

**AUGUST 8TH, 2019: VOLUME 65, ISSUE 4**

**MELISSA D'SOUZA/LUCY MRAKAWA: "GUTCHEK" PRESENTATION**



**gutChek™**

## INSIDE THE BULLETIN

1. "GUTCHEK" PRESENTATION
2. "GUTCHEK" PRESENTATION
3. CLUB NEWS
4. CLUB NEWS
5. RCCS NAME CHANGE INFORMATION
6. ROCK 'EM SOCK 'EM RIB/STEAK FEST
7. YEX NEWS / TRANSPORTATION NEEDS
8. WATERTON PEACE PARK
9. HIKING CLUB
10. PARTNERS IN PRINT
11. RCCS CALENDAR
12. 2019/2020 RCCS CONTACT INFO

**EDITOR:** Luanne Whitmarsh

**PHOTOS:** Clive Pringle

**HEALTH/WELLNESS:** Dorothea Schaab

**ONLINE MEETINGS:** <https://bit.ly/2IKLIVc>

**CLUB PRESIDENT:** E. Chas Filipski, Jr.

**DISTRICT GOVERNOR:** Christine Rendell

**RI PRESIDENT:** Mark Daniel Maloney

**RCCS WEBSITE:** [www.rotarycs.org](http://www.rotarycs.org)

**OFFICE ADDRESS:**

Suite 120, 200 Rivercrest Drive SE  
Calgary AB T2C 2V5

**ADMINISTRATOR:** Kathyann Reginato

**PHONE:** 403 244 9788

**EMAIL:** [kathyann@rotarycs.org](mailto:kathyann@rotarycs.org)

**Chad Hason** introduced today's guests by saying: I have had the pleasure of working with Melissa and Lucy over the past two years and believe their message of wellness is a perfect fit for this room. In addition to being impressive business owners with entrepreneurial spirits, these two ladies are an excellent example of what can happen when you find a way to make your passion your business.

Both of these women are shining examples of what it takes to balance both work and family life, while simultaneously taking on side projects, hobbies and volunteer work - in short, you can expect to see one or both of them as members here very soon, if I can just find time in my own life to fill out the paperwork.

Their company, BeDoWell.Life offers a wide range of products and services designed to take an individual's personal goals and DNA into account before delivering customized programs designed specifically for the individual. Today, they will be telling us more about their latest product gutChek - a food sensitivity test for adults, kids, pets and horses.

Melissa's background in marketing, design and health allows her to create engaging campaigns capable of capturing the attention and loyalty of those in need of BeDoWell's services, and Lucy's extensive background in management provides the strategy, savvy and connections required to keep everything moving forward on the right track. Together, they are a team that is positioned to make big waves within the health and wellness industry, and I couldn't be happier to bring them here to share their enthusiasm and insight with our Club.

Please welcome to the podium, Melissa D'Souza and Lucy Mrakawa of BeDoWell.Life.

Melissa and Lucy said it was perfect timing to talk after we have all just finished eating! They work with dogs, cats, horses and humans in analysing gut health and looking for solutions. They recently had a fantastic opportunity to work with Kurt Bensmiller and the Calgary Stampede to work with Kurt's horses for analysis and it was very exciting. Kurt ended up changing the diet of his horses and he now has observed that his lead horses are racing for the entire race (and not slowing in the middle).

It is important to find out through testing ‘what is your gut telling you’? The information will assist you in making better decisions for your future health so that your wellness is your focus. The tests help with the good, the bad and the RIGHT foods for you. The results are unique to you and will help you deal with your food sensitivity.

Interesting gut facts: 90% can be traced back to issues due to inflammation in the gut; 95% of serotonin is related to the gut; 70% of your gut houses your immune cells and healthy gut = healthy bones. Simply put, understanding you gut and its issues will result in you living a healthier and longer life. Melissa and Lucy have been working with schools and psychologists to help children with gut issues. And, they provide corporate wellness programs as well (health plans usually cover some of the costs).



Melissa and Lucy have a whole team of doctors and researchers on the team to ensure they are providing accurate and safe services. The service happens from the comfort of your own home with a simple test of 7 strands of hair. The labs are in Canada that do the analysis.

