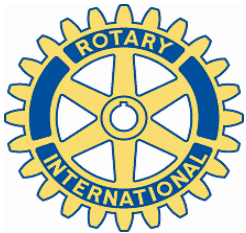


May 11, 2011



# The Rotary Reader

Post Office Box 892

Fort Walton Beach, FL 32549

**District Governor's Gold Medal of Honor Award Winner – 2006-07**

**Presidential Citation Award Winner – 17<sup>th</sup> Consecutive Year**

## The Rotary Club of Fort Walton Beach

Dr. Mack Jones, Neurologist

**"Is Your Sleep Killing You"**



Dr. Mack Jones is Board Certified in Psychiatry and Neurology. He is a graduate of the Medical College of Georgia where he served on the clinical staff as Assistant Professor of Neurology before entering a twenty-year private practice.

Since 1984, he has lived and practiced in Fort Walton Beach, where he was the first Neurologist and was regarded by many of his medical colleagues as the local dean of his specialty.

During his retirement, Dr. Jones has dedicated himself to an intensive study of Sleep Apnea, a subject of which he has deep personal knowledge. He continues to stay current with the body of knowledge and taught "Brain Matters" at UWF-NWFSC Center for Life-Long Learning from 2005 to 2008.

His book, "Deadly Sleep", is the result of his desire to alert and educate people to the widespread incidence of this serious impairment and its consequences to its victims and society. He decries the fact that many in the health professions have not alerted patients to the link of Sleep Apnea to Alzheimer's disease and several deadly conditions.

### Board of Directors

**President:**

**Al Stearns**

**Vice-President:**

**Scott Smith**

**Secretary:**

**Jason Clark**

**Treasurer:**

**Jeff Hooton**

**Past President:**

**Andy Corbin**

**Committee Chairs:**

**Membership:**

Vacant

**Services Projects:**

Roger Peadro

**Rotary Foundation:**

Jan Pooley

**Public Relations:**

Jamey Mattern

**Club Administration:**

Chuck Landers

**Sergeant at Arms:**

Lyndon Poff

Rob Bohnsack

**Speakers:**

Dave Miller

**Scholarship, Inc.:**

Mitzi Henley

**Social Committee**

Michele Nicholson

**Bulletin**

Andy Corbin

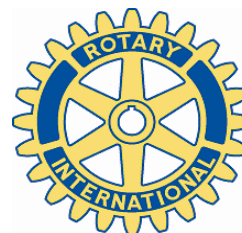
## THE OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- FIRST. The development of acquaintance as an opportunity for service;
- SECOND. High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- THIRD. The application of the ideal of service in each Rotarian's personal, business, and community life;
- FOURTH. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

## THE ROTARY FOUR WAY TEST

- 1) Is it the truth?
- 2) Is it fair to all concerned?
- 3) Will it build goodwill and better friendships?
- 4) Will it be beneficial to all concerned?



## Quote of the Day

"All free men, wherever they may live, are citizens of Berlin. And therefore, as a free man, I take pride in the words "Ich bin ein Berliner!" - John F. Kennedy (1917-1963)

## *NEW MEMBER PROPOSAL*

**Matt Turpin, Manager of the Fort Walton Beach office of Carr, Riggs & Ingram LLC, has been proposed as a new member by Jack Yeiser in the classification of Public Accounting.**

## **MIXED METAPHORS**

English professors love to catch the errors students make on their term papers, and they love nothing better than to catch mixed metaphors. Here are some of the best:

- "She's burning the midnight oil at both ends."
- "It was so cold last night I had to throw another blanket on the fire."
- "It's time to step up to the plate and cut the mustard."
- "She's robbing Peter to pay the piper."
- "He's up a tree without a paddle."
- "Beware my friend...you are skating on hot water."
- "Keep your ear to the grindstone."
- "Sometimes you've gotta stick your neck out on a limb."
- "Some people sail through life on a bed of roses like a knife slicing through butter."
- "He swept the rug under the carpet."

**BRAZILIAN GSE TEAM**

The Group Study Exchange (GSE) group from Rotary District 4680 in Brazil visited the club on April 27th. Pictured at right are the GSE Team and the host Rotary families. The team is from the southernmost state of Brazil, Rio Grande Do Sul, which borders Uruguay and Argentina. After visiting our club, the group attended our District Conference in Destin. Thanks to Debbie Bodensine and Jan Pooley for coordinating the visit and to the host families for their hospitality.



**WORK DELAY**

One morning a local highway department crew gets to their job-site and realizes they have forgotten all their shovels!

The crew's foreman radios the office and tells his supervisor the situation. The supervisor radios back and says, "Don't worry, we'll send some shovels in a couple of hours."

The foreman yells back, "What are we supposed to do until then?"

The supervisor replies, "Just lean on each other until they arrive."

**LAST WEEK'S STATISTICS:**

**VISITING ROTARIANS**

None

**ROTARIANS WITH GUESTS**

Pete Smith, who was absent, hosted John Weaver

**MAKEUPS**

Mitzi Henley

Whitney Hipsh

Julia McNabb

Jan Pooley

**ATTENDANCE— 55.6%**

**Secretary Notes:**

For members fortunate enough to have corporate sponsors, please make sure your name is on the check or stub, for the benefit of the new secretary who does not know where everyone works! Thank you.

# Rotary Roster

**Amos, Pam SM**

Funeral Services

**Anderson, Robert SM**

CPA

**Arthur, Jack PHF SM**

Insurance

**Bennett, Nitsi PHF X \***

Non-Profit Administration

**Bodenstine, Debbie SM**

Economic Development

**Bohnsack, Rob SM**

Reverend

**Brewster, Joseph PHF SM**

Cable Television

**Brutt, Frank PHF SM**

County Planning

**Butcher, Tom**

Honorary Member

**Cagle, Kevin SM**

Office Machines

**Chalker, Gerry PHF SM \***

Pension Administration

**Clark, Jason SM**

Insurance

**Conner, Tom PHF SM**

News Media

**Corbin, Andy PHF SM X \***

Electronics Mfg.

