



October 2, 2017

The Weekly Westerner

Box 4572, Station C, Calgary, Alberta T2T 5N3
Grey Eagle Hotel, 3777 Grey Eagle Drive (Corner of 37 St SW and Glenmore Drive)
Mondays 12.10 pm - 1.30 pm

President: Ben Kormos **President-Elect:** Tim Anderson **Past President:** Terry Felton
Secretary: Marlene Doherty **Treasurer:** Karl Herzog

Directors: Debbie Barry, Judy Cochran, Bill Fitzsimmons, Gustavo Jimenez, Gerry Meek,
Les Morgan, Orlin McMillan, Duncan Stanners

October 2, 2017 Edition: 51.11 Reporter: Marie Rickard Editor: David Williams

President Ben Kormos called the meeting to order in gracious style as always, welcoming all and giving thanks to all for their attendance. **Robyn Braley** lead us in singing *O Canada*, and quickly followed up with a grace acknowledging those who are in distress and suffering in Edmonton and Las Vegas.

Introduction of the head table guests included our speaker, **Dr Charles Samuels**, **Gustavo Jimenez**, **Terry Felton** and **Chris Davis** (who is running for alderman in Ward 8). President Ben urged us to get involved in the club through club activities (**Debbie Barry**), charitable projects like volunteering for events such as Feed the Hungry and Food Bank (**Steve Strang** and **Judy Cochran**), or getting involved in a project via a committee (check with our board members).

Chris Lee introduced visitors and guest. He is always very apologetic for his pronunciation, but he also had a bit of a joke about himself. He is from the middle East!?! Yes, Toronto!

President Ben's "Name That Tune" proved to stump almost everybody, except Chris Davis who guessed David Bowie's hit, *Cat People*. No one got *Superman's Dead* by Our Lady of Peace and Serenade in G Major. To conclude our musical interlude, we sang *Happy Birthday* to **Larry Doyle** celebrating his 70th.

David Williams was **sergeant-at-arms**. I was glad to see he fined himself twice, but most deservedly for dropping a toonie in the reporter's coffee cup last week! He then drilled us on what happened in 2002 where he raked in cash for the membership not knowing that **Bob Hamshaw** was president, that David Williams joined in 2002 and is still in the club all these years later. We had two youth exchange students that year and eight new members. [**Editor's Note:** But only one of those new members is still a member. Me!] Bingo was the big fundraiser. A trip down memory lane, it was!

Announcements

- **Marlene Doherty** – The club assembly will be the evening of October 23 and the board would like your input on what to discuss. Please give suggestions to the president or a board member. Marlene also announced that the September 28th movie screening of "Alive Inside" about music

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awakening the soul was well received by about 180 people and included lively discussion at the end of the presentation.

- Chris Davis announced that “Rotary Remembers” is coming up on November 11th at the Carriage House Inn. Tickets must be purchased up front by Friday, November 3, and can be obtained from Robyn Braley.
- Debbie Barry, our club activities director, announced another horse race/games evening at the home of **Lawrence and Helen King**. They can accommodate 24 people and the dates are either Friday, November 17 or Saturday, November 18. Contact Debbie to confirm attendance and the date that works for you.

Guest Speaker

Our guest speaker was introduced by Gustavo Jimenez. Dr Charles Samuels, is the Medical Director of the Centre for Sleep and Human Performance. He is also a Clinical Assistant Professor at the University of Calgary, Faculty of Medicine. Dr. Samuels started out soliciting questions from his audience and then proceeded to lead us through a conversation to answer all those questions.



The purpose of sleep as defined by our group was to restore the body, physically and cognitively; in fact, sleep is the core of human health focusing mostly on the quantity and quality of sleep. Dr Samuels has been involved in a study with the Calgary Police Department exploring the impact of rotating shift work on health and performance of police officers. He has also been involved with an investigation of elite athletes on the relationship of sleep on recovery and performance. Fatigue and weight control effects are some of the symptoms he has identified and explored.