**Christine Kyte** thanked our speakers. Their continuing work will help so many with their health and wellness plans.

A simple test to see how you can better take control of your own life.

Thanks

[www.gutcheck.ca](http://www.gutcheck.ca)





**President Chas** welcomed us to today's meeting of August 8<sup>th</sup>, 2019.

**1937:** the Japanese Army occupied Beijing

**1963:** Great Train Robbery happened on this day where 2.6 million Pounds (about \$8M Canadian which is about \$64M today)

**1974:** President Nixon resigned.

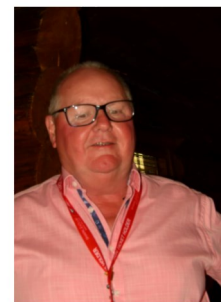
Birthdays of note: Svetlana Savitskay who was the first woman to walk in space was born in 1948 and Ken Dryden who was the goalie for the Montreal Canadians (now a Senator) was born in 1947.

**Editor – Luanne Whitmarsh Photographer – Clive Pringle**

**Head Table: Melissa D'Souza, Chad Hason, Lucy Mrakawa, Carol Rosdubutko, John Fellows**

Lisa Fernandes led us in singing the Canadian National Anthem and Rotary Grace.

**Guests: Jim Hutchens** poked some fun at **President Chas** for **Chas's** slip of naming one of our guests! Also, **Jim** told the Club that **Chas** has always been benevolent and in line. A nun left a note by a tray of apples saying 'take only one as God is watching' and as **Chas** continued down the line he came upon cookies with the note 'take all you want as God is watching the cookies'! **Jim** announced the names of guests and visiting Rotarians and we sang our Welcome Song!



**50/50 Draw: Christine Kyte** gave **Rod Bower** \$146.00! Congrats **Rod**!



**Sergeant at Arms: Chad Hason** the newest member of the SAA group fleeced the pockets of many! **Chad** focused on helping 'older' members get to know the newer/younger members and 'veteran' **John Fitzsimmons** coached him on!

**Health and Wellness: Hugh Delaney** updated us that **Sherry Austin** is progressing and hopes to be back to meetings starting in September. Emails are appreciated!



**Shout out: Dick Shaw** noted how great it is that **Jamie Moorhouse** and **Steve Mason** for all the great work they do to have the meetings recorded for when people cannot **attend!!**



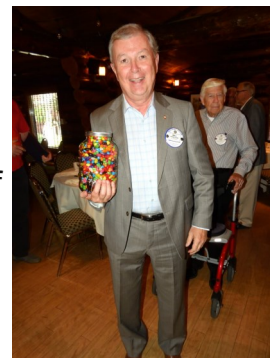


**Dream Home:** **Jim Bladon** said that the 2019 Dream Home was the most successful and had the 2<sup>nd</sup> highest attendance!! There was huge on-line and on-park sales. Thanks given to all Committee members, Rotarians who fulfilled their shift commitments and all volunteers for a job VERY well done! 2020 Dream Home starts planning in September!!

The 21-year-old lady who won the home is still thinking if she is going to live in the home or sell it and the older gentleman who won \$932,000 plans to donate the money! What a story!! **President Chas** thanked **Jim Bladon** for his excellent leadership!



**Old Tyme Country Picnic:** **Keith Davis** and **Darlene Whitmore** announced that due to inclement weather the Picnic is cancelled for this year. **Darlene** announced that **Bill LeClair** was the winner of the jelly bean jar! **President Chas** commented that now **Bill's** clients will get something when they go to his office – to which **Bill** responded: my dentist will be very happy I won this!



**Funding Committee:** **Murray Flegel** said the planning is going really well for the Rock'em Sock 'em Rib and Steak Fest on September 24<sup>th</sup>.

There will be 55 tables with 8 to a table. Bring a potential member and show them how much fun we have!

