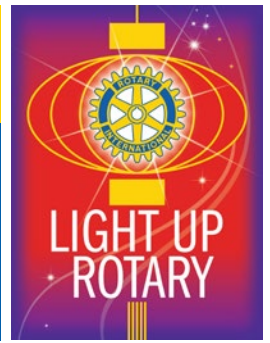


ROTARY SPOKES

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Sleep Apnea with Bruce Lawrence

TGuest speaker Bruce Lawrence will discuss sleep apnea which is very dangerous, surprisingly widespread, and severely under-diagnosed. He will provide enough information to know whether you might have the condition and whether you should possibly see your doctor about it.

Unless our bed partner is disrupting our sleep, most of us don't think of snoring as something to be overly concerned about. But frequent, loud snoring may be a sign of sleep apnea, a common and potentially serious disorder in which breathing repeatedly stops and starts as you sleep. Although sleep apnea is treatable, it often goes unrecognized. Learning how to identify the warning signs, how to distinguish it from normal snoring, is the first step to overcoming sleep apnea and getting a good night's sleep.

Sleep apnea affects the way you breathe when you're sleeping. In untreated sleep apnea, breathing is briefly interrupted or becomes very shallow during sleep. These breathing pauses typically last between 10 to 20 seconds and can occur up to hundreds of times a night, jolting you out of your natural sleep rhythm. As a consequence, you spend more time in light sleep and less time in the deep, restorative sleep you need to be energetic, mentally sharp, and productive the next day.

This chronic sleep deprivation results in daytime sleepiness, slow reflexes, poor concentration, and an increased risk of accidents. Sleep apnea can also lead to serious health problems over time, including diabetes, high blood pressure, heart disease, stroke, and weight gain. But with treatment you can control the symptoms, get your sleep back on track, and start enjoy being refreshed and alert every day.

Types of sleep apnea include:

- *Obstructive sleep apnea* is the most common type of sleep apnea. It occurs when the soft

tissue in the back of your throat relaxes during sleep and blocks the airway, often causing you to snore loudly.

- *Central sleep apnea* is a much less common type of sleep apnea that involves the central nervous system, occurring when the brain fails to signal the muscles that control breathing. People with central sleep apnea seldom snore.
- *Complex sleep apnea* is a combination of obstructive sleep apnea and central sleep apnea.



Recap of October 15 Meeting

Ben Unseth started off the meeting with a prayer attributed to Moses. In preparation for Halloween, Staci Johnson and RoseAnn Hill led the club in a Rotary version of 'The Addams Family' theme song.

Kristin Taylor, speaking for the Coats for Kids project, is coordinating the site volunteers in anticipation of the October 29 start to the program. That is the day the collection boxes go out.

The last appeal for volunteers for the October 18 Color Run went out by Mario de la Piedra.

Hutch Hutchinson presented a check for a thousand dollars from the Julius Gius Rotary Memorial Fund to the Cancer Hope Foundation in support of their Camp Keepsake. The camp supports families going through cancer treatments. Jusy Bennis and Donna Iverson spoke and thanked the club.

Ron Calkins fined on all things concerning Columbus Day.

Program

Speaker Miriam Mack spoke about an important program, the Court Appointed Special Advocate (CASA), volunteers who work with abused children working their way through the court system.

Established in 1985 in Ventura County, today the organization supports 1,200 children in foster care with 35% of them age 9 to 5 years old. The sad reality is that these children average three different foster homes in two years as well as different social workers. CASA volunteers provide a consistent adult presence in a child's life when it is definitely needed.

A CASA volunteer is a mentor and a role model who maintains contact with the child and reports regularly to the justice system. They undergo training to become qualified.

The organization's goal is to reach 240 CASAs to represent 360 foster youth. They need volunteers, particularly men, to fill the ranks.

Today's Program

Sleep Apnea

Introductions:

Dan Holmes

Rotary Moment:

Betsy Chess

Fining:

Saurabh Bajaj

Future Programs

Oct 29 End Game for Polio Eradication

Nov 05 Mentalist Lincoln Kamm

Nov 12 Vision of Care at New CMH



President Rob van Nieuwburg shares announcements from the dais,



Miriam Mack explains the role of volunteers in the CASA program.



President Rob and Hutch Hutchinson present a check to the Cancer Hope Foundation.



Ben Unseth shared a prayer to start the meeting..



Ron Calkins fined on facts revolving around Columbus Day.



Staci Johnson asked Rotarians to sing-along.

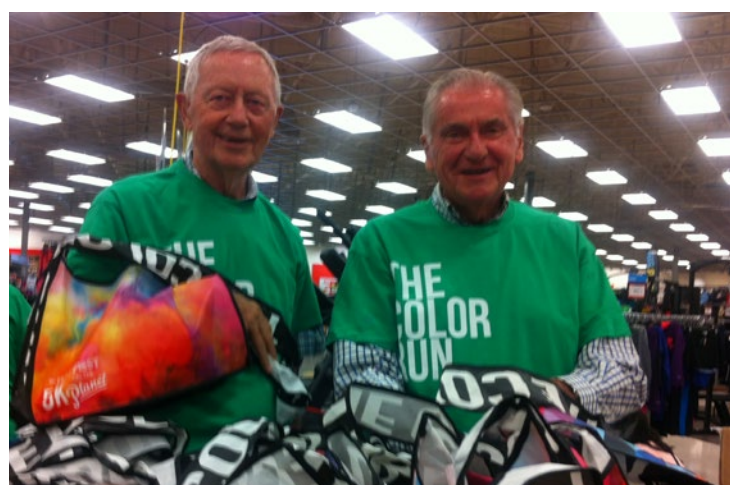


Mario de la Piedra watches runners on Main Street during the Color Run.



Irene Henry celebrates the end of the Color Run with some friends.

2014 Color Run



October Birthdays

John Williams, Oct 04
Sandra Laby, Oct 10
Scott Patterson, Oct 12
Jim Duran, Oct 13
David Wellik, Oct 21
Brenda Allison, Oct 24
Bob Cheatham, Oct 28

October Anniversaries

Lucas Johnston, Oct 06
Jim Newton, Oct 11
Juan Soto, Oct 14
Ellyn Dembowski, Oct 23
Duane Georgeson, Oct 29



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DIRECTORS

SPOKES

Editor	Curtis Cormane
	(curtisvta@gmail.com)
Assitant Editor	David Wellik
Photographers	Dan Holmes
	Sarah Abrams, Dave Wellik, John Brant