



**October 11h, 2018: Volume 64, Issue 13**

**Bulletin Chair: Bev Ostermann**

**Editor: Chad Hason (First time up to bat)**

**Photographer: Steve Mason**

**Videographer: Steve Mason**

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**Do you want to watch this week's meeting?**

**CLICK HERE: <https://bit.ly/2IKLIVc>**

**John Lamming:** John's partner Meagan McKenzie is the Director of Marketing for Branch Out Foundation.

John began by introducing **Crystal Phillips** as the "Executive Director and co-founder of the Branch Out Foundation, Natural Nutritionist, public speaker, former national level speed skater & thriving drug-free with multiple sclerosis.

Crystal Phillips is a winner of Calgary's Top 40 under 40 and is the founder of Branch Out Neurological Foundation, an organization that raises money for non-pharmaceutical treatment of neurological disorders.

Crystal has a compelling story of being diagnosed with MS while training to compete in the 2010 Olympics as a speed skater. She since has dedicated her life to combating the disease and supporting scientists, students, and researchers who are contributing to the understanding of neurological disease and new treatments."

### Crystal Phillips – AKA: "Quad-Zilla"

Crystal began with a highly scientific analysis of the eating habits of children when it comes to broccoli and boogers, before transitioning into a brief explanation of her personal testimony.

In 2005, 19-year-old Crystal Phillips was bursting with potential as one of the top young speed skaters in Canada. Her rise to Canada's world junior team had been as smooth as her skating until one day that spring, tragedy struck.

It started with tingling in her foot one morning, then quickly progressed up her leg and through her body. By nightfall, she could hardly walk. After a trip to the hospital and numerous tests, Phillips was diagnosed with multiple sclerosis.

The doctors told her multiple sclerosis is a degenerative neurological disease with no cure. They also said she may never speed skate again.

But hanging up her skates was out of the question and despite doctors' admonitions, she vowed to return to the ice. Determined to recover, she started taking a daily drug injection and experimenting with alternative healing, including diets, mind-body therapies, herbal medicine, chiropractic care etc.



Four months later, she relearned how to walk, bike and eventually skate again. Four years later, Crystal skated her first personal best time since her diagnosis and qualified to race at the 2010 Canadian Olympic trials.

One night leading into the Olympic trials, she woke up with no vision in her left eye. Tests showed that her disease was progressing. The neurologists told her at this pace of progression, she could be in a wheelchair in two years. They recommend for her to stop skating and to start a more aggressive drug therapy. As they listed the side effects, Crystal decided this wasn't the right decision for her. She decided to go off all of her drugs and

treat her disease 100% naturally instead and a few months later, she

skated at the 2010 Olympic Trials, missing the Canadian Olympic team by just a few spots.

Today, you might find Crystal on stage talking about her experience, attacking a hill on her road bike, or sprinting the paths by the Bow River. She has been drug-free and relapse free for over 9 years now. Her fast paced lifestyle makes it hard to believe she has debilitating degenerative neurological disease. Her own personal success in living with a neurological disease highlighted the need for more research so that everyone, including doctors, can include natural therapies to either prevent, treat or even cure the 600+ neurological disorders that exist.

"Not only did I feel better, but it made sense to me. I realized that there were a few gaps in the system: a lack of high-quality research, awareness and credibility for some of the more natural approaches to healing the nervous system."

THIS is why Branch Out Foundation exists, to "Branch Out" for brains at their best and fund research in a new field of research they created and named neuroCAM (neuroscience + complementary and alternative Modalities).

**For a complete list of the research projects Branch Out are currently engaged in, or have completed in the past, please visit: <http://www.branchoutfoundation.com/research>**

**Crystal made a point of sharing that her vision was one with roots firmly planted in Calgary; where the top neurological scientists are already operating (Foothills)**

**The few examples Crystal shared with the room included:**

- Post-Stroke patients using walking and musical therapy to ensure movement and confidence remained as recovery allies
- Ketogenic Diet and diet in general as a means of reducing inflammation and reducing dependency on drugs: here's a link to an explanation of the diet : <https://www.healthline.com/nutrition/ketogenic-diet-101>
- Video Game Tech – being used by cerebral palsy sufferers to move robotic arms with their minds.
- Magnetic Stimulator: Helping children with depression, who cannot use adult-focused drug therapy, turned to Branch Out to fund a 6-week program using magnets to stimulate unresponsive areas of the brain. Led to TMS Lab, first in the country. They accomplished in 5 years, with \$200K, what pharma would need 20 years and \$2.4 billion to achieve.

