



THE ROTARY CLUB *of* BELLINGHAM
 BELLINGHAM'S FIRST ROTARY CLUB

TATTLE



Opening

President **Jim Visbeek** welcomed us at 12:30. **Matt Hammatt** was the greeter, **Bob McDermott** sold raffle tickets, **Don Anderson** played *America the Beautiful*, **Cindy Enger** gave the invocation urging us to "Wake Up" to our responsibilities for service, and **Chuck Snyder** introduced our sole Rotarian visitor, the ever-present Pete Kremen. Guests were introduced by their various Rotary hosts.

Celebrations

Bob Boule

was selected by our prexy to talk about his interest in Rotary, and Bob, who runs the Smuggler's Inn and Limousine Service in Blaine talked about his 21 years in Rotary, starting in Wenatchee. A Rotary highlight for Bob was getting to know Ed Cadman, a former RI president, and his wife Mimi, who were the instigators of our great Polio Plus international project. Here in Bellingham, Bob is proud of our Club's service and he really enjoys our fellowship!

*September
 21st, 2009*

*2009-
 2010*

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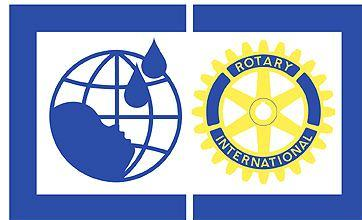
*Steve
 Adelstein*

*Sharpe
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Serka

*Margaret
 Curtis
 Wilson
 Engineering*

PolioPlus



Rotary International

Peter Theisen was called upon to talk about his classification, Community Services - United Way. Peter reminded us the campaign was now underway and he is excited about the many ways United Way helps in our region. He pointed out that funds provided by this charity helps 20% of the local citizenry every year --- remarkable! Peter is also proud of all we Bellingham Rotarians do...

Announcements

ROTARY CLUB OF BELLINGHAM BLOOD DRIVE

The RCOB Blood Drive will be held on **Monday, October 12** in the Northwood Hall parking lot from 10 - noon and 1:00 - 3:30 p.m. **Joan Airoidi** is making arrangements, contact her at 966-4898 or jdairoidi@hotmail.com. Your 1 blood donation can benefit up to 3 patients in community hospitals.

Guess Who's Coming to Dinner?

Guess Who's Coming to Dinner will be **Friday, October 23** at 6:00 p.m. Co-Chair **Peg Larson** encouraged us to sign up and come to this popular event.

Dues

Dues are past due! Check your bank account: did you remember to pay?

Presentations

Bruce Clawson and Dominique/Vannique Zervas presented the new campaign thermometer for our major project benefitting the Pickford Film Center. It's an illustration of a popcorn carton, and as it gets filled, we'll be reaching our goal. Then they played --- again --- the Garrison Keillor video that we missed last week; it was better with audio! As you would expect, Garrison was at his folksy and convincing

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Teri

best on behalf of the PFC.

Treat

*Sage
Management*

Happy Bucks

Sergeant-at-Arms **Tom Grinstad** acknowledged a generous contribution from 37-year Rotarian **Warren Bestwick** celebrating his birthday and time in Rotary.

In This Issue

Tom next withdrew a relatively small celebratory contribution from all the Husky fans present for the stunning victory over USC, and it was augmented by several Rotarians who were prouder than Tom suggested, particularly **Cathy Buckley** who threw in another \$5 for the Cougar victory and **Dick Tucker** who put in \$10.

[Opening](#)

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Rex Dudley gave in recognition of new Big Brothers/Big Sisters directors.

[Guests of Rotarians](#)

Pam Kiesner gave \$40 for a great day of fishing (with her clothes on-you had to be there to get this one) with her husband and **President Jim**.

[Visiting Rotarians](#)

Gary Nelson gave \$44, **Chuck Farrell** gave \$50, **Phil Gubbins** gave \$46, and **Cleary Cone** gave \$62 all in honor of recent wedding anniversaries.

[Birthdays & Anniversaries](#)

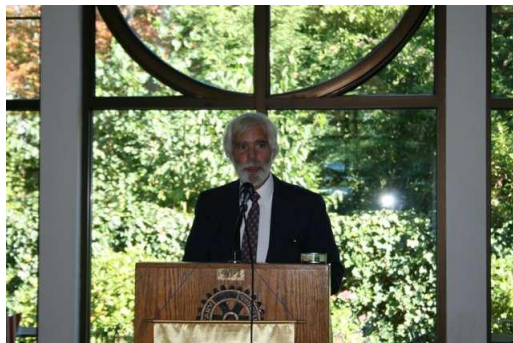
Al Williamson, a USC graduate, gave \$5 honoring the fact that UW's new coach came from USC, and **Bob Boule** gave \$5 for a recent Blaine victory over Ferndale, apparently a rare event.

[Upcoming Programs](#)

DC Morse --- after some equivocation --- gave \$70 to honor the two 72-pound tuna he caught off the coast of Cabo, which he generously had filleted into 100 pounds of fresh meat and given to the local day care center we help there.