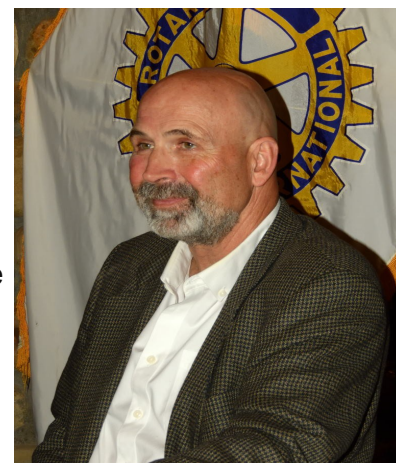
There will be fiddlers, cheerleaders, NHL stars, the Hansen Brothers, Olympians and more!

**Tickets will be available next week!**

**President Chas** stated that regarding the proposal for a name change for our Club will have more information circulated in the bulletin. **Sherry Austin**, **Bill LeClair** and **Chas** are available for thoughts and questions. **Chas** is on record as being in full support of the new name. Next week there will be an announcement for the e-vote. See Bulletin and email for details.

**President Chas** wished everyone a positive Rotary week and closed the meeting.

**HAVE A GREAT WEEK EVERYONE**



Upcoming New Member John  
Fellows



### ROTARY CLUB OF CALGARY SOUTH BACKGROUND DOCUMENT RE: NAME CHANGE TO ROTARY CLUB OF CALGARY STAMPEDE PARK

#### Historical Overview

- Our Club was chartered in 1955 as the Manchester Rotary Club. In 1968, our Club name was changed to the Rotary Club of South Calgary and then in 1991 to the Rotary Club of Calgary South to be consistent with the naming nomenclature as prescribed by Rotary International and other Rotary Clubs in the Calgary area.
- Rotary Clubs in Calgary used to be assigned names that aligned with their membership catchment area. This is no longer the case as all clubs draw their members from a wide area within and surrounding the city. The name "Rotary Club of Calgary South" no longer has a geographic significance. Other clubs such as the Rotary Club of Calgary Heritage Park have chosen to reflect their location in their name.
- From a historical perspective, our Rotary Club has been associated with the Stampede since the Club's inception in 1955 whereby it supported the Calgary Exhibition and Stampede in their project to replace the "pioneer shack" or "Old Timer's Shack" with a modern log building called 'Fort Calgary House'. Our Rotary Club moved into this new building in 1957. The first phase of the current Rotary House was built in 1979 and was later expanded to its current size. During all phases of building our Rotary Club supported the construction through the expertise of our membership and donated significant funds to support these projects.
- Our first Legacy Projects were partnerships with the Stampede. The first phase of Rotary House was built with a donation from our Club, \$25,000 per year for eight years. Construction on the second phase of Rotary House was made possible through another multi-year donation from our Club, \$100,000 per year for five years.
- Our largest partnership to date has been the Stampede Dream Home which commenced in 1977. All funds garnered through this endeavour are directed toward charities that enhance the lives of those most in need throughout our community and the world.
- Annually, our Club provides funds for tree planting on the Park and we have also donated funds for other projects through the years such as the elevators in the Grandstand and Big 4 Building.
- Our most recent Legacy Project with the Stampede was a one million dollar donation, \$200,00 per year for five years, to support youth leadership and youth achievement bursaries for those in need as part of the Stampede Foundation's Youth Campus.
- Together, we have built a legacy of shared values focusing on community service. We share a synergy that extends beyond just a location; we do important and lasting work.

#### How We Got Here

- Discussions have been ongoing for many years regarding a name change to reflect our long time location at Stampede Park. During the 2017/18 Rotary Year, the Strategic Planning Committee recommended that this name change be formally introduced to the Club.
- The Board of Directors on June 19, 2019 unanimously approved the following motion:

Moved by Bill LeClair and seconded by Jim Hutchens: Rotary Club of Calgary South change its name to Rotary Club of Calgary Stampede Park effective July 1, 2019.

Ron Prokosch called for a vote on the motion. Vote: Motion passed unanimously. No votes against. No abstentions.

- The next step is to bring the motion forward to the membership for ratification.

Implementation of Motion: For full transparency, the approval of the motion was announced to the full membership of the Club at the regular Club meeting on Thursday, June 20<sup>th</sup> 2019. A process for ratification by the Membership was announced to the Members with the intention to have ratification either electronically or at a meeting in August / September 2019.

