



Rotary Club of Peterborough October 24, 2016

(Submitted by Gord Regts)

President Bruce Gravel opened the meeting at 12:10 PM. We started with Grace by Exchange Student, Les Tax A.K.A. Willis Cleveland and the 4 Way Test was lead by Gord Regts. Our rendition of Oh Canada was satisfactory.

Today in Canadian History: The schooner Blue Nose (#1 as seen on Canadian dimes) won the Americas' Cup yacht race beating its American competitor by 5 KM. Also today in 1945 Canada was one of 50 nations in attendance and members of a new organization called United Nations.

Guests and Visiting Rotarians: Our guests were introduced by Arlene Blunck. Guests of the Club were Dr Rosanna Salvetera (guest speaker), Braiden Barr (Outbound Exchange Student) and Lais Vianna (exchange student). The only other guest was Dean Ostrander (Andi Van Koeverden). Visiting Rotarians were Roteractors Pai Mukondiwa (Pres) and Shreya Kabuki (VP) of the Peterborough Rotoract Club

Birthdays: Our President announced the October birthdays. He started with Steve ????, who's last name I didn't catch. He then announced Susan Sharp (2), Steve Kylie (9), Joseph McCulloch (10), Tina Johnston (19), Eleanor Down (22) and Ginny Veselskiy (24). Being an intrepid reporter I went to the Club website and printed out the birthday report to get the last name of the first Steve, but the only Steve was Steve Kylie also known as the 2016 Peterborough Citizen of the Year. So my apologies to Steve ????. By the way I worked the breakfast programme this morning with Ginny, to celebrate her birthday she made Pumpkin spice muffins for the kids. She actually made them right there. There were no leftovers so they must have been good.

Sergeant at Arms: Sergeant this month is Stan Pineau. Stan announced that Rotarian of the Month was Doug Armstrong for obtaining excellent speakers for our meetings. He then fined everyone basically for being old. He said he had a great Donald Trump joke that he was going to tell but then felt it was apparently inappropriate for our meeting. Hmm Trump told the joke in internationally televised debate but it isn't appropriate for our meeting. Says something about American politics or Stan's sensibilities.

Exchange Student Report: Our outbound student Braidon Barr was introduced and given the opportunity to thank us. He said his parents would thank us later for giving them a years respite.

Lais thanked the Hardings for her birthday (18th) party at their home last weekend. She was surprised by her birthday cake at today's meeting which had the Brazilian flag on it in icing. She was also pleased to have survived the CN Tower stair climb for cancer. Lais spoke to us about her family and life in Brazil with the aid of the big screen. She lives with her father (lawyer) Mom, 15 year old brother and her dog. Her interests include animals, acting and hanging out with her friends. They live in Fortealeza a city of about 3 million. Fortealeza founded by the Portuguese in the 1500's. It is located on the ocean side and has many beautiful beaches and parks as well as (only) nine shopping malls. Although most of Peterborough Rotary has never heard of Fortealeza it is a very popular tourist destination. According to Lais they 3 temperature ranges in Fortealeza - Hot, Hotter, Hell. She had much more to tell us but was cut off by the 10 minute limit. Thanks Lais for a fun informative talk.

Roteract: Pai Mukondiwa President of the Peterborough Roteract Club brought us up to date on their activities. A large portion of their membership has graduated from Trent and left Peterborough and the Club. They currently have about 10 active members and several occasional members.. They plan on resurrecting the "Flock" programme wherein you pay to have someone flocked. The Club places some 30 to 40 pink flamingos on the lawn of your request. You can even buy flock insurance to ensure you don't get flocked. They need assistance with drivers to pick up and deliver the flocks. You can contact Pai at roteractptbo@gmail.com

President: Bruce Gravel

Past President: Alan Ingram

**President Elect:
Andi van Koeverden**

Treasurer: Wayne Harding

Club Secretary: Ken Tremblay

Sgt. at Arms: Linn Thain

Directors:

Jaimie Bondy-Donohue

Kevin Duguay

Joe Fleming

Sally Harding

Jason Stabler

Brian Wilson

October Birthdays:

October 1 - Steve Mills

October 2 - Susan Sharp

October 9 - Steve Kylie

October 10 - Joe McCulloch

October 19 - Tina Johnston

October 22 - Eleanor Down

October 24 - Ginny Veselskiy

October Club Member

Anniversaries:

October 4 - Joe Hall

October 4 - Gord Regts

October 18 - Amy Simpson

October 19 - Lisa Smith

October 21 - Kim Zippel

October 23 - Nick Avlonitis

October 29 - Betty Halman-Plumley

October 31 - Joe Fleming

Our Exchange Student info:

Lais Viana

Cell: 705-875-3508

Laisvianab@hotmail.com

is residing with

Sally & Wayne Harding

1730 Keppler Cres.

Peterborough ON

Wayne's Cell: 705-761-0833

Head Table: The head table consisted of President Bruce, Lais Vianna, Braiden Barr, Ken Tremblay, Dr. Art Turner, and our speaker Dr. Rosanna Salveterre. Our President graciously introduced his head table this week. It is however customary for the primary speaker to sit next to the President not at the end of the table. This isn't the first time there has been distance between the speakers and the President. Is there a hidden message? Don't they like him?

