



Spinoff

ROTARY CLUB OF WEST OTTAWA

Jean Bégin, President

April 11, 2017

Editor: Robert Shaw-Wood

Program April 11, 2017

Kim Curran: Compassionate Palliative Care.

Intro: **Chris Wanna**. Thanks: **Eugen Achihaei**

Gathering.

For this, the 37th meeting in the Rotary year **Joe Redhead** was on reception; **Carol Bell Thompson** and **Sucha Mann** were selling lunch tickets; **Doug Rowlands** was selling Past Presidents' Draw tickets, and **Doreen Ide** was selling 60th Anniversary dinner tickets. The official greeters for the day were **Paul Leduc** and **Norm Thomas**. With no-one doing quality control, however, some fellow called Tom Belton, apparently known to many of the members, wandered in and, during the luncheon, was recognized by **President Jean Bégin**. He responded by giving her a bottle of maple syrup made in Perth and suggesting that with a drop of it to our car radiators, we could make it as far as Terry Fox Drive. I think I have that right. (Note: Tom Belton was a member of RCWO 2007-20015 but has now joined RC Perth which is closer to his home)

President Jean opened the meeting on schedule and we sang the national anthem, **Rod Holmes** accompanying as usual on the keyboard. Grace was said by **Brian Hartley**. **Joe Redhead** introduced the guests (including this Belton fellow who, it turns out, is a visiting Rotarian from Perth): Kim Curran, our speaker, Anick Sabourin and Mike Shaughnessy were guests of **Chris Wanna**; Pat Henry is the spouse of **Keith Henry**; and Emily Shaw was the guest of **Mike Traub**. They were all greeted with the RCWO Welcome Song.

Doug Rowlands asked our speaker to draw the PP Draw winning number and **Len Baird** won \$25 in unmarked bills. **President Jean** awarded a President's Rose to **Mike Traub** for his and his committee's organizing the very successful Music for Humanity concert April 8. In response, **Mike** recognized the work of other committee members

and especially the contribution of Emily Shaw, herself a University of Ottawa music graduate, who recruited the artists for the performance. Following this, **President Jean** presented Rotary name badges to **Bruce Brooks**, **Rami Alsaqqa** (in absentia), and a permanent badge to **Pardeep Ahluwalia**.

Announcements

Brett Brooking told us that, last Saturday, Club volunteers had sorted all the accumulated Shoe Bank shoes at Dymon's. **Brett** will be collecting Club member shoe donations at meetings for the next 4-5 weeks.

Merv Letts announced that the Club Foundation, established last year, can now receive donations. He emphasized that donations of stocks can be transferred free of capital-gains tax.

Pardeep Ahluwalia then made an eloquent plea for members who are good photographers to step forward and help out at club functions. There are currently only three in the photographer pool (**Pardeep**, **Larry Chop** and **Inna Flyazhenkova**).

Hadi Mortada was next, to scold members who forget to put their luncheon tickets in the box at the buffet. Fortunately, **Hadi** had not noticed that Rob Shaw-Wood had put my PP draw ticket in the box by mistake. Went back to fish it out.

Hadi also announced that the advertisements could now be posted on the club website at a cost of \$100 for a year.

Finally, **Doreen Ide** reminded members that 60th Anniversary dinner tickets would not/not be sold after the April 18 meeting and would be unavailable at the door. She also got five volunteers to help with the Anniversary dinner set up.

President's announcements

- birthdays of Roy Miller on April 11 and **Bill Morris** on April 16.
- attendees from the club to the District Training Assembly in Cornwall were **Ali Pahlavani, Bruce Brooks, Susan Dienes, Navin Parekh, Hadi Mortada, Marilyn** and **Merv Letts**, and **President Jean**. They found it particularly informative in the areas of fundraising, membership, the Foundation, ClubRunner and Youth Exchanges;
- the Club has received a Certificate of Appreciation for our financial support to the End Polio Now campaign.

The program

Chris Wanna introduced our guest speaker, Kim Curran, who clarified that her talk would cover the range of range of health services provided by the Elizabeth Bruyere network in addition to palliative care. Élizabéth Bruyère (1818-1876) established a school, hospital and orphanage in the Ottawa area. Her work was instrumental in saving the lives of Irish workers constructing the Rideau Canal, following an outbreak of typhus. Today, the Bruyere network includes the St Vincent Hospital and an affordable housing and long term care complex. Bruyere partners for palliative care with Hospice Care Ottawa, but also does stroke and catastrophic injury rehabilitation and care and research into brain and memory health. Ms. Curran noted that Canada's 65+ year old community will double over the next 25 years while our existing health care system, established 25 years ago, focusses on a younger demographic.