Once ratification is obtained from the Membership, if it is approved a letter written by Sherry Austin, on behalf of the Club, requesting authorization for the name change by the Calgary Stampede will be submitted to representatives of the Calgary Stampede for submission to their regular Board meeting in September.

- Should our Club ratify the name change then a Proposal would be forwarded to the CEO of the Stampede for approval. In turn, the Stampede needs to go through 3 channels of approval: Warren has agreed to take the proposal to his Executive. Upon approval at that level it will proceed to their Strategy Committee. Upon approval there, it will go forward to the Stampede Board for a final decision. Should the Stampede Board approve the name change, our request would be forwarded to Rotary International for approval and registration.





# Rotary Club of Calgary South

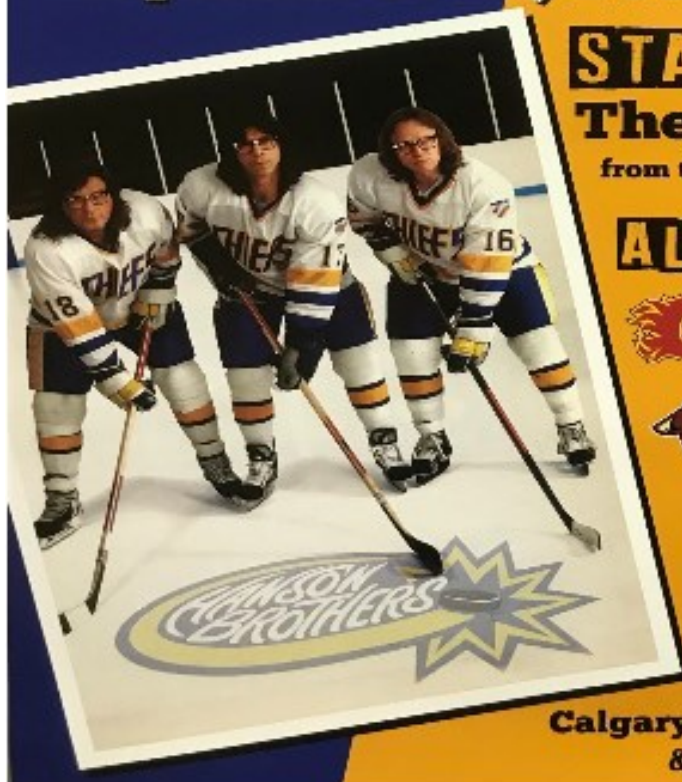
Rotary



# ROCK'EM SOCK'EM

# Rib & Steak Fest

**September 24, 2019 · 6pm to 10pm**



**STARRING**

**The Hanson Brothers**

from the Famed Movie Series "Slap Shot"

**ALSO STARRING**



**Calgary Flames Alumni**



**Phoenix Coyotes Alumni**

**Players from Team Canada's  
Women's & Men's Teams**

**Olympic Medal Winners**

**PERFORMANCES BY**

**Calgary Fiddlers, Chiefs Cheerleaders  
& Calgary Flames Cheerleaders**

***Applications for 2020-2021 International Rotary Exchange Program***

The Rotary Club of Calgary South is now accepting applications for the 2020-21 International Rotary Exchange Program.

Wanted... Youth Ambassadors between the ages of 15.5 and 17.5 (at the time of departure) who have a sincere desire to:

- Form international friendships
- Further international understanding and goodwill
- Learn new ways to communicate
- Immerse oneself in a different culture, while sharing your own
- Expand your personal self confidence and maturity
- Have the adventure of a lifetime!

As a Rotary Long Term Exchange student, you will spend one year living in another country, usually with three or four host families. You will become part of those families and their community. These Rotary accredited families are volunteers who will welcome and care for you, supervise your year and introduce you to their culture and life-style. In your host country you may learn another language, experience different foods, study different subjects, enjoy a new culture and enjoy a new way of living. In addition you will learn a great deal about yourself and gain confidence and self-sufficiency. You will attend school in your local community, as well as participate in Rotary activities and civic functions. At the same time you will make new friends, see exciting places and experience adventures that will take a lifetime to recount.

