



INSIDE THIS BULLETIN

1. **STARS TOUR**
2. **STARS TOUR**
3. **STARS TOUR**
4. **CLUB NEWS**
5. **MORE CLUB INFORMATION**
6. **ROTARY FAMILY SKATE & HOCKEY GAME**
7. **DIM SUM LUNCHEON**
8. **CHRISTMAS LUNCHEON**
9. **LARRY KWONG NEW YEARS DINNER**
10. **PARTNERS IN PRINT**
11. **CLUB CALENDAR**
12. **CLUB RUNNER AND CONTACT INFO**

BULLETIN CHAIR: Bev Ostermann
EDITOR: Glenn Potter
PHOTOGRAPHER: Steve Mason

Norm Devitt first thanked **Michael Zacharki** for not only providing an excellent meal to the club but for also arranging for the tables we all utilized.

Norm indicated that he has known **Dr. Robert Powell** for many years and he is a long-time friend. **STARS** is a valuable asset not only to our community and but to others from the lower mainland of BC to Manitoba.

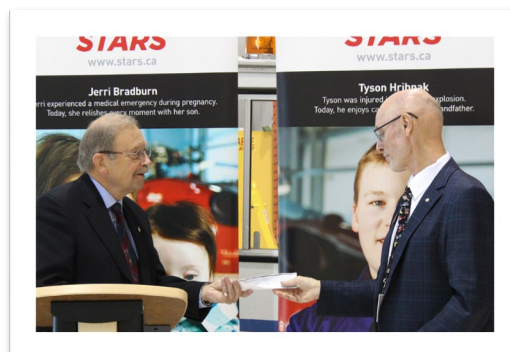
Dr. Powell provided a short introduction to **STARS** for the Club members. The why and what behind the existence of the organization. He stressed three key components behind **STARS**: Safety, Time and Talent.

Safety: It is most important to provide a safe and reliable means of transporting patients over long distances. The most effective means has proven to be the helicopter.

Time: Is a critical factor in the treatment of the injured or people with a medical emergency. **STARS** makes every attempt to have the air ambulance depart within eight minutes after receiving the call.

Talent: Providing expertise directly related to each case is primary to the care of every patient. This requires having personnel with a high degree of training and sophisticated equipment to deliver care.

President Ken presented Dr. Powell with a cheque for \$1000.



After this brief intro the Club was divided into four groups to tour the four main areas of the organization. The hanger, the Emergency Link Centre, the Video Room and the Simulation Training Area.

HEALTH AND WELLNESS: Contact Dick Shaw at atlanticclipper@gmail.com if you know of anyone that is not well or is there anyone you know that could use a visit.

TRANSPORTATION: Contact Bonar Irving at bonar@shaw.ca or: 403 254 8476 if you know of anyone that may need a ride to meetings

The Hanger:

The hanger has two helicopters which are available 24/7. Calgary has twelve pilots and twelve medical crew. Each copter has a crew of four and they are on duty for eleven hours each day or thirteen hours each evening. The copter has a range of 125 miles or roughly 2 hours and 45 minutes flying time. They require kerosene as a fuel and selected areas have fuel drums to provide for return flights if no airport is available.

STARS is now located as far east as Winnipeg and as far west as the interior of British Columbia. Northern Alberta is serviced by a depot in Edmonton. There are eleven helicopters spaced throughout the organization with seventy five pilots. MediVac is a separate organization with its own aircraft although there is a large amount of cooperation and communication between the two.

The Emergency Link Centre:

The Emergency Link Centre dates back to an incident in 1996 when three workers were injured in an explosion. It took over two hours to get EMS treatment and two of the worker died needlessly due to the inability to locate and provide treatment quickly.

The Call centre is staffed by a group of Call Takers. Six or seven people are involved in each call to determine the best way to respond. There is an inter Hospital service with over 80 specialized Doctors to provide emergent expertise in addition to the transportation logistics. Weather is a critical factor in determining if a flight can be flown.

Landing Zones are critical at the accident site and coordination with the RCMP is often essential to enable the chopper to land on highways or other small areas. The pilots, many of whom are former military pilots, enjoy the challenges of where and how to put the chopper down. These decisions are often coordinated during the flight. Both farmers and businesses are encouraged to register their locations with the call centre. The Emergency Link Centre is located in Calgary and serves all the areas in Alberta and BC.

