



Reporter,  
Doug MacDonald...

“If you don’t believe me, ask my wife.” This week’s speaker, was Dr. Reed Ferber, an Assistant Professor

at the U of C and Director of the Running Injury Clinic. Yes, that’s what I’m sure he said. If you don’t believe what he says about healthy aging and pain-free walking, ask his wife. Of course, she didn’t learn it from him either.

I digress. According to Dr. Ferber, every injury is a puzzle consisting of 4 elements – biomechanics, strength, flexibility, and alignment. Whether you are an elite athlete or a typical Rotarian, you have to build strength and flexibility before you can reduce injuries. Maybe that’s why so many of us appear to be physical wrecks after working at the Stampede barbecues.

The really good news is that the best exercise is really easy and cheap. Dr. Ferber often suggests people start doing simple hip strengthening exercise before they come to see him because it may make the visit to his clinic unnecessary. He even suggested this

## “If you don’t believe me, ask my wife.”

exercise will make recovery from knee replacement surgery better.

over 80 years old and one lady was using a cane at the beginning of the study.



Our Speaker, Dr. Reed Ferber...

And here is where Mrs. Ferber comes into the story. She was dealing with lower back pain and was persuaded to join a study group at the clinic. Sure enough, 6 weeks later, even she believed that the good Dr. Ferber was on to something. So if you don’t believe Dr. Ferber, ask Mrs. Ferber. And the best part is that it’s all on the running clinic’s web site [www.runninginjuryclinic.com/mediaHip\\_Strengthening\\_Exercises.pdf](http://www.runninginjuryclinic.com/mediaHip_Strengthening_Exercises.pdf)

### The Meeting

President Bill again opened the meeting with a half-hearted congratulatory message for the ex-pat’s from Saskatchewan. We have to understand that President Bill is from Edmonton

so he’s had lots of football news to be disappointed about this year. Did you know that Talisman Energy has contributed \$1 million to CAWST and according to the press release about the gift joins a growing circle of forward thinking organizations,

It sounds simple, inexpensive and easy but does it work? According to a study at the Kerby Centre, over 6 weeks, the participants all showed improvement in pain reduction, quality of life and increased walking speed. The participants in the study were all





*Jim MacGowan... how to help with Christmas Hampers...*



*Steve Stein on the Seniors Christmas Party...*



*Bruce Fenwick announces new directors...*

including our Rotary Club, that are helping CAWST bring clean water to the world's poor?



*Wing Kee thanks our speaker...*

Tim Heaton was back for another sing-song and a musical history lesson. There were lots of visitors this week who must want to know about graceful aging or pain free walking. Secretary Carol explained that if you want her to keep it short, President Bill, don't tell her in the parkade on the way to the meeting. This week, we learned that the secret to success is whistling while you work. A leading psychologist reports that whistling distracts your mind when you are facing information overload and lets you get the job done. I can hear us next week – we'll sound like the Seven Dwarfs on our way to Rotary.

There are lots of options for those who want to help with the Christmas hamper program. You can donate money and someone else will do the shopping and deliver. You can shop with someone else's money and we'll find someone to deliver. You can also be the elf who delivers gifts or you can donate the money, do the shopping, and deliver the hamper. Contact Secretary Carol, one of the elves on her committee or Tina at the Rotary office to sign up. Steve Stein was at the Wild Rose with Frank Sparks and the usual suspects last week so for the first time, we actually had a Frank n' Stein.

President-Elect Bruce Fenwick announced that the following directors for 2011-13 have been acclaimed – Sheila Acharya van Horne, David Bromwich, Catherine Brownlee and Brian Larson. Eva Friesen has been appointed as Secretary for 2011-12 and Don Dart will be the Treasurer. They will join returning directors Mark Hopkins, Madeleine King, Lynn Lehr and Scott Tizzard. I forget who the President-Elect is next year. Ernie Hawrylyshen invited all of us to the 50<sup>th</sup> annual District 5360-5370 Curling Bonspiel on February 17-20 in Lacombe. Curlers and wanna-be

curlers are both welcome. President Bill even said Saskatchewan born curlers were needed, I think. Bjorn has had another busy week. He's almost ready to go skiing and only needs a helmet. He particularly wanted to dispel rumours that President Bill and Karen weren't feeding him enough. For those of us who have been to lunch with him, we all know he can eat! Before introducing our speaker, Dean Gjertsen reported that he presented 20 adult literacy scholarships at Bow Valley College last week. Well done Dean. That's another one of the important projects our club is committed to.