To learn more about the Long Term Exchange program visit:

<http://www.yex5360.org/become-an-exchange-student/>

The application may be found at: [https://yehub.net/cgi-bin/ABS\\_get.cgi?pgid=apob0](https://yehub.net/cgi-bin/ABS_get.cgi?pgid=apob0)

For further information, please contact **Walter Flores: Chair, Youth Exchange Program at 403 471 9604** or [wwfcibcwg@yahoo.ca](mailto:wwfcibcwg@yahoo.ca)

**Health Wellness and Transportation: Driver`s Required !!**

The Health, Wellness and Transportation committee requires extra people to assist with the transportation needs of our members for Rotary-sponsored events.

We are also looking for a few more people to assist the committee with visiting our members who are house-bound, in care facilities or hospitals.

If you are able to assist us, please contact either **Dorothea Schaab at (403) 660 6232** or **Hugh Delaney at (403) 819 4872 (mobile) or 403 255-0422.**

For those requiring transportation to our Rotary-sponsored events, or to notify us of a health concern, please contact either **Dorothea Schaab at (403) 660 6232** or **Hugh Delaney at (403) 819 4872 (mobile) or 403 255-0422**



Waterton-Glacier  
International Peace Park Association  
Established June 18, 1932 | [www.watertonglacierpeacepark.org](http://www.watertonglacierpeacepark.org)



## **Waterton-Glacier International Peace Park Association Assembly**

**September 13<sup>th</sup> – 15<sup>th</sup>, 2019 : Waterton Lakes National Park**

### **Did You Know?**

In 1931, Rotarians from Alberta and Montana met in Waterton National Park to celebrate the friendship that existed between citizens of the US and Canada. As a result they decided to advocate for a Peace Park between the two countries. As a result the Waterton-Glacier International Peace Park was created, the first such designation in world.

For more detail on the history of the Association visit the website.

The Waterton-Glacier International Peace Park Assembly brings together Rotarians and friends from Four Rotary Districts, Districts 5360, 5370, 5390 and 5080. As noted above, this year's Assembly will be held in Waterton on Sept. 13<sup>th</sup> – 15<sup>th</sup>, 2019.

Registration information and a program outline is now available on the on the Peace Park website at: <http://www.watertonglacierpeacepark.org/>

There is a block of rooms at the lodge on hold just for our guests. Reach out to **Waterton Lakes Lodge Resort** reservations team to reserve your room. Use the promo code **WG19PA** to get the rate. Reserve by September 2nd, 2019 for the best availability.

To inquire about a booking, rates, availability, or any other enquiries, please contact the hotel Front Desk direct at:

#### **Waterton Lakes Lodge Resort**

101 Clematis Ave, Waterton Park, AB T0K 2M0

Phone: (403) 859-2150

Email: [reservations@watertonlakeslodge.com](mailto:reservations@watertonlakeslodge.com)

#### **Aspen Village Inn**

111 Wind Flower Ave, Waterton Park, AB T0K 2M0

Phone: (403) 859-2255

Email: [reservations@aspenvillageinn.com](mailto:reservations@aspenvillageinn.com)

