

Concussions in Sports Dr. Kathryn Schneider

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Make History Today Campaign
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Jim Hennessy introduced our guest speaker, Dr. Kathryn Schneider, a Physiotherapist at the Sport Injury Prevention Research Centre, Faculty of Kinesiology at the University of Calgary. Dr. Schneider, a Clinical Specialist in Musculoskeletal Physiotherapy, was one of Calgary's 2012 Top 40 Under 40. She has lectured on concussions at Olympic events in Brazil, Russia and China. Dr. Schneider talked to us about Sport Related Concussions ... the Who, What, Where, When and What's next.

The Who — everyone, from children to older adults, is vulnerable whether through sport or accident in everyday life.

The What — Traumatic brain injury is due to biomechanical forces. Symptoms include headache, dizziness, blurred vision, nausea, sleep disturbances, and more serious loss of consciousness, behavioural changes and cognitive difficulties. Symptoms may last 2 weeks to 30 days before they begin to improve.

The Where and When — Predominantly in sports (rugby, football, hockey and rodeo being some more susceptible to concussion causing injury). Concussion injuries are not limited to sports. Accidents are a significant source of concussions, particularly slips and falls for seniors.

The What's Next — Research has led to a greater understanding in how to treat and possibly prevent or reduce risk of concussion. The traditional treatment was complete rest for an extended period of time. Now rest is recommended for 24 to 48 hours, followed by a gradual return to activity with rehab for specific issues such as balance or cognitive concerns.



There have been many improvements in risk mitigation. A concussion recognition tool (clipboard) has been developed for hockey coaches and is being adapted for other sports and languages. Rule changes in various sports have had a positive impact, such as eliminating body checking in minor hockey. One surprising finding, in Calgary minor hockey, has been a 50% reduction in concussions with players who use a mouth guard! The why is not yet completely understood.



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Greeters: Jim Hennessy and Rob Wolfson

The meeting opened in usual fashion with O Canada and Rotary Grace, led by Ruth Wylie on the piano.

Visitors and Guests, introduced by Francis Akinuoye:

Alina Oprea, guest of Hank Popoff;
Benjamin D'Aguilar, former Stampeder defensive end, guest of Francis Akinuoye;
and visiting Rotarian James Lepage from South Hampton, England.



Announcements:

- President Paul said District 5360 is looking for candidates for District Governor Nominee. If any Chinook Rotarians are interested please contact him.



- President Paul expressed thanks to Rob Wolfson for the email about The Learning Centre on the RI website.
- Condolences were expressed to Bev and Anthony Tonkinson for the passing of Bev's mother.



In the absence of Bev Tonkinson, President Paul read out the **October birthdays**: Paul Hussey, Peter Bickham, Hank Popoff, Anne Dale, John Charest and Fred Jesse.



Sunshine Report: Bob Montgomery reported David Irving has not been well these past few weeks and is now in the hospital.

Minute Persons:

- Joe Hooper — Wellspring Calgary (a cancer support centre) will be holding a grand opening for its newest location near the South Hospital. They have asked our



club for 2 people to help with the parking. Volunteers were immediately forthcoming.

- Tom Sorenson — There are still spaces available in the club's World Series Pool at \$5 per square. Tom will be approaching the Rotary Curling members and a few of his buddies to sell the remaining squares. Pool folder is circulating now.
- Rob Wolfson — The annual Flames Hockey Pool is circulating, \$20 per second.
- The NFL Loser's Pool is down to 5
- The first Limerick's Networking Night of the season was a success with 26 people in attendance. The next one, to be held at Big A's Bar and Grill, 1915 - 31 Street SE, will be on October 24th. The event will be a fundraiser for Polio Plus with a talk by a polio survivor.



- Bruce Bonnet — The Casino went very well. Thank you to all of the volunteers! Bruce mentioned that a glasses case was left behind. That led to mention of items found after RibFest ... sunglasses and a comb.

Chase the Ace:

Harry Nazarchuk won the day's pot, and then drew the 2 of spades. Close but no winner!



