



INSIDE THIS BULLETIN

1. PARKINSON ALBERTA: HELP FOR TODAY
2. PARKINSON ALBERTA: HELP FOR TODAY
3. CLUB NEWS
4. CLUB NEWS
5. ROTARY REMEMBERS
6. MORE CLUB NEWS
7. PARTNERS POTLUCK PHOTOS
8. PARTNERS POTLUCK PHOTOS
9. CLUB CALENDAR
10. CLUB RUNNER AND CONTACT INFO

BULLETIN CHAIR: Bev Ostermann

EDITOR: Brenda McKinley

PHOTOGRAPHER: Steve Mason



Keith Davis introduced our Guest Speakers today: **Katie Von Hansen and Pam Allred** from Parkinson Alberta.

Keith noted a number of celebrities that suffer from Parkinson's such as: Michael J. Fox and Mohammed Ali as well as our own George Adam and Peter Valentine who were with us today.

Katie and Pam started off with a story from a local Calgarian named Dave and his struggles with Parkinson's Disease.

Parkinson Pride was a very moving story of how the disease and the medication can effect one's life.

Here is the link to our Faces of Parkinson's Video from YouTube:

https://www.youtube.com/watch?v=321DFcOX_cw –
[Dave's Story](#)

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

Parkinson Alberta helps make every day better for Albertans affected by Parkinson's Disease.

What is Parkinson's Disease?

- ⇒ First described by James Parkinson in 1817
- ⇒ Affects 1 in 100 individuals over the age of 60
- ⇒ It is a neurodegenerative condition that affects the production of dopamine in the brain

Parkinson Alberta provides support services, education, advocacy and funds for research and have 7 regional offices in: Calgary (Head Office), Edmonton (Buchanan Centre), Grande Prairie, Lethbridge, Lloydminster, Medicine Hat and Red Deer.

Katie and Pam highlighted for us their core services, fund raising efforts and other events and partnerships that are a part of Parkinson Alberta

There is an emphasis on the importance of exercise and keeping mobile. For more information please go to: www.parkinsonalberta.ca



- Over 40 monthly Support Groups
- PD Helpline
- Tele-Support Groups
- One-on-One and Family Support
- Educational Speaker Presentations
- Quarterly Parkinson Pulse Magazine
- Ask the Experts Series
- Train the Trainer Program

Carol Graham thanked Katie and Pam for their informative talk

President Farn advised that \$100 would be donated to the Stay in School scholarship Program in their name



Welcome to the Rotary Club of Calgary South. My name is **Ken Farn**, I'm honoured to be your Club President for the 2016/17 Rotary Year. Please join Lisa Fernandes and your head table in the singing of O Canada followed by Rotary Grace. Enjoy your lunch and fellowship!

Bulletin Editor: Brenda McKinley Photographer: Steve Mason

Mustard Seed Dinner: President Ken then reported that Harry Pelton had all the volunteers he required for the Mustard Seed on November 4, to make dinner

Top 40 under 40: Amy Giang was congratulated on making Avenue Magazines Top 40 under 40 list as a successful female entrepreneur in a male dominated field, as she is the owner of three Lube shops, 2 in Calgary and 1 in Okotoks.

She as well noted in the article that she was a Rotarian and loved to volunteer for Rotary Club of Calgary South. Amy has also won the Customer Choice award for 2015/2016 and the Chamber of Commerce Business In Excellence Award.



Here is the link to the story: <http://www.avenuecalgary.com/City-Life/Top-40-Under-40/2016/Amy-Giang/#.WBvcurKm7Yg.mailto>



Dream Home and Split 'em 50: Lynn Grant presented a cheque from the Stampede Lotteries today to the Club for the proceeds from the Dream Home and Split 'em 50 sales. Lynn advised that it was over \$100,000 more because of the Split 'em 50. The cheque was in the amount of \$578,630. Lynn thanked **Dana Hunter** and her committee for the great work

Rotary Remembers: Jim Fitzowich announced that the meeting would be next Friday at the Carriage House in honour of Remembrance Day. The Carriage House has a capacity of 300 and we should sign up online as soon as possible. The event starts at 10:30 am and Colonel Ross Whittaker will speak regarding the newest veterans from the Afghan war. Here is the link to register:

<http://www.rotary5360.ca/event/rotary-remembers/>



Country Thunder: President Ken Farn reported that the Board has agreed to continue with Country Thunder on a one year Pilot Project for 2017, and that there will be an agreement negotiated and signed by Rotary and Country Thunder moving forward. The committee will also be looking to get other Rotary Clubs involved to help with filling some of the shifts and there will be more details to come.



Veteran's Food Bank: President Farn reported that a cheque for \$4000 has been sent to the Veterans Food Bank in addition to the Food Drive and donations that member **Brenda McKinley** arranged for and collected today. Thanks Brenda!!