**Curry, Jim PHF SM \*\***

Government Management

**Davis, James PHF SM \***

Public Utilities

**Dorris, George PHF SM**

Dentistry

**Duncan, Buddy SM**

Chaplain

**Edwards, JT SM**

Landscape Management

**Ekedahl, Brian SM**

Social Services

**Empson, Dan**

Honorary

**Fallin, Ralph PHF SM X \***

Dairy Products

**Felts, Gary SM**

Retail Services

**Fitzhugh, Mark**

Clergy

**Foster, William PHF SM \* X**

Attorney

**Fowner, Bob PHF SM**

Association Manager

**Fynoe, Ella**

Fact Checker

**Gavin, Clifton SM**

Attorney

**Gilligan, Tony PHF SM**

Government Contractor

**Grubbs, Haydon PHF SM**

Education

**Hamilton, Chad PHF**

CPA

**Hardy, Sallie PHF SM**

Commercial Properties

**Hayes, Tom PHF SM**

Financial Services

**Henderson, Jody PHF SM \***

Accounting/Auditing

**Henley, Mitzi SM**

Retail Shopping Center

**Hipsh, Whitney SM**

Real Estate Attorney

**Hooton, Jeff SM**

Commercial Lending

**Howard, William PHF**

Real Estate-General

**Johnson, Chris PHF \***

CPA Retired

**Johnson, Johnny PHF SM X \***

Banking

**Kedroski, Cristie**

Foundation Development

**Landers, Chuck PHF**

CPA

**Leonard, Tony PHF \*\***

Retail/Musical Instruments

**Lewis, Preston SM**

Minister

**Linn, John PHF SM**

Kitchens-Retail

**Litschauer, Ted SM**

Public Safety

**Lowrey, Thomas PHF \***

Stockbroker

**Martin, Ralph PHF**

Aircraft Equipment Mfg.

**Mattern, Jamey PHF**

Architect

**McDonald, J.R. SM**

Aerospace Marketing

**McNabb, Julie SM**

Developmental Disabilities

**Meyer, Joe**

Retail/Computers

**Miller, David O. PHF**

Developmental Disabilities

**Monroe, Jason**

Communications

**Morgan, John PHF SM \***

Computer Engineer

**Morgan, Matthew SM**

Electrical Engineer

**Nelson, Dan PHF SM**

Restaurant/Fast Food

**Nicholson, Michele SM**

Communications

**O'Brien, Kevin**

Financial Services

**Orr, Julie**

Personnel Staffing

**Peadro, Roger PHF SM**

Pastor

**Perkins, Bryant SM**

Youth Organization Mgmt.

**Plummer, Mary PHF SM**

Real Estate Sales

**Poff, Lyndon PHF X**

Paint & Body Shop

**Pooley, Jan PHF SM X**

Department Store

**Potts, Charlie PHF SM \***

Jeweler

**Pritchard, Kathy PHF SM**

Commercial Banking

**Pryor, Fred PHF SM \***

Utility Service-Gas

**Rahe, Ted PHF SM \***

Property Management

**Richburg, Bob PHF SM X**

College Administration

**Rollins, Joe SM**

Compliance Services

**Shaw, Susan SM**

Fund Raising

**Shelley, Eulice PHF \***

Moving & Storage

**Simpson, Natalie SM**

Legislative

**Smith, Pete PHF \***

Appraiser

**Smith, Scott PHF**

Chiropractor

**Stearns, Allan PHF SM**

Travel Agent

**Stevens, Rick PHF \* X SM**

Surge Suppression Systems

**Stokes, Randy PHF SM \***

Architecture

**Tibbetts, Alexis SM**

Schools

**Tinsley, Kent SM**

Commercial Banking

**Tinsley, Herb PHF \* X SM**

Savings & Loan Mgmt.

**Townsend, Forrest PHF\* X SM**

Veterinarian

**Trigg, Brian SM**

Program Analyst

**Trum, Alex PHF SM**

Orthodontist Retired

**Vaughan, John PHF SM**

Past Service

**Watson, Yonge PHF\*SM**

Real Estate

**Webber, Aaron SM**

Condo Management

**West, Charles PHF**

Investment Broker

**Williamson, Ken PHF SM \***

Retired

**Woo, Jean PHF SM**

Dentist

**WrightReynolds, Mike PHF**

Photography

**Yeiser, Jack PHF**

Mortgage Broker

**Youngblood, Russ PHF\*\*SM**

Psychologist

PHF: Paul Harris Fellows

SM: PH Sustaining Members

\* FWB Club Past Presidents

\*\* Past President Other Clubs

X FWB Rotarian of the Year

Members in purple have perfect attendance.

Members in green font have missed three or more meetings. Please give them a call and encourage them to attend a meeting.

Members in blue font are on a leave of absence.

Don't forget that you can make up a missed meeting at a neighboring club. They include:

**Crestview:** Wednesday noon, Ryan's

**Destin:** Tuesday 7:15 a.m. Rutherford's at Regatta Bay

**DeFuniak Springs:** Wednesday 7:30 a.m., McLain's Family Steak

**Mid-Bay:** Wednesday 7 a.m., Bluewater Bay Golf Club

**Navarre:** Thursday noon, Cocodries

**Niceville:** Thursday noon, OWC Bld. K

**South Walton:** Thursday 7:30 a.m., Embassy Suites