*Ernie Hawrylyshen looking for curlers...*

## UPCOMING SPEAKERS

**December 7**

**Marc Tremblay**

*“Franco-entrepreneurs: Who are they and how do they contribute to the Alberta Advantage?”*

**December 14**

**World Community Service  
Uganda Project Update**

**December 21**

**Partners Christmas Luncheon**

**Dr. Karen Benzies**, Associate Professor with the Faculty of Nursing at the University of Calgary.  
*“Bright from the Start – Building Healthy Connections”.*

**December 28**

**Informal Fellowship Meeting**

*Cancelled*

**January 4**

**Robert Miller, Pres. CDFAI**

*“Why Canada needs a Private Western Canadian Foreign Affairs Research Institute”*

**January 18**

**Dr. Elizabeth Cannon**

## Partners Christmas Luncheon

Tuesday December 21<sup>st</sup>

11.15 a.m. – Cash Bar

12 noon – Christmas Luncheon

Crystal Ballroom, Fairmont Palliser Hotel

RSVP no later than Wednesday December 15 with total numbers in your party (Email: [admin@rotaryclubofcalgary.ca](mailto:admin@rotaryclubofcalgary.ca) or telephone: 403 398 9969)

Our guest speaker will be Dr. Karen Benzies, Associate Professor with the Faculty of Nursing at the University of Calgary. Her presentation is entitled: “Bright from the Start – Building Healthy Connections”. This is a Rotary Flames Alliance project for young children.

## THE ROTARY CLUB OF CALGARY NEW MEMBERSHIP PROCESS - WHITE SLIP

NAME: Frank Antolovich  
PROFESSION: Oil & Gas  
CLASSIFICATION: Business Management  
COMPANY: GE– Oilfield Technology  
PROPOSED BY: Catherine Brownlee & Maxine Morrison

## Christmas Hamper Committee Needs Shoppers

The Christmas Hamper Committee is **desperately in need of shoppers for their Christmas Hamper Campaign**. If you are able to spare some time in this busy holiday season, please email Kathleen Cook at [kathleen.cook@aon.ca](mailto:kathleen.cook@aon.ca). Your assistance would be greatly appreciated.

## No Informal Fellowship Meeting on December 28

Please be advised that there will be no informal fellowship club meeting on Tuesday December 28<sup>th</sup>. Our first regular meeting of the New Year will be on Tuesday January 4<sup>th</sup>.

## ROTARY SENIORS CHRISTMAS PARTY

**Sunday December 12  
at the BMO Centre**

*(formerly The Round-up Centre)*

Online registration available through the Rotary Website under the News section

**You can also register with  
Karen or Tina at meetings**

**Many thanks to everyone for  
making this such a success  
each year**

## CHRISTMAS HAMPER PROGRAM

Our annual Christmas Hamper Program is underway. It provides a wonderful opportunity to all of us to help less fortunate families at this special time of year.

There are four ways you can help:

- ◆ Make a donation
- ◆ Sponsor a family
- ◆ Shop to fill hampers
- ◆ Deliver hampers

For more information contact Mark Stiles or Carol Rosdobotko



## New Members of the Board



*Eva Friesen  
Secretary*



*Incoming Pres. Bruce  
Fenwick announces new  
board members*



*Don Dart  
Treasurer*



*Catherine Brownlee  
Director*



*Brian Larson  
Director*



*Sheila Acharya van Horne  
Director*



*David Bromwich  
Director*



### A Note from Gord Walker

After last weeks speaker, Reed Ferber got me all excited about improving my balance and conditioning. I went to his web site and printed the exercises he recommended to show Jackie. I remembered he had said the Theraband was available from Drug Supply Houses and I thought "well I'll bet our friendly druggist turned Song Leader will have something to say about that." And guess what, he did a singing commercial ;-"

Theraband will help you stand,  
If you do the exercise right.  
So come on down to Rideau land,  
For the pharmacy has the band  
It's available in Red, Yellow and Blue  
Tensions at just 95 cents a foot.  
Gord Walker



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The Rotary Club of Calgary is an organization of professional and community leaders who come together through commitment and fellowship to create opportunities and a better future for generations to follow.