Rotary International Month: Jack Thompson stated that November is Rotary International month and would like to receive a donation of \$35 for each member to support Polio Plus. The Rotary Foundation is Celebrating 100 years of doing good. Jack explained the Paul Harris Awards as well as the Major Donor Award of \$10,000. **Norm Legare** was recognized today for being a great Rotarian and a major donor. He received a PHF Pin and we congratulated him for his contribution and also on becoming a grandfather today.



Sergeant At Arms: Dick Shaw fined Past President **Keith Davis** for his cell phone along with a number of other members for a multitude of things including **John Fitzsimmons**. Good luck John and Good Job Dick.

PRESIDENT FARN then concluded the meeting today. Please remember to register for Rotary Remembers as soon as possible. This will be a Regular Meeting for Attendance purposes.



50/50: Ben Steblecki awarded **Stephen Cobb** with \$174.00





Rotary Remembers



Friday, November 11, 2016

The Carriage House Inn

9030 Macleod Trail South

10:00 a.m. – 1:00 p.m.

Guest Speaker

Lt. Col. (Ret) Ross Wickware



Register online before Friday, November 4

rotary5360.ca/event/rotary-remembers

Tickets \$25.00

Credit Card Only

Click this link <http://www.rotary5360.ca/event/rotary-remembers/>



The Calgary Flames have set aside time for our family skate and Hockey game with the Downtown Rotary Club

Date Sunday November 20, 2016
Time 5:00 – 8:00 PM



- ⇒ Flames will provide hot dogs, cookies and refreshments during the family skate
- ⇒ All members are welcome to attend and bring as many family members or guests as they would like.
- ⇒ The Flames would like us to provide a head count so that they can have enough food to feed everyone in attendance so please get back to me by email to: tewalton@shaw.ca (just click this link) with the no. of people you will be bringing.
- ⇒ As for the hockey game, please also let me know at tewalton@shaw.ca (just click this link) if you or any family member would like to play.

Submitted by: Tom Walton

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



It is that time again for all to consider doing a Salvation Army Kettle shift. The shifts are at Chinook Centre and are two hours in duration, beginning at 10am. The dates that I am trying to get are Dec 10th and Dec 17th. I will confirm these dates when the Salvation Army get back to me. Shifts fill quickly so do not delay getting your name in early. Thanks in advance

Submitted by: Dave Read



PHOTOS SUBMITTED BY: NORM LEGARE
AND WENDY MILES COPITHORNE

PRESIDENT FARN & FARN WERE IN ATTENDANCE



TRUMP & COMPANY MADE AN APPEARANCE



THE DANCING QUEENS WERE OUT IN FULL FORCE



THE BELLES OF THE BALL ATTENDED AS WELL



HAPPY COUPLES AND FRIENDS ALIKE ENJOYED THE EVENING



NOVEMBER 2016

Nov 10 NO MEETING DUE TO ROTARY REMEMBERS AT CARRIAGE HOUSE

Nov 11 Rotary Remembers: Carriage House

<http://www.rotary5360.ca/event/rotary-remembers/>

Nov 14 Mustard Seed Dinner: Shifts are full

Nov 17 Rotary Foundation Presentation

Nov 24 STARS Tour: At the STARS Hangar

Nov 25 Ronald MacDonald House Dinner: Shifts are full

DECEMBER 2016

Dec 1 Todd Hirsch: Chief Economist (ATB)

Dec 8 Bob Dubask: Myths about Reverse Mortgages

Dec 10 Salvation Army Kettles (Tentative Date)

Dec 15 Christmas Luncheon: Canyon Meadows Golf Club

Dec 17 Salvation Army Kettles (Tentative Date)

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

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 TBA

APRIL 2017

April 6 TBA

April 13 TBA

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 11 TBA

May 18 TBA

May 25 TBA

May 26 President's Party

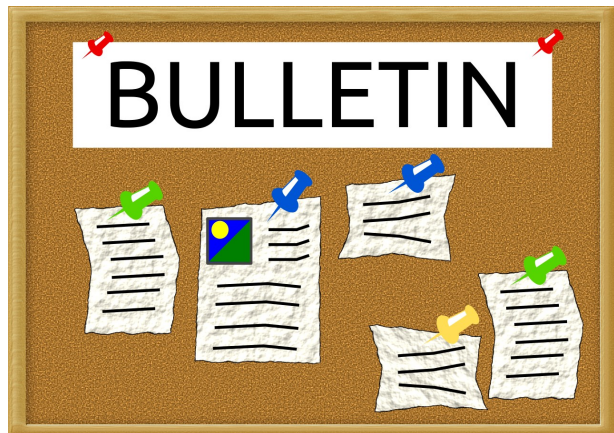
JUNE 2017

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



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
L103C, 9705 Horton Road SW
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