

Rotary Club of Milton

Weekly Bulletin for
Monday, October 15, 2018

Program: Diabetes (Viktorija Dukoski)

Start time: 6:30 p.m. End: 8:00 p.m.

Club President: Rebecca Hunter

Secretary: Rubina Naseer

Treasurer: Sohail Naseer

President Elect: John Lintack

Bulletin Editor: Nicole Sylvester

Rotary International President,

Barry Rassin, Rotary Club of East Nassau, New Providence, Bahamas

District Governor, District 7080

John Gilvesy, R.C. of Tillsonburg

2018/2019

Rotary International Theme

"Be the Inspiration"

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...

October 22: District Governor

October 29: Basket Making for Auction

(November 3-17: Online Auction)

TEAM 1 is in charge of meetings

Captain – Rod

Rubina Ali

Nicole Sylvester

Margaret Hamilton

Carolyn Keyworth

Maitland Spencer

Next Up – Team 2 (Vino, Ries, John, Rob, Tina).

President Rebecca opened the official portion of the meeting at 7:0 p.m. following half an hour of fellowship. (Grace: Carolyn, O'Canada: Rob, SAA: Rubina)

Guests:

Giulia, inbound exchange student from Italy

Joy and Martin, visiting Rotarians from Uganda

Viktorija, speaker from Diabetes Canada

Announcements:

Update from Giulia

- Apple picking, thanksgiving dinner, and Oktoberfest parade (Thank you to Ingrid and Nicole for hosting her over the weekend).
- Giulia is participating in a walk/run in Bolton on October 28. She has to raise 200\$ and is looking for sponsors from the club
- Rebecca will email the club a link where donations can be made
- Giulia has been invited to go dogsledding by Betty-Jo (Jan 4-6) and spend the weekend at a cottage in Haliburton (this is also the weekend of Giulia's birthday). Members of the club will be covering the costs as a gift to Giulia.

World Polio Day

- October 24th at 9am.
- The Mayor will be raising the flag, please attend if you are available

Membership Summit

- November 10th in Cambridge 8am-1pm, no fee, register online
- Same day as Foundation training (Romeo and Sohail to attend)

Social Night

- Tentatively November 19th at Mohawk buffet (dinner and horse races)

Web Auction

- Good momentum on collecting items so far (NEED TO KEEP IT GOING)
- Putting together the baskets on October 29th (BRING ITEMS)
- Data entry Rubina and Carolyn

President Elec

- John Lintack (YAY!)

Program: Our guest speaker this evening was Viktorija Dukoski of Diabetes Canada. She presented us facts about Type 1, Type 2 and Gestational diabetes. Diabetes is a condition where the body cannot produce enough insulin to regulate blood sugar. Type 1 affects 10% of the population, and is diagnosed mostly in kids. They have to inject insulin multiple times a day. Type 2 develops slowly, and can be prevented or delayed through lifestyle changes. Symptoms of type 2 diabetes is having to urinate often, thirsty, changes in weight. Diabetes Canada raises funds to support research, advocate, and to run their D-Camps (camps for children living with type 1 diabetes). They are having a Family Fun Day at Skyzone Mississauga on Friday October 26th 6-8:30pm. If you would like to attend or have any questions, please contact her at viktorija.dukoski@diabetes.ca.

S.A.A: Lots of happy bucks for our new president elect, Carolyn's ongoing hard work she does for the club, Abeloia's efforts with her medical clinic, and Rob's new grandson.

50/50 Draws:

Instant : Kirsti (11\$ donated to Giulia's run)

Large Pot: Carolyn (not a white marble, aww....)

Dates to Note:

October 22: Visit from the District Governor (Board Members, please arrive at 6)

October 24: World Polio Day

November 3: Web Auction Starts



BE THE INSPIRATION

To unsubscribe from this newsletter, email Nicole at nicole.sylvester26@gmail.com

TEAMS

Team One

Captain – Rod McLachlan

Rubina Ali
Nicole Sylvester
Margaret Hamilton
Carolyn Keyworth
Maitland Spencer

Team Two

Captain – Vino Khimasia

Ries Boers
Kirsti Fry
John Lintack
Rob Rubino
Tina Mbinda

Team Three

Captain – Rebecca Hunter

Bill Hamilton
Sohail Naseer
Abiola Akinbi
Bassam
Cheryl

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.