

Meetings: Tuesday 12 Noon



President: Alex Pope	Phone: 604-465-1535	E-mail the President
Secretary: Debbie MacRae	Phone: 604-649-8962	E-mail the Secretary
Editor: Peter Boekhorst	Phone: 604-476-0010	E-mail the Editor

JUNE IS ROTARY FELLOWSHIP MONTH

Happy Birthday	Happy Anniversary
	June 26 Kris & Paul Harrison

Upcoming Speakers:

June 23 Business Meeting "MR Rotary – What will 2026/2027 look like"	June 30 Jordin Rayne and Nilofar Rezaie Our two RYLA students	July 7
---	--	--------

LAST WEEK'S MEETING

President **Alex Pope** presided.

Cheque Presentations

Jennifer Sheehan, a counsellor with **School District 42**, accepted a cheque in the amount of **\$350** to help pay for a Canadian **Red Cross Babysitting Course**, to teach first aid, child care, and business skills to about 10 students of Golden Ears Elementary students in grade 6 and 7.

Jennifer said it would develop independence and responsibility in the attendees.



Roger Watts, a representative from **Plea Community Services** (a partner agency that has collaborated on initiatives with Maple Ridge/Pitt Meadows Community Services) accepted a cheque in the amount of **\$500** to support a truth and reconciliation event.



Program: Guest Speaker: Pat Byrne – Sleep, Fatigue, and Human Performance

About Our Speaker: Pat Byrne is an internationally recognized fatigue risk and human performance consultant whose work has helped to transform how organizations think about sleep, travel, safety, and performance. After earning a Master of Science degree in Biochemistry, Pat spent more than two decades with WorkSafeBC, serving as an Occupational Hygiene Officer, manager of the provincial asbestos litigation project, and later as an Appeal Commissioner. He was elected National President of the Canadian Registration Board of Occupational Hygienists and represented Canada on the Board of the International Occupational Hygiene Association, an arm of the World Health Organization.

Following the tragic loss of his nephew, Jay McBride, a former Pitt Meadows athlete who died after falling asleep at the wheel while driving home from work, Pat dedicated his career to understanding the science of sleep and fatigue and applying it to real-world problems. His work has taken him around the world, developing fatigue risk management systems for governments and organizations in the insurance, transportation, mining, and energy sectors, including extensive consulting throughout Australia, China and Malaysia.

In 2008, the Vancouver Canucks asked Pat to help address their demanding travel schedule. Working for 7 years with team management, coaches, medical staff and players, he developed professional sports' first sleep and fatigue management program. He later consulted with teams across every major sport in North America. He lives in Richmond and remains passionate about helping people understand one simple idea: better decisions begin with better sleep.

Pat's Presentation

Pat noted that despite decades of research, society still does not adequately address sleep issues in workplaces, schools, and healthcare settings.

He explained that modern sleep science is relatively young, with major discoveries beginning in the mid-20th century, including the identification of REM (Rapid Eye Movement) sleep and the understanding that sleep involves multiple stages essential for health and recovery.

He discussed how sleep research has advanced significantly, but public awareness has lagged behind. While sleep-tracking devices have increased interest in sleep, Pat cautioned that they often create anxiety rather than provide meaningful solutions. He compared sleep trackers to bathroom scales—they provide data but do not explain what the numbers mean or how to improve them. Several examples illustrated the real-world consequences of fatigue:

- The deaths of two paramedics near Tofino in 2010 after both fell asleep while returning from a patient transfer.
- A 2011 aircraft crash near Maple Ridge caused by a maintenance error linked to a night-shift mechanic, raising questions about the role of fatigue in workplace mistakes.