There is a great deal of expense involved in providing the latest technologies used in the Emergency Link Centre. Telephone linkage is critical and they are currently exploring new ways of video conferencing. 80% of the funding for **STARS** is provided by private contributions with about 20% coming from the governments.

The Video Area:

Videos are available on U-Tube which will more fully describe the activities of **STARS**. They are under the title - **STARS** – The Golden Hours. The first video we watched traced the history of Dr. Greg Powell and his connection with the MASH units during the Vietnam War. Saving lives during the time of war indicated to Dr. Powell how important TIME was in getting the wounded to a critical care center. Too many lives were lost due to the time factor.

In the early years support for **STARS** was provided by Community resources – bake sales, 4H fund raisers and a multitude of other community endeavors. Initially they leased one copter and the staffing was provided by volunteer paramedics and nurses. Gradually the outcomes changes and it was recognized how valuable this resource was in saving lives.

The second video was an emotional story involving one of the long-time nurses with **STARS**. She described her duties and related how she needed to be 4 feet tall with 6 foot arms to help facilitate what she does during rescue missions in the chopper. The video concluded with her story about how she was involved in the rescue of her brother on the family farm after a number tragic family incidents. Her most memorable comments were about how important it was to “hold the hands of her patients” during the flight in what was perhaps the most traumatic incident in any of their lives.

The Simulation Room:

Each helicopter has a nurse and a paramedic on board along with the two pilots. These medical practitioners have a minimum of five years of previous experience in their respective field. They will spend between 100-120 additional hours each year in professional development. In addition to their medical training they will receive training in bush survival. STARS encourages a great deal of interdisciplinary cooperation, pilots may also be trained medical doctors and STARS works closely with the Fire Department in training and procedures.

STARS also works and provides assistance to rural areas which may not have medical people with the type of training the STARS professional possess. Each helicopter is able to carry a blood supply and an ISTAT machine enables their staff to immediately analyze a patient's blood sample. The simulation room has dummy patients which enable the medical staff to practice various rescue procedures. One of our members was able to practise the insertion of a breathing tube which is a common emergency procedure to prevent blockage of the air passages in an injured individual. The simulation room illustrated to our members the high calibre of medical training STARS personnel bring to the medical emergencies they attend.

Due to the fact that our buses had to leave at different times no formal thank-you was given to the staff of STARS at the conclusion of our tour. However, there were many accolades and words of appreciation expressed to the crews manning each of the areas we toured. Our community and province can take great pride in the vision and ongoing work the STARS organization provides to us on a daily basis.



President Ken's Announcements today:

- ♦ **President Ken** welcomed **Norm Devitt** back to the fold. His work in the club is highly valued.
- ♦ Thanks were given to **Jim Burns** for providing the buses that brought us to the hanger.
- ♦ **Arlene Flegel's** surgery was a great success and she is now home.
- ♦ A reminder of the Grey Cup POP-UP event this Sunday afternoon.
- ♦ Next week **Penny Leckie** will provide a seminar on ways to save on our taxes through donations to our two Foundations.

Bulletin Editor: Glenn Potter

Photographer: Steve Mason



Here is the link to **Bob Wiens'** blogs that will tell you what Bob and Marlene I have been up to in Colombia.
The last one should be of special interest to the **Rotary Club Calgary South**

www.capdcalgary.org/blog-en



PRESENTATION AFTER OUR REG- ULAR MEETING ON DECEMBER 1ST BY: PENNY LECKIE

Penny Leckie has kindly agreed to give a Presentation on **Charitable Giving** after the meeting on **December 1st**. Penny will be covering topics such as:

- ◇ To give during life or upon Death
- ◇ Giving with Life Insurance
- ◇ Optimizing Tax Saving and how much to give

If there are other topics of interest please email Penny and let her know so she could address them



Food Bank:

The dates for helping distribute food hampers to clients at the Food Bank for Christmas have been confirmed as December 19 from 9:45 am – 1:00 pm (16 volunteers required) and December 22 and 23 from 2:30 – 5:30 pm (16 volunteers required for each shift).