## QUESTIONS:

**Ken Copithorne** applauded Crystal's efforts and echoed her statements about a need for serious change in the way we view the legitimacy and importance of unconventional medicine.

**Don O'Dwyer** asked more about the ketogenic diet and how it, and other treatments, were able to treat Multiple Sclerosis.

Crystal gave an explanation on the diet that uses high amounts of fat intake to shift the body's metabolism to burn fat for energy instead of carbs.

Here is the link again for those of you that are interested to find out more:

<https://www.healthline.com/nutrition/ketogenic-diet-101>

She also spoke to the value of managing stress and exploring the psychology behind stress. She stressed the importance of a balanced diet and lifestyle, as well as the need to remain mobile and moving – even if visualization is the only way to keep up your muscle mass. The Bulletin Editor, Chad Hason immediately visualized six-pack abs for himself but admits that he must not have done it right.

**Myrna Dube-Thompson** asked about which research grants Branch Out was currently pursuing.

The top three mentioned were:

- Fasting as a means of reducing the effects of Alzheimer's
- Exercise, specifically the difference in needs between men and women during treatment
- Cannabis – endocannabinoids and their potential to treat Crohn's and colitis and help manage stress and anxiety differently for each gender. She did not weigh in on how many genders she believes actually exist today.

**Christine Kyte** thanked Crystal for her informative and compelling presentation.

<http://www.branchoutfoundation.com>



**Also please refer to the Branch Out Impact Report which Crystal will refer to in her talk**

[https://d3n8a8pro7vhmx.cloudfront.net/branchout/pages/1/attachments/original/1519940038/BRANCH\\_OUT\\_IMPACT\\_REPORT\\_For\\_Web.pdf?1519940038](https://d3n8a8pro7vhmx.cloudfront.net/branchout/pages/1/attachments/original/1519940038/BRANCH_OUT_IMPACT_REPORT_For_Web.pdf?1519940038)

Good afternoon and Welcome to the Rotary Club of Calgary South for October 11<sup>th</sup>, 2018

**Joke of the Day:** Trivia contributed by **Han Tiedemann**

Today everyone is the same age. Take the year of your birth and add your age as of this year – everyone is 2018. This phenomenon only occurs once every 1000 years.

Note: It is estimated that 98% of the room was unable to do this math

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

**Head Table: Crystal Phillips, John Lamming, Meaghan McKenzie, Bill LeClair, Ernie Yaskowich, Chad Hason**

**Bulletin Editor: Chad Hason Photographer: Steve Mason Videographer: Steve Mason**



**Visitors and Guests:** Jim Gorman introduced Spencer Tokinson (Guest: John Shields), Dr. Dinesh Pharel from Nepal (Guest: Toby Oswald-Walker), Ernie Yaskowich (Guest: Lynn Topp), Rotarian Caron Gliekman who brought us a banner (Guest: Dan Dunlop), Meaghan McKenzie (Partner of John Lamming), Rotarian Andrew Mosenson (Visiting

from Red Deer Rotary) and Dan Dorlana (Guest: Penny Leckie)



#### Health and Wellness:

**Keith Davis** is at home resting. And while his recovery is going well, his cabin fever is flaring up something fierce, forcing him outdoors to continue to chair the social club committee meeting.

**Jim Burns** was congratulated on the celebration of his 60<sup>th</sup> wedding anniversary, to thunderous applause. **Chad Hason**, who was celebrating his 3<sup>rd</sup> wedding anniversary, was encouraged to keep it to himself.

**Nomination Process:** Past President **Bill LeClair** began by saying that according to the By-Laws, I as chairman of the Nominating Committee am to announce the names of those members who has been nominated for each position at each regular meeting until the end of the nomination period.

**President-Elect Chas Filipski** has nominated **Mike Ruttan, Jamie Moorhouse, Gena Rotstein and Ted Stack**. There are four director positions to be filled for Rotary Years 2019 – 2020 and 2020 - 2021, hence the four nominations. According to the By-Laws the Position of Director is open to any club member who meets the criteria identified. Since I am acting secretary, further nominations can be submitted to me by 1 PM on October 25. If I receive any further nominations, there will be an election.

