



the Arch



May 8th, 2012
Volume 35, Issue 36

HEART HEALTH

Diamond Fernandes, Heart Consultant

Bart Dailley introduced guest speaker Diamond Fernandes, founder of the Heart Fit Clinic to discuss "Heart Health".

Diamond suggests there are "7 Beats to Heart Health Success". His clinic was founded due to his father's first heart attack at age 38. It is the primary cause of death among women and is also the most preventable disease. He suggests you not leave your health entirely in the hands of your spouse and doctor – try to look after it yourself. He worked in Palliative Education to learn more and then opened several heart clinics.



His first step is to understand blood pressure as if it is too high, major problems can occur. Less than 120 over 80 is ideal, while 140 over 90 requires medication. Then comes cholesterol which is a bad thing only if it is inflamed. HDL is deemed Good and LDL is Bad because of the inflammation. Over 50% of heart attacks occur in people with high LDL cholesterol. The best diet is considered the Mediterranean Diet as it lowers inflammation due to fruit, veggies, lean meat, fish, healthy

oils and nuts. Alcohol in very small quantities is OK.

Many diets and health fads do not have a good affect on health. It is important to reduce stress as it may adversely affect blood pressure, heart rate and blood sugar. Inactive lifestyle and being overweight are also negative factors as they induce inflammation. Fitness is essential to good health.

Dental health is also very important to heart health so consult your dentist regularly. Also use floss daily as well as mouthwash.

Healthy arteries are important and an examination of neck arteries can indicate the health of heart arteries. Mindset and attitude are key to reversing heart disease, and an individual plan is needed to improve heart health.

The speaker's Heart Fit Clinic conducts many heart fitness tests so he suggests you get there before you die! He offers each of our members ½ hour of free coaching by completing a form available today and sending it to the Clinic.

Terry Green presented the usual certificate to the speaker and ended the meeting.

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Diamond Fernandes

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Rotary Club of Calgary Chinook

Chartered March 14th, 1977

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Meeting Minutes



May 1st, 2012 **Scribe: Ed McLean**

Vice-President Terry Green called the meeting to order, and with no pianist in attendance, asked Lou Pomerance to lead us in the national anthem. This he did with gusto. Al Pettigrew led us in the Rotary grace.

Greeter Tom Sorenson introduced 1 guest and 7 visiting Rotarians, including Ann Lockhart from New Minas Sunrise, Nova Scotia.

Harry Nazarchuck reports Tom Ranson is taking a leave of absence as Vera is not well. Also Carol McDonald recently underwent surgery.

Paul Gaudet, Chairman of the Donations Committee, presented cheques to 3 Rotarians on behalf of charities they represented, and who all briefly outlined the respective beneficiary activities viz:

- Terry Craig of the Association for the Rehabilitation of the Brain Injured;
- Duncan McKillop of the Friends of the Colonel Belcher Society;
- Doug Fosbrooke, a member of the Sarcee Rotary club for the Community Kitchen Program of Calgary.



Gwyneth informs us that a 90th birthday party will be held May 27th for her father, member Chuck Bury.

Linda Colclough recognized those with wedding anniversaries and birthdays in May. Those who will celebrate wedding anniversaries were each asked "What should you never say to

your wife?" The answers were interesting! Those who will have birthdays were presented with a Rotary bookmark. Lou led the singing of Happy Birthday.



George Kimura reports there were adequate volunteers for Ronald McDonald House this week.

Dale Perett is looking for more hosts for visiting Rotarians during the summer.

President-elect Dave Saunders requests that we all hand in the Committee Selection forms as soon as possible.

Hank Popoff reports the District Youth Exchange event a couple months ago actually raised \$20,000 not the \$13,000 previously reported. Also that Barb Kranjcec, our Exchange Student who became ill, was an initiator of this fundraising effort for ShelterBox, and has been awarded a certificate in recognition of her efforts.

Joe Hooper reminded us of the Spruce Meadows Orientation and Appreciation Dinner to be held there on May 16th which is detailed elsewhere in The Arch. Joe also asked that if you sign up to attend, please do so as last year many did not show which was an unnecessary expense to Spruce Meadows.

Peter Bickham presented Paul Harris Fellowship pin plus 3 to Fred Jesse who has of course been away all winter.



Chuck Morrison of the Calgary West Club made a brief presentation requesting support for their club fund raiser "Wash Away Thirst" to help provide water to 3rd world countries. Gift cards for car washes are available for \$20 with \$10 going to the charity.

