

# ROTARY LAKESHORE IN ACTION

## MONTHLY NEWSLETTER

November 2021

### DG Anne Bermingham Attends Oct 27 Meeting

The Club was pleased to welcome Anne Bermingham on the annual District Governor's visit. Introduced by Milica, Anne was born and raised in Hamilton, attending the University of Western Ontario before moving on to the University of Saskatchewan for her Masters. She joined the Rotary Club of Hamilton in 1992, serving as Club President in 2002-2003. Anne later joined the Hamilton AM Club serving as their President in 2019-2020.

Anne began by congratulating the Club for winning the Lighthouse Award at the recent District Conference. She then presented a Paul Harris Award to Gary Chard.

Her presentation concentrated on how Rotary International's Action Plan applies to the District, Clubs and Rotarians as "People of Action". There were four main areas:

- **Increase Our Impact** (e.g., the Great Lakes Watershed Clean-up – next one on April 16-24 2022 – and our area's Cluster Grant Program)
- **Expand Our Reach** (e.g., Satellite Clubs – now have 10 in our District – and greater support for our Rotoract Clubs).
- **Enhance Participant Engagement** (e.g., monthly Rotary Webtalks, Rotary Center for Coaching, Rotary 101 – a quarterly webinar on what's going on with Rotary)
- **Increase Our Ability To Adapt** (simplified foundation grant qualification process; on-going website/social media help; revising how we govern ourselves; short-term and new generations service exchange).

Janet thanked Anne on behalf of the Club, presenting her with a \$1000 cheque in her name to Polio Plus.

### Upcoming Meetings:

**November 10, 2021**

Jane Ritskes & Yolanda Henry  
Tabitha Foundation

**November 24, 2021**

Laura Ip  
Overview of OUTniagara



### Upcoming Bingo

Volunteering with Delta BINGO is temporarily halted until further notice.

### Past Club Newsletters Available on Website

**NOTE:** This, and all past, newsletters are available on the Rotary Lakeshore website at <https://rotarylakeshore.com/>.



TAKE ACTION: [www.rotarylakeshore.com](http://www.rotarylakeshore.com)

## Food4Kids Food Drive Raises Over \$6700!

The Rotary Club of St. Catharines Lakeshore recently held a Food Drive on Friday October 22 to assist the Food4Kids Niagara Program. Club members staffed collection bins at two No Frills stores in St. Catharines from 1 to 5 p.m. After sorting and counting at Food4Kids, the Community responded by donating almost \$5700 in requested food items and an additional \$1050 in monetary donations. St. Catharines Lakeshore would also like to make a special shout-out to St. Catharines South for their \$1600 value Food donation to the Drive!

Food4Kids provides packages of healthy food for children up to 14 years with limited or no access to food each weekend. The food packages are assembled by volunteers and delivered to schools each Friday to ensure children have nourishment over the weekend. **There are over 1500 children in Niagara struggling through each weekend without enough food.** Rotarians passed out lists of most needed items to create these packages to customers as they entered each of the two No Frills stores located at 581 Lake Street and at 525 Welland Avenue on Friday.

It's hard to believe children in our very own community go hungry, but it's a reality faced by children each and every day. It's not that parents do not want to feed their kids....they can't. The worsening economy, job loss, working poor, illness, mental health, marriage breakdown and those fleeing their home country to seek safe refuge in Canada, are some of the reasons a parent will turn to Food4Kids for support. Food4Kids is funded through donations or one-time grants. While hunger exists around the world, it is their hope to address hunger in our home community.



**Future Packing Dates:** Nov 3 at 10:00 a.m., 6 volunteers are needed

**Future Delivery Dates:** Nov 5 - times vary, usually 9:00 or 9:30 a.m. 3 volunteers for each delivery date.

Contact Marlene to sign up!

## Are You on Social Media?

**Check out our Club pages!**

On LinkedIn? Join our Page at <https://www.linkedin.com/groups/8620448/>

On Facebook? Join our Page at <https://www.facebook.com/RotaryStCatharinesLakeshore>

On Instagram? Check us out at [www.instagram.com/rotarylakeshorestcatharines](http://www.instagram.com/rotarylakeshorestcatharines)

## World and Community Spotlight Club Helps Fund Cystinosis Research



Cystinosis is a rare, genetic disease that affects 1 in 100,000-200,000 live births in the United States (and Canada). It is a disease that hits particularly close to home with our Club as Bob Miller's granddaughter suffers from Cystinosis.