Announcements: *Linn Thain* thanked Neil Hannam for pointing out that all members do not always hear all announcements. He made everyone put \$2 on the table. Those who have already confirmed their attendance or absence were allowed to remove their "DOLLAR" from the table. Most took back their \$2 assuming this was just a misspeak and not a money grab. **Linn reminded us that our November 7th meeting will be our Remembrance Day meeting. It will be held at The Peterborough Golf and Country Club at our regularly scheduled time (12:10). It is very important that Linn has an accurate number of Rotarians and guests who will be in attendance. Contact linn@cogeco.ca** *Susan Sharp* advised that the World Service Committee has another project in Honduras in February 2017. Contact Marie Press or Susan if you are interested in going.

Colin Mac Kenzie advised the Dragon Boats raised \$196,000. There will be a Habitat build on Nov 19th. Food this week goes to Crossroads Women's Shelter.

Jim Stewart advised that planning has begun for a Sprint Racing Canoe Club. More details to follow as it is still early stages. *President Bruce* gave a special thank you to Brian Wilson for polishing the Rotary Bell. It did look pristine.

Programme: *Secretary Ken Tremblay* introduced Dr. Rosanna Salveterre, Medical Officer of Health for Peterborough Public Health Unit. Ken listed several of the Doctor's accomplishments, awards and community involvements. Doctor Salveterre spoke to us about "What's Hot and What's Not" in Public Health. She noted the newly renamed Peterborough Public Health serves Peterborough City and County as well as the First Nations of Curve Lake and Hiawatha.

Hot: Free Shingles vaccination for people in the age group of 65 to 70. This is the most vulnerable age group.

Cancer fighting vaccines such as the HPV serum. Although effective against cervical cancer there has been a 56% increase in HPV in the last 20 years. It is now offered free to Grade 8 girls and boys and vulnerable individuals in the 15 to 20 age group. Despite it being free there is only 61% coverage in Peterborough for girls in Grade 8.

Peterborough is government funded as a Healthy Kids Community Challenge location. The programme stresses healthy eating and drinking water instead of sugary drinks.

A Living Wage programme is being investigated. In the 1950's Dauphin Manitoba was the site of a living income evaluation. Every family was guaranteed a living income through subsidies or income tax rebates. There was a significant decrease in Emergency Room visits as well as more grade 8 graduations and other social improvements. It has been determined that in Peterborough a living wage is \$17.65 per hour.

Programs addressing systemic racism

What's Not: There are over 200,000 deaths annually worldwide related to sugar consumption. The government is looking into banning advertising of junk food products to kids under 13.

Jumping the Queue while many regions have legalized marijuana consumption there are still areas of concern. Marijuana affects intellectual development of adolescents. Slowing down legalization to confront problems.

Opioid overdoses. Ontario has some 700 deaths due to overdoses each year which equals the number of deaths due to traffic accidents. Peterborough has a very high rate of opiate prescriptions for pain reduction.

Climate Change. Due to climate change we are seeing increases in insect borne diseases.

Junk Science Many cities are considering or have removed Fluoride from their water. Fluoride is still one of Public Health's greatest successes.

Influenza Don't get it don't give it. Get your shots.

Dr. Salveterre obviously spoke on a topic close to our hearts. There were numerous questions, ranging from the harmful effects of vaping (ecigarettes) on smokers and bystanders, live expectancy of the shingles vaccine, labelling, effects of artificial sweeteners verses sugar, and water quality at local first nations villages.

Dr Art Turner thanked our speaker and advised her of our donation in her name to Sleeping Children around the World. Dr Salveterre noted that while volunteering in India, she encountered a group distributing the sleeping kids and even spoke with Mr. Dryden.

Our President noted that today is World Polio Day. There are 3 countries where polio is still endemic - Afghanistan, Pakistan and a small region of Nigeria. There will be a webinar at 6:00 PM October 24th on Polio. Just log into endpolio.org to view the archived version as you missed the live broadcast.

Club goals have been posted on the RI website log into Rotary Club Central to view.

Next week being Halloween and based on the popularity (with who??) of our wild shirt adventure the President requests that you please wear something spooky or Halloweenish to the meeting. Based on my personality I will come disguised as a stuffed shirt. Presidential Humour. If we're not supposed to eat at night, why is there a light in the refrigerator?

The meeting was adjourned at 1:30.

Editor's Note: Whew what a Rotary day. Started at the breakfast programme at 7:45 this morning. Left there 9:30 ish to have coffee and discuss Rotary with two other past presidents. Got home 11:00 ish and had to get beautified to attend our regular meeting. (You didn't think I looked this good without a lot of hard work). Got home from Rotary and started typing this bulletin (that few of you will read) and here I am at 5:00 PM just finishing. It's OK don't thank for me for all my hard work, I'm just that selfless kind of guy. The real kicker is I was thinking I lucked out because there was no Bulletin on October 10th and this was my last, so I only had to do 3, but The President pointed the 31st is a Monday so I still have to do another.

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

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.