During comments and questions **Jim Maxwell** noted that a friend with Alzheimer's was receiving excellent care at St Vincent. In answer to **Don Butler** on the hospital's success in restoring patients' memory Curran cited some positive results but noted the importance of outside factors such as diet and environment. Also to **Don** Curran said access to Bruyere services was by general practitioner or other hospital. Bruyere specialists also visit hospitals to identify potential patients. **Denzil Feinberg** told us that a client of his had been so impressed by the care he received in Manitoba for a stroke that he donated \$45,000 in mutual funds. To **Bill Rolph** inquiring whether one could isolate specific factors that contribute to improved patient condition Curran replied that holistic approaches and a healthy life style are the best treatment. To **Peter Fisher** asking why Alzheimer's, a mental condition,

seemed to hasten death Curran regretted being unqualified to answer. To **Chris Wanna** Curran answered that Bruyere hospital basic funding came from the Ontario Ministry of Health which was supplemented by public fundraising of which \$30 million would be required over the next five years.

Our speaker concluded by announcing an international conference on humanizing health care to take place in Ottawa October 18-20 (see <http://www.bruyere.org/en/HHC-2017>). Ms Curran was thanked by **Eugen Achihaei** with the usual memento and a certificate of a Polio Plus donation of \$25 in her name

Happy Dollars.

Bill Morris collected from the plethora of happy people at the meeting:

- **Suren Gupta** returning after almost six months' absence;
- **Joan Heyland** happy about a \$3000 contribution from Club members to the Stephen Lewis Foundation;
- Roy Miller for living 60 years without getting grumpy;
- **Ken Murray** returned after two months and one hole in one;
- **Dave Morton** for Bushtukah's SWEET Night which raised \$5000 for Ausome Ottawa (autism support);
- **Joe Redhead** for his return from Grenada and for the completion of the 2012-17 Era presentation for the 60th Anniversary dinner;
- **Bill Rolph** for the pending school exchange that will see his 17-year-old granddaughter spend several months in Northeast Brazil
- **Don Butler** at seeing Tom Belton, a former Mums Committee Chair, and looking forward to discussing possible cooperation on Mums with Tom's current RC in Perth
- **Ed Balys** happy that his accomplices of the Capital City Chorus had come second in the Ontario District Barber Shop Chorus competition.
- **Bill Morris** himself concluded this session with a dollar for his snide comment about memory loss and our visiting Rotarian from Perth.

Adjournment

We were reminded again that the April 18 meeting would have no speaker; Club committees would use the time for their own separate meetings. Also, April 18 would be the last day to buy Anniversary dinner tickets.

President Jean then adjourned the meeting with the usual reminders from on Rotary Serving Humanity and inviting contacts.

Cash Calendar

Here are the winners of the Cash Calendar draws for the period, March 29 – April 11, 2017:

3012 \$20 Victoria Osler, Toronto, ON

1308 \$25 Michelle Thomas, Russell, ON

3225 \$50 Tracey Wood, Regina, SK

2001 \$50 Stephen Gilman, Ottawa, ON

2117 \$25 Bliss Tracy, Ottawa, ON

2947 \$100 Tiffany Fenech, Manotick, ON

3437 \$25 Marcel Lacroix, Niagara Falls, ON

3292 \$20 Frank Breitenstein, Kemptville, ON

0740 \$50 Capital City Chorus, Orleans, ON

3144 \$25 Katie Daniels, Ottawa, ON

3692 \$200 Maurice Vacheresse, Kanata, ON

0024 \$50 Janet Hazelgrove, Amherstview, ON

0732 \$25 Joan Johnston, Ottawa, ON

0511 \$50 Cameron Johnstone, Lanark, ON

Tuesday, April 18, 2017

No speaker

Committee Meetings

Greeters: **Chris Martin, Rami Alsaqqa** Reception: **Cletus Peters**
Lunch Payment: **Brian Hartley, Bruce Brooks** Grace: **Henry Akanko**
Past President's Draw: **Alan Bowles** Editor: **Jack Troughton**

Tuesday, April 25, 2017

NO MEETING

See Friday, April 28

Friday, April 28, 2017

5:30 p.m. St Elias Centre

RCWO 60th Anniversary Celebration

Greeters: **Ron Scott, Hadi Mortada** Reception: **Doug Rowlands**
Payment: **Len Baird, Carol Bell Thompson** Grace: N/A
Past President's Draw: N/A Editor: **Gaye Moffett**