



World 'pedaler' shares inspiration with Rotarians

Jean-Gabriel Chelala is out to set a record as the first person to circumnavigate the globe using human power – and he is sharing his inspiration with Rotarians along the way.

Braving 17-foot waves, 35-knot winds, and an encounter with a whale that destroyed his rudder, the 27-year-old civil engineer journeyed 65 days across the Atlantic Ocean in a 27-foot pedal boat. Landing on the Caribbean island of Saint Martin, Chelala was short on funds and looking for friends. A director of a marina referred him to the Rotary Club of Saint-Martin Nord, Guadeloupe, French West Indies.

"I am really proud to talk with people like Rotarians because they think with their hearts, and they use their hands to make the world better," Chelala said. Chelala spoke to the club, describing his journey and message of the strength of the human body and spirit. Rotarians were so impressed, they named him an ambassador of their club.

Chelala continued on his journey to Puerto Rico, where he met John Richardson, assistant governor of District 7000 (Puerto Rico), who was

also inspired by Chelala's determination and positive message.

"After spending a couple of hours with Jean-Gabriel talking about his quest, we concluded that he should connect to [Rotary's] global network and share his message, which is so much like our own," said Richardson. "An ordinary person armed with the strength of his conviction can pedal around the globe in much the same way as, [with] Rotary, ordinary people do extraordinary things."

Chelala has since added stops at several U.S. Rotary clubs to his itinerary, including the Rotary Club of Chicago. He plans to begin the next 22,000-mile leg of his journey by bicycle from Fort Lauderdale, Florida, to Alaska on 11 September.

Chelala began his journey in Paris on 13 January, bicycling 1,375 miles to the South of Portugal. He continued by pedal boat to Morocco and the Canary Islands, eventually crossing the Atlantic and landing in Saint Martin.



He will complete his journey by cycling through the contiguous United States, Canada, and Alaska, crossing the Bering Sea and Siberia, and returning to Paris.

Richardson reports that Chelala now carries a Make Dreams Real pin with him. "To say the least, he is a very special guy," said Richardson.

Rotary International News
19 August 2008

COMING EVENTS

September

- 01 GSE Team Leader to Hungary Applications due
- 13 Windsor St. Clair Past President's Party
- 15 GSE Team Member to Hungary Applications due
- 24 District Governor's Golf Outing Kingsville G. and C.C.

October

- 02 District Governor visit to Windsor St. Clair

A message from the President...

Thank You For The Inspiration



Jim Grundy

I would like to thank you for the opportunity to represent our club as President for the brief time I was able to and to serve with you as a Windsor St Clair Rotarian over the past four years. I have made many great friends and have had lots of fun getting to know each of you in our various community works.

You have inspired me to become a better person, father and Rotarian and for that I am truly thankful. I look forward to hearing about the continued great work this club does and how you progress with a new local project and new fundraisers. This is a club that lives the Service Above Self motto and I will be watching from our new home in Regina with great pride on all of your future accomplishments.

Vitamin D3 deficiency reaches epidemic proportions

With all the medical advances we have experienced in the last 100 years, it's a shock to many that physicians and medical researchers have identified Vitamin D3 deficiency as a major issue.

Researchers liken the issue to plant growth - when plants fail to get adequate amounts of sun, they wither and die. The solution is 15 to 20 minutes of sunshine each day, which assists the body in manufacturing 10,000 to 15,000 iu's of Vitamin D3 per day.

As Rotary Windsor St. Clair member - and family physician - Dr. Nick Krayacich outlined to club members last month, the problem is that most people avoid the sun due to fears of skin cancer. So we are faced with overcoming the problem by other means.

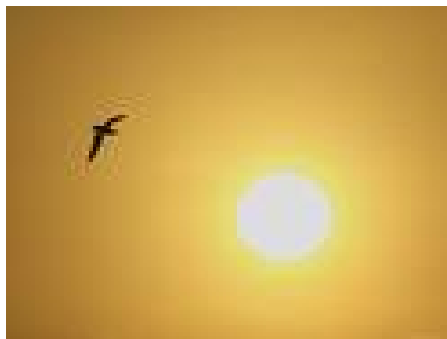
Vitamin D3 deficiency can result in:

- ✓ Obesity;
- ✓ Type 2 Diabetes;
- ✓ High Blood Pressure;
- ✓ Depression;
- ✓ Psoriasis;
- ✓ Fibromyalgia;
- ✓ Chronic Fatigue Syndrome;
- ✓ Kidney Stones;
- ✓ Osteoporosis;
- ✓ Neuro-degenerative disease including Alzheimer's Disease.



