

COG

The Rotary Club of Calgary



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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.

Dr. Remo Panaccione – IBD in Alberta

Sean Baylis had the pleasure of introducing our speaker: Dr. Remo Panaccione, Team Lead (Treatment and Cure) with the Alberta IBD Consortium, and Associate Professor of Medicine at the University of Calgary. Dr. Panaccione has also been recognized by Rotary International as a Paul Harris Fellow.

Inflammatory Bowel Disease (IBD) refers specifically to either Crohn's disease or to ulcerative colitis. It is different from Irritable Bowel Syndrome (IBS), which is a collection of symptoms experienced by many people in industrial societies. Although IBD is on the rise globally, the per capita disease rates are highest in Alberta. Several studies have attempted to determine why this is so, but IBD occurrence patterns, and the root causes of this disease, are still unknown. Genetics may play a role as the IBD disease rates are generally higher where there are populations of Scandinavian descent, but environmental factors are also suspected.

Did you know that the Alberta IBD Consortium is ranked among the top five research centres in the world? In just three years the group has tested three new agents that have been approved to treat IBD. The consortium's goal is to continue to develop therapies that will improve patient quality of life. Dr. Panaccione's interests lie in conducting clinical trials for new treatments.

The sobering statistics present a compelling case for making the investments to find effective treatments and a cure. In Alberta alone, more than 20,000 people have chronic IBD. The total number for Canada is about 250,000, and this is higher than the number of Canadians with diabetes or multiple sclerosis.

Dr. Panaccione also pointed out that IBD does not have a high profile in Canada because of the sensitive nature of bowel diseases. More public awareness and education is needed. Barbara Young thanked him for his informative presentation, and for his dedication to improving global health. She presented our usual certificate to acknowledge the CAWST donation made to thank him for speaking to our club on this important topic.

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Ralph plugs our next meeting at Lunchbox Theatre



Don Cameron demonstrates how to purchase gala tickets



Co-Secretary Barbara Young thanks our speaker

Meeting Highlights

After President Eva Friesen called us all to order, Michael Pierson delivered a rousing rendition of *O Canada* that made us feel proud. Cristina Castro's inspiring invocation on our shared values as Rotarians was followed by Club Co-Secretary Chris Harper's introduction of our seven special guests and the weekly birthday announcements.

In his weekly secretary's report Chris counted down the top nine myths held by Americans about Canadians, including the one about us living in igloos. He again drew our attention to our new practice of live tweeting highlights from our meetings. He was, as he said, "tweeting the meeting."

Eva thanked the faithful volunteers who work behind the scenes to make our weekly lunches a success. She announced that our COG sponsors for the week were Paul McIntyre Royston and Barbara Burggraf, both of the Calgary Public Library Foundation.

President Eva called Don Cameron to the podium to share more details about our club's Centennial Gala event (definitely not to be missed) on May 3rd. Over 300 tickets have already been sold, but there is still room for an additional 700 Rotarians and guests at the Hyatt Regency Hotel. Please spread the word, and buy more tickets too. This milestone event promises to top the last 100 years in fun and fellowship. Don provided an explanation of "business casual" so we won't be over or under-dressed for the event.

Next up was Ralph Lundberg to remind us that our meeting next week will be at Lunchbox Theatre. Please bring your lunch, or order one from the theatre.

Lunch Box Theatre is located beside the Calgary Tower, a short hop, skip and a jump from the Palliser.

Barbara Burggraf was up next to remind everyone to expect a call from a fellow Rotarian on the Members Engagement subcommittee. Members will be asked a series of questions, which will culminate in a request to update your ClubRunner profile page.

The formal meeting adjourned but at the end of the lunch Eva reminded us about a special contribution we made back in 1931 to the city's public library system.

Did you know that our Club planted the magnificent stand of heritage spruces towering near the main entrance to the Memorial Park Library? What a great gift to Calgarians.

*Thank-you **Barbara Burggraf** for your report on this week's meeting. Thanks also to **Michael Pierson** for preparing last week's meeting report! – Editor*



RYE student Anel on skates for the very first time!

New Club Members' Event at the Ranchmen's Club



Upcoming Meeting

March 18 **Scott Berry**, Empowering Minds
Fairmont Palliser Hotel

Rotary Club of Calgary Centennial Gala Tickets

Get your tickets at www.rotary100.ca. Tickets are \$100; that's just \$1 for each of our 100 years.

TRF & CRCF Matching Points Program

As part of our club's centennial celebrations, a goal of 100 Foundation donors in our 100th year has been established; and your participation is encouraged for this Rotary year. Please note that Member donations to either the Rotary Foundation (TRF) or Calgary Rotary Clubs Foundation (CRCF) will be matched by the Club with Paul Harris credits on a 1:1 basis, *up to 500 matching credits per year*.

Our thanks to the Calgary Public Library Foundation (CPLF) and Rotarians Paul McIntyre Royston and Barbara Burggraf for sponsoring this week's COG Newsletter

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