Photos courtesy George Van Schaick

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Economic and Community Development Month

October 8th	Ryan Fairweather and Phillip Bandura — Glassblowing
October 10th	Cribbage @ Horton Road Legion — contact Peter Bickham Fellowship @ 5:30, games @ 6:30
October 15th	Christopher Usih, Chief Superintendent, CBE
October 22nd	Community Service Agenda
October 24th	Rotary Networking Night ** @ Big Al's Bar and Grill ** — Pints for Polio Guest Speaker, Marc Shannon — only 35-40 spots, contact Rob Wolfson
October 24th	Cribbage @ Horton Road Legion — contact Peter Bickham Fellowship @ 5:30, games @ 6:30
October 29th	Village Brewery Tour



Rotary Foundation Month

November 5th	Foundation
November 7th	End Polio Now party @ Shank's South, 9627 Macleod Trail, 6pm - 9pm, \$30 pp
November 11th	All Clubs Remembrance Day Meeting
November 14th	Cribbage @ Horton Road Legion — contact Peter Bickham Fellowship @ 5:30, games @ 6:30
November 12th	No meeting re Remembrance Day meeting
November 19th	Annika Triantafillou, Agent, The Way In
November 26th	Society AGM
November 28th	Cribbage @ Horton Road Legion — contact Peter Bickham Fellowship @ 5:30, games @ 6:30



Disease Prevention and Treatment Month

December 3rd	Seniors Christmas Party
December 10th	No meeting re Christmas Party
December 11th	Club Christmas Party



Meeting Minutes

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Sargent at Arms:

Joe Hooper made a guest appearance to talk about a certain golf tournament held at Highwood Golf club — format a 4 player scramble. Joe was convinced that they had the winning team until Jim Hennessy opted out at the last minute, apparently due to RAIN. Joe ensured that Jim paid a heavy fine for letting the team down. Joe went on to say that when all was done, his team had finished second. Then much to his surprise, Joe handed Jim a \$75 gift certificate, his share of the 2nd place prize!



Joe was followed by the real Sargent at Arms, Dave Wylie, who kept it short. All members present who volunteered at RibFest or the Casino, AND who had purchased a Rotary t-shirt but had not worn said t-shirt at these events were fined.



A 92-year-old man is walking through a park and sees a talking frog. He picks up the frog and the frogs says, "If you kiss me, I will turn into a beautiful princess and be yours for a week." The old man puts the frog in his pocket. The frog screams, "Hey! If you kiss me, I will turn into a beautiful princess and make love to you for a whole month." The old man looks at the frog and says, "At my age, I'd rather have a talking frog."

Networking — Pints for Polio

The next **Networking Night** will be
Thursday October 24th from 5:30 - 7:30
at **Big Al's Bar and Grill**, 1915 - 31 Street SE
(just east of Deerfoot Trail on 17th Avenue SE)
As usual the first 30 minutes will be fellowship with the official program starting from 6pm - 7:30

Our **Guest Speaker** will be Marc Shannon. He is a Polio survivor, wine connoisseur, France enthusiast, lover of food and life, and has a great sense of humor (all around great guy!).



There will be an entrance fee at the door of \$26.50 (the amount of the first donation to the Rotary Foundation). This cost will get your first drink and some wings. Anything additional will be at your own expense. **All profits after paying the tab, will be added to the November 7th End Polio Now Schank's fund raiser.**

It is Wing Night at Big Al's, and they will have a jam session starting at 8:00pm, for those wanting to stick around. They are wheel chair accessible, and have lots of parking.

We will have room for 35 - 40 attendees.

Rob Wolfson



Photos courtesy George Van Schaick

Concussions

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Education is another important factor. The Universities of Calgary and Laval recently conducted an open online course on concussions that proved enormously successful. A follow up course will be held in April 2020.

The presentation was followed by a very active question and answer session. President Paul thanked Dr. Schneider and presented her with a certificate showing a donation has been made to Polio Plus in her name.



Make History Today Campaign

RI Vice President 2016/17, Jennifer Jones, will be in Calgary to promote this campaign. Jennifer is from Windsor, Ontario; and is currently Co-Chair of the 'End Polio Now - Make History Today' Campaign, to raise \$150 million.

There is a party at
Schanks South
(9627 Macleod Trail)
on November 7th
6pm - 9pm
\$30 per person

Read WhaZUP for more details.



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