**President Ingrid** opened the official portion of the meeting at 7 p.m. following half an hour of fellowship. Grace was said by Vino, Kirsti led the singing of the national anthem, and Ries was the designated SAA. Our guests this evening were Debbie from the Burlington North club, Karen and Brad from the MS Bike Ride and Abiola Akinbi our returning visitor.

Rotary Club of Milton

Weekly Bulletin for

Monday June 5, 2017

Attendance:

Program: MS Bike Ride, Brad Buckler

Start time: 6:30 p.m. End: 8 p.m.

Club President: Ingrid Hollinger

Secretary: Barbara Saxby

Treasurer: Sohail Naseer

President Elect: Romeo Mitchell

Bulletin Editor: Rebecca Hunter

***Rotary International President,***

**John Germ, Rotary Club of**

**Chattanooga, Tennessee**

***2016 / 2017***

***Rotary International Theme***

***“Rotary Serving Humanity”***

Our Mission Statement

Milton Rotary fosters friendship and self-improvement by working with local and global partners, with an emphasis on youth development.

Our Vision Statement

To be recognized as the premier volunteer, humanitarian service organization in Milton.

Looking Ahead…

Monday June 12 – Katy Howden Outbound Exchange and Adventures in Citizenship student

Monday June 19 – Committees meet

Monday June 26 – no meeting

TEAM 2 is in charge of meetings for

May, June, July and August

Vino, Rebecca, Ries, Kirsti, John,

Rob and Maitland

**Announcements:** Burlington North’s third annual **SuperCars Drive for Charity** is happening June 24 at Garry Morden Centre. Check out [www.rotarysupercars.ca](http://www.rotarysupercars.ca) . This is the weekend after Father’s Day. Drivers are accompanied by a professional race car coach, then you take the wheel of a McLaren, Lamborghini or Ferrari and drive around the track. Tickets are $300

Thank everyone who participated in the **Street Festival**. It was a very successful event.

A congratulations note was received from Bill Proctor announcing we are receiving an “End Polio Now” award. As Ingrid is unable to attend the hand over dinner on June 22 at Glen Cairn, Ries will pick it up for her.

At the meeting next week we will have **Katie Howden** present about **Adventures in Citizenship** and 2 scholarship winners and bursary winners will be presented with their awards. Parents will be invited. Any new potential members will be invited too. Rebecca to put it on the calendar. (Rebecca has no access to the calendar!) It was suggested to bring additional treats that evening– Ingrid will bring something, Sohail, Vino, Barb Gluten Free Crackers

Sohail sent invoices for **membership dues for July- Dec**. We can use paypal (Thank you Rod) or hand in a cheque, however it needs to be paid by end of June 20. Dues are same as last year $190. Everyone needs to pay their dues or the club ends up covering it. Last season club paid 4 membership dues. Also, all outstanding invoices for any club expenses must be submitted by June 20 so that Sohail can complete the year end submissions

**Gavel toss** will be June 24 at Rob Rubino’s home. Pot luck… Rob will BBQ and others bring either a salad or dessert . Sign-up sheet will be sent around next week. Invite friends of Rotary and prospective members.

Carolyn – Needs people to sign up for Manning the **Canada Day Gates** July 1. Carolyn sent around a sign-up sheet by email. Still seeking members to step up and help. Will also approach Friends of Rotary.

Carolyn reported the application for BBQ to the **community fund** went in today.

**Game on Ball Hockey** tournament – Ries has the BBQ and tents. Rotary is manning the BBQ from 8-2. And volunteers have signed up. This year the event has raised $22 000 in sponsorship. Funds raised go to ROCK

**Small pins for sale** at $4 each. See Ingrid or Barb

**Program:** Karen Formosa and Brad Buckler, 2 members of Gears and Beers team. Awarded best team name in last year’s Bike Ride to support MS. Grand Bend event- last year very few riders from Milton they are trying to change that this year. Canada has the highest rate of MS in the world. Prior to 2014 it was thought women were 2/3 of the cases. Women have different protein in the brain it is 3-4x more likely to occur in women. Highest rates in Alberta. Usually first develops symptoms between 15-40 years of age but some younger and some older. Autoimmune disease that attacks the central nervous system. Attacks the protective coating on the nerves (myelin). Can cause fatigue, weakness, impaired vision, cognitive function, and mood changes. No cure but manage the symptoms. Research is getting closer to identifying the genetic cause. Stem cell treatment will only help 5%.

