



**Dr. Raylene
Reimer**

August 16th, 2018: Volume 64, Issue 5

Bulletin Chair: Bev Ostermann

Editor: Bev Ostermann

Photographer: Norm Legare

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Online Meetings will be starting up again during the month of September.

Benno Nigg introduced our Guest Speaker, **Dr. Raylene Reimer**. **Dr. Reimer** grew up in Coaldale, near Lethbridge. She received a PhD at the University of Alberta, and served post doctorate for 2 years with Nestle in Switzerland. She is currently a Professor (Nutrition) Kinesiology in the Cumming School of Medicine at U of C. She has many contacts with industry to develop products for consumers like all of us, and has been honored as an Outstanding Scientist by the Canadian Nutrition Society.

Dr. Reimer spoke to nutrition and how what we eat controls weight or contributes to obesity. Recent studies indicate that currently 1 in 3 children and 2 in 3 adults are considered to be obese. It is especially important to prevent obesity in children as they almost always become obese adults. There is a definite effect of obesity on physical abilities. On average, kids today run a mile 90 seconds slower than their parent's generation.

Another recent study shows an interesting correlation between the amount of sleep and weight gain. More sleep seems to reduce caloric intake and lead to weight loss. Out of nine factors leading to weight gain, less than 6 hours of sleep per day seems to be the largest contributor.

Appetite is driven by signals to the brain that tell us whether we are full or hungry. Post dieting syndrome is caused by significant loss of weight – after loss, the body acts as if it is starving. A 10% loss leads to 20% more desire for food, Also, with weight loss, muscles get more efficient so more exercise is required to get the same amount of weight control.



The brain also increases its reward signals for high fat, high sugar foods. All of these factors mean that will power alone is not enough to keep lost weight off. Science can overcome some of these natural bodily processes that cause weight to be regained.

Studies of gut microbiota indicate that the gut is, in effect, another organ that can cause either obesity or leanness. Microbiota have also been shown to have effects on many other conditions – amongst them anxiety, autism, Parkinson’s, diabetes and autoimmune diseases. Diet affects gut microbiota. Probiotics contain live organisms, usually specific strains of bacteria that directly add to the population of healthy microbes in your gut. Food such as yogurt, sauerkraut, and those containing fibre help, but artificial sweeteners, emulsifiers and high fat/sugar foods are harmful.

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Prebiotics are specialized plant fibers. They act like fertilizers that stimulate the growth of healthy bacteria in the gut. Prebiotics are found in many fruits and vegetables, especially those that contain complex carbohydrates, such as fiber and resistant starch. These carbs aren’t digestible by your body, so they pass through the digestive system to become food for the bacteria and other microbes. It has been shown that good prebiotics can actually halt weight gain.

When gut bacteria from lean mice is introduced into the guts of obese mice, weight gain is halted and reversed. Interestingly, the reverse is not true

It is important that healthy gut microbiota be established as early as possible and that healthy habits be adhered to throughout life. The first three years of life sets the profile. Personalized treatment programs are required to re-establish a healthy gut microbiota, as everyone has a unique profile and responds differently to treatment.

George Deegan thanked our speaker, noting that there are many more choices for nutritious food than when he grew up. The information she has provided gives us much “food for thought”.

On Behalf of the Club, **President Ron** noted that a donation of \$100 to our Stay in School Program will be made in her name.



President Ron

President Ron Prokosch opened the meeting with a joke that was received with groans and raucous cheers.

Joke of the Day: *"A couple (let's call them Jeanette and Glen) lived near the ocean in Sidney BC and used to walk the beach a lot. One summer they noticed a girl who was at the beach almost every day. She wasn't unusual, nor was the travel bag she carried, except for one thing; she would approach people who were sitting on the beach, glance around and then speak to them. Generally, the people would respond negatively and she would wander off. But occasionally someone would nod and there would be a quick exchange of money for something that she carried in her bag. The couple assumed that she was selling drugs and debated calling the cops, but since they didn't know for sure, they decided to just continue watching her.*

After a couple of weeks the wife said, 'Honey, have you ever noticed that she only goes up to people with boom boxes and other electronic devices?' He hadn't and said so. Then she said, 'Tomorrow I want you to get a towel and our big radio and go lie out on the beach. Then we can find out what she's really doing.' Well, the plan went off without a hitch and the wife was almost hopping up and down with anticipation when she saw the girl talk to her husband and then leave.