Those interested in helping in this always-fun and interactive Christmas holiday activity should email Corinne Wilkinson at:

corinne@whitehathospitality.com



Rotary Family Skate & Hockey game was held on Nov. 20/16

The family skate was an enjoyable event especially for the younger family members.

There were between 50 and 70 people in attendance.

We owe many thanks to Mark Stiles and Julie Mirdoch of the Flames for organizing this event.

The hockey game was a spirited affair but unfortunately our club came out on the losing end.

David Richardson photographed the action. Thank you Dave



Rotary
Calgary South
SOCIAL COMMITTEE



ROTARY DIM SUM LUNCHEON

Wednesday, November 30th
11:45 AM

Central Grand Restaurant
Second Floor
1623 Centre Street North

Join our hungry group of enthusiastic Dim Sum Rotarians. You'll be glad you did.

Please RSVP to Keith Davis by November 25th
in order to insure you can be accommodated.

Cell: 403-630-1983 or daviscomm@shaw.ca



You have already received an invitation to the Christmas Party by email. Please respond ASAP and pay online if you wish to do so.

The Social Committee will be sending out another invitation shortly and they would love to have you respond as early as possible

You can also register at next week's meeting if you would rather do so

These events are enjoyed by all and run so much smoother when the committee has the ability to have timely information early for catering, guests and organizing matters.

Thank you for your kind consideration...



Rotary
Calgary South
SOCIAL COMMITTEE



LARRY KWONG
**CHINESE
NEW YEAR
DINNER**

Friday, January 20th, 2017

**Regency Palace Restaurant
335 Centre Street South**

CELEBRATE THE YEAR OF THE ROOSTER!

MENU:

Grilled Pork Dumplings and Spring Rolls
Won Ton Soup
White Rice
Ginger Beef
Cashew Chicken in Black Bean Sauce
Beef and Broccoli
Pea Pods and Shrimp
Salt and Pepper Squid
Cantonese Chow Mein
Chicken Fried Rice
Egg Tarts

Cocktails: 6:00 PM

Entertainment: 6:30 PM

Dinner: 7:00 PM

*\$50 per person or Table of 10 for \$450.
Tickets go on sale December 15th.
Details to follow.*

*Seating limited to 250, so purchase your tickets ASAP.
Payment required at time of placing ticket order.*

Calgary South Rotary Partners' Christmas Luncheon General Meeting and Social Gathering

December 3 at 10:00 am
Calgary Golf & Country Club
Tickets \$35 — Guests Welcome

RSVP by Nov 28 to Pat Cuthbert (403.252.0156 or
bill.cuthbert@shaw.ca)

Please send cheques payable to
'Calgary South Rotary Partners'
to Donna Kennedy
37 Mahogany Manor SE Calgary, AB T3M 0Y3

Bring loonies
and toonies for
Operation Eyesight

Do you require a ride?
please contact
Karen Grant at
(403.239.8987)



Arlene Flegel has been discharged from the hospital. She is very tired and has no appetite so she will be resting at home.

Sleep is one of the hardest things to get in hospital!

Please check with Murray to see if it is OK before any visits.



Myrtle Black is in Fanning Centre Rehabilitation. If you know her, please send her a card of encouragement. She is one of our senior members.

Jack Black joined Rotary in 1977.

NOVEMBER 2016

Nov 30 Dim Sum Lunch (See Bulletin for Details)

DECEMBER 2016

Dec 1 Todd Hirsch: Chief Economist (ATB)

Dec 1 Penny Leckie: Charitable Giving Presentation (after Regular Meeting)

Dec 8 Rotary Police Checks: Policies and Procedures

Dec 10 Salvation Army Kettles

Dec 15 Christmas Luncheon: Canyon Meadows Golf Club (See Bulletin for Details)

Dec 17 Salvation Army Kettles

Dec 19 Calgary Food Bank 9:45 am to 1:00 pm (Need 16 Volunteers)

Dec 22 Christmas Social and Cleven Awards Day

Dec 22 Calgary Food Bank 2:30 pm to 5:30 pm (Need 16 Volunteers)

Dec 23 Calgary Food Bank 2:30 pm to 5:30 pm (Need 16 Volunteers)