Researchers have also connected Vitamin D deficiency to Cancer (especially breast, prostate, and colon

cancers). Vitamin D3 is also believed to play a role in controlling the immune system (reducing the risk of cancer and autoimmune diseases), increasing neuro-muscular function and decreasing falls, improving mood, protecting the brain against toxic chemicals, and potentially reducing pain.



Vitamin D3 is both a vitamin and a hormone. It acts as a vitamin when it binds with calcium for proper absorption. Humans cannot digest calcium without adequate amounts of Vitamin D3.

The most common reasons for Vitamin D3 deficiency in North America relate to the lack of exposure to sunlight and infrequent consumption of cold water fish such as wild salmon, mackerel & sardines.

Standard blood tests will determine vitamin D3 levels

Dr. Nick says that a standard blood test will provide your physician with your levels of vitamin D3. The test is called 25(OH)D. Existing guidelines state that a deficiency is anything below 50nmol/l, but recent studies show that 80 nmol/l is needed to keep healthy bones and enable vitamin D to perform its other roles in the body.

Foods have been supplemented with Vitamin D, but this has not resulted in an overall increase in Vitamin D levels. If you have bone loss or osteoporosis, it is recommended that you spend 20 minutes daily in the sunshine with 40 percent of your skin surface exposed.

Dr Nick states that morning sun is best and reminds club members that skin shouldn't be allowed to burn. He also cautioned that tanning beds do not provide Vitamin D3.

The recommendation is to eat foods high in Vitamin D3 including Cod liver oil, fortified milk, salmon, mackerel, sardines, egg yolks and beef liver. If you take Vitamin D supplements make sure it is Vitamin D3 and not D2. Take Vitamin D3 supplements with food. Dr. Nick suggests a Vitamin D3 daily dose of 2000iu-5000iu depending on your blood test results.



Dr. Nick's Prescription for Vitamin D3 deficiency

- ✓ 15 to 20 minutes of sunshine each day
- ✓ Vitamin D3 daily dose of 2000iu-5000iu depending on your blood test results

As always Dr. Nick says to consult your own Physician before undertaking any treatment plan.



Service Above Self

The Rotary Club of Windsor-St. Clair
Founded: November 20, 1975
Regular meetings every
Thursday at 7:15 a.m.
Windsor Yacht Club
9000 Riverside Drive
Windsor, Ontario

For more information, please visit
www.rotarywindsorstclair.com



PARTYTIME!

The Past President's Party for Shelly and going away party for Jim Grundy and Dave LaBranche is scheduled for **Saturday, September 13**, 4 p.m., at Todd & Michelle Grondin's home. There will be a Mexican theme and the menu will feature Steak/Chicken and Shrimp Fajita's. Cost is \$10 per adult/ \$5 per child & members are

asked to bring an appetizer/salad or desert to serve 6 people.

BINGO

There are only 13 opportunities to sign up for bingo—4 hours for a single shift or 8 hours for a double. The next available Bingo opening is October 11, 2 p.m. - 6 p.m. and 6 p.m. until 10 p.m. Please make sure you sign up as soon as possible.

PAY IT FORWARD

AUGUST 14 MICHELLE MORO

Michele was speaking to one of her friends, whose boyfriend was helping a family of 12 - 14 from Burma. He planned to purchase bikes for all of the children so that they could get around more and enjoy themselves outside. Michele felt that donating her money to help buy the bikes would be a great way to "pay it forward".

AUGUST 21 ILIAS KIRITSIS

Through his practice, Ilias has become familiar with the Windsor Homes Coalition, an organization that provides low income housing to families that cannot afford it on their own. Ilias decided to top up the \$25 "Pay It Forward" money and donate it to the Windsor Homes Coalition. He and his family also gathered up some toys and other household items and donated them to the Coalition.

AUGUST 28 JOHN FERGUSON

For many years, John has been involved with Lakeshore St. Andrews Church. The church has set up a special fund to help people who are experiencing financial difficulties and need some assistance. The money for the fund does not come from the church itself, but rather from donations by generous parishioners who wish to help others less fortunate. John decided to add some of his own funds to the "Pay It Forward" money and make a donation to this fund.

SEPTEMBER SCHEDULE

September 4	Laura Gray	September 18	Chris Woodrow
September 11	Michael Duben	September 25	TBA

BOARD NEWS

Attendance for July was 75.2%

► The board accepted the resignations of: **Wayne Beecroft**, **Kathy Buis** and **Geri Soulliere**. We shall miss their energy and ideas. Our membership is now 51.

