



Spinoff

ROTARY CLUB OF WEST OTTAWA
Pardeep Ahluwalia, President

July 30, 2019

Editor: Rob Shaw Wood

Virginia Spencer: Nourish Yourself- practical tips to expand your health span

MEETING BEGINS

Greeters: Dirk Keenan and Mike Traub (subbing for **Ed Balys** stuck in Vancouver); Reception: **Susan Diening**; luncheon payments: **Mary Wattie**; Photographer: **Mike Traub**; PP Draw: **Jean Begin**.

Following the buffet, our 'irregular President' **Graeme Fraser**, substituting for **President Pardeep Ahluwalia**, opened this fourth meeting of the Rotary year. He used the occasion to inform us that we are now well into the lethargic dog days of summer, so named because the Dog Star, Sirius, rises with the sun during this period. I doubt **Graeme's** claim that PETA wants this period of time to be renamed "Dog and Cat days of summer" to be more inclusive. You might conclude that **Graeme** is totally making this up.

The anthem (keyboard din from **Rob Shaw-Wood**) was followed by a grace delivered by **Tony Watkins**. **Susan Diening** announced guests **Virginia Spencer**, our speaker, (actually a corporate member) ; Lorraine Rowlands, guest of **Doug**; Mary Lever, guest of **Nigel**; Pat Henry; Johnny Marquez, his wife Delia and their daughter and son-in-law, Maria and Gino Secreto; Lynne Fraser, guest of **Graeme**; Dorothy Doll, guest of **Ron**; and Wilmer Pulido.

Jean Begin announced that the PP draw winner of a David's Tea gift card was **Bob Harrison**. **Jean** then told us that she had received a card from **Jack Troughton** advising that he would shortly be transferred to the Ruddy-Shenkman Hospice in Kanata. [**President Pardeep** later forwarded to us an email from Chris Troughton about his father's transfer and about visiting **Jack** at the hospice]

Next came the induction of **Johnny Marquez**. **Johnny** was with Rotary in his native Venezuela. His career has included the Venezuelan Diplomatic Service, the legal profession, and a number of academic engagements. As a diplomat he had two postings in Canada and will now live here. **Johnny** will be assigned to the International Service Committee, and be mentored by **Hadi Mortada**.

GENERAL ANNOUNCEMENTS

Ron Doll took a quick survey of member interest in and knowledge of wine and concluded that there is sufficient Club interest for him to arrange a wine tasting event in the near future. He will confirm a date later.

Joe Redhead asked members to buy their mums soon. Volunteers are standing by to process the orders.

Susan Diening asked us to make an extra effort to get Cash Calendar ads because some of our previous advertisers will not be renewing.

BIRTHDAYS

Ron Scott on the following Thursday

PRESIDENT'S ANNOUNCEMENTS

Dictionary 4 Life: Ken Murray needs help on August 14 between 5.30 and 8.00 pm at the Bushtukah warehouse to sort boxes that contain this year's edition Contact **Doreen Ide** will lead separate group there between 6.00 and 8.30 pm to affix labels and insert book marks in those dictionaries. Contact them directly if you can help.

Acting President Graeme reminded us again that Hadi Mortada is District Governor Elect. He will need our support in his new job. RCWO has produced four Governors thus far.

Please pay outstanding dues for the new Rotary year. And update your committee membership intentions if not done already.

Claudette Léger-Paillé has resigned from the Club because of illness and Cam Ross, citing heavy outside commitments on his time, has also left us.

PRESENTATION

Don Butler introduced our speaker: **Virginia Spencer**, is a Registered Holistic Nutritionist with over a decade of counseling experience. She graduated from the Canadian School of Natural Nutrition with honours and also holds their Advanced Cognitive Support Certificate. Additionally, **Virginia** is a Certified Lifestyle Educator, and a graduate of the Algonquin College Management Studies program. She taught at CSNN and has over twenty years of experience mentoring. Her practice is general with a focus on cognitive and metabolic support, longevity, stress, and traditional diets. **Virginia** enjoys outdoor activities

She opened by noting we are not what we eat; we are only what we can absorb through digestion. And, to help improve our digestion, she suggests at meal time we chew each bite 30 times to properly engage enzymes. (That would be worse than push ups). Put utensils down between bites. Eat to no more than 80% “full”. Consume 6 to 8 glasses of water daily, but not within a half hour before or after a meal. Take a brisk ten minute walk after a meal.

Additional points:

To improve detoxification and elimination support the liver by eating leafy greens, artichokes, garlic, onions and cruciferous vegetables.

