

Norsk News, July 1, 2015 Club Meeting

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Student: Wan Sunita Amaralilehit

Absent: Fritz, Helwig, C., Helwig, S., Johnson, Kennicker, Olson, Rasmussen, Rooney, Steinhauer, Walton, Wedig, K., Wedig, T., Witte

Dates to Remember

July 14th, Farewell Dessert Potluck for Wan

July 30th, Chamber of Commerce Social... no meeting that Wednesday

August 19th \$10K Raffle

August 24th Teacher's Luncheon

Happy Bucks: Christian, Zalucha, P.

Wan Minute:

Since she was last at Rotary, Wan went to California with other Rotary Exchange students and had a wonderful time. Five days after her return she went to New York with Peggy. This Thursday she is going to Michigan for the Rotary Student Conference. There will be a "Going Away" dessert potluck party for Wan at Shannon Hadoc's house, 7pm next Tuesday, the 14th. 145 Glen View Road, Mount Horeb. Bring a dessert to share if you wish



New Name Tags! Please give Peggy any changes or corrections and update your category/profession/classification so that she can have correct information on your new name tag.

Greeter... New position. The Greeter will welcome members/visitors to the Club

Tony says that we have reserved or sold 155 tickets! Good work, team!

Program: Russ Christian spoke about Sleep Apnea,. Usually sleepers pass through five stages: 1, 2, 3, 4 and REM (rapid eye movement) sleep. These stages progress cyclically from 1 through REM then begin again with stage 1. A complete sleep cycle takes an average of 90 minutes. If one does not get enough of each kind of sleep, bad things happen. Sleep is not passive, it is an active recharging of the body. Adults need 6 to 9 hours of sleep... kids need 10 to 12. Humans must breathe well to get good sleep. There are many ways to keep airways open. Airway difficulties can explain many physical problems that may seem unrelated. More and more studies are being done. For more information, Russ recommends a book called "Sleep Interrupted". By Steven Y Park, M.D.

Upcoming Programs

Jul 15, 2015 Todd Fritz

July 23, 2015 Rob Helvey

July 30 Chamber Social at the Welcome Center

August 5 Board and Business Meeting

August 12 Raffle Overview

August 19 Raffle