Cystinosis is a lysosome storage disorder caused by a mutation in the CTNS gene on the 17th chromosome, which encodes a protein called "cystinosin." This protein's function is to transport an amino acid called cystine out of an intracellular compartment called the lysosome. If the cystinosin protein is absent or dysfunctional, cystine accumulates within the lysosome and forms crystals, which kills the cells. Cystinosis slowly destroys the organs of the body including the kidneys, eyes, thyroid, muscles, liver, pancreas, gonads and brain.

It is an autosomal recessive disease, which means both parents are carriers of a cystinosis mutation. Parents do not exhibit any symptoms of cystinosis. In such couples, the odds that each of their children will have cystinosis are 1 in 4. Cystinosis is considered an "orphan" disease because it affects fewer than 200,000 people. With such a rare disease affecting such a small population, money for cystinosis research is scarce. And yet research on complex diseases like cystinosis often leads to advancements in other rare diseases. Research on cystinosis has already led to advancements in Friedrich's ataxia, Danon disease and Dent's disease.



The Cystinosis Research Foundation is dedicated to finding better treatments to improve the quality of life for those with cystinosis and to ultimately find a cure for this devastating disease.

CRF is committed to finding a cure through an aggressively funded research agenda. CRF issues research grants bi-annually to accelerate the research process and to ensure that there is never a gap in funding new cutting-edge research ideas. We are focused and determined to improve the quality of life for our patients and to find better treatments, including a cure, for our adults and children living with cystinosis.

## Two New Fellowship Events!

The Fellowship Committee will hold two events in November/December.

**THURSDAY, NOVEMBER 25TH:** Ice Dogs Game with pre game dinner at the Mansion House for those who would like to meet prior to the game as has been the tradition.

Contact [Bob Miller](#) to sign up and for details.

**WEDNESDAY, DECEMBER 1ST:** Wreath Creation at BB Blooms, \$85. Maximum 8 members.

Contact [Randi Dyck](#) to sign up and for details.

# 2022 Rotary International Convention

Houston, Texas • June 4-18, 2022



Discover New Horizons!

Special Promotion Rate June 17 December 15<sup>th</sup>!

## Registration Fees and Link

<https://convention.rotary.org/en/houston/registration-fees>

## Events

<https://convention.rotary.org/en/houston/events>

## Program Highlights

<https://convention.rotary.org/en/houston/program-highlights>

MARK YOUR  
CALENDAR!

### 1) Virtual Trivia Night

November 13, 2021

[Click here](#) to sign up

### 2) Ice Dogs Game

November 25, 2021

Email [Bob](#) for more information

### 3) Wreath Creation at BB Blooms

December 1, 2021

Contact [Randi](#) for more details

### 4) Blood Donation

December 7 & 8, 2021

Email [Beth](#) to sign up

## Club Meeting Information

When: Every 2nd & 4th Wednesday of the month at 7:00 PM  
Board Meeting 4<sup>th</sup> Tuesday at 7:00 p.m.

Where: Virtual Meeting using Zoom  
Link will be sent to all members

Non Members, please contact Courtney at [courtneyusborne@gmail.com](mailto:courtneyusborne@gmail.com) for Zoom link

## THIE CONVERY CHALLENGES DISTRICT CLUBS TO MATCH \$60,000 U.S. FOR POLIO

As announced at the District 7090 Conference, Thie Convery will match funds raised by the District for the Polio Plus campaign (up to a total of \$60,000 US) by December 15 2021.

Thie, an Honorary Member of the Rotary Club of Dundas Sunrise, has been one of our District biggest supporters to keep our minds on our number one Rotary International priority - to Eradicate Polio. We are excited that only two countries and two cases this year have been reported and the Taliban is working with the Polio Team to immunize their children in Afghanistan. But we are not done yet.

We need 35 clubs to donate \$1725 to achieve our \$60,000 goal. However, donations can be by individuals or clubs. With matching, \$60,000 from the District, Thie and the Bill and Melinda Gates Foundation becomes \$360,000 for Polio Plus!

**Let's accept the Challenge!**

For more details,  
contact Elaine Richard.

