

THE BULLETIN of The Rotary Club of Calgary South

November 22ndnd, 2018: Volume 64, Issue 19
Bulletin Chair: Bev Ostermann
Editor: Chad Hason
Photographer: John Shield



Dr. John Meddings: U of C Medical School Dean

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Weekly Meetings & Bulletin Requirements

If you are asked or request to speak at a weekly meeting please note the following:

- Advise President Ron that you wish to make an announcement on Monday before the meeting by email
- Provide a digital copy of your notes to the Bulletin Editor and/or Kathyann Reginato in advance of the meeting. If you can't then immediately after the meeting
- At a minimum please give the Editor your hand written notes after you speak

This is for Speakers, Intro Speakers, Thankers and anyone making announcements at the Podium.

We cannot guarantee that your announcement can be made if you don't provide this information.

Thank you for your assistance with this. It is very difficult for the Bulletin Editors to take so many notes at a busy and loud meeting so let's help them out

Do you want to watch this week's meeting? **CLICK HERE:** https://bit.ly/2|KL|Vc



Benno Nigg introduced Dr. Meddings.

Dr. Meddings received his MD degree from the University of Alberta in Edmonton, where he also completed his residency in Internal Medicine. After a research fellowship in the Department of Medicine and a fellowship in gastroenterology in the Department of Medicine (both at the University of Texas, Dallas), he moved to Calgary and joined the Faculty of Medicine as an Assistant Professor in the Department of Medicine.

During his tenure at the University of Calgary, Meddings became the Head of the Division of Gastroenterology and was an active member of the medical community. He maintained membership on many local, national and international committees. His administrative and professional activities included chairman of the GI Graduate Training Program, member of the Canadian Association of Gastroenterology, and chairman of the CCFC Grants Review Committee. Five years ago, Meddings moved north to become the Chair of the Department of Medicine at the University of Alberta.

Meddings has been honoured with several awards and distinctions for his research innovations in celiac disease, inflammatory bowel disease and bowel permeability. He was a Scholar of the AH-FMR Other distinctions include the CAG Research Excellence Award, Young Investigator Award for the Canadian Association of Gastroenterology and the ASG Distinguished Service Award.

School of Medicine Image

Talk about Science and healthcare – every single advance in healthcare has come from science research. Without it – it would never evolve- but rather devolve. We are living through a complete revolution for health



THE BULLETIN of The Rotary Club of Calgary South Dr. Jon Medding: U of C Medical School Dean



HISTORY: Three major eras - about 30 years each

- Intuitive medicine 1950 1980 If you have pneumonia we give you medicine- no understanding
- Evidence-Based Medicine 1980 you need evidence that medicine will
 make you better. Randomized, controlled clinical trials take 1,000 people and give them all the same medicine if 7/10 get better,
- Precision Health the concept of taking a whole group and understanding why each one would respond differently to each treatment.



The school of medicine will focus on three things:

- Precision imaging treatment
- Information
- Microbiome

STORY OF BEN

Ben was a happy 4 year old boy admitted into the Children's Hospital for a minor procedure. The doctors noticed that he had very high blood pressure – a risk that weakens your blood vessel. If it is a vessel in your brain then it could lead to a stroke.

Ben was transferred to have his blood pressure and kidneys tested. They took an MRI putting someone in an MRI to measure moving water (anything light). Ben's kidneys didn't light up. His kidneys were being filled into thinking he was losing blood due to an artery disease that causes inflammation. Causing vessels to close off. The risk was that he could lose a limb.

Medication that was available wasn't a good fit due to their effect on blood pressure (already a concern). They ran tests to see the driver of inflammation and found something they could treat.

Within days he was back in kindergarten, his kidney function is normal.

If you count all the cells in our body – we are outnumbered 10-1 by bacteria. This bacteria controls our immune system. In the past 30 years we've had a rapid increase of inflammatory disease. Why is that?

- This is not related to genetics
- Lifestyle contributes to this increase (where we live)
- Obsessed with cleanliness (not good for us)
- Diet has changed from fresh food to that with a shelf life (preservatives)
- Culture of prescribed antibiotics non-selective wipe out good and bad bacteria. (we have wiped out bacterial species we didn't know about that might be good for us

It's not genes that make you different, it's the genes of the bacteria within you. Microbiome in mice suggested that the genes of the bacteria in a germ free environment determines weight

George Deegan thanked Dr. Meddings for an interesting and informed presentation. George mentioned the largest donation ever raised, and credited Dr. Jon Meddings for that.





THE BULLETIN of The Rotary Club of Calgary South Club News



Acting Pres. Larry Stein welcomed everyone to the Rotary Club of Calgary South for Nov. 22, 2018

Acting Pres. Larry Stein shared the following information.