*The man then walked up the beach and met his wife at the road. Well, is she selling drugs?' she asked excitedly. 'No, she's not,' he said, enjoying this probably more than he should have. 'Well, what is it then? What does she do?' his wife fairly shrieked. The man grinned and said, 'She's a battery salesperson. 'Batteries?' cried the wife. Yes!' he replied: **She Sells C Cells by the Seashore!**"*



President Ron then asked **Glenn Potter** to lead us in the singing of O'Canada and Rotary Grace. It took us a few bars to get out of **Lisa's** tempo and into **Glenn's**, but we persevered.

Head Table: Benno Nigg, PP Ken Farn, PP George Deegan, John Fitzsimmons, Guest Speaker Dr. Raylene Reimer, and Gail Urquhart (Director Bethany Care Society).



Visitors and Guests: Jim Hutchens, after his obligatory Scottish joke, introduced our visitors and guests, which included Dr. Raylene Reimer (Guest Speaker), Gail Urquhart and David MacMillan (Rotarian: Halifax).

Off Site Meeting: Anyone planning on attending the Sept 6th off-site meeting at Ralph Klein Park is asked to let **Bryan Walton** know so that he has numbers for food ordering.

50/50 Draw: Christine Kyte awarded the prize of \$137.00 to **Bruce MacDonald**.



Social Program: Keith Davis gave us a schedule of all the social events planned for the upcoming year (see the calendar in the Bulletin). We have recognized that social events bring the Club together in ways that fund raising events cannot. A prime example is the Old Tyme Picnic held last Sunday, which attracted about 150 people and was, by all accounts, a smashing success. Click this link listed here to see the photos:

<https://portal.clubrunner.ca/952/PhotoAlbums/2018-annual-old-tyme-country-picnic>

Rotary Bethany Care Atrium Project: **Gail Urquhart** reminded us of the sneak-a-peek open house on Sept 7th, 5:00 to 7:00, to view the almost completed new facility. First residents move in on Sept 24th. Please see more details in the Bulletin

She noted that the project has become a major employer, with over 260 people hired in the last 6 weeks, so there is an added benefit from the investment.



Sergeant at Arms: Joe Connelly insisted that he go ahead with his allotted time and proceeded to provide us with much more information than we needed about his recent double hernia operation, testicles and scrotum. He raised some significant cash in the process, though.

Exchange Student: Liisa Lehto, our exchange student from Finland, arrives on **Tuesday at 4:15**. Her first host family had to bail out because of death in the family – we can pick them up later in the year but need someone to cover those first few months.

District Grants: President Ron was happy to tell us that the Club has been approved for two more District designated grants – one for Youth Services that will help us to send students on Adventure programs and also to RYLA/RYPEN and second in support of the Club's St. Mary's scholarships.

International Peace Park Assembly: September 21st to 23rd in East Glacier, Montana. Anyone planning to take an exchange student to this event will need to have their Police and Vulnerable person check in place.

August 30 Meeting: Director Dana Hunter will be in the chair for the August 30th meeting.

Final Words: There being no other Rotary business **President Ron** closed the meeting.

Bryan Walton was in BC and did a makeup at Chase BC (Home Meeting) pictured at left and Salmon Arm (Patrick Webb from Calgary is the President there)



BRIDGE CLUB

The Rotary Club of Calgary South Bridge Club is beginning a new season of play on September 7th.

Play is every second Friday beginning at 12:30 following lunch at 11:30 at the Centennial Legion on Horton Road.

We are always looking for more players and you may register as a single or couple.

We usually have between 20 - 28 individuals.

If interested please talk to any of the following: Don Taylor, Tony Ng or Jim Smith.