As stated last week a meeting of Past Presidents took place on October 9. According to the By-Laws the Past President Committee is responsible for identifying a candidate for President Elect–Nominee to become President in Rotary Year 2020 – 2021. I am to announce the name of the nominee as soon as possible during the nomination period.

Prior to announcing the name, I am advising that according to the By-Laws every member of the club shall be entitled to provide the name of additional nominees for the office of President Elect–Nominee and should use the nomination form provided last week. Any nomination has to be submitted by 1 PM on October 25 and, if there is, there will be an election.

I am very pleased to announce that the candidate identified by the Past Presidents Committee for the position of President Elect-Nominee is **Penny Leckie**. Congratulations Penny.





**CRCF Update:** The Committee responsible for the Calgary Rotary Clubs Foundation has asked me to provide you with a little information. There are four pockets related to our clubs community Service and grants:

**Dream Home:** These funds come as a result of our volunteer work selling tickets for the dream home during stampede.

**Stay-in –School program:** whose funds come from the annual Golf Tournament held in July – funds here are dedicated to supporting our students in the Stay-in School program for tuition, books, computers etc.

**The Rotary Foundation:** which is our international foundation whose funds go toward international projects and the eradication of polio. (you will be hearing more about this fund in November). Many of these projects receive matching grants that extend the impact of our giving.

**Calgary Rotary Clubs Foundation** is a joint venture of several of the 12 of the Calgary based clubs – Over the years this fund has accumulated to over \$50,000,000. The interest on our portion of this fund comes back to the club for distribution. For the year 2018-2019 this results in over \$154,000 coming back to our club for distribution through our small and large grants committees. These funds are used strictly for key projects in greater Calgary Community. As you know – through an anonymous donor every member of the club is now a contributor to this Foundation. The capital of this foundation will stay in place in perpetuity and will continue to sustain our clubs giving and grants **programs in support of many Calgary community needs. Should you be so inclined to add to your contributor status now is a good time as we near the end of the tax year.**

## Club and District News

- Grants application and management training at Plaza Hotel Saturday Oct 20, 2018. No cost. Register to attend on District site or see Page \_\_\_ of the Bulletin.
- Dream Home winners are moving in – the key turnover is Oct 30 from 10-11 Am at 7 Walgrove Landing SE - RSVP at the AVI website.
- Rotary Leadership Institute is being replaced with Rotary Learning – Oct 27 is the first learning day held at Scurfield hall at of U of C Cost is \$20. Register online through the district website. Topics will include: Membership development, communications and social media, global grants, planning tools.

**50/50 Draw:** The winner of the 50/50 draw was Len Hamm, but I don't know how much he won or who presented as I had just recently managed to sneeze with my eyes open, and lost temporary use of both my sight and my ability to care about others good fortune.

**Sergeant at Arms: Tom Walton** shared a variety of historic facts designed to make us all believe he reads books. They included:

- “The report of my death was an exaggeration.” – Mark Twain
- “Make the lie big, make it simple, keep saying it, and eventually they will believe it.” – Adolph Hitler (let it be noted that during this question, past-President Bill LeClair was heard making a direct comparison between Hitler and Trudeau. This was greeted with uproarious laughter from a group that was simultaneously as boisterous and Conservative as a group had ever been)
- “Orators are most vehement when their cause is weak.” – Marcus Tullius Cicero
- “One more minute” – Ron Prokosch
- “The nice thing about being a celebrity is that if you bore people, they think it's their fault.” – Henry Kissinger



If there is nothing else for the good of Rotary –the meeting is adjourned. See you all tomorrow for Oktoberfest.

**HAVE A GREAT WEEK EVERYONE!**

**OCTOBER** IS CALGARY ROTARY CLUBS FOUNDATION (CRCF) Month  
for



**YOUR DONATIONS HELP THOSE IN NEED RIGHT HERE AT HOME**

**What is the Calgary Rotary Clubs Foundation?**

- It is a place where all Calgary Rotary Clubs can invest their charitable funds and is overseen by a Board representing all participating clubs.
- Every dollar you donate goes directly into the Foundation and will stay there forever.
- Due to a five year rolling plan, our Club always knows well in advance how much money we will receive. This annual allocation is guaranteed.
- CRCF funding decisions are made by members of our Club whom we know and trust.
- ***The funds returned to our Club now cover all of Small Grants and all of the Partners Community Grants! The more donations, the more money put back into our community.***

**Why should I donate?**

- All funds that you commit will remain in our local community to help those in need *in-perpetuity*.
- All decisions regarding the dispersal of funds are made by our own Club.
- Through your generosity you will help feed those who are hungry, help house those who are homeless, help those living with disabilities, help those who are sick, and help those who just need your support to re-build their lives so they, too, may contribute to their community.
- You will receive a tax receipt.

