

Palo Alto Rotary Pinion

Weekly Newsletter

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It was an overcast day in Palo Alto, California, a city that wouldn't know how to keep its secrets even if it had any secrets to keep! I strode into the Elks Club and placed a newly-purloined \$20 bit coin in front of Rotary cashier, **CHRISSEY COOLIDGE**. Glancing at its engraving of Kim Jong Un, she pointed me towards the buffet line. The food was worth every bit of the coin.

The Elks Club was bespewed with Rotarians, visitors and guests. **ROBERT BERTEIGNE**, a visiting Rotarian from Crest Vallée de la Drôme, France, introduced his niece, Rebecca Pernell. Other guests included Philippe Le Conte (**MIKE COUCH**), Ann Ziman (**GEOFF**), and Paul Hong (E.J.).

Natalie Hong, E. J.'s eldest, gave a reprise of the presentation with which she won the Palo Alto Rotary Club Speech Contest. She spoke of Science as the Doorway to Positive Change, detailing three ways in which Rotary could sponsor scientific projects to further its goals. Natalie competes in the Area 9 contest Thursday, 7:00 PM, at the Palo Alto City Hall. It is always uplifting to see youth rise above their genetic encumbrances.



DICK FREEMAN, celebrating 22¾ years as a Palo Alto Rotarian, made opening remarks. He told us of the real "seven wonders of the world." They include the ability to see, hear, touch, laugh and love.



JOYCE CUSICK retiring from her fourteen



years as Club Administrator was honored by President **STEVE** who cited her invaluable service to many Club Presidents, including himself.

BRUCE GEE spoke appetizingly of the April 4th Crab Fest at the University Club on Miranda near Page Mill. He gave a special stand-out to the Fest sponsors, **JIM BAER**, the Garden Court Hotel, Realtor Michael Dreyfus, Trust Attorney E. J. **HONG**, the Palo Alto Weekly, Stanford Medical, the Presidio Bank, and The Stanford Hospital.



BEN THREKELD, the superbly competent



New Members Chair presided over the induction of Kathy Shen, the equally superbly competent Chief People Officer for the relatively superbly competent City of Palo Alto.



DON MORGAN reminded us of the March 29th hands-on tree-planting sponsored by Canopy.

ANDY COE (about whose competence nothing need be said) awoke, ascended the podium and introduced our speaker, **Donn Posner**. Like Past Mayor, **JUDY KLEINBERG**, Donn has spent considerable time in Providence, Rhode Island. A member of the Brown University faculty, Donn is a leading authority on sleep.



Donn defined "insomnia" as taking thirty minutes or more to fall asleep. Daytime consequences of insomnia include obesity, colds, diabetes and other medical problems. Thirty to thirty-five percent of us suffer from "acute insomnia," defined as insomnia lasting up to three months. 10% to 15% suffer from "chronic insomnia" or over three months. Insomnia increases with age. As we age we tend to bed and awaken earlier.

There are three treatments for insomnia. Although sleeping pills work satisfactorily for temporary sleeplessness, they don't cure real insomnia. Neither do melatonin and other non-endorsed therapies. Donn believes the solution is CBT-I, Cognitive Behavioral Therapy for Insomnia. In other words, integrating all aspects of one's day including diet, and general habits, etc.

Upcoming Events

March 10 Lunch Meeting @ Elks Lodge, Bishop Patrick McGrath, Bishop of San Jose

March 17 Lunch Meeting @ Elks Lodge, Alain Enthoven, Prof. Emeritus, Public and Private Management Stanford University Graduate School of Business, "The Affordable Care Act"

March 24 Lunch Meeting @ Elks Lodge, Gunn Chamber Singers

See you all at the CrabFest, April 4th! You may sign up at the Monday meeting or online at the club website.

Info: www.rotarypaloalto.org