STAY IN SCHOOL MENTORS

Reminder!

We need report cards for Students. We only have report cards for **10 of 40** students.

Remind your students as per our contract that report cards should be received by you as the Mentor within 15 days.

This includes post secondary students as well. Earl needs every mentor to advise if their Student will be attending a different school / changing schools in September 2018. An example of this is that most students change schools going from grade 9 to 10.

Contact Earl Huson at: ehuslink@telusplanet.net

INBOUND YEX STUDENT: Liisa Kaneli Lehtio

Please contact Chloe Dusser to be a host family for [Liisa Kaneli Lehtio from Finland](#).

Liisa is an avid ringette player and she has played at the National level. She is passionate about photography and visual arts.

She will be arriving August 21st and will be attending Western Canada High. Chloe is looking for host families from:

September to January

Please contact Chloe for more information at dusser.chloe@gmail.com or 403-708-0503.

Rotary Atrium Open House Friday September 7th

Rotary Atrium – Sneak-a-Peek OPEN HOUSE: FREE

Click to Register: <https://www.eventbrite.ca/e/rotary-atrium-sneak-a-peek-tickets-48652184995>

- Come anytime between 5pm and 7pm for a tour. Coffee, tea and cake will be served.



Rotarians, family and friends:

- Come along and see the “Rotary Atrium”, nestled in the heart of Riverview Village.
- This will be a unique opportunity to tour around this state of the art building before the residents move in.
- Thanks to an amazing partnership of Rotary Clubs, foundations, large and small businesses and donations from individuals, we are close to raising our goal of \$1,000,000.

Please help us close the gap by making a donation, no matter how large or small.

Donations can be made to:

Bethany Care Foundation - for the Rotary Atrium
#100 – 2915 26th Avenue SE
Calgary AB T2B 2W6

BCF donation page: <https://bethany7754.thankyou4caring.org/donate>

Or pick up the phone and call Gail Urquhart at 403.463.6855

Cheque, credit cards and marketable securities are accepted and you will be issued with a tax receipt.

Your entire donation goes to the Rotary Atrium.... every cent. www.OurAtrium.com

2018 Peace Park Assembly – Hands Across the Border Conference **REGISTER TODAY!**

2018 Peace Park Assembly - Hands Across the Border is an event to celebrate and advance transboundary conservation and international peace parks.

Although there is no official meal or activity on Friday this year, on-site registration will be in the lobby of Glacier Park Lodge from 3-8 pm. Gift bags with printed programs, name tags, etc. can be picked up then and on Saturday morning.

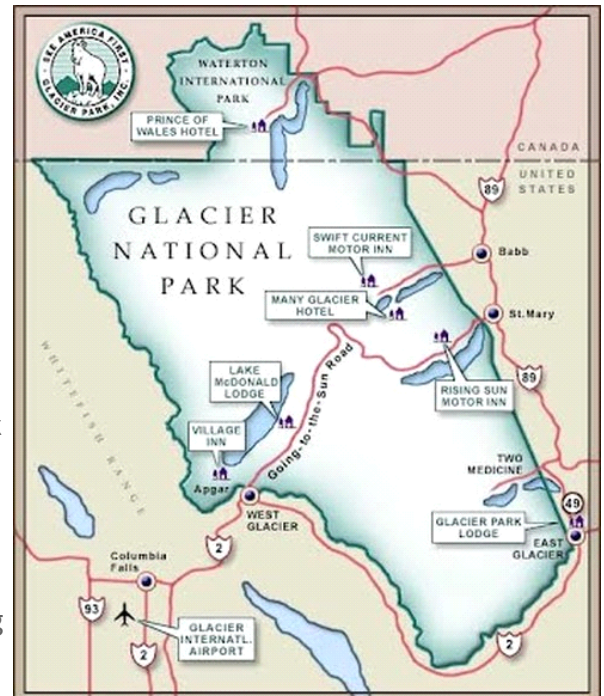
There are two exciting (and free) events this year on Friday. There is a community service project TBD in East Glacier 12-5 pm Friday. More info as this project develops. The second opportunity is a Dark Skies presentation 8-10 pm. Everyone is encouraged to participate and enjoy this together on the back deck of Glacier Park Lodge. While there is no formal meal, the Lodge restaurant and lounge are open Friday evening to visit with old friends and make new friends.