**How are donations recognized?**

- All annual donors are listed in the CRCF Annual Report regardless of amount contributed.
- Records of your individual donations will be kept for you.
- You will receive a unique Calgary South Benefactor pin for cumulative donations at \$1000, as well as a personalized certificate and your name engraved on the CRCF Donor Recognition Board.
- Each successive donation of \$1000 includes crystals on the Benefactor pin.

**How do I make a donation?**

- Cheques should be made payable to “Calgary Rotary Clubs Foundation” with a note that it is “Rotary Club of Calgary South.”
- Online donations may be made at [www.calgaryrotaryclubsfoundation.ca](http://www.calgaryrotaryclubsfoundation.ca) Note in the comment section “Rotary Club of Calgary South” and “Your Name”.
- Donations may be made by corporations, families and other supporters of the work we do in our own community. You may make a donation for a family member or friend to celebrate an anniversary, birthday, a passing, or a work milestone – whatever memory you would like to acknowledge.
- Donations may be made all year round.



## The ClubRunner Mobile App is available for download!

This app is your key to connect to your club and district on the go! Free to download and use, this app will let you access the key info you need while you're on the go. Password protected just like your website.

- ✓ You need to know how to Download an app from the App Store or Google Play.
- ✓ You need your Clubrunner login and password
- ✓ To download the app from the Apple App Store or from Google Play, simply type in 'ClubRunner' in the search bar of the App Store or Google Play

The ClubRunner Mobile app is compatible with all versions of **the iPhone, iPad and iPod Touch** sets that have **iOS 8.0 or later** and with versions of Androids that are 4.0.3 or better.

**View this link to see how it works:** <https://youtu.be/PFLu08meAHl>

The ClubRunner app currently features the following modules:

### Member Directory

Immediately view the most up to date member directory, upon login. You can browse your member profiles which give you the necessary contact information you need to connect with someone with just one click. Make a call or text, email them directly from your device, or even add them to your contacts list.

### Club & District Executives and Directors

View and contact your club/district executives and directors from current, past and future years. You can browse their profiles and connect with one click.

### View Posts on Your Website

View the latest feed of home page stories that are on your own website and your district's site, directly on your phone, so you never miss any information!

### Learn more about upcoming events and speakers

Access all of your upcoming events and calendar items, and view event details, including associated links, download files and venue map. View who the latest speakers are and learn more about their presentation topic - both for your club and district.

### Club Details

View your meeting day, time and venue, complete with a Google map for directions through the new Club Info page right from your phone. Even get quick access to contact your club President, Area Governor and District Governor.

### Keep track of your attendance

**Keep track of your attendance stats and banked makeups. Easily view which meetings you attended, missed and made up and get a quick glance at your attendance percentage for the year. Switch to the Makeups tab and view a list of your banked makeups.**

**FEATURED**



Is your club hosting an Exchange student? Are you involved in a mentor program? Do you visit seniors in a care facility?

The application, screening and approval are completed online and the renewal process automatically reminds you when it is required (every three years).

This due diligence on everyone's part preserves the District Insurance Policy to insure all District 5360 Rotary Volunteers, our most valuable asset.

Start or complete any part on the District webpage: <http://portal.clubrunner.ca/50011/page/volunteer-screening>

## Grant Management & Qualification Seminar

Saturday October 20, 2018



8:00am: Doors open & light breakfast available

8:30am: Presentation commences

1:30pm: Wrap-up

Various Locations, please check District Calendar and Register today

**Online Registration:** <https://rotary5360.ca/stories/grant-management-qualification-seminar-sat-oct-20/>

Now available on the District events calendar at [www.rotary5360.ca](http://www.rotary5360.ca) and beginning September 19th through the weekly WhaZUP! events digest.

Online registration cut-off date will be **October 12th**.

Any cancellations should be communicated as soon as possible to Gail Williams at [gailwi45@telus.net](mailto:gailwi45@telus.net).

### Qualification

Districts must become