

**Next Meeting: November 4, 2011**  
**Program: Steve Vaught**

**ATTENDING...**

Marty Baddeloo	Jim Harrington	Dan Kneeskern	Brenda Roe-Weaver
Carroll Bennink	Dave Harrison	John Konior	Jeff Sharpe
Marv Fisher	Kurt Johnson	Sam Kraus	Gary Wistrom
			Jonathan Woods

**WE MISSED...**

Ernie Barnes*	Bob Douglas	Karen Novak	Robin Webb
Matt Bollman	Steve Eden	Al Suckow	Doug West*
Bill Breckenridge	Jake Joseph	Scott Sundet	
Wayne Bruns	Anita Messerschmidt*	Steve Vaught*	<i>*excused</i>

**CLUB NEWS**

- ☞ **New Member...** Welcome to our newest member, Dr. Kyle Ervin, of Ervin Chiropractic. Kyle's BCI sponsor was Jonathan Woods. Please introduce yourself to Kyle at our next meeting.
- ☞ **Social...** Make sure your schedules are clear for our annual Christmas Brunch on Sunday, December 4. More details will be coming in the next few weeks, but social time usually starts about noon followed by a wonderful meal at 1:00 p.m. Each member is invited to bring one guest and a choice of main course selections will be sent via "formal" invitation. This is always a not-to-miss BCI event.


**PROGRAM**

Jeff Sharpe's presentation focused on his progressive dental practice in West Des Moines. The product/service he discussed this time was oral appliance therapy - specifically to treat sleep apnea.

Traditional treatments for sleep apnea involve surgery or use of a CPAP (Continuous Positive Air Pressure) machine. Oral appliance therapy is a less evasive and possibly a more economical alternative.

Professionally fitted by your dentist, this mouth-piece device moves the patient's lower jaw forward (aka mandibular advancement) to better open the airway; thereby eliminating snoring and multiple occurrences of obstruction during sleep. Unlike off-the-shelf products, this appliance is custom fitted and is adjustable for the highest rate of success.

Thanks, Jeff, as always, for a very interesting program.

<b>REMINDER!!</b>		
Future Programs		
November 18	Bill Breckenridge	
December 2	Gary Wistrom	
December 16	Ernie Barnes	