

# Rotary



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## Rotary Club of Peterborough June 13, 2016

(Submitted by Susan Sharp)

The singing of "Oh Canada" was accompanied by Paul Bodrug. Guests and visiting Rotarians were introduced but I forgot to get the list of names, sorry.

**Exchange Student Minute with Leo:** Leo went to Toronto to visit the Hockey Hall of Fame and a boat cruise. Leo's brother arrived for a visit and the two toured GE. Went to Harvey's for lunch and a tour of Peterborough followed. Leo got the winning run at a baseball game and a Crestwood Award as the "Honorary Mustang for Life" award. They dropped off his brother at Ryerson for a language course.

**Out bound Exchange a Student Update:** Noah Storey's May report was given by Jaimie. His exchange is going fast and he is enjoying every bit of it! He celebrated May Day on May 1. School is great, weather is super. His school has nine exchange students! He loves his host families and is now living outside of the city. His newest host family travels a lot. The district get together was fun too! Tour time is taking place now!

Joe as Sergeant fined us with a game of "heads and tails". Art Turner won the big bucks!

June birthdays were announced but I can't type that fast so Happy Birthday to all those celebrating!

**Announcements:** *Jim Moloney* - Camp Kawartha Surf and Turf fundraiser is taking place - Saturday, June 25 and is always a great

**President:** Alan Ingram

**Past President:** Kevin Duguay

**President Elect:** Bruce Gravel

**Treasurer:** Wayne Harding

**Club Secretary:** Brian Wilson

**Sgt. at Arms:** Ken Tremblay

**Directors:**

Jaimie Bondy-Donohue

Mike Evans

Joe Hall

John Thomas

Andi Van Koeverden

### June Birthdays:

June 1 - Frank Parish

June 8 - Sharon Lees

June 9 - Shirianne Pawley-Boyd

June 11 - Brent Perrin

June 13 - Cal Langman

June 14 - Joe Kapron

June 16 - Ray Saitz

June 20 - Peter Norris

June 24 - Stan Pineau

### June Club Member

#### Anniversaries:

June 10 - Bob Phillips

June 16 - Gord Fallen

June 16 - Mark Donohue

June 21 - Willard Chapman

June 21 - Shirianne Pawley-Boyd

### Our Exchange Student info:

Leo Meili

Cell: 705-875-3508

leo.meili@bluewin.ch

is residing with

Andi & Joe van Koeverden

313 Blacksmith Way

Peterborough ON, K9L 0B5

Andi Cell: 705-927-4433



## Upcoming Program Schedule



June 20 - Canada Day Program - Jaimie Bondy-Donohue & Mark Donohue

June 27 - Alan Ingram & Bruce Gravel - Changeover

evening. *Colin MacKenzie* thanked the paddlers in the dragon boat race. They won the first race, lost the second. Since the start, the dragon boat race has raised 2.8M. Last week's food went to Cameron House and this weeks the YWCA. *Lloyd Graham* announced a youth exchange committee meeting next week at Rotary. Leo needs extra work to raise money for his trip. Or please donate! Leon's brother can join in on your fun so please invite him. *Audrey* and *Milan* are co-chairing Musicfest. It starts next Saturday June 25! Please start to sign up! *Piero Ronca* announced the 1st GE tour was last week. Next tour is this Thursday. Final is Wednesday, June 29 at 2. Please sign up. *Brian Wilson* – dues are payable before July 1! If you want to pay electronically contact Brian. *Marie* received a thank you card for food donated to Casa House which fed 18 people. Next Monday at 10:30, the WCS committee meeting is being held at the Holiday Inn.

**Happy Bucks:** Update: Frank Bayliss is in PRHC 4th floor so please go visit him. They are watching a clot in his arm. Canadian College of Health Leaders has awarded *Ken Trembly* with a recognition and the only one to receive this award this year! Congratulations! *Andi, Bob, Stan, Wayne, Nick, Audrey, Ross, Martin, John, Ken S., Lloyd, Linn* and *Ken T.* all had happy bucks. It's a lot to type here, people! I heard about Parkinson's disease; our bird expert, Martin spending time with grandchildren and boomerangs; President Allan was presented with a sippy cup because the Leafs suck, reconnection with childhood friend, the successful Greek Festival, Mohammad Ali and meeting him. *Ross* and *Betty* celebrated their 60th anniversary; more birds and finding lots of different species. *John Thomas'* mom passed away unfortunately and he thanked his Rotarian friends for their support. 60th birthday for *Ken S.* and he received a surprise birthday party; *Lloyd's* dad is back at home after a stint in the hospital and *Lloyd's* been super busy and brought us up to date. *Linn* enjoyed the GE Tour, *Ken* thanked the club for acknowledgement, *Susan M.* is enjoying a better golf game these days.

**Program:** Dr. Jennifer Ingram was our guest speaker. Jenny graduated from Queens and specialized in geriatric treatment. As a busy lady, she recently received the Glenn Sawyer award! Jenny is President Allan's last speaker as president and spoke about aging and dementia. We are living longer –

children today can expect to live: 80 for men and 82 for women in BC and Ontario. 20 percent of Peterborough's population are seniors. 80 percent of people with dementia are not diagnosed. It's the undiagnosed disability that inspired Jenny to start her Memory Clinic. GAIN clinics are: geriatric assessment and intervention networks and are situated nearby and other locations in Ontario. Dementia has various causes and Alzheimer's is the main cause of dementia but not the only cause. Dementia is not normal aging. There is evidence to show people who develop Alzheimer's can be identified early. Lifestyle choices can help to avoid dementia, even though genetics play a big part but exercise, diet, sleep, socializing, reducing stress, not smoking all have positive affect on memory loss. Avoid narcotics, sedatives, benzos, alcohol and trauma.

Please support the Senior Showcase this Wednesday at the Wellness Centre. The "Alive Inside" documentary is a great one to watch. She gave a "Shout out" to Rotary for helping more seniors enjoy music!

Dr Ingram was thanked by Andi for her leadership and for what she has developed in our region. Thanks Jenny, On a personal note it was a fascinating talk and I really appreciated the presentation today.

Have a good week all!

#### Can't Attend A Weekly Meeting... Maybe Make-up

Rotary Make-up Meetings may be sent to  
Lucas Smith for your attendance credit.

Email: [lucsmith@peterboro.net](mailto:lucsmith@peterboro.net)

#### POTENTIAL NEW MEMBERS

If you are bringing a guest to Rotary, who may be interested in joining our club, please make sure you introduce this person to Martin Wormald or someone else on the Membership Committee. Martin or a committee member will look after talking to the guest and seeing them through the membership process. The Membership Committee has some information at the Holiday Inn that potential Rotarians can take away with them.