Program

Dr. Hank Levine, "Seasonal Affective Disorder"



THIS WEEK'S TEAM:

**Editor:
Dale Rings**

Reporter:

The program chair **Steve Adelstein**, introduced honored Bellingham psychiatrist, Dr. Hank Levine, who spoke about Seasonal Affective Disorder, the "winter blues". Pointing out that our biological clocks are most effectively kept on time/reset by early morning sunlight, he cited Thomas Edison as "Public Enemy #1" when he invented the light bulb, which has caused our bodies to be confused about how they should be acting at various times of day.

Dr. Levine told us that early morning is the most important time to be setting our clocks with regular wake-up times, good bright light, and regular scheduling of our meals and bedtimes so our bodies can stick to a rhythm. About 15% of the population here is affected to some extent with winter doldrums, and he suggested the use of bright lighting --- at least 10,000 lux at 2-3 feet --- for an hour or so every morning to help us be more energetic and adjusted to our northern winters. He gave us several web sites,

http://rs6.net/tn.jsp?et=1102706726361&s=3&e=001AvE0osCBRMseH142kt5aiMJACSVJxZPWkXD_qhJjdtPJrrd4nU9U6Et3o_1Y2-orq3HdBSs2LdoOo7Yd1XM2nep5bWJG7aT-IooWxWxsKwm0ASPM99BEg==,
http://rs6.net/tn.jsp?et=1102706726361&s=3&e=001AvE0osCBRMsjgLZrbwUNftiuC0uNO-CkwJa5n9ylCL8xM9n7nYWZgUnE8q-ElbIv4BrA_UwTe8AmvqRKqx3BMI316LeCgXIMcBn2yan3UNM, and
http://rs6.net/tn.jsp?et=1102706726361&s=3&e=001AvE0osCBRMvUjsnp_hUa2906cwgu_fIMdrNpDDrXtj4-fObLwVsxGpY-Hihr3xQdNt0jwUpoRuSyh2Q5a9fi4RsGIdeoRGOD_9m1zqnl_cShOhOPoXsoHihRzcwBdhfRRcWvFFakQ as sources for lights, and
http://rs6.net/tn.jsp?et=1102706726361&s=3&e=001AvE0osCBRMtM_TGe0RVj2kYPrpBRoQMUromwry5ioFkYDnY_q3I_TzASE5CVBfnBYNQZ_achUoemcO4xLnJU61qmfpmiBBRpoyGrAzKX5FmaTquf2PVMmQ== and
http://rs6.net/tn.jsp?et=1102706726361&s=3&e=001AvE0osCBRMtXMqaopStPVXy6t04d6umEXQAcxBDb2SXX3Tu0IEbI_HWTengIbYdS6sxL49-93DB7Jl95fdcDYgIpLqRk8lLReDVD9Ta46wc for more information about S.A.D.

During the Q & A session at the end of his talk, he was asked about jet lag, and he recommended getting up at dawn wherever you are! Another helpful appliance is called a "dawn simulator", and it works with any lamp, so it's convenient to use when traveling. Dr. Levine's talk was very interesting to all of us...thanks!

Guests of Rotarians

Joe Coons introduced John Pedlow

Joe
Coons

Photogr
apher:
Austin
Huang

Sgt. at
Arms:
Tom
Grinsta
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Invocati
on:
Cindy
Enger

Introdu
ction of
Visitors
:
Chuck
Snyder

Greeter(s):
Matt
Hamm
att

Bruce Clawson brought Jeff Braimes and Alice Clark with The Pickford Cinema

Teri Treat introduced Sue Bussinger

Tim Farris brought Debbie Ahl with Sterling Life Ins. Co.

Margaret Curtis introduced Kris Hamilton

Visiting Rotarians

Pete Kremen

Whatcom North Rotary Club

Member Birthdays/Club Anniversaries

MEMBER BIRTHDAYS

Curt Cortelyou, September 25th

John Raasch, September 24th

PARTNER BIRTHDAYS

Robin Eckert, September 27th

CLUB ANNIVERSARIES

Ted Mischaikov, September 23rd 7 Years

Upcoming Programs

9/28 Dr. David Sattler, WWU: Earthquakes, Volcanos & Tsunamis - Disaster

Raffle
Tickets:

Bob
McDer
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Music:

Don
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2010
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Jim
Visbee
k
President

Kathy
Hughe
s
President
Elect

Steve
Adelst

Preparedness

10/5 Eric Leonhardt, WWU: Creating a Car for a Sustainable Future-
Environmentally Friendly Viking Vehicles

10/12 Julia Bozza: Northwest Therapeutic Riding Center

ein
Vice
President
& Program
Chair

**Steve
Hoekst
ra**
Treasurer

**Margar
et
Curtis**
Immediate
Past
President

**BOAR
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DIREC
TORS**

**Paul
Grey**
Avenue of
Club
Service &
Developm
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**Marty
Haines**
Avenue of
Club
Service &
Fellowship

**Robin
Hallida
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Avenue of
Communit
y Service

**Mike
Diehl**
Avenue of
Internation
al &
Vocational
Service

**EXECU
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SECRETARY**

**Sandee
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Club
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www.bellinghamrotary.org

District
5050
Website
www.district5050.org

Club
meets
Monday -
12:00
Noon
Northwood Hall



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