

Rotary Club of Santa Rosa West

Bulletin for March 8, 2010 Sleep Breathing Disorders

By Bo Kerschen

Preliminaries



President Susan conducted the meeting with chores provided by:

Set Up: **Bill Fisher**

Cashier: Our very own saint, "Mother" **Tarina**, assisted by **Doug Angelo**

Greeter: **Gail Johnson**

Moment: **Ralph Lassa**

Photos: **Jim Valinoti**

Bulletin: **Bo Kirschen** (sometimes called "Sweet Old Bo but, more often, just the initials.)

Tickets: **Gary Lucas**

Microphone: "Old Reliable" **Gil Lucas**

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Coming Up:

3/22 - Rotary Youth Leadership Academy, Jim Underhill

3/29 - Rotary Projects in Uganda – The Pearl of Africa, Chris Parr and Mike Merrill

4/5 - Santa Rosa Mayor Susan Gorin

4/12 - Rick Call, President of the Santa Rosa Junior College Board of Trustees

4/19 - Keith Woods, CEO of the North Coast Builders Exchange

4/26 - High School Speech Competition: "Project Civilization."

Announcements & Such

The information social for prospective new members and their sponsors (and anyone else wishing a bit of fellowship and conviviality) was set for Tuesday, March 9, at 5:30 at **Diane Winsby's** place of business.

The club recognized **Chris LaPore's** outstanding contribution as Crab Feed co chair by contributing funds to complete his qualification as a Paul Harris Fellow.



Scott Bartley and **Ginny Pitts** (in absentia) were recognized for underwriting and putting on the annual Bartley Barbecue with all proceeds going to the club. The 2009 affair raised nearly \$2,000 which we will donate to the Polio Plus campaign.

The Napa Valley clubs are sponsoring a bike ride through the valley on March 28 as a benefit for returning veterans suffering from Post Traumatic Stress Disorder.

Harry Rubins reiterated that we are shooting for 100% participation in the Spring International Fund drive. Contributions in any amount are welcome.



There were two birthday boys, **Jim Underhill** who did not disclose his vintage and **John Withers** who has turned 85.

"Getting to Know You"

This week's "Getting to Know You" celebrity was **Gail Johnson** who was born in Kansas City and received her college training in art education at the University of Oklahoma. She taught art and drama in Lawton but was required to leave that position when she became pregnant. With her first husband overseas in the military she returned to Kansas City and got involved in real estate sales which she loved. She moved to Sonoma as a single person, worked at a local radio station and met her husband, **Don**, to whom she has been married for 21 years. Both she and **Don** are engaged in real estate. **Gail** feels a passion for the work which she regards more as an opportunity to help people satisfy their real estate needs than as a sales position. She has one son from her first marriage and two grandchildren. **President Susan** nailed **Gail** for the \$15 balance on her annual assessment.

Recognition & Bragging Bucks:

Chris Parr was featured in "Upbeat Times" but was absent and will receive her just reward on her return.

Chuck Baker's daughter, a CPA with a wine consultancy in Napa and a Paul Harris Fellow, made the local paper. **Chuck** paid the whopping sum of \$1, the balance of his assessment.



Tracy Kline was the top mortgage producer at Sequoia Pacific for 2009 and paid \$10 for this misdeed. *Apparently she was as surprised to hear that as we were ☺*



Gary Lucas celebrated his 41st wedding anniversary and contributed a like amount in atonement.

David McDonald celebrated his 13th wedding anniversary but is all paid up. **President Susan**, who usually makes **Margaret Thatcher** look like a pussycat, appeared to be in an unusually charitable mood.

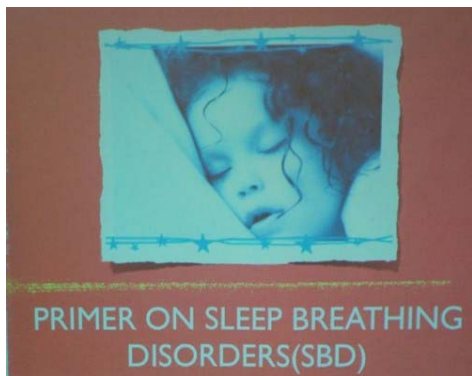
Jim Hinton announced that his grandson had provided the voice of young Carl, the animated star of Academy Award winner "Up", and donated \$100 to the Foundation accordingly.

Raffle:

Doug Angelo got to reach in the bag with a chance to win \$450 but drew a blue marble to the intense disappointment of all present. Next week \$475 and 16 marbles. **Jim Hinton** took home the wine.