Dec 29 NO MEETING DUE TO CHRISTMAS HOLIDAYS

JANUARY 2017

Jan 5 Mid Year State of the Union Address

Jan 12 Garry Lamb: Alberta Transportation: Calgary Ring Road

Jan 19 Robbie Burns Day

Jan 20 Larry Kwong Chinese New Year: Regency Palace (See Bulletin for Details)

Jan 26 Legend Series: Reclassification Talk

FEBRUARY 2017

Feb 2 Wendy McDonald: Rotary Employment Partnership

Feb 9 Valentines Day Luncheon: Location TBA

Feb 16 TBA

Feb 23 Dan Doherty: Rotary International Polio Plus

MARCH 2017

March 2 TBA

March 9 President's Club Update

March 16 St. Patrick's Day

March 23 Alana Asuchak: Stress Busters

March 30 Charlene Bearden: Club Runner Presentation

APRIL 2017

April 6 TBA

April 13 Jon Fennell: Following The Molecules

April 20 New Member Celebration: Location to be announced

April 27 Janice Eisenhauer: Canadian Women for Afghanistan (Possibly at the Clubhouse)

MAY 2017

May 4 Dream Home Registration Kick off

May 5-7 District Conference (Red Deer)

May 11 Bob Dubask: Myths About Reverse Mortgages

May 18 TBA

May 25 TBA

May 26 President's Party

JUNE 2017

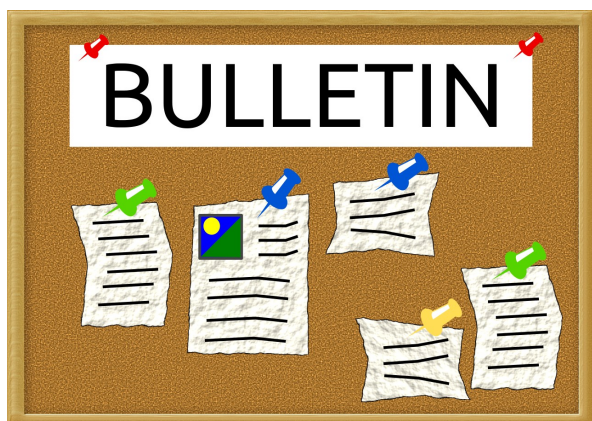
June 1 Stay In School Luncheon: Carriage House Inn

June 2-4 Radium Fellowship Weekend

June 8 Charities Day: Possibly at Carriage House Inn

June 22 YEX Presentation: Returning Student

June 29 Changing of the Guard



Please submit all bulletin submissions in the following format:

- Word Document or PDF
- Please ensure that all email addresses and phone numbers have been listed on your announcements
- Please make sure to include dates and times of events etc...
- Please submit by Thursdays for submission in the bulletin (anything later cannot be guaranteed)

contact me at: kathyann@rotarycs.org
(just click this link)

or call: (403) 244 9788 if you have questions

Thanks,

Kathyann Reginato

Contact Us

Administrator: Kathyann Reginato
Rotary Club of Calgary South
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Calgary AB T2V 2X5
(403) 244-9788

kathyann@rotarycs.org

Visit us at: www.rotarycs.org

2016 2017 Club Officers

President: Ken Farn: kgfarn@telusplanet.net

President-Elect: Bill LeClair: leclair@calgarylaw.com

Past President: Murray Flegel: mjf@bosslubricants.com

Secretary: Ted Rowsell: rowselle@telus.net

Treasurer: Larry Kennedy: treasurer@rotarycs.org

Partners President: Pat Farn: patfarn@telus.net

2016 2017 Directors

Club Service: Operations

Steve Mason

Email: steve@talkinglightmedia.com

Club Service: Memberships and Social

Glenn Potter

Email: agpotter@telusplanet.net

Club Service: Ways & Means

Jack Haman

Email: hamanj@telus.net

Community Service:

Luanne Whitmarsh

Email: luannew@kerbycentre.com

Community Service: Ways & Means:

Charlie Gouldsbrough

Email: charlie@albertasleepcentre.com

International & Vocational Service

Bryan Walton

Email: bwalton@cattlefeeders.ca

Youth Service

Stacey Johnson

Email: sjohnson@printthree.ab.ca