Pat emphasized that fatigue-related incidents are increasingly being recognized by regulators and employers, but progress remains slow. A major concern is the lack of sleep education among healthcare professionals. Most general practitioners receive only a few hours of sleep-related training during medical school. As a result, sleep problems are often treated symptomatically rather than through proper diagnosis. He explained that poor sleep is not a disease itself but a symptom of underlying issues, which may include:

- Sleep apnea
- Insomnia
- Restless leg syndrome
- Mental health conditions
- Medication effects
- Lifestyle factors
- Substance use

Pat stressed that effective treatment begins with identifying the root cause rather than relying solely on sleeping pills or generic advice. The biological need for sleep cannot be ignored indefinitely. Just as the body eventually forces a person to breathe when oxygen levels drop, the brain will eventually force sleep when it becomes necessary. During sleep, the brain clears metabolic waste products that accumulate throughout the day and consolidates learning and memory. Research shows significant performance differences between people who consistently obtain adequate sleep and those who do not. Students receiving sufficient sleep often perform substantially better academically because sleep is essential for storing and organizing information learned during the day. Pat's work with the Vancouver Canucks helped pioneer sleep management in professional sports. The system he developed has since been adopted by professional teams worldwide, influencing how athletes manage recovery and performance.

Question and Answer Session

Nancy Grace Appearance

Pat explained that his appearance on Nancy Grace's program involved discussing how an elderly person might react if awakened suddenly during the night. The discussion focused on sleep stages, sleep inertia, and the increased health risks associated with sudden awakening.

Causes of Poor Sleep

In response to questions about sleep problems, Pat reiterated that poor sleep is usually a symptom of another issue rather than a condition itself. Diagnosing the underlying cause is essential for effective treatment.

Sleep Training for Infants

When asked about infant sleep training, Pat suggested that society often overcomplicates sleep issues. While sleep coaching has its place, he believes people sometimes become overly focused on measurements and interventions rather than recognizing sleep as a natural biological process.

Sleep Apnea and Dreaming

A member shared their experience of being diagnosed with sleep apnea and undergoing corrective surgery. After treatment, they noticed they could remember dreams more frequently. Pat explained that people typically remember dreams that occur shortly before waking.

Pat concluded by encouraging everyone to discuss sleep more openly with family members, friends, and children and to recognize sleep as a foundational component of health, safety, and performance.

Happy and Sad Dollars

Mark Vosper shared his appreciation for the excitement and unpredictability of the Football World Cup, particularly the strong performances of smaller nations.



Brenda Jenkins was happy to attend another graduation ceremony in Surrey yesterday....but Sad, that you cannot figure out when your student is up, as they are no longer coming up alphabetical (this can be a problem if you have "to go so badly"!!!)



Ray Peterson's granddaughter will be graduating in Toronto; they are flying there this weekend. Sad, because there will be 575 kids graduating....it will be a VERY LONG ceremony!



Clint Callison was happy that his daughter Peyton received a scholarship.



Barbara Pope was happy she and Alex went camping over the weekend and had a chance to go biking.



Club Business

June 20 - **Installation Night** - at Golden Eagle Golf Course. Members were reminded to submit payments and final attendance confirmations. Organizers requested notification of any dietary requirements or special arrangements.

June 25 - **Pub Night** will be held at the Night Owl Kitchen + Bar, the new establishment located in the former Town Hall location.

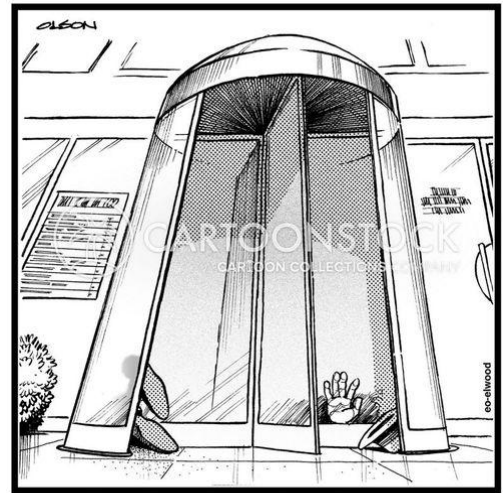
August 9, Sunday - **Duck Race** event.

President's Closing Quote

"I've been told that eight out of ten people hate revolving doors, but I'm sure they'll come around eventually."



"THEY MET IN A REVOLVING DOOR AND STARTED GOING AROUND TOGETHER!"



Poor Elwood wasn't sure if he was coming or going.



Submitted by Laurie Anderson