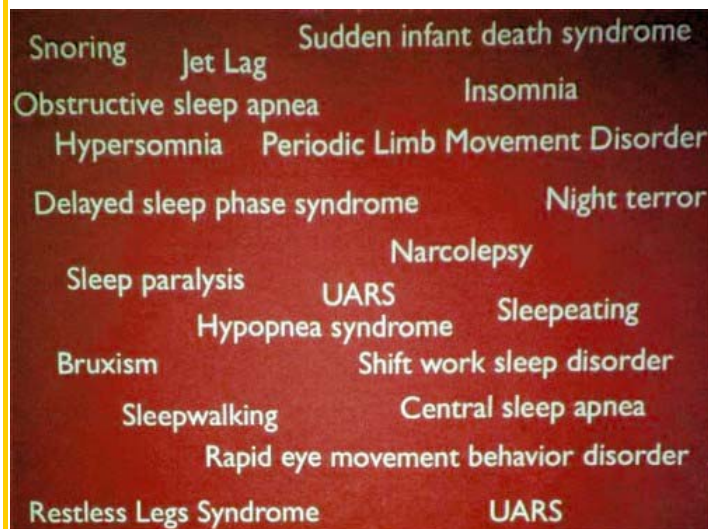
Program: Sleep Breathing Disorders

Matt Delaney introduced our speaker, **Doug Chase**. Doug is a dentist and member of the Downtown Club, who has made a specialty of the causes and cures of sleeping disorders.



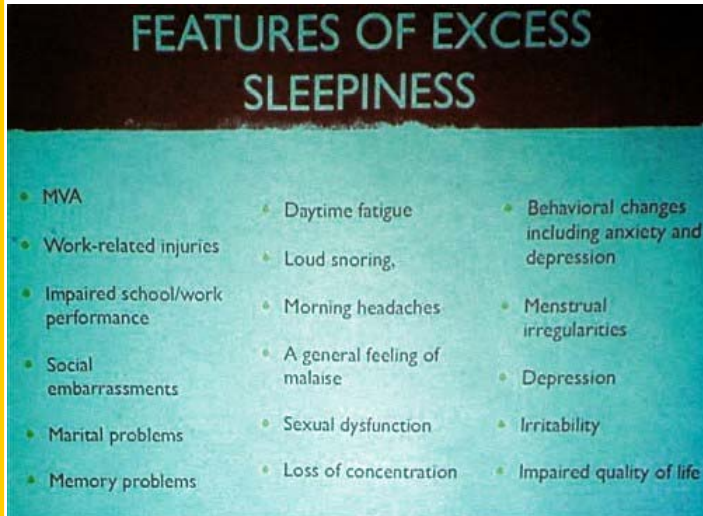
But first let's look at sleep, what is it? Well, it's a state marked by lessened consciousness, lessened movement of the skeletal muscles, and a slowed-down metabolism. Normally, sleep occurs in patterns that follow four definite, gradual stages and make up 75% of the total sleep (NonREM). The remaining time is occupied with rapid eye movement (REM) Sleep.

Sleep disorders constitute a late developing medical field with the associated science, definitions, technology and treatment very much in a process of evolution. Some 80 million Americans suffer from some form of sleep disorder arising from such factors as age, weight, food additives and chemicals in domestic use.



Sleep Apnea is a most prevalent form of sleep disorder, and it is a condition in which breathing stops for a short space of time during sleep. Breathing usually stops for about ten to thirty seconds; the brain detects a problem,

and triggers an arousal from sleep. The person then startles awake to breathe. The person falls back to sleep totally unaware that they have awakened each time they needed to catch their breath. The most common variety is obstructive apnea. This is caused by blockage of the airway while the body is making an effort to get air. Blockage can be caused from having an enlarged tongue, tonsils, adenoids, soft palate and/or an elongated uvula. Blocked nasal passages also play a part as well as cervical fat. Anything which causes a blockage of the respiratory track, tonsils, teeth, jaw structure and the like, can cause sleep apnea, or hypopnea. In turn, sleep apnea can cause or aggravate heart disease, high blood pressure, chronic fatigue and depression in adults and attention deficit disease in children. Here are some features of excess sleepiness:



Doug's presentation was fascinating, and in spite of the depth of information that he covered he did warn us that his 30 minute presentation was abbreviated from the 2 hour full length version.

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Bulletin Editor:
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