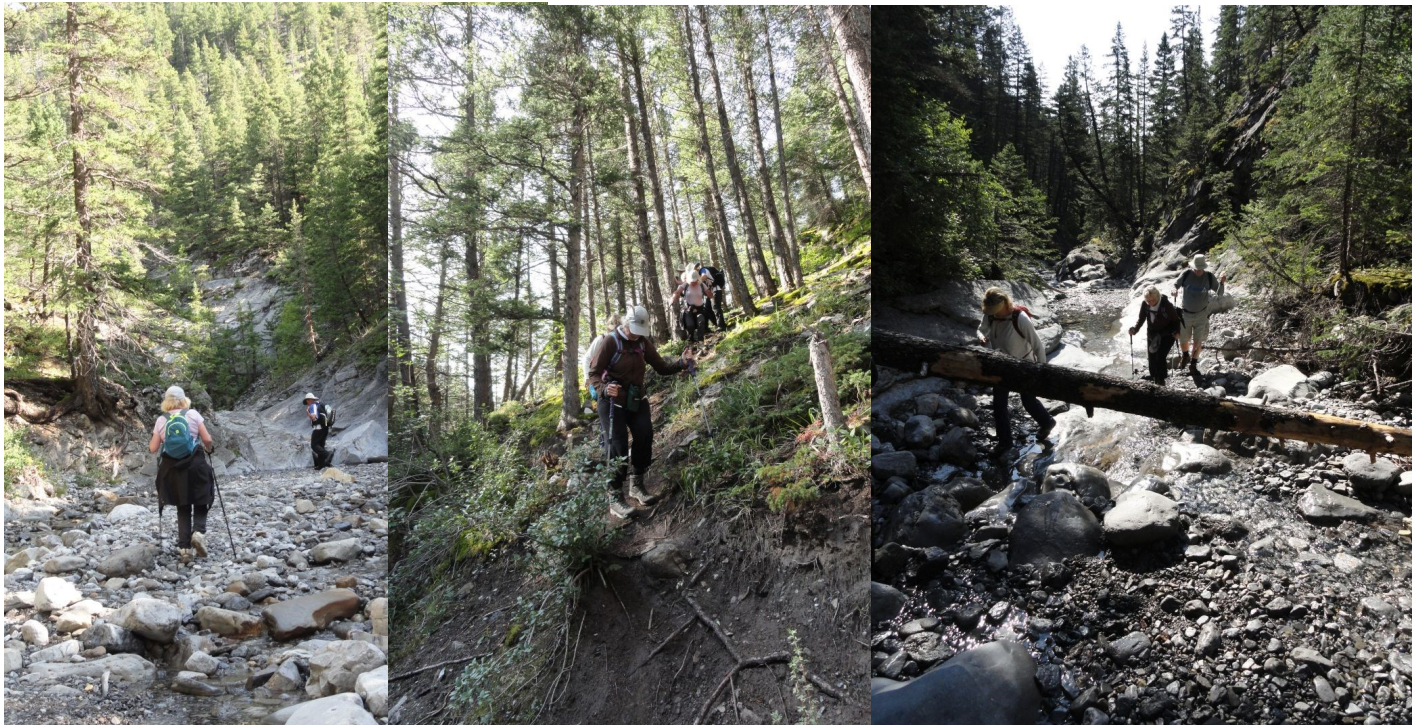
Other accommodation is available in the area look on Waterton Lakes Web Site.



Jura Creek was the hike for August 7th. What a great adventure. The steep trail gave us moments of "how am I going to get down?" The seven hikers walked on and over the stones in the creek bed - some of us tried to stay dry while others simply walked on water. The rocks and boulders made navigating down the creek awesome. The group is dwarfed by this large overhang in a picture taken by Barb Heuchert. Throughout the hike we saw many flowers like the delicate Nodding Onion, Brown Eyed Susans, a variety of Asters and Fleabane, Yellow Potentilla and a patch of Yarrow miraculously growing out of the canyon rock face. We had lunch on the rocks above the creek while looking up at a couple of large mountains. One was rugged rock and the other was green with trees. After the hike seven hot, tired, thirsty, satisfied hikers drove to Cochrane for ice cream and drinks at the famous Mackay's ice cream.



**Submitted by Pat Farn and Barb Heuchert**



### HIKERS:



On Wednesday August 14th we will head to Grassi Lakes, which is a 4 km hike with a 200m elevation gain. We will head to the Canmore Nordic Centre and travel a short distance to Grassi Lakes. Beautiful views of waterfall, rocks, clear water, and much more! For more information please contact **WANDA MCNEIL** at [wandamcneil@shaw.ca](mailto:wandamcneil@shaw.ca) or 403-217-8407





I would like to invite about 8 to 10 Rotary Partners out to **ROARR** as volunteers for the day. The club so generously gave them \$5,000 last year and I would love love to show you the work they are doing.

