

# Palo Alto Rotary Pinion

May 22, 2017

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Long Lost LE LEVY was selected as our Pledge leader to honor his return from the DL - a duty he faithfully fulfilled. President Brian then welcomed the introduction of guests: ANNETTE GLANCKOPF introducing Lydia Kou; CHARLIE WEIDANZ introducing Katharina Borchert from Hamburg, Germany; and GEOFF ZIMAN introducing the grandmother of his many great-grandchildren, Patricia Shur.



And then MIKE McMAHON, our resident naval history scholar told us a bit about Francis Drake; privateer, pirate, and adventurer extraordinaire. After a couple of global circumnavigations (including a stay in Drake's Bay north of Bolinas) in which he collected spices and Spanish loot, and after then defeating the Spanish Armada, he wrote a prayer, which Mike recommended to us. It goes, in part:

"Disturb us, O Lord when we are too well pleased with ourselves, when our dreams come true because we dreamed too little. .... Disturb us, Lord, to dare more boldly, to venture on wider seas, where storms show your majesty; where, losing sight of land we shall find the stars."



BRIAN then energetically turned to the activity of raising money in the guise of admitting people to a virtual 'President's Club'. LE LEVY told of spending six weeks recovering from a femur broken by female bicyclists on the Stanford campus.

JUDITH STEINER finally realized she did have a second reason to join in - she and Hans just celebrated their 50th wedding anniversary (MUST have been a child bride!). The first reason was simply to congratulate President Brian for his excellent leadership.



LEANNAH HUNT told of a recent successful lobbying venture she and other members of Silicon Valley Realtors made to the Capitol in our nation's capital.



And KLAUS HEINEMANN joined the club simply to voice appreciation for returning to PA Rotary.

CHARLIE WEIDANZ stated his appreciation for the contribution that Palo Alto Rotary made to a project sponsored by the

organization for which he works. The project, Abilities United Art Program, empowers young artists with and without disabilities to experience art in the only accessible art studio in the Peninsula and South Bay area. Many of the kids served by the program joined us, and Art Director Shay Barnett elaborated on the benefits made possible by the Club's donation.



JACKIE SCHOELERMAN bugled the call for volunteers to help raise US flags along University Avenue on Memorial Day. The raising starts at 8:00AM @ Cowper and University, with lowering starting at 5:00PM at the same intersection. Both brief efforts will be followed by camaraderie with fellow flag raisers and University Club Rotarians over coffee and pastries.



ANNETTE GLANCKOPF announced an interesting luncheon and presentation about the City's 911 Call Center and its Emergency Preparedness Program. The event is June 15th at the City Hall and costs \$35. Sign up with Annette.



BILL OBERMAN introduced our speaker for today's program: "Myths about Insomnia and Aging." Professor and author Donn Posner, PhD, has an extensive background in Cognitive Behavioral

Therapy for Insomnia (CBT-i) and is currently working at Stanford and at the Palo Alto VA Hospital as a Clinical/Research Psychologist.

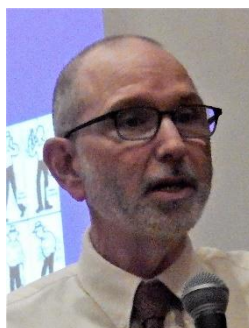
Myth #1: Insomnia is just a symptom of some other malady. If I take care of that problem, my insomnia will go away. FALSE. The medical profession did in fact previously hold this position, but does no longer. In fact, sleeplessness is now known to be a risk factor for, or possible cause of, several disorders, such as depression.



Myth #2: Insomnia is a natural result of aging, and so all I have to do is find a medicine that works. FALSE. Insomnia is not a natural result of aging, and plenty of medicines have sleeplessness as a by-product.

Myth #3: Insomnia can't be treated without a pill. FALSE. The American College of Physicians has concluded that insomnia is a largely unrecognized major health problem, and that CBT-i should be the first treatment of choice. Studies have shown that CBT-i is clearly beneficial 70 -80% of the time.

Dr. Posner went further to say that a six-week course in CBT-i would yield results equal to using Ambien, but of course would not be habit forming. He particularly advised against assuming that a 'list of sleep habits' would be helpful in that there are so many factors that feed into one's 'sleep architecture' that one-size-fits-all is a false hope. We all have different 'sleep numbers', i.e.; not mattresses, but lengths of time we need to sleep daily. We all have different 'sleep phases,' i.e.; the time of day when sleep is most effective. Other variations from one individual to the next are circadian rhythm response, sleep drive, conditional arousal, restless racing mind, sleep hygiene, and worry. Dr. Posner's study at the VA is to determine - not whether CBT-i is effective, as that is already proven - but how to make CBT-i more effective, quicker. Any and all are encouraged to sign up for a six-week course at the VA Hospital, as it is clearly not necessary to be a veteran.....



## PROGRAMS AND EVENTS

May 29, Dark - No Meeting

June 5, Tom Fingar, Fellow, Freeman Spogli Institute, Stanford: "North Korea"