

Rotary Club of Calgary West
(A Year of Rotary Fun and Fellowship)

The Weekly WESTERNER

Box 4572, Station C, Calgary, Alberta T2T 5N3
Holiday Inn, McLeod Trail, Fridays 12:15 pm

President: Karl Herzog **President-Elect:** Sa'adat Keshavjee

Past President: Lynne Thornton **Secretary:** Ron Morrison

Treasurer: Des DeFreitas

Directors: Stan Beveridge, Ron Brookes, Bryden Horwood, Bruce Taylor,
Bernie Ward, David Williams

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It was a cool and snowy Friday – seems like a pattern in the past three weeks. Inside the fellowship was abundant as some Calgary West Rotarians and nine guests gathered for the weekly meeting.

The head table included **Bryden Horwood** (2001), **Marie Rickard** (2002), **Duncan Stanners** (2009), **Janet Slemko** (2009) and **President Karl Herzog** (2000). As well there was our guest speaker, **Dr Charles Samuels** from the Centre for Sleep and Human Performance.

Back from medical adventures – **Stan Cichon**. Back from southern vacation – **Garth and Pauline Evans**.

Lynne Thornton invited **Grant Ritchie** to come to the front and be recognized. (He was not present when nominated as the President Elect beginning July 2010 with the role as President to follow in July 2011.) The applause had a message of appreciation and anticipation.

Mike French presented Art a la Carte with a donation of \$10,000 to continue the work of providing artwork for cancer patients and others in the hospital. Executive Director **Debbie Baylin** thanked the members for the donation by providing anecdotes of gratitude from several grateful patients that had benefitted from hope and beauty from the paintings and scenes in their rooms.

Bill Tapuska reminded everyone of the Brunch at Pinebrook Golf Course on Dec 20. Please come at 11:00 for fellowship – and stay for the fantastic buffet, followed by a singing program from Act 1 -**Robyn and Meg Braley** and Act 2 - **Greg Brookes**, (a visiting professional singer who has joined us at a previous Christmas Brunch). Space is limited. Call Bill if you would like to join us. Tickets are \$25 for adults.

Garth Evans brought banners from three of the clubs they visited – one was from Mesa West where Fred Scott asked Garth and Pauline to pass on the Mesa and Scott Christmas greetings.

Sergeant-at-Arms **Ron Jones** really covered the waterfront with fines for – lack of Rotary pin or badge, being late, leaving early, talking while the president is speaking, being early or late in Christmas

shopping, having a recent holiday or being the bulletin writer for the day. Good thing there is a local custom of a \$2 limit! The financial results are a measurable result of our perceived and actual behaviour.

Guest Speaker

Our guest speaker was introduced by Duncan Stanners. Dr Charles Samuels is with the faculty of Medicine at the University of Calgary and one the doctors in the Centre for Sleep and Human Performance, an internationally accredited sleep medical centre. He started by thanking Rotary for providing a very meaningful way of life for his father.

The Sleep Centre provides service to those with sleep challenges and has specific research and programs for Olympic athletes, the shift work of Calgary Police Service and those facing jet lag. Athletes with sleep deficiency have marked reductions in performance. Teenagers have a delayed circadian rhythm resulting in an apparent need to sleep in. All teenagers need approx 8 – 9 hours of sleep or 70 hours a week. Changing the sleep cycle may be as simple as using artificial light in the winter morning before the sun rises. Olympic athletes seriously consider sleep as part of event preparation.

Shift workers, such a police officers, suffer from a deficit in sleep as a result of changing shifts. There are best practices to help the body adjust. People who travel among time zones adjust better if they are well rested, fully hydrated and sleep during travel.

Other types of sleep disorders include insomnia, obstructive sleep apnea, movement disorders and parasomnias. The apnea is prevalent if a person snores, wakes due to choking; has high blood pressure, is overweight, or post menopausal. Severe apnea results in lower levels of oxygen. Testing entails monitoring the breathing during one night of sleep.

Optimal amount of sleep is individually determined, however generally in the range of 7 – 9 hours and usually people do not get enough sleep. Caffeine and alcohol and nicotine reduce sleep effectiveness. Caffeine may be used to wakeup or increase alertness. Cat napping can be used as part of the needed daily rest.

If you wake up accidentally at night, do not look at the clock, and if you cannot easily go back to sleep, go to a dim room and do something peaceful like read.

Janet Slemko gave thanks to Dr Samuels - and then he continued to answer questions for another 20 minutes.

Stan Cichon disclosed that he had severe sleep apnea and needed a mechanical apparatus breath properly. For five years this has made a dramatic difference to his life and health. He is willing to talk to you about his experiences.

For more information try www.centreforsleep.com or <http://www.ementalhealth.ca/site/ottawa/index.php?m=12&ID=56>

President Karl closed the meeting with, “If you're going to do something tonight that you'll be sorry for tomorrow morning, sleep late.” Comedian Henny Youngman

Newsflash from President Karl after meeting on Dec 12 with Habitat for Humanity at the site of the 2009 building for Lena

Garfield, Cheryl, Cindy and I were in attendance representing Rotary. Sandi from H4H and her co-workers were there. Some friends of Lena attended and her four children. Lena's son Cedric (Gr.10

student) did a great job of thanking everyone who helped on behalf of the family. We all said a few words. I presented a house warming basket with the following words:

This house warming basket contains
 Flowers - so that your home may always know beauty
 Bread so your home may never know hunger
 Salt so it may always have flavor
 A candle so your home will never know darkness
 And sugar so life will always be sweet

We then drank coffee, ate excellent cinnamon buns, and took a tour of the house, which is now complete. It was a very nice event. We then got back into our cold cars. Sandi and Lena will make a short presentation at a club meeting later in the year.

Upcoming Speakers and Events

DECEMBER	FAMILY MONTH
December 11	Dr Charles Samuels – Sleep Deprivation and Human Performance
December 18	Westmount Charter School – Christmas Choir
December 20	Christmas Brunch at Pinebrook Golf and Country Club
December 25	Christmas Day – No Meeting
JANUARY	ROTARY AWARENESS MONTH
January 1	New Years Day – No Meeting
January 8	Tim Morgan – Co-Founder of WestJet – WestJet and the Airline Industry
January 15	Ken Read – A Crazy Canuck – Canada’s 2010 Olympics
January 22	Dr Bob Schultz – Business in the Year and Decade Ahead
January 29	Catholic Bishop Fred Henry – Homeless in Calgary
FEBRUARY	WORLD UNDERSTANDING MONTH
February 5	(Tentative) Bruce Dowbiggen: Calgary Herald
February 12	No meeting at Holiday Inn – All available club members delivering Strawberry Shortcakes – Regular Meeting cancelled
February 19	Stay tuned and amazing program to be announced soon!
Tuesday February 23	An All Club’s Calgary Dinner – The Rotary International Foundation and Integrity Awards with Guest Speaker Past RI Chair Bob Scott – Location and details to follow
February 26	No Club Meeting due to all Club’s meeting earlier in the week
MARCH	LITERACY MONTH
March 5	Roland George – National Energy Board Member
March 12	Calgary Police Chief Rick Hanson
March 19	Calgary Alderman Jim Stevenson: The Airport Tunnel