New Member Proposals:

► **Anthony Pecaski**, classification Marketing, proposed by **Paul Charbonneau**

► **Justin Walsh**, classification Lawyer - Estate Planning proposed by **Ilias Kiritsis**

► Members are reminded that our by-laws deem a proposed member elected to membership if there are no objections submitted within **SEVEN** days after the proposed names are published in the Rotatel.

► There have been some questions on the fines protocol at our Thursday meetings. Our fines masters do a terrific job of creating fun and setting a relaxed tone at the meetings. We ask that you apply the Four-Way Test when paying fines. Please do not feel obliged to pay more than three dollars in fines in any week but if you so chose there is no limit.

► The board has accepted a proposal, subject to approval by the membership, for a new fundraiser preparing and serving food and drinks at the new WFCU Arena. Details will be sent to members for consideration prior to a vote in early September.

Program Schedule for SEPTEMBER

DATE	SPEAKER & TOPIC	INTRODUCER	THANKER	GREETERS
September 4	Ronna Warsh / Social Services	TBA	Karen Cichon	Paul & Phyllis Charbonneau
September 11	Fire Chief Dave Fields/ Tour of 9-11 sites	Alan Drouillard	Michael Duben	Arnie Charlton Terry Cloutier
September 18	TBA	Carl Fama	John Ferguson	Shelly Duben Ann Fama
September 25	Club Celebration			Bob Graham Todd Grondin

Rotarians assigned duties of introducer, thanker and hosts are responsible for finding their own replacements if they are unable to fulfill their duties.

FOUR WAY TEST: Will it build goodwill and better friendships?

Participants at the Governor's Picnic enjoyed great weather and fellowship



GOVERNOR'S PICNIC: District 6400 Rotarians and guests enjoyed a fun-packed day on Boblo Island. Thanks to Windsor St. Clair Rotarian Arnie Charlton and others for their organizational skills. The organizers even managed to have the sun shine!



FELLOWSHIP: Windsor St. Clair Rotarian David LaBranche (Left) with local Rotarians Ed and Rose Boycott.



RELAXATION: Windsor St. Clair Rotarian Arnie Charlton, takes time out to relax after all of the hard work.

...COMMITTEE REPORTS...COMMITTEE REPORTS...

MEMBERSHIP

Agenda items included the Past President's Party for Shelly and a going away party for Jim Grundy and Dave LaBranche. (See details on Page 3). Other membership items included plans for a Christmas Party and the need for more discussion on the frequency of Fireside Chat's.

COMMUNITY SERVICE

A donation of \$500 was approved for the Tecumseh Terry Fox Run to be held September 14. The Committee is still looking for a volunteer to head the Santa's Shoebox project.

INTERNATIONAL

RELAY Update - Plans are moving ahead for the Ethiopia project. By October, we should have a better idea of how many team members will be travelling to Ethiopia. We continue to work with Beyene Haile in developing potential projects in the town of Debreberhan, which will include a water project. We have also had some discussion about a future RELAY project in the Durban area.

Communication has begun with the Durban Rotarians who were here on a Friendship Exchange several years ago.

Matching Grant - Our Matching Grant has been paid out by RI, since the paperwork has finally been completed by our partner club. We will be in contact with Ben Osome and the members of the Kakamega Club to arrange to purchase desks and school supplies for Mumboha Primary School.

Cozumel Update - The Rotarian from Cozumel who visited our Club left some information about their wheelchair project, with which they would like our assistance. The Cozumel Club has started a wheelchair project, where they have provided wheelchairs to many less fortunate people in Cozumel. There are 17 people who need very specialized chairs due to their special needs. We will get further information on the project before deciding how to proceed.

Group Study Exchange - The next GSE trip will be to Hungary in May 2009. Rotarians are encouraged to apply as the Team Leader, and to find

non-Rotarians to apply as team members. The deadline for Team Leader applications is September 1 and the deadline for Team Member applications is September 15. Contact Michael for further details.

YOUTH SERVICE

Athena Scholarship recipients will be presented to the Club later this year. Arrangements are progressing well to have a scholarship named for Linda McKay. Confirmation has been received from Riverside High School that it is interested in pursuing the development of an **Interact Program**. More details will follow. **Ann Fama** will be heading up the Begley School reading program.

CELEBRATIONS

Happy Birthday...

September 18 Al Santing

Happy Anniversary...

September 30 Caro and Ken Lepain