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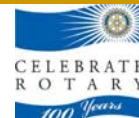
Reporter: Robert Drew

The Standard

Rotary Club of Calgary Heritage Park

ROTARY DISTRICT 5360

OCTOBER IS VOCATIONAL SERVICES MONTH



FOUR WAY TEST

In all things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

MEETING HIGHLIGHTS

Filling in for the vacationing President Al Hardstaff, President elect Peter Harding called the meeting to order at promptly 6:58 am. Peter must have sensed that the meeting's agenda was full and would require the additional two minutes. Once again, under David McKeown's lead, the members delivered a fine rendition of our national anthem. Robert Drew offered grace.



Joan Bedard used her plate polishing skills to ensure that everyone was served with a clean plate. And because friend and server Joan had to attend to other business elsewhere at Heritage Park, Walter Zuk assumed

responsibility of ensuring the members' coffee cups were full and Peter Harding helped the members clear their plates from the tables.

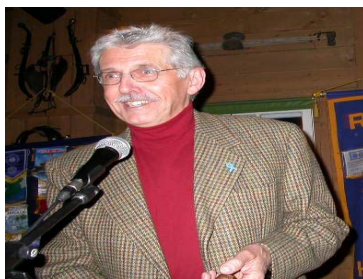
Rotarians: Calgary South—Alex O'Donnell .

Guests: Jamie Powell (guest of Walter Zuk);

Continued on page 2.

PROSTATE CANCER

Ernie Drew introduced our guest speaker Bob Schiell, president of a local support group for prostate cancer victims called Prostaidd. Bob offers a forum in which cellular disease is discussed amongst the 625 members who attend regularly scheduled meetings.



discomfort and with fewer treatment-related side effects. Eighty-seven percent of the men are still alive five years later, and just over half survive beyond fifteen years.

According to Bob, however, the best treatment, by far, is early detection. It is highly recommended that males 40 and over undergo annual PSA and DRE testing, especially for those with a family history of the cancer. Equally important is a balanced diet with reduced intake of saturated animal fats. Supplements such as Selenium may also be taken.

For more information visit your doctor and websites such as www.cancer.ca. Bob handed out an informative booklet that provides a wealth of information about prostate cancer. If you would like a copy but didn't get one, please let Robert know.

Alec thanked Bob and offered him the gift of eyesight for a gentleman in India.



Bob began the meeting by describing what prostate cancer is how it develops in the male reproductive system. Like many cancers, prostate cancer often grows undetected, offering no easily noticeable symptoms during early development. As the cancer matures, signs emerge such as changes in urine flow volume, back pain and thigh pain.

Abnormal cellular behaviour in the prostate is initially detected by a doctor through a combination of administering a Prostate Specific Antigen (PSA) test and performing a Digital Rectal Exam (DRE). If cancerous development is suspected, further testing such as performing a biopsy, may be needed to more fully diagnose whether the cancer is present or not.

Prostate cancer is treated through with one or more of the following treatments: prostatectomy, radiation therapy, hormonal therapy, watchful waiting, chemotherapy and cryotherapy. With appropriate treatment patients are now living longer with less

CHRISTMAS PARTY



This year's Rotary Club of Calgary, Heritage Park Christmas Party will be held on December 17, 2004 at Rancher's Hall. Robert Drew asked that anyone having special dietary needs to let him know as soon as possible.



REMEMBRANCE DAY

Members are encouraged to invite family members to this year's Remembrance Day service to be held on November 4th at the Museum of the Regiments. The format will be similar to last year's gathering: Ian Gray will offer words of remembrance, followed by food and beverages. Wine and beer will also be sold at a cash bar. The museum will be open to visit. We will also host the seniors from Mayfair Centre again this year. The service will start at 19:00 hrs. and will replace Friday morning's regularly scheduled breakfast meeting at Heritage Park.



MEETING HIGHLIGHTS

Continued from page 1.

SHERIFF:

He may have been wearing the sheriff's badge, but the sheriff he was not. Alec impersonated the real sheriff who turned out to be none other than Garry Gray. The fines were a plentiful:

- Anyone who did not attend the most recent executive meeting – a loonie.
- Anyone not at the meeting last week – a loonie.
- Harry Kim – a loonie for being late.
- Alec McDougall – a loonie for lying about not having any money.
- Wynne Bjorgan – a loonie for showing her Mexican tan lines.
- Peter Harding – a loonie for making the announcements during the meeting start-up.
- Anyone without a guest at the table – a loonie.
- Alex McDougall – another loonie for impersonating the sheriff.
- Anyone without a women at the table – a loonie.
- Max Patel – a loonie for taking more than his share of the salmon.
- Crocodile Bob Clark – a loonie for sporting a scruffy Australian-grown beard.
- Ernie Drew – a loonie for giving Walter a hard time regarding the coffee.



ing the coffee.

- Peter Harding – a loonie for lying about the speed for which he drove through the Park.

Happy Bucks:

- David McKeown is happy that this quarter's invoices have been sent out.
- Crocodile Bob Clark had a brilliant three weeks in Australia.
- Helen Buchanan is happy that the Interact Club is off to a great start.
- Peter Harding is happy that passports are being processed again.
- Peter Harding offered a sad buck in remembrance to musician Doug Bennett.
- Raju Paul offered a sad buck because someone called him Asha.

Please be reminded to submit your wine fest money to Peter Harding as soon as possible.

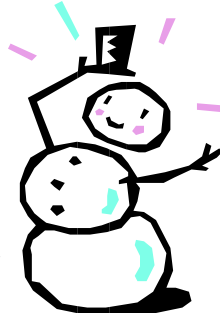
Now that winter driving weather is upon us, members are reminded to take care when driving through the Park (and elsewhere too!)



NOVEMBER IS ROTARY FOUNDATION MONTH
EVERY ROTARIAN - EVERY YEAR

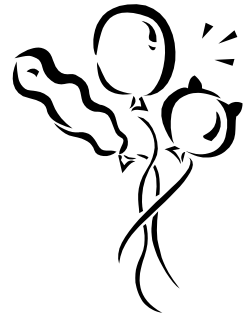
IN & AROUND CALGARY

The Rotary Park of Airdrie is hosting a gala Christmas dinner to coincide with its 1000th meeting. The date is November 16, 2004. The dinner will be held at the Town and Country. The dress is business attire (so pay Din a visit on route).



April 9, 2005:

Rotary 100 Birthday Celebration
at the Round-Up Centre.



HIGHWAY CLEAN-UP

Saturday's ditch-cleaning duties have been postponed once again due to weather.

CANCELLED



ROTARY PARTNERS'

The current book selection is:

The Da Vinci Code
by Dan Brown.

The discussion will be hosted by Josie Hennessy on Wednesday Nov 3, 2004 .

The next book is:

No. 1 Ladies Detective Agency
by Alexander McCall Smith.

The discussion will be at the Christmas party which is tentatively planned for Wednesday, December 8, 2004 at 7 p.m. at the home of Beth Tillotson.

50/50 DRAW

Wynne Bjorgan invited Walter's guest Jamie Powell to draw today's winning ticket. With just over \$100 in the jackpot, Joan Bedard's ticket was selected. Easily passing the Four-Way Test, Joan failed to pick the joker from the deck. The deck survives another week as the jackpot continues to grow.



GUESS WHO'S COMING TO DINNER? NOVEMBER 13 / 20, 2004



SUNSHINE

Sunshine Doug Hood announced that this week in history was really uneventful as there are no birthdays, wedding anniversaries, or Rotary anniversaries to celebrate. We need to search for a new member to help fill this void. Despite the fact that there was no news to tell, Doug still managed to deliver a fine Report by offering the members some of the "dumbest questions received by the staff at Banff National Park". Some of the highlights were:

"How far is the Columbia Ricefields?"

"Where do you keep the animals at night?"

"How do you train the elk to cross at the elk crossing sign?"

"Is this the province where you speak French, or is that Saskatchewan?"

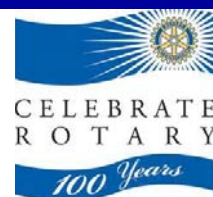




ROTARY INTERNATIONAL CONVENTION

CHICAGO, USA

JUNE 2005



Register Now

POLIOPLUS PARTNERS TASK FORCE - WHAT DO THEY DO? PDG Tom Ewen—From the Zone 22 Newsletter.

If one were to read the PolioPlus Partners Task Force Terms of Reference they would find that the members duties include encouraging districts, clubs and individual Rotarians to be PolioPlus Partners by helping Rotarians and others living in or working in polio endemic or high-risk countries to complete the task of eradicating polio. The following really says it all:

India National Immunization Day—not your typical week!

Did you know what is involved in a 6-day immunization campaign in India? Here are just some of the basic facts:

- 640,000 vaccination booths
- 2.3 million vaccinators
- 1.1 million vaccination teams
- 137,000 supervisors, with 137,000 vehicles (cars, motorcycles, mopeds, bicycles, boats, whatever it takes)
- 200 million doses of polio vaccine, carried around the country in 2 million vaccine carrier bags
- 6.3 million ice-packs to keep all those doses of polio vaccine in the 2 million vaccine carrier bags cold
- 191 million homes visited
- 169 million children immunized in just 6 days!

And that's just for one, single NID! In 2004, India will conduct 5 such NIDs, and 1 Sub-National Immunization Day (SNID) targeting 100 million children.

Wow! Mind-boggling to say the least. But they get the job done; not only in India, but in Nigeria, Niger, Pakistan, Egypt and Afghanistan (the other polio-endemic countries). Go back

over the list and ask yourself how did they get the:

- banners to hang on the 640,000 vaccination booths and around the villages?
- leaflets and posters to advertise the National Immunization Days and the location of the vaccination booths?
- the motorcycles, bicycles and mopeds used to transport the vaccine?
- 2 million vaccine carrier bags?
- 6.3 million ice-packs to keep the polio vaccine at the proper temperature.

The answer is the PolioPlus Partners Open Project Lists. In preparation for their NIDs, the National PolioPlus Committees provide the PolioPlus Coordinator in Evanston with a list of the equipment and supplies required to support their NIDs. Those lists are sent to the Task Force who distribute them to the districts. Hopefully, those district representatives will copy the lists to the clubs and urge their support of the Global Polio Eradication Initiative by funding items in the Open Project Lists. Sometime in the past year it was necessary to cut back on immunization activities in one country because they did not have sufficient equipment and supplies with which to conduct a full NID.

Rotary and its partners at WHO, UNICEF and CDC are too close to their goal to fail because the volunteers in the polio-endemic countries did not have the tools. It's time for Rotarians to stand up and be counted and make 2005 a year to Celebrate Rotary

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WEAR YOUR ROTARY PIN