On This Day ...

1906: Germany: SOS Started: International Morse code distress signal or SOS (... --- ...) (three dots, three dashes, three dots) became the worldwide standard when it was included in the second International Radiotelegraphic Convention, in Berlin



1935: U.S.A.: First Pacific Airmail delivery: The China Clipper took off from San Francisco, California on its way to Manila, Philippines in the first Pacific Airmail delivery.

1955: U.S.A.: Jay Walking: The Ada, Oklahoma Safety Council decided to offer five dollars to catch Jay-walking offenders. (Jay-walking is the act of crossing a street where there is no crosswalk or traffic signal, and this specific program was called "Mister. Jay". The money paid out to Jay-walking catchers was to be paid on a lottery basis. If one was the first person who caught a Jay-walker then that person would receive five dollars. If no one Jay-walked that week then the five dollars was to be kept in the pool for the following week. There were other stipulations regarding this program, such as the Jay-walker had to be caught in the act.

1963: U.S.A.: John F. Kennedy Assassinated: President John F. Kennedy was assassinated when he was shot by a sniper while riding in a motorcade through downtown Dallas. In film shown around the world Jackie Kennedy was seen cradled her dying husband as the limousine sped to the emergency room at Parkland Hospital. Lee Harvey Oswold was later arrested for the murder but was shot shortly after by nightclub owner Jack Ruby.

1977: UK: Concord Begins Flights To US: Scheduled service from Paris and London to New York's John F. Kennedy Airport began following the ban on Concord due to citizen protest over sonic booms flying into JFK was lifted.

1986: U.S.A.: Mike Tyson: Mike Tyson became the youngest Heavyweight Champion in history today with a second round knockout win over Trevor Berbick.

1989: USA: Mirage Hotel and Casino: The Mirage Hotel and Casino opened its doors in Las Vegas and **Murray Flegel** was the first in line. This 3,000+ room resort, built by Steve Wynn, created a trend of huge resorts becoming popular places to stay within the city.

Please join Lisa Fernandes in the singing of O Canada and Rotary Grace

Head Table: Roselyn Jack, Toby Oswald Felker, Brenda McKinley, Dr Meddings and Benno Nigg

Visitors and Guests: Sandy Dougall introduced Dr. Jon Meddings (Guest Speaker), Liisa Lehtio (YEX Student), Dinesh Dharrel (Guest: Toby Oswald-Felker), Don Whalen (Guest: Dana Hunter), Dr. Alex Fitzowich (Guest and Son of Jim Fitzowich), Spencer Tomkinson (Guest: John Shield) and Nicole Castle (Guest and wife of Kendall Bocking).

Bulletin Editor: Chad Hason Photographer: John Shield



Dinner Club: Gena Rotstein asked that please share your pictures and send them to Kathyann

Wine and Spirits Club Evening: Gena Rotstein advised that Nov 29th at 7:30 pm there will be a get together of the Wine and Spirits Club. **RSVP Christine Kyte. See page 7 of the Bulletin for more info**



THE BULLETIN of The Rotary Club of Calgary South Club News



Rotary Scholarship: Terry Allen advised **The District 5360 Scholarship Team** is now ready to receive applications for the Global Grant Scholarship. Financed by a District Global Grant, these scholarships fund graduate study (normally masters' programs) outside of Canada in one of The Rotary Foundation's six areas of focus:

- Peace & Conflict Resolution/Prevention Disease Prevention & Treatment Water & Sanitation
- Maternal & Child Health Basic Education & Literacy Economic & Community Development

Candidates should be residents of District 5360 and preference is given to students starting new programs of study. The value of this scholarship is US\$30,000 and it is entirely funded by District Designated Funds and a World Fund Match. As per long-standing Rotary International policy, lineal descendants and ancestors of Rotarians are ineligible for Global Grant Scholarships.

A District 5360 Application Form and further information is available at: http://www.rotary5360.ca/page/global-scholarship-funding

The District 5360 Global Grant Scholarship application deadline is January 21, 2019. Currently supporting 3 students working on Global scholarship funding

Attendance Milestones: Norm Legare presented consecutive attendance awards

Sherry Austin: 500, Murray Flegel: 700, Don Bacon: 700, Tony Ng: 800, Rod Bower: 1100, Bryan Targett: 1800, Ben Steblecki: 2100, Norm Legare: 700

2018/2019 Budget: The Budget was approved – those expecting funds should go collect.

