

Cowbell

January 16, 2017

Present: Bob B., Alex C., Angie C., Melissa C., Donna G., Rhonda H., Erik H., Don I., Ed K., Robert K., Harold L., Mary M., Bob S., Jason T., Bob T., Shelley V., Rhoda W., Robert L.

Absent: Alaina A., Lisa B., Don D., Rob D., Cindy D., Jeff F., Blair H., Paul K., Greg K., Alaina L., Cecile M., Lou M., Tina M., Bruce N., Teresa O., Ian S.

Guests: Keith and Bev Lyons, former District Governors; Brenna Warner, Mark Muscroft

Chair: Robert Kimball.

Rotary Minute – Erik Homenick highlighted an article that he found on the Rotary International website, speaking about how technology is changing business and society. He expressed appreciation for our Rotary Club that still values social interaction and meeting together.

Introduction of Guest Speaker: Melissa Cummings-Keith introduced her sister, Angie Cummings. Angie is a graduate of Sussex Regional High School and Dalhousie Univeristy. She is a Registered Respiratory Techonologist. She started her career in Nova Scotia working in a hospital. Angie particularly enjoyed working in a sleep clinic. In 2012 she moved back to Sussex with her husband and opened up her own Sleep Clinic. Angie keeps busy with community activities and has been involved in Relay for Life, the Chamber of Commerce, Rotary, and has won awards for her accomplishments.

Guest Speaker: Angie Cummings of Sussex Sleep Clinic explained to the Club her work at the Clinic. Angie showed a video of snoring and explained that sleep apnea can often be caused by snoring and a restriction of airflow that interrupts sleep patterns. Angie demonstrated how the CPAP machine worked. Air and moisture is pushed into the air passageway similar to blowing up a balloon. Angie is also trained as a Tobacco Educator and assists clients who want help and support in smoking ceasation.

Thanker: Robert Kimball thanked Angie for her presentation and noted that several people in our community are now feeling healthier because of improved sleeping patterns.

Committee Reports: Committee chairs were asked to have a report for the next monthly business meeting on January 30, 2017.

Membership - Due to his work schedule, Rob Driscoll, was unable to attend today so the induction of Brenna Warner will take place next Monday.

Nominating Committee – This committee is still working on filling positions and volunteers are needed.

Trip Draw Tickets – There are presently 150 tickets sold and we are about a month away from the Early Bird Draw.

Spring Fundraising Dinner – The date is Thursday, May 4, and the tickets will remain at \$75 each. Please keep out your battery candles and tea-lights for the event.

Rotary District Training – February 11, 2017. Please mark this on your calendars. The program will be an open format with opportunity for questions, answers, and comments. Numbers are needed by January 31, 2017. A few out-of-town guests would like to be billeted on Friday evening. Please let Robert Kimball know if you are willing to be a host/hostess.

Kings County Interact Club – The Charter meeting of this club is at 4 pm today, January 16, 2017. To show our support for this Club Mary McNair has authorized that Rotary pay the meals for the charter members. This event will be held at All Seasons.

Breakfast Clubs – This week Harold is serving at Sussex Middle School and Teresa is at Sussex Elementary School.

Special Speaker, Blaine Higgs, Conservative Opposition Leader - Monday, February 6, 2017
The public is welcome but RSVPs would assist the restaurant with preparing for the meal.

Relay Marathon, Fundy Trail – May 6 and 7, 2017 - Alex Coffin announced this event.

Picture Day – February 13, 2017, remember to wear your blue Rotary shirt.

Chase the Joker: Shelley's ticket was drawn but no Joker.

Next Meeting – January 23, 2017 - Angie Harris, Director of International Programs for The Dollywood Foundation (Dolly Parton Imagination Library.)

Adjournment