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ROTARY CLUB OF WEST OTTAWA;  
Pardeep Ahluwalia, President

April 9, 2019

Editor: Joseph Redhead

**PROGRAM:** Nicole Beggs “Pamoja Tunaweza (Together We Can)” Support to a Tanzania Health Care Organization

## DUTIES

**Brian Foster** greeted us on this frosty day of unexpected snow. **Cletus Peters** was on Reception; **Robert Harrison** sold Past President Draw tickets that would earn prizes for three lucky winners; Grace would be offered by **Marcia Armstrong**; and, **Mary Wattie** collected the meeting/attendance fee. With lunch concluded, **Rod Holmes** accompanied our singing of the national anthem.

## MEETING

Members were pleased to be returning to the sparkingly, newly renovated ground floor conference hall. **President Pardeep Ahluwalia** sounded the call to lunch at noon and commenced the 37th meeting for the year on time at 12:30. Following his welcome, and especially that to our youthful speaker, we stood to sing the National Anthem. **Marcia Armstrong's** grace had us remember our mission as Rotarians. **Cletus Peters** introduced our guests starting with the speaker, Nicole Beggs, granddaughter of our very own **Doreen Ide**, Savannah Dee, Keira Myers, Amy Ware, Hira Imran and Michelle Beaudette, all of whom are nursing students from St. Lawrence College in Brockville. He also welcomed Rotarian Peter Rastrup of the Aabenraa Club in Denmark, his wife Karin and Sarah Musari, a possible member as well as friend of **Graeme Fraser**. Rotarian Rastrup presented **President Pardeep** with a banner from his Club.

We welcomed our guests in song as usual and **Bob Harrison** officiated the PP Draw, with Savannah Dee, one of the nursing students from Brockville, **President Pardeep** and **Bill Morris** being the lucky winners respectively of a jar of honey, a jar of maple syrup and two tickets to the Music for Humanity concert on Saturday, the latter compliments of a couple who will be unable to attend.

## GENERAL ANNOUNCEMENTS

**Linda Flynn** led off the announcements with a short presentation of the updated Grants Disbursement Table that was available at each table. She was followed by **Caroline De Witt** who reminded us of the need for photographs for the 2019 cash calendar, and **Graeme Fraser** who urged members to sign up for the Night at the Races event and to buy tickets for the Music for Humanity concert.

### President Pardeep

- a birthday greeting for April 11 to Roy **Miller**
- encouraged members to make up a team for the Music Trivia Night hosted by the Rotary Club of Nepean-Kanata and the Kanata Royal Canadian Legion on May 31.
- **Stuart Picozzi** and **Merv Letts** can inform us about the Ottawa Rotary Golf-a-Thon, a joint fund raiser of the clubs of Ottawa and West Ottawa and the Rotary Home to be held on June 10 at Emerald Links Golf and Country Club.

## GUEST SPEAKER

**Doreen Ide** introduced her granddaughter, Nicole Beggs, who, along with her fellow nursing students, will travel soon to Tanzania to get some cross-cultural experience and help with health care as volunteers with the Pamoja Tunaweza (Together We Can) Women's Centre. Nicole started studying kinesiology at the University of Toronto, but after two years she realized that her passion would be nursing. She is now enrolled in the nursing program at the Brockville Campus of St. Lawrence College. **Doreen** said Nicole

has the qualities of all great nurses – strength of character, intelligence, empathy, a sunny disposition and a tremendous drive to care for her fellow men/women. Given Nicole’s dedication to the care of her rabbit, now 12 years old, and her dog aged 14 years, **Doreen** is confident that Nicole will be a superb nurse to all, young or old.

Nicole and her friends then took turns telling us about their courses at St. Lawrence College, their preparations to travel to Tanzania as volunteers, the work they will do while in Tanzania and the objectives of the two Canadian doctors who founded Pamoja Tunaweza in 2007, They will visit villages and schools in the region surrounding Mount Kilimanjaro doing blood pressure screening and training in hygiene. They will take medical and personal hygiene supplies with them for families needing these items and will work in homes with women on normal household chores to learn about their culture and its challenges. Their preparation includes orientation sessions at St. Lawrence College put on by doctors and nurses who have already visited the Women’s Centre.

