



JOIN US: Fridays, 7:30 a.m. Vantage House, 5400 Vantage Pt. Rd. Columbia, MD

The Rotary Club of Columbia-Patuxent
www.columbiarotary.com

Fridays - 7:30 a.m.
Linden Hall - Dorsey's Search Village Center
4765 Dorsey Hall Drive, Ellicott City, MD
March 3, 2017

“Imagine the Possibilities”

Our Lost Ark has completed its long, circuitous journey from Vantage House to Linden Hall. Welcome to your new home!

Club President, Alan Jefferson, rings the bell.

Secretarial Moments by Rob Estes
(nada)

Foundation Moment:

Walter Mazzella:

2017 is the 100th anniversary of the Rotary Foundation.
It is a 4-Star charity from Charity Navigator, the highest rating.
91% of the funds are spent on programs.

Vocational Moment:

Walter Mazzella:

Breathing is Good.
You may have a Sleep Disordered Breathing.
Excellent book on the subject, ***Sleep, Interrupted***, by Dr. Park.

Use the mnemonic, **STOPBANG**, to assess your sleeping.

S: Do you snore loudly?

T: Are you tired during the day?

O: Has anyone observed you stop breathing during your sleep?

P: Do you have high blood pressure?

B: Is your BMI high? (Body Mass Index)

A: Are you over age 50?

N: Is your neck circumference greater than 17 for a male, or 16 for female?

G: Gender. Are you male?

High risk of Obstructive Sleep Apnea: Yes 5 - 8

Intermediate risk of OSA: Yes 3 - 4

Low risk of OSA: Yes 0 - 2

Your dentist may be able to assist you in taking a home sleep study, or provide a sleep appliance to open your airway.

Membership Moment:

Sandy Harriman:

Please re-invite your prospects. We are actively growing, keep the momentum rolling.

March 20, 2017: New Member Dinner at Kathy and Darrell Nevin's home.

Club Announcements:

AJ:

Mark Stoner is at the PETS meeting. President-Elect Training Seminar. Next time you see him, thank him for his efforts.

Board Meeting on March 8 at Spatial Systems, Larry Newman's office.

Rotary District Conference on May 5-7, 2017. Go to the District website, <http://www.rotary7620.org/> for more info.

[2017 District Conference - College Park](#)

Wine tasting will be on April 27

The **ball pit** will run from August 5 – 12 at the Howard County Fair.

The **Alternative Gift Card program** is still in place. \$5 suggested purchase price.

Anne London:

Only 2 grant requests have been submitted to date. Don't delay, submit your grants.

Mary Ka Kanahan:

Friday, March 10, Food Bank volunteer day, please sign up.

Cliff Feldwick:

We have speakers for the upcoming 4 weeks. Please keep a lookout for prospective speakers for future meetings. If you encounter an interesting speaker, pass the word to the Program Chair, Cliff Feldwick.

Program:**Classification Talk from Francois Ngijoi:**

Francois is from Cameroon, which is comprised of 10 regions. The population is 24 million people. Specifically, he is from Yaounde city in the Centre region. In 1990, he earned his Bachelor's degree in Physics. He moved to France for his advanced education. He received a Ph.D. in Engineering in 1998, and a Master's degree in Software Engineering in 2000.

He worked in Paris as a software engineer, and married Sara, who is a nurse. They have 2 sons ages 13 and 11.

He moved to Columbia, MD in 2006 for more job opportunities. His family came to the U.S. in 2013. His parents, and 7 siblings all live near Columbia. They are each very accomplished in their own professions.

Francois worked for Northrup Grumann from 2007-2013. Currently he works for United Healthcare, providing healthcare insurance beyond Medicare insurance.

Non-Club Announcements:**Cliff Feldwick:**

The Festival of the Arts will have Judy Collins perform on April 1, 2017.