Barry K. was 50/50 winner and donated \$5 to the pot. SAA Ron Hardie fined several members for peccadilloes, all accountants for the end of the tax year and suggested all contribute \$1 to be matched by the gov't.

Bart Dailley introduced guest speaker Diamond Fernandes, founder of the Heart Fit Clinic.

Greeters

May 8th	Norman Myden and Jack Steen
May 15th	TBA
May 22nd	TBA

If you are unable to GREET on your assigned day, please contact Barry Korpatnisky so he can get a replacement ... 403-278-8982



Upcoming Events



Promote RI Convention Month

- May 6th - 9th 103rd Rotary International Convention, Bangkok, Thailand
- May 8th Meeting at Fairview School
- May 15th Club Assembly
- May 16th Spruce Meadows Appreciation Dinner, Congress Hall –
Tours 5:15 to 5:45, Dinner at 6:30
- May 19th President's Dinner
- May 22nd Meeting replaced by President's Night evening
- May 25th - 27th District 5360 Conference, Radisson Hotel & Conference Centre, Canmore AB
- May 29th World Community Service Meeting



Rotary Fellowship Month

- June 5th Rob Walker, Yoga Instructor
- June 12th Trudy Cowan – History of Heritage Park Synagogue
- June 19th 35th Anniversary Photo Session – make sure you attend and be part of this commemorative event!
- June 26th Passing of the Gavel

New Generations Month

- September 14-16th 80th Waterton Glacier International Peace Park Assembly in Kalispell, Montana at the Hilton Garden Inn. The Hands Across the Border Ceremony will occur in Glacier Park.

A Note from Ai

🍴 A delicious mail. 🍴

Hello, everyone!! This is Ai kanno. How is everything going? I haven't see you for a long time. I was accepted by the university! I'm a regional community major. I want to spend awesome 4 years in my university. One year have passed since the Japan earthquake and tsunami. People prayed silently ~~on~~ : . So many people were still lost. I think Japan can't avoid earthquake forever because Japan is on some interplate earthquake. The professors of Tokyo university estimate that Tokyo is going to have big earthquake within the year. The earthquake is called an earthquak directly above its epicenter and magnitude will be 7. There is a strong likelihood of the Tokyo earthquake. If it happened, Japan is going to be anarchy. We will have to confronted earthquake again. But I will stick it out!

🍴 A delicious mail. 🍴

I am yearning for my exchange year. I just lost ^{am} in memories of exchange life and tell of it to my friends and my parents. If you visit Japan, I always wellcome to my house and introduce my city! I will take you to original Japanes restaurant! I absolutely will visit Calgary and Chinook Rotary Club someday. I miss you!

Ai.



2012/03/13



THIS AND THAT

Youth Exchange News



Phil Hochhausen attended a make-up meeting last Monday at Fish Creek. It was a VERY interesting meeting. The founder of ShelterBox, Tom Henderson, was in Calgary. One of the Fish Creek Club members, Kent Fraser, is on the Executive for the Canadian ShelterBox organization - and asked Tom to recognize our District 5360 YEX students.

Each of the students received a certificate and pin recognizing their contribution. As you may recall, the ShelterBox and YEX challenge is new this fiscal year - and, very interestingly, the certificates and pins that Tom presented are the very first in the world.

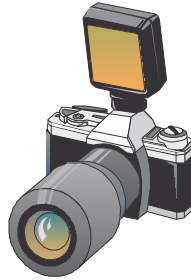
Phil was more than pleased that Barbara Kranjec, the young lady from Croatia who Fran and he hosted earlier this year (who had cancer and returned) was the very first in the world to be recognized.

Excerpt from the Rotary Club of Calgary South Bulletin



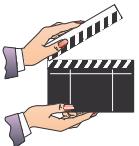
35th Anniversary Photographs

The Club will be arranging to take a photograph of as many of our members as we can bring together in honour of our 35th anniversary. Linda and Cam Colclough have agreed to see that it gets done in a professional manner. The photographs will be offered for sale to our members.



We need to maximize attendance! Be there or be square !?!

Arrangement will be made for the photograph to be taken on a regular meeting day, for which the actual program will be the taking of the picture. We have chosen June 19th to be the day.



Mark your calendars and ensure you attend the meeting on the 19th!

Thank you! Paul Gaudet

You're invited ...



SPRUGE MEADOWS

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