After a brief explanation of the parameters 120/80 recognized as healthy blood pressure readings, we were invited to have our blood pressure taken at the end of the meeting, and to make a donation to help defray some of the costs of the mission to Tanzania.

The speakers then fielded questions from **Merv Letts** who was interested in what steps they were taking to safeguard themselves from diseases that could be contracted while on the mission, **Bob Harrison** who sought to know what orientation they were going through, and **Don Butler** who wanted to know how the doctors who started the program interacted with their college. **Denzil Feinberg** was interested in knowing if they were taking language training (They were and one student offered up some words in Swahili), guest Sarah Musari asked if the people attending the Women’s Centre would be given health training, and **Suren Gupta** commented on how blood pressure figures change as one aged.

**Navin Parekh** thanked Nicole and her friends for their wonderful presentation and complimented them on their dedication to improving the lives of the world’s peoples.

**Jen Soucy** at the behest of **President Pardeep** collected Happy Dollars from:  
**Roy Miller** - \$ 40 in celebration of his birthday;  
Pat Henry, wife of **Keith** for completion of renovations at their residence;  
**Tammy Whelan** because **Jen Soucy** was able to join her at the meeting;  
**Mary Wattie** in gratitude to **Linda Flynn** who stood in for her when she was late arriving for a meeting, and a second donation for no particular reason;  
**Suren Gupta** happy to be back from Florida to see old friends, but not about the weather outside;  
**Carol Bell Thompson** happy to learn that another crop of nurses would experience the vista of Mount Kilimanjaro as her granddaughter did last year;  
**Caroline De Witt** glad to accompany **Susan Diening** to the most recent District Training Conference and to discover that many Rotarians were impressed with our 2019 Cash Calendar;  
**Susan Diening** pleased to have weathered a fire drill while at the District Training Conference; and  
**Merv Letts** pleased that the Broken Clubs team had been reconstituted for this year’s Golf-a-Thon and calling on other members also to form foursomes in support of the tournament.

CLOSING

**President Pardeep** gave his usual reminders to Be the Inspiration for service action in the community and to invite to a meeting people we think might like to join us and adjourned the meeting at 1:25 PM to allow members to access the blood pressure screening clinic put on by our speaker and her colleagues. A Music for Humanity meeting followed the adjournment.

CASH CALENDAR WINNERS

Here are the winners of the Cash Calendar draws for the week of April 3 – 9, 2019:

- 1529 \$25 John Howard Society, Ottawa, ON
- 0320 \$25 Debra Bourne, Ottawa, ON
- 2280 \$50 Craig & Margaret Sparks, Thunder Bay, ON
- 3600 \$50 Joan S. Colbourn, Ottawa, ON
- 1505 \$25 Canadian Corps of Commissionaires, (Nat’l) Ottawa, ON
- 0746 \$100 Jeff Richardson, Kanata, ON
- 0275 \$25 Robert Horning, Kemptville, ON

**Tuesday, April 16, 2019**

Dr Geoff Outerbridge “World Spine Health Programs” Low tech care in developing countries

Intro: **Dr. Dirk Keenan** Thanks: **Virginia Spencer**

Greeters: **Sucha Mann, Ken Murray** Reception: **Sabby Duthie** Grace: **Roy Miller**

PP Draw: **Clive Talbot** Editor: **Ginette Thomas** Meeting fee/Attendance: **Mary Wattie**

**Tuesday, April 23, 2019**

Shelagh Tuddenham – NAFR ‘Neighbours Helping Neighbours’ program

Intro: **Gaye Moffett** Thanks: **Don Butler**

Greeters: **Ed Balys, Jeremy Klein** Reception: **Denzil Feinberg** Grace: **Bob Harrison**

PP Draw: **Chris Wanna** Editor: **Graeme Fraser** Meeting fee/Attendance: **Mary Wattie**



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