The event kicks off **Saturday** morning with a Blackfeet blessing from Earl Old Person and a welcome from Waterton-Glacier International Peace Park Association president Marshall Ginery. Park Superintendent's Ifan Thomas and Jeff Mow will address the state of the parks followed by the 86th Waterton-Glacier International Peace Park Assembly general meeting. The morning will conclude with Dr. Leroy Little Bear; "The Buffalo Treaty, an International Peace Initiative".

Saturday lunch will have "the Kenow Fire, Waterton National Park 2017" hosted by the Waterton Park Staff. The afternoon will consist of the Rotary peace initiative update and opportunities for Waterton-Glacier International Peace Park Association and Todd Walters with International Peace Park Expeditions will speak on "Beyond Hands Across Borders - Peace Park Practitioners Exchange". There will be opportunities for guided hikes, native America speaks or to participate in the 9-hole, two-person/team golf scramble starting at 2 pm (\$40/person, includes green fees and a cart). Dinner that night will host the Rotary Youth Exchange and music by Flathead's Billy Angel.

The weekend event culminates in the Ecumenical Celebration and Hands Across the Border ceremony at Glacier Park Lodge.

Early Bird registration through August 22 - \$85.00
Regular registration through September 22 - \$100.00



<http://www.watertonglacierpeacepark.org/2018-peace-park-assemblyconference.html>

For any questions, contact **Tom Esch** at 406-250-5311 or by email at: eschwest@yahoo.com

INAUGURAL BERNIE CARRIÈRE
MEMORIAL
Golf Tournament
& SPEAKER SERIES

TEAM REGISTRATION

Please complete and return this form by email.

REGISTRATION:

Early Bird Team Registration - \$750
(expires July 31st 2018)

Registration after July 31st - \$850

1. _____
2. _____
3. _____
4. _____

Team name: _____

(suggestion: something fun that Bernie would like or think is funny)

PAYMENT INFORMATION:

- ☐ e-transfer **by September 1st** to:
berniecarrirememorialgolf@gmail.com
(Please use password: BernieGolf)
- ☐ I will pay by cheque at registration on
September 7th 2018.

GENERAL INFORMATION:

FRIDAY, SEPTEMBER 7th 2018

7:30am registration / 9am Shotgun

PARADISE CANYON GOLF RESORT
185 Canyon Blvd West, Lethbridge, AB

Tournament Style: Group Scramble

Fees Include:

- 18 holes of golf
- BBQ Lunch
- Dinner 5:30pm – 11pm with confirmed
Special Guest Speaker!

Sandman Hotel – Lethbridge
Albertan Ballroom
421 Mayor Magrath Dr.
Lethbridge, AB T1J 3L8

**Separate Dinner Tickets to be sold
beginning August 1st for \$75**

**Hotel will be available, please email for
details.**

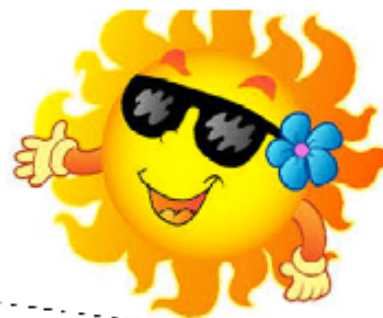
**ALL PROCEEDS WILL GO TO THE ROTARY
INTERNATIONAL FOUNDATION**

For any questions, comments or sponsorship inquiries, please contact:
berniecarrirememorialgolf@gmail.com



*Calgary South Rotary Partners'
Annual Membership Breakfast Party*

RISE AND SHINE!
"BE THE INSPIRATION"



Thursday, September 11, 2018 at 9:30 A.M.