The date I have asked ROARR to set aside is September 19th. We would be there from 10:00 am to about 2:00 to 3:00 pm. It's always dependent on the seniors we have. The venue and view is spectacular. I will give you directions if the club is willing to come and help us.

It would be a truly awesome day.

**In Rotary always**  
**Wendy Miles**

CSRP BOARD 2019-2020					
Updated: August 7, 2019 REVISED					
Executive					
TITLE	NAME		HOME	CELL	E-MAIL ADDRESS
President	Denise	MacLeod	403-279-9122	403-771-1913	denisemacleod67@gmail.com
1 <sup>st</sup> Vice-President	<b>vacant</b>				
2 <sup>nd</sup> Vice-President	Karen	Gallagher-Burt		403-807-2801	kgallagherburt@gmail.com
Past President	Karen	Grant	403-239-8987	403-850-4361	lkgrant@shaw.ca
Honorary President	Terri	Filipski	403-244-5450	403-990-1902	flipclan@shaw.ca
Secretary	Kelly	Brittain	403-256-1379	403-860-2598	kabritts444@shaw.ca
Treasurer	Karen	Grant	403-239-8987	403-850-4361	lkgrant@shaw.ca
Social Chair:	Donna	Mintz	403-452-8947	403-483-8947	donna.mintz@shaw.ca
Committee:	Rhonda	Yaskowich	403-720-5538	403-850-2426	yaskowich@telus.net
	Karen	Gallagher-Burt		403-807-2801	kgallagherburt@gmail.com
	Jane	Topp	587-349-4006	403-851-3607	janetopp@shaw.ca
	Mary	McPhee	403-271-0339	403-819-1231	mcpheemj@gmail.com
	Barb	Cichon	403-281-5628		cichon@telus.net
	Lorraine	MacDonald	403-257-4860	403-890-5950	lorimac18@icloud.com
Executive Advisor	Lorna	Hamm	403-720-0051	403-804-2143	lorna@lornahamm.com
COMMITTEE CHAIRS					
Book Club	Maureen Jane	Hutchens Topp	403-281-3522 587-349-4006	403-899-3216 403-851-3607	mo_hutch@hotmail.com janetopp@shaw.ca
Bridge	Norma Carol	Carroll Cairns	403-252-2655 403-288-3873		crnec@telusplanet.net cairnsjandc@shaw.ca
Creative Charity Sewing Club	Kelly	Brittain	403-256-1379	403-860-2598	kabritts444@shaw.ca
Dinner Club	Gena	Rostein	403-860-7572	403-860-7572	genadexterityconsulting.ca
Event RSVP	Millie	Huson	403-886-0828	403-886-0828	ehuslink@telusplanet.net
Greeters	Carol	Dunlop	403-270-2923		caroldunlop@shaw.ca
Hiking Club	Constance	Jackson	403-931-4018	403-921-4019	conj4jackson@gmail.com
Historian	Norma Maureen	Carroll Watson	403-252-2655 403-246-0497		crnec@telusplanet.net marennny@shaw.ca
In-Home Service Asst:	Marianne Sharon	Jost Irving	403-931-2133 403-254-8476	403-931-2166 403-200-8476	hancalti@davincibb.ne sairving@shaw.ca
Investment Club	Lorna	Hamm	403-720-0051	403-804-2143	lorna@lornahamm.com
Lunch Bunch	Maureen	Watson	403-246-0497	403-998-1872	marennny@shaw.ca
Membership	Pat Arlene Jeanette	Farn Flegel King	403-271-5587 403-271-2257 403-243-0488		patfarn@telus.net a.flegel@shaw.ca jeanetteking@shaw.ca
Movie Club	Denise	MacLeod	403-279-9122	403-771-1913	denisemacleod67@gmail.com
Photographer	<b>vacant</b>				
Project Research	Karen	Grant	403-239-8987	403-850-4361	lkgrant@shaw.ca
Sarcee Bingo Asst:	Lois Sharon	Silverthorne Allen	403-288-6695 403-289-2291	403-860-3879	lsilver3@telus.net tgallen1@telus.net
Student Exchange	<b>vacant</b>				
Sunshine	Wendy	Miles		403-815-8825	mileswendy1@gmail.com

