

Rotary Club of Sussex Inc.

P O Box 7004, Sussex Corner, NB E4E 5M3

www.sussexrotary.org

Club # 6355 / District # 7810

Cowbell

Date: April 07, 2014

Attendance: Lou, Donna, Andrew, Robert D, Bob B., Bob T, Bruce, Wendy, Robert L, Rhoda, Scott, Kathy C., Sandra

Regrets: Robert K, Matt, Terri, Harley.

Guests: Jim Gass. Sussex RCMP

Rotary Grace

Toast to the Queen

Meeting Chairperson Lou McNamara welcomed all members and guest to the meeting.

Rotary Minute: Sandra M. spoke on the Rotary Magazine and its availability as a Tablet, iPad or iPhone format available for delivery direct to your handheld device or for online viewing at www.rotarymagazine.com. This method is a great example where anyone who wishes to read or subscribe can do this online. A great way to save paper and printed material.

Guest Speaker: Angela Cummings, Sussex Sleep Clinic.

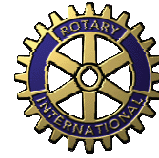
Bob B. introduces our guest speaker Ms. Angela Cummings from the Sussex Sleep Clinic.

Angela spoke on her company's specialization in sleep disorders as well as obstructive sleep apnea testing, treatment and CPAP supplies. Her firm specializes in "Improving your life one night at a time".

Obstructive sleep apnea is a common breathing disorder that occurs during sleep. It is characteristic by pauses in breathing that usually end in gasping for air or snoring. When people sleep, all of the muscles in their body relax including the muscles in their throat and upper air way. With this relaxation, the air passage becomes smaller. This narrowing can cause the tissue in the throat to vibrate together when the air passes through, causing snoring. The narrowing can be so severe, that the throat closes off completely and the person stops breathing until their body triggers their throat to open up and take a breath, This is extremely disruptive to sleep.

Obstructive sleep apnea can become a problem. Ensuring daytime sleepiness can lead to irritability, a stained home life, difficulty with work and concentration, and, most worrisome to the general population, difficult staying awake while driving.

The most widely accepted treatment for Obstructive sleep apnea is Continuous Positive Airway Pressure (CPAP) therapy. The Obstructive sleep apnea sufferer is fitted with a mask, which is connected by a hose to a device that compresses room air. This pressurized air is pushed into the person's airway through the



mask. The air pressure holds the throat open while sleeping. The resulting restorative sleep allows them to feel rested and wakeful during the day. CPAP will only work when used and Angela demonstrates a device.

Bob T. thanks Angela for her interesting talk and presentation on the Sussex Sleep clinic and the health effects of obstructive sleep apnea.

Committee Reports:

- ❖ **Secretaries Report:** Scott indicated the Club had received only one piece correspondence this week. A funding request from the Sussex Elementary Home and School Association soliciting funding in their efforts to rehabilitate the play equipment and restoration of the existing playground to a safe condition constructed to today's safety standards. Request to be reviewed by the Finance Committee.
- ❖ **Spring Dinner:** Rhoda, Wendy and Sandra updated the members on the planning and schedule.
 - Up to 95 tickets sold to date.
 - Request all members to complete the last push for this week.
 - Need to follow-up on gifts and prizes.
 - Assignment of roles to members for the auction / dinner night finalized.
 - Many thanks from the club for the work undertaken by Rhoda, Wendy and Sandra.

Happy / Sad Bucks

50/50: Rhoda.

Meeting Adjourned, 1:15 pm.

Stay tuned for the Next Cowbell!!!