Calgary Winter Club (Skyline West Room)

4611 - 14 Street N.W.

Membership Fees: \$35.00

Tickets: \$20.00 (full breakfast), Guests Welcome!

Guest Speaker: Brian Keating, renowned Naturalist and Wildlife expert will speak on his recent endeavour, the "Great Big Nature". Be sure to bring a friend and you will leave feeling greatly inspired!!!

**RSVP by September 4 to Millie Huson 403-686-0828 or
ehuslink@telusplanet.net.**

**Send payment to: Karen Grant, 3927 Vancouver Cres. N.W.,
Calgary, AB T3A 0M2 payable to "Calgary South Rotary Partners".**

Do you require a ride? Please contact Denise MacLeod 403-771-1913.

The Calgary Health Trust sent these two pictures to the Calgary South Rotary Partners and it would be nice for all of us to see them. The new shower/commode chairs for Carewest Sarcee have been labelled with recognition plaques acknowledging that they have been donated by the Partners.
Submitted by: Pat Farn



Pictured here are the Staff at Peter Lougheed dialysis unit thanking the Calgary South Rotary Partners for two exercise bicycles that they donated for the dialysis unit.



After much planning by Donna, seven brave hikers set out to hike up to Rae Glacier, despite the red sun warning. At the meeting place the air was so smoky that we decided the better choice was cinnamon buns and coffee. The event was documented by an unknown stranger in the Cinnamon Spoon in Bragg Creek. The seven of us had great conversations but sadly no hike. Submitted by: Pat Farn



HIKERS: If weather permits we hope to travel next Wednesday (Aug. 22) to Watridge Lake and the most amazing karst spring beyond. This is 9km long with an easy, old, road walk, then a short uphill walk to the roaring spring. This is west of Engadine Lodge on the Smith-Dorrien Hwy, so we'll see if a stop there for "tea" is possible. For more information please contact Constance Jackson at: 403-931-4018 or: philjackson@platinum.ca

AUGUST 2018: MEMBERSHIP & EXTENSION

Aug 23: Returning YEX Student

Aug 30: Ken Copithorne: Copithorne Family History

SEPTEMBER 2018: BASIC EDUCATION & LITERACY

Sept 6: Ralph Klein Park: Off Site Meeting

Sept 7: Rotary Bethany Atrium Open House: 2945 26 Avenue SE 5 to 7 pm

Sept 13: Dick Shaw: Rotary Profile

Sept 20: John Lamming & Others: Peace Day

Sept 21-23: Waterton Peace Park Assembly: See Link for more info

<http://www.watertonglacierpeacepark.org/2018-peace-park-assemblyconference.html>

Sept 27: CRCF Presentation

OCTOBER 2018: ECONOMIC & COMMUNITY DEVELOPMENT

Oct 4: Memory Mdyetseni: APU School Presentation

Oct 11: Christine Phillips: Branch Out Neurological Foundation

Oct 12: Oktoberfest: Austrian Canadian Club

Oct 18: Dr. Todd Pugsley: Oilsands Technologies

Oct 25: To Be Determined

NOVEMBER 2018: ROTARY FOUNDATION MONTH

Nov 1: Jack Thompson: Rotary Foundation Presentation

Nov 8: No Meeting Due to Rotary Remembers

Nov 11: Rotary Remembers (Carriage House Inn)