Rotary Bonspiel: Lethbridge is holding the bonspiel – Register now

Liisa Lehtio: YEX Student still has raffle tickets

for sale for ringette

50/50 Draw: Sandy Dougall won \$160

The new Rosters will be available next week



HAVE A GREAT WEEK EVERYONE

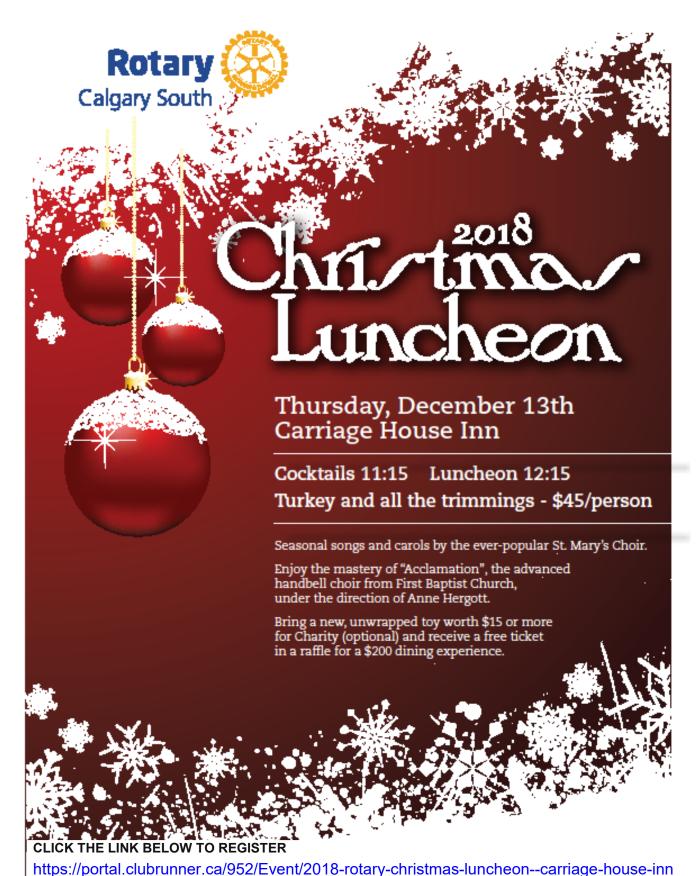






THE BULLETIN of The Rotary Club of Calgary South 2018 RCCS Christmas Luncheon





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THE BULLETIN of The Rotary Club of Calgary South **Wine & Spirits Club News**





Just a reminder for people to complete the survey.

https://www.surveymonkey.com/r/G3CX8FC

Based on the answers to the survey we are going to pre-pick some themes and at our first tasting we can set the schedule and people can choose which theme they want to do. The host will provide the venue and snacks. The guests will bring the wine and their "notes." With partners we are about 10 to 12 people so far. If this changes I will let you know.

The idea for the "specialty" event had mixed response, so we can hold off on planning anything until we are all together and then decide if this is something we do in the first year, or wait until next year.

Details for the first Wine & Spirit Meet-Up

- Nov. 29th 7:30pm Host: Christine Kyte (Holstine)
- Theme: Big & Bold Where: 3 Brightonwoods Crescent SE
- Nov. 29th 7:30pm Host: Christine Kyte (Holstine)
 Theme: Big & Bold Where: 3 Brightonwoods Cres
 What to bring: One bottle of wine (red, white, rose, some notes about the wine.
 Please RSVP to Christine 403-831-449

 Cheers: Gena Rotstein and Christine Kyte What to bring: One bottle of wine (red, white, rose, bubbly...) under \$30 with

Please RSVP to Christine - 403-831-4498 by Nov. 26th.





THE BULLETIN of The Rotary Club of Calgary South Club "Stuff"



Here is a photo of **Bryan Walton** attending a meeting at Whitehorse, Yukon on November 16th 2018.

This is the President of the Club **Barry Watt** with Bryan in the photo



Meet Theodore ...

Thank you to everyone for taking the time to acknowledge this little miracle

Theodore came in the midst of a very trying time for my family and he has made this time in our lives so much better.

I couldn't resist showing you my new "Teddy Bear"

Thanks again,

Kathyann Reginato (proud G-Ma)





THE BULLETIN of The Rotary Club of Calgary South Partners In Print









Calgary South Rotary Partners'

Christmas Luncheon

Saturday, December 1, 2018 at 10:00 A.M.

Calgary Golf & Country Club (1 1/2 blocks west of Elbow Drive on 50th Avenue SW)

Guest Speaker: Dr. Raylene Reimer, Professor (Nutrition)

(Kinesiology in the Cummings School of Medicine, U of C)

7ickets \$40.00- Guests Welcome!

Please R.S.V.P. by Wednesday, November 21 to Millie Huson 403-686-0828 or ehuslink@telusplanet.net. Send cheques payable to "Calgary South Rotary Partners" to: Karen Grant, 3927 Vancouver Crescent NW, Calgary AB T3A 0M2

Door Prizes! 50/50 Draw! Bring Ioonies and toonies for the Emergency Shelter Calgary Mustard Seed

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

It was a most enjoyable lunch for the Partners who met at **Bea's Eatery** which is quite a large restaurant inside the Bite Grocery on 9th Avenue in Inglewood.

