

Palo Alto Rotary Pinion

Weekly Newsletter

Date: July 19, 2010 Reporter: GEOFF ZIMAN Editor: LYLE CONNELL

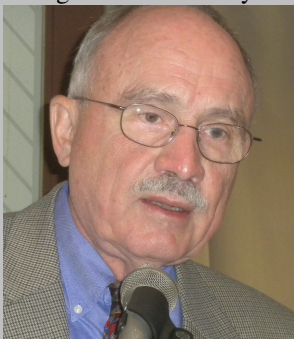
FUTURE PROGRAMS

July 26 Bob Scott, Stanford "The Gothic Enterprise: A Guide to Understanding the Medieval Cathedral"

August 2 Roger Hassler, Rotary District 5170 Governor "District Governor's Talk"

August 9 Gerald Uelmen, SCU Law School Former Dean "California's Dysfunctional Death Penalty Law"

The club assembled, as usual, with DICK MANSFIELD efficiently handling the visitors and DON MORGAN ably taking the lunch money.



PRESIDENT MIKE McMAHON opened the second meeting of the year and asked BRUCE GEE to lead the salute to the flag.

After a break for more socializing, ROSEANNE FAIRTY was asked to introduce the large crop of visitors. Visiting Rotarians included Bob Pope (Foster City –

Project Management); Robin Azevedo (San Francisco – Mattress Manufacturing) along with her guest Jill Bibb; Candace Roney (San Jose – Hospital Administration) and another gentleman whose particulars I was unable to capture. Members with guests were DICK FREEMAN (Dick Placone); ED DANGLER (wife Yvonne and daughter Chantal); GLORIA HOM (James Alexander and Catherine Peterson); DAVID SMULLIN (Ben Threchheld); WALT HAYS (Kathy Torgersen).

The President announced that *Rotary Day at the "A's"* would be on August 21 (versus Tampa Bay). The next Board Meeting will take place at 8:30 AM next Wednesday, July 21 at EJ HONG's Office, 2225 E. Bayshore Road, Suite 200, Palo Alto.

GEOFF ZIMAN joined the President's Club in honor of the safe arrival of his daughter's eighth grandchild (go figure!)



JOCELYN VILLARUZ shared an emotional personal experience in her opening remarks. It included a moving poem which, in response to several requests, is reproduced below.

STEVE PLAYER announced that GARY FAZZINO was continuing to make a good recovery.

RICK RAYBIN, CASH ALAEE and JACK WOODSON clarified that the annual 5% allocation for local charities from the club endowment fund would be \$19,627 this year. Greeter

MIKE COUCH commented on RALPH ADAMS' duty dereliction as greeter.

WALT HAYS introduced William Dement, the very distinguished speaker on sleep medicine from the Stanford School of Medicine. The talk quickly covered a wide range of topics related to this interesting discipline which was first started in 1970. The two types of sleep – REM (dreaming) and non-REM – were explained together with aspects of the biological clock. During wakefulness we are always accumulating sleep debt.



The following selected information gems emerged during the talk and in the question and answer session that followed. People sleep a lot better than they think. Sleeping on a hard floor, regular bed or super quality mattress does not affect the quality of sleep (but sleeping in a wet bed does). The function of dreams is still not known. There are interesting connections between sleep apnea and cardiac problems. Rats die if they are sleep deprived. It is not known why we need sleep. All animals appear to need sleep and even ants are observed to have quiet periods. Lark versus owl lifestyles are, probably, acquired and can be changed. Daytime napping is not, necessarily, an indication of apnea but being tired during the daytime is. For quick trips getting over time zone changes requires a "grin and bear it" attitude. For longer trips with more extreme changes, start adjusting to the new schedule before you depart. Size of the upper airway is a factor in sleep apnea. Better sleep definitely improves sports performance. Go Stanford!

Meeting closed by advising the speaker that a dictionary in his honor would be presented to a second-grader in EPA.

How to Find Happiness

*Everybody, everywhere seeks happiness, it's true,
But finding it and keeping it seems difficult to do.
Difficult because we think that happiness is found
Only in the places where wealth and fame abound-
And so we go on searching in "palaces of pleasure"*

*Seeking recognition and monetary treasure.
Unaware that happiness is just "a state of mind"
Within reach of everyone who takes time to be kind.
For in making others happy we will be happy, too.
For the happiness you give away returns to "shine on you."*

Helen Steiner Rice

[Palo Alto Rotary - Meeting Information](http://www.rotarypaloalto.org)
www.rotarypaloalto.org