Nov 15: To Be Determined

Nov 22: Dr. Jon Meddings: Dean of University of Calgary Medicine

Nov 29: To Be Determined



DECEMBER 2018: DISEASE PREVENTION & TREATMENT

Dec 6: To Be Determined

Dec 9: Feed the Hungry: Need 100 Volunteers

Dec 13: Christmas Luncheon: Carriage House

Dec 20: Cleven Awards and Christmas Social

Dec 27: No Meeting Due to Christmas

JANUARY 2019: VOCATIONAL SERVICES

Jan 3: Mid Year State of the Union Address

Jan 10: To Be Determined

Jan 17: To Be Determined

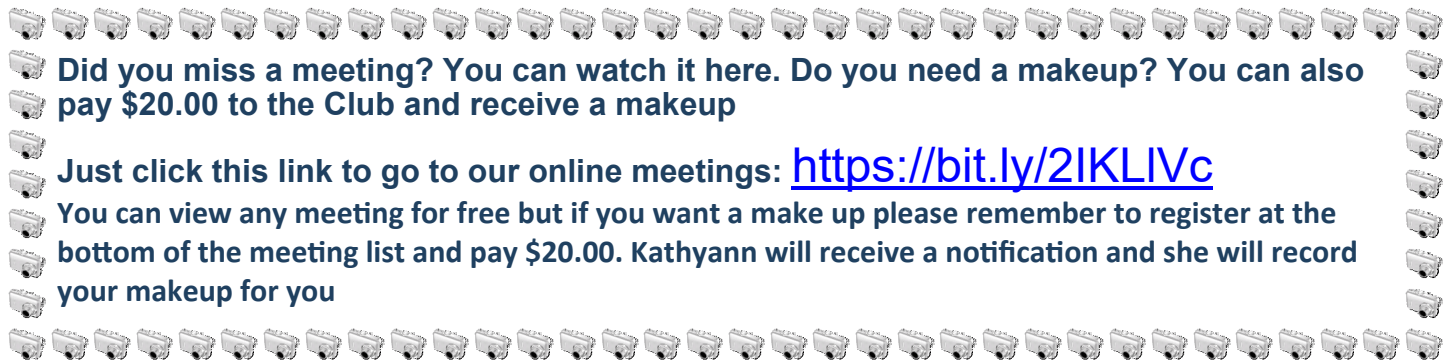
Jan 24: To Be Determined

Jan 25: Larry Kwong Memorial Chinese New Year Dinner: Regency Palace



Health, Wellness & Transportation:

Contact **Don O'Dwyer** at: dpodwyer@hotmail.com or: 403 680 2072 if you know of anyone that is not well, that could use a visit or a ride to a Rotary Meeting.



Did you miss a meeting? You can watch it here. Do you need a makeup? You can also pay \$20.00 to the Club and receive a makeup

Just click this link to go to our online meetings: <https://bit.ly/2IKLIVc>

You can view any meeting for free but if you want a make up please remember to register at the bottom of the meeting list and pay \$20.00. Kathyann will receive a notification and she will record your makeup for you

**Rotary Club of Calgary South
Rotary International President: Barry Rassin
District 5360 Governor: Dan Doherty**

**Suite 120, 200 Rivercrest Drive SE
Calgary AB T2C 2V5
(403) 244 9788**

Visit us at: www.rotarycs.org

Office Administrator: Kathyann Reginato email: kathyann@rotarycs.org

2018 2019 Club Officers

**President: Ron Prokosch:
President-Elect: Chas Filipski
Past President: Bill LeClair
Club Secretary: Larry Stein
Treasurer: Don Mintz
Partners President: Claudia Brews**

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2018 2019 Directors

**Club Service: Operations: Len Kushner
Club Service: Membership and Social: Glen Godlonton
Club Service: Ways & Means: David Young
Community Service: Jim Hutchens
Community Service: Ways & Means: Dana Hunter
International & Vocational Service: Kevin MacLeod
Youth Service: Dorothea Schaab**

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drmuir@shaw.ca
kmacleod@moneyadvisor.ca
schaabd@telus.net

Other Important Contacts

**Audit Chair: Penny Leckie
Communications & Public Image Chair: Toby Oswald-Felker
Constitution, Bylaws and Governance: Sherry Austin
Dream Home Chair: Jim Bladon
Health Wellness & Transportation Chair: Don O'Dwyer
Large Grants Chair: Myrna Dube-Thompson
Small Grants Chair: Mark Ambrose
Social Committee Chair: Keith Davis
Stay In School Golf Tournament: Ted Stack
Stay In School Scholarship Program Chair: Bill Sumner
Programs and Tours Chair: Jim Fitzowich
World Community Service Chair: Jamie Moorhouse**

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