Cycling – MS partnered to raise funds. Good for you – aerobic exercise. Good conditioning using muscles but not hard on your joints. Family activity. Last year’s ride youngest rider was 8 and he had $1000 in sponsorships. It is a social activity. Growing in Milton. Downsides – sore bottoms, bad bike saddles. And Spandex….enough said.

Cycling in Halton is really big at Kelso, Hilton Falls and Mountsburg. Kelso is the centre of mountain bike racing in Ontario. 22km trail, weekly racing series. Hilton Falls – very challenging 18 km falls. Mountsburg 16km trail, double track and ideal for beginners and families. Road cycling is becoming huge in Halton. 9 routes in Halton Region 400km in length. Milton Cycling club has 200 members and only started 2 years ago. You can ride at the velodrome Mattamy National Cycling Centre all year round. Halton region was the first to pioneer the Share the Road program Velodrome is home of the national cycling association, and the Canadian Cycling team. Upcoming events at the velodrome. August: Giussepe Marinoni world record attempt to beat the record of distance ridden in 1 hour in the 85 year old class . Sept.: Canadian Track Championships, December: Tissot UCI track world cup.

Why bike for MS? Fun events including 1-2 day events. 1 event has been going on for 28 years. Some of the participants have MS themselves. Grand Bend to London event, no hills and great scenery. Not just for elite cyclists. It is a lot of fun. Brad and Karen are hoping to find others to join their team and to sponsor. Volunteers take care of you very well. If not able to make the whole distance, jump on the sag wagon. Cycle repairs assistance en route. First class medical attention if needed…Current team has 12 people. Hoping to double that for next year. Brad and Karen are able to talk to other clubs/businesses to raise awareness of the disease and event. Can ride in teams or individually. To participate you must raise $300 and pay the registration. ($35 if register early,? $50 later). Covers food, water and accommodation on 1 night in London. Weekend before August long weekend holiday. Brad left cards if people want to help/join. Last year Grand bend ride raised 1.4million. Can ride any bike in good mechanical condition – the lighter the better but can use any type of bike. Best to wear cycling shorts with proper padding. 150km in 2 days.

Everyone wins!

**S.A.A:** Out of country – Rod and Romeo, Birthdays – Rick, Late – Madison and Rob Rubino. Pins and Badges – Nicole, Happy Bucks – Rod Forgot the banners (self imposed fine). Ingrid for the street festival and getting off early. Barb and Rick – Grandchildren and dismantled Rick’s office and turned it into a bedroom, Vino happy he was had a good time in Parry Sound on the weekend. Carolyn’s granddaughter got her driver’s license. Ries, - happy about the Blue Jay game Saturday happy they went but sad they lost. Granddaughter back from Iceland. Abiola – happy her parents are living with her and it has been a rollercoaster.

**50/50:** In the instant win red draw, Rob won $8 and in the cumulative draw Vino had the winning ticket, however he did not find that white marble.

**Dates to Note:**

**Saturday June 24: Gavel toss barbeque at the home of Rob and Rosaleen**

**Monday June 26: No Meeting**

**Tuesday July 11: First Meeting of the new BOD Location to be announced**

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*To unsubscribe from this newsletter, email Rebecca at* [earlyfuneralhome@cogeco.net](mailto:earlyfuneralhome@cogeco.net)

**TEAMS**

**Team One**

Captain – Rod McLachlan Feb. March & April 2017

Rubina Ali

Nicole Sylvester

Margaret Hamilton

Carolyn Keyworth

Syed Raza

Madison Twose

**Team Two**

Captain – Vino Khimasia May, June, July, August 2017

Ries Boers

Kirsti Fry

Rebecca Hunter

John Lintack

Rob Rubino

Maitland Spencer

**Team Three**

Captain – Romeo Mitchell January 2017 Sept. Oct. and Nov. 2017

Bill Hamilton

Sohail Naseer

Barb Saxby

Emmanuel Mensah

Rick Saxby

Each team is responsible for setting up the room (this includes bringing a snack of some description to go along with our wine. You will be reimbursed within reason.), providing a greeter, someone to say Grace, someone to lead O Canada, someone to introduce and thank the speaker and to provide suggested speakers to Rebecca for the weeks that she lets you know one is needed.