It is basic science that our days and nights are connected. Our body clock is set by sunlight. There is a circadian biorhythm to which our body relates. It is completely normal to feel tired between 2 and 4 pm. Peak of alertness is 6 to 8 pm. If you don't get enough sleep during the night, it is officially alright to nap. Dr Samuels recommends 7 – 9 hours of sleep for most adults, although this would be individual for each person. On average, each person should get about 50 hours of sleep a week. If you don't get enough sleep you will accumulate a sleep debt. Make that up with a 20-minute nap in the afternoon. There are three sleep factors: quantity, quality and timing. One third of Canadians get less sleep than they should have.

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Common sleep disorders are sleep apnea and insomnia. Dr Samuels invited us to come to the Centre if you have sleep issues. There are now many ways to deal with sleep apnea beyond the CPAP machines that are commonly used, including effective surgeries. In addressing insomnia, the Centre does not recommend the use of sedatives or other drugs. They recommend behavioural solutions to insomnia. He stated that Alzheimer's has been linked to taking sedatives. Optimizing sleep includes routine and taking that afternoon nap. Sleeping on the stomach is discouraged. The optimal position for sleeping is usually the fetal position. The main message: SLEEP IS IMPORTANT FOR YOUR HEALTH!

Q & A revealed the following:

- Napping at the end of the day is fine, just not too close to your bedtime.
- It is fine to sleep in on the weekend and take naps to catch up the sleep debt and maintain 50 hours per week of sleep.
- The Centre for Sleep and Human Performance does not require a referral. Call and make an appointment yourself.
- The problem in Canada is awareness.
- The ideal nap is between 20 and 30 minutes, no longer.
- There is a lot of evidence that the proper amount of sleep is good for the brain.
- If your mind has been active in the evening, like playing bridge, take time to wind down.
- Does bad news before bedtime have a detrimental effect on sleeping? Depends on the individual.
- Does exercise in the evening have a detrimental effect on sleeping? Depends on the individual.
- What role does injury or disease like arthritis, sports injuries or back pain have on sleep patterns? After 60 years of age, arthritis is one of the main causes of sleep loss and in these cases where other physical issues are involved, drugs would be recommended.
- Is there any connection with diet and sleeplessness? Yes. The Centre has lots of advice on timing, volume and nutrition.



Terry Felton presented Dr Samuels with our Motive Action-made Boltman and thanked him for a most interesting talk.

No meeting on Oct 9 since it is Thanksgiving. That's all for now!

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Coming Events

October: Economic and Community Development Month	
2	Dr Charles Samuels: Centre for Sleep and Human Performance
9	No Meeting: Thanksgiving Day
12	<i>Rotary After Hours - Bring a friend - Kensington Legion (6:00 pm)</i>
16	Todd Hirsch: Economist
23	Noon meeting cancelled in favour of an evening Assembly @ Danish Canadian Club, 6 pm
30	Hallowe'en Programme: Costumes and Magic Tricks
November: Rotary Foundation Month	
6	RI Foundation and Calgary Rotary Clubs Foundation
11	Rotary Remembrance Day @ Carriage House, 10 am
13	No Meeting
20	Grey Cup Special Weekend Presentation
23	<i>Rotary After Hours: Bring a friend - Kensington Legion (6:00 pm)</i>
27	Roger Chaffin, Calgary Police Chief
December	
4	TBA
11	St Matthew's School Children's Choir?
14	<i>Rotary After Hours: Bring a friend — Kensington Legion (6:00 pm)</i>
18	Jubilee Programme: End of Jubilee Year
25	No Meeting: Christmas Day!
January	
1	No Meeting: New Year's Day
8	Inspirational Speaker: TBA
15	Dr Adam Montgomery: The Invisible Injured (Psychological Trauma in the Military)
22	Provincial Court of Alberta: TBA
27	<i>Rotary After Hours: Bring a friend - Kensington Legion (1:00 pm)</i>
29	Team Meeting
February	
5	TBA
12	No Meeting: Strawberry Shortcakes preparation and delivery 13th and 14th
19	No Meeting: Family Day
26	TBA
March	
6	TBA
12	TBA
19	TBA
26	Evening Assembly