The menu had a big selection of food choices and we all agreed we could eat something different every day for a month - if only!!

As you can see there is nothing more relaxing than having lunch with friends. We will enjoy somewhere new for our January lunch.

Submitted by: Maureen Watson





THE BULLETIN of The Rotary Club of Calgary South RCCS Calendar



Nov 29: Jim Gibson: Tip of the Spear (Our Species & Technology at a Crossroads)

DECEMBER 2018: DISEASE PREVENTION & TREATMENT

Dec 1 Partners Holiday Brunch: Calgary Golf and Country Club

Dec 6: Naomi Gratton: Museums and You

Dec 9: Feed the Hungry: 10 Volunteers needed: Contact Harry Pelton

Dec 13: Christmas Luncheon: Carriage House

Click to Register: https://portal.clubrunner.ca/952/Event/2018-rotary-christmas-luncheon--carriage-house-inn

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: Calgary Search and Rescue Association

Jan 16: Mustard Seed Dinner Prep and Service: Foothills Location

Jan 17: Robbie Burns Day

Jan 24: Anne-Marie Syslak: Canadian Parks and Wilderness Society

Jan 25: L. Kwong Memorial Chinese New Year Dinner: Regency Palace
Jan 28: Ronald McDonald House Dinner Prep and Service: Need 5 Volunteers

Jan 31: Janice McTighe, Exec. Director: Renfrew Educational Services



Feb 2: Cowboy's Casino: Need 20 Volunteers for Morning, afternoon & countroom

Feb 3: Cowboy's Casino: Need 20 Volunteers for Morning, afternoon & countroom

Feb 5: Ronald McDonald House Dinner Prep and Service: Need 5 Volunteers

Feb 7: Jesse Moffat: National Music Centre

Feb 14: Valentine's Day Luncheon at Rotary House

Feb 21: Stay In School Golf Presentation

Feb 28: Membership Development Day

MARCH 2019: WATER AND SANITATION

Mar 7: To Be Determined Mar 14: St. Patrick's Day

Mar 21: BitQuest CEO Koleya Karringten: Intro to Blockchain and Crypto Currency

Mar 28: To Be Determined

APRIL 2019: MATERNAL AND CHILD HEALTH

Apr 4: To Be Determined Apr 11: To Be Determined

Apr 16: Mustard Seed Dinner Prep and Service: Foothills Location

Apr 18: New Member Celebration

Apr 25: To Be Determined

MAY 2019: MATERNAL AND CHILD HEALTH

May 2: Dream Home Registration Kickoff

May 9: St. Mary's 4 Way Test Contest

May 16: To Be Determined

May 23: Stay In School Luncheon

May 30: To Be Determined

JUNE 2019: ROTARY FELLOWSHIP

June 6: To Be Determined

June 13: Stampede President Presentation

June 20: Charity Day Presentation







New Members

Celebration



THE BULLETIN of The Rotary Club of Calgary South **Contact Information**



Health, Wellness & Transportation:

Contact **Hugh Delaney** at: hughdelaney02@gmail.com or: 403 255-0422 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

> > Visit us at: www.rotarycs.org

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

(403) 244 9788

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

2018 2019 Club Officers

President: Ron Prokosch: rprokosch@prokoschgroup.com

chasfilipski@gmail.com President-Elect: Chas Filipski leclair@calgarylaw.com Past President: Bill LeClair larry.stein@shaw.ca **Club Secretary: Larry Stein**

Treasurer: Don Mintz treasurer@rotarycs.org / donmintz@shaw.ca

cbrews1@gmail.com Partners President: Claudia Brews

2018 2019 Directors

Club Service: Operations: Len Kushner lkushner@drivesportswear.com

glen@godlonton.com Club Service: Membership and Social: Glen Godlonton Club Service: Ways & Means: David Young dsv39@yahoo.com

imh calgary@hotmail.com **Community Service: Jim Hutchens**

Community Service: Ways & Means: Dana Hunter drmuir@shaw.ca

International & Vocational Service: Kevin MacLeod kmacleod@moneyadvisor.ca

Youth Service: Dorothea Schaab 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

Stav 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

pennv@taxtherapist.ca

toby@shawlink.ca srains@shaw.ca jbladon@atb.com

dpodwyer@hotmail.com

myrnadube-thompson@shaw.ca

markambrose@shaw.ca daviscomm@shaw.ca ehtedstack@gmail.com bsumner@shaw.ca

ifitzowi@telusplanet.net jamie@talkinglightmedia.com