DATE	EVENT	LOCATION
Aug 15	<b>Alberta Narratives Project</b>	<b>Rotary House</b>
Aug 20	<b>RCCS Board Meeting at 5:30 pm</b>	<b>Ranchman's</b>
Aug 22	Kaylee Quinney: YEX Outbound Student Presentation	Rotary House
Aug 29	Saim Ahmad: Returning YEX Student Presentation	Rotary House
Sept 5	TBA	Rotary House
Sept 12	<b>RCCS Youthlink Site Tour</b>	<b>CPS Interpretive Centre</b>
Sept 19	Janice McTighe: Renfrew	Rotary House
Sept 26	CRCF Campaign Kickoff	BLUE ROOM
Oct 3	TBA	Rotary House
Oct 10	DG Christine Rendell's Club Visit	Rotary House
Oct 17	<b>Cambodian Dancers</b>	<b>Cardel Theatre: Quarry Park</b>
Oct 24	Kent Fraser: ShelterBox Presentation	Rotary House
Oct 31	RI Foundation Campaign Kickoff	Rotary House
Nov 7	Colin Glassco: Zambia Eye Clinics	Rotary House
Nov 11	<b>Rotary Remembers</b>	<b>Carriage House Inn</b>
Nov 14	<b>NO MEETING</b>	
Nov 21	Sylvia Whitworth: Skilled Trades Training	BLUE ROOM
Nov 28	David Yager: Alberta Oil / From Miracle to Menace	Rotary
Dec 5	Bob Wiens: Colombia Projects Update	Rotary
Dec 12	<b>Annual Christmas Luncheon</b>	<b>TBA</b>
Dec 19	Annual Christmas Social and Cleven Awards	Rotary
Dec 26	<b>NO MEETING: CHRISTMAS</b>	
Jan 2	<b>NO MEETING</b>	
Jan 9	President Chas: State of the Union Address	Rotary
Jan 16	Alex Heron: PimCo Economic Forecast	Rotary
Jan 23	Burns Day Celebration	Rotary
Jan 30	Stuart Cullum: Olds College	Rotary
Feb 6	Brian Farrell: Mind and Music	Rotary
Feb 13	Valentine's Day Luncheon with Partners	TBA
Feb 20	Jen Davies: Stigma Roots: Cannabis: from Roots to (Stock) Tips	Rotary



**RCCS 2019 2020 Officers and Directors****President: E. Chas Filipski, Jr.**[chasfilipski@gmail.com](mailto:chasfilipski@gmail.com)**Past President: Ron Prokosch**[rprokosch@prokoschgroup.com](mailto:rprokosch@prokoschgroup.com)**President-Elect: Penny Leckie**[penny@taxtherapist.ca](mailto:penny@taxtherapist.ca)**Club Secretary: Larry Stein**[larry.stein@shaw.ca](mailto:larry.stein@shaw.ca)**Treasurer: Don Mintz**[treasurer@rotarycs.org](mailto:treasurer@rotarycs.org) /  
[donmintz@shaw.ca](mailto:donmintz@shaw.ca)**Partners President: Denise MacLeod**[denisemacleod67@gmail.com](mailto:denisemacleod67@gmail.com)

Club Service Operations: Bryan Walton

[walton.skyranch@gmail.com](mailto:walton.skyranch@gmail.com)

Club Service Membership &amp; Social: Gena Rotstein

[gena@genarotstein.com](mailto:gena@genarotstein.com)

Club Service Ways &amp; Means: David Young

[dsy39@yahoo.com](mailto:dsy39@yahoo.com)

Community Service Local: Michael Ruttan

[mike.ruttan@mnp.ca](mailto:mike.ruttan@mnp.ca)

Community Service Ways &amp; Means: Ted Stack

[ehstedstack@gmail.com](mailto:ehstedstack@gmail.com)

International &amp; Vocational Service: Jamie Moorhouse

[jamie@talkinglightmedia.com](mailto:jamie@talkinglightmedia.com)

Youth Service: Dorothea Schaab

[schaabd@telus.net](mailto:schaabd@telus.net)