubenik, Hersh Davis, Monica Devincenzi, and Sherri Sager. TREASURER: Mike McMahon. ENDOWMENT FUND PRESIDENT: Todd Lewis. ENDOWMENT FUND TREASURER: ??? SECRETARIES: Ruth Schneider. Bob McCowan, Janet Wells. CLUB RECORDS: Joyce Cusick, PARotaryRecords@aol.com. WEB SITE: www.rotarypaloalto.org.

OTHER ROTARY MEETINGS

OTHER ROTARY MEETING PLACES

TUESDAY

Los Altos: China Shuttle, 22382 Homestead Road, 19:15

Mountain View: Adobe House, Moffett & Central Mountain View, 12:15

Sunnyvale, Ramada Inn, 1217 Wildwood Avenue, Sunnyvale, 12:15

WEDNESDAY

Menlo Park: Menlo Park Recreation Center, Menlo Park, 12:15

East Palo Alto Senior Center, 560 Bell Street, East Palo Alto, 12:15

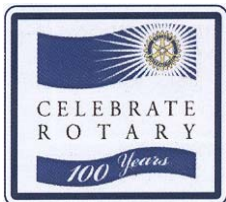
Woodside/Portola: Woodside Village Church, Woodside, 07:30

THURSDAY

Los Altos: Garden House, 400 University Avenue, Los Altos 12:15

FRIDAY

Palo Alto University: Sheraton Hotel, El Camino, Palo Alto, 07:15



Rotary Club of Palo Alto

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