<http://home.columbiafestival.org/judy-collins/>

Linda Ostovitz:

April 14, 2017: Blossoms of Hope art show

<http://www.blossomsofhope.org/events/2016/9/14/8th-annual-blossoms-of-hope-art-show>

For more info check out:

<http://www.blossomsofhope.org/>

April 21, 2017: Little Things for Cancer schedule of events:

<https://www.zachingagainstcancer.org/the-little-things-for-cancer/>

AJ:

March 17, 2017: The Paul J. Kelley Foundation has a St. Patrick's Day fundraiser.

Enter Sgt. at Arms, ChazMo

Happy Dollars:

The money collected goes directly to our Emergency Community Fund.

Many program dollars.

Great job, Francois!

Highlighted Happy Dollars:

Rob Estes: Leap of Faith dollars. One for **Francois** for leaving his familiar surroundings in Cameroon, to venture off the France, and the U.S, and one for his new company, which has grown significantly in its first 3 months.

Linda Ostovitz: Thank you to **"Uber"Max for Driving Miss Doris** to our meetings each week.

50/50 Raffle:

Dave Muncy pulls the Jack of Clubs.

The pot is growing, buy more tickets.

Proposed Slate of Officers for 2017-2018 has been released. Nominations are still open.

President - Mark Stoner

Immediate Past President - Alan Jefferson

President Elect - Alice Ford

Vice President - Linda Ostovitz

Secretary - Rob Estes

Community Service Chair - Mary Ka Kanahan

Membership Chair - Sandy Harriman

International Chair - Larry Newman

New Generations Chair - Kellie Lego

Foundations Chair - Charlie McCabe

Treasurer - Dave Lerer

Club Service - Laurie Reuben

Public Relations - Darren Easton

Sgt at Arms - Charlie Montague

Dates to Remember:

March 13, 2017, www.grassrootscrisis.org/events/soupr-sundae

March 10, 2017: Food Bank volunteer day

March 17, 2017: The Paul J. Kelley Foundation has a St. Patrick's Day fundraiser.

March 20, 2017: New Member Dinner at Kathy and Darrell Nevin's home.

April 27, 2017: Wine Tasting Event

June 25, 2017: Annual Dinner at the Howard County Conservancy

July 22, 2017: Crab Feast hosted by Pam and Ron Young

August 5-12, 2017: Howard County Fair. Ball Pit will be filled.

Upcoming Friday Meeting Programs:

3/10: John Fahey - author of "License to Spy"

3/17: 4 way speech contest - Hammond High Interact

3/24: Barbara Petrilli classification talk

3/31: Geoff Arnold from the Frederick Keys (Orioles farm team)

4/14: No Meeting. Linden Hall is being renovated. (sounds familiar)

4/28: No Meeting. Recovery day after the Wine Tasting

Please watch the trailer of the PolioPlus documentary

www.DareToDreamfilm.com

ROTARY INTERNATIONAL

www.rotary.org

ROTARY INTERNATIONAL DISTRICT 7620

www.rotary7620.org

ROTARY CLUBS OF HOWARD COUNTY, MD

www.hocorotary.org

Seven Clubs, One mission: Humanity in Motion

Rotary Club of Columbia-Patuxent

www.columbiarotary.com

Fri. 7:30am, Linden Hall

Rotary Club of Columbia

www.columbiarotary.org

Tues. 6:30pm, Eggspectations

Rotary Club of Columbia Town Center

www.ctcrotary.org

Wed. 12:15pm, Sheraton Inn

Rotary Club of Elkridge

Wed. 6:30pm, Elkridge Furnace Inn

Rotary Club of Ellicott City

www.ellicottcityrotary.org

Thurs. 12:00pm, Tersiguel's

Rotary Club of Ellicott City Sunrise

1st & 3rd Thurs. 7:15am, Tersiguel's

Rotary Club of Howard West

www.HowardWestRotary.org **Mon. 6pm, Alexandra's in Turf Valley**