Avoid ‘antinutrients’ which prevent absorption. Soak seeds and nuts to remove toxins and activate digestive enzymes (see handout on soaking). Cook foods slowly on low heat to retain nutrients (BBQ tastes good but it introduces toxins). Neutralize toxins with onions.

Support the metabolism by moving. ‘Change the body shape during the day’

Cortisol gets one going in the morning but when it peaks so does insulin so avoid a sugary breakfast.

Avoid foods that delay absorption such as alcohol and caffeine. Decaf has two additional stimulants beside caffeine and is best avoided. Green tea has an ‘anti-caffeine’

Prefer Himalayan salt or sea salt over regular iodized table salt which contains other toxins and often microplastics.

Virginia was thanked by **Dirk Keenan**.

HAPPY DOLLARS

Ron Doll collected this week. He decided to go table by table rather than zigzagging about.

Peter Fisher was happy that our speaker does not oppose chocolate chip cookies.

Dave Morton had cycled the Farm to Fork Gran Fondo in Vermont with stops at farmers for local specialties..

Andrew Young reported that Dorothy has recovered sufficiently from two hip surgeries that she is driving again. He thanked club members for their support. The reception at his place two week ago after the Fools’ Romeo and Juliet in the park was very successful

Bob Harrison pleased at winning the PP draw.

Joe Redhead praised **Marcia Armstrong** as very helpful to the Mums committee.

Johnny Marquez enthusiastic about becoming a member of RCWO.

Mary Wattie and **Joe** became, as of July 24, grandparents to Samuel Joseph Wattie.

Nigel Lever agreed with **Virginia** about the relationship between good health and natural foods. His mother, now almost 98 years old, had grown up eating food from their farm without preservatives

Maria Secreto (Johnny’s daughter) happy at her father’s induction

Graeme Fraser remarked that his sister-in-law had recently been assessed to be cancer free.

Dirk Keenan said that the Club had its first Friday morning meeting in July (these meetings will continue on the third Friday of each month). Lots of people attended. Issues discussed included the recommendations of the Future Directions Committee and **Ron Doll’s** idea for a wine tour,

Virginia Spencer, looked forward to her holiday in eastern Canada

CLOSING

Happinesses explored, **acting President Graeme** told us next week’s ‘irregular President’ will be **Ken Murray** and **Ali Pahlavani** will report on discussions of the New Directions Committee concerning new initiatives that the club might consider to remain relevant and vibrant.
He closed the meeting noting that when he and **Nigel Lever** joined Rotary back in biblical times (1989), it was “Enjoy Rotary and have fun while also rendering service”. So spread the word: Rotary is fun.

CASH CALENDAR WINNERS

Here are the winners of the Cash Calendar draws for the period, July 17 – 30, 2019:

2110 \$50 Alison Traub, Ottawa, ON
1709 \$25 Robert Soucy, Kemptville, ON
0642 \$50 Don Cameron, Kemptville, ON
1952 \$25 Ms Patricia Clark. Mississauga, ON
1990 \$50 Gilles Racine, Kemptville, ON
0377 \$20 Thomas K. Morton, Denver, CO, USA
0519 \$25 Yvonne Temple, Ottawa, ON
3558 \$50 J. Humphreys, Stittsville, ON
1141 \$25 David Ann Brown, Osgoode, ON
1891 \$25 Jamie & Joanne Desormeaux, Oxford Mills, ON
1756 \$100 Mrs. Shirley Legault, Gatineau, QC
3993 \$200 Jasmine Albagli, Nepean, ON
2246 \$50 Ryan Love, Ottawa, ON
2358 \$50 Luke & Legan Morris, Whitehorse, YT

Tuesday, August 6, 2019

Ali Pahlavani: New Directions Committee Report & Recommendations
Intro: **Caroline DeWitt** Thanks: **Marcia Armstrong**
Chair: **Ken Murray** Greeters: **Brian Hartley, Bill McIntyre** Reception: **Ginette Thomas**
Grace: **Norm Thomas** PP Draw: **Peter Fisher** Editor: **Don Butler** Photos: **Brett Brooking**
Sales/Attendance: **Linda Flynn**

Tuesday, August 13, 2019

Chloe Halpenny, “Report from our Global Grants Scholar”
Intro: **Joan Heyland** Thanks: **Clive Talbot**
Greeters: **Norm Thomas, Bob Harrison** Reception: **Mike Traub**
Grace: **Carol Bell Thompson** PP Draw: **Nigel Lever** Editor: **Rocco Disipio** Photos: **Jean Begin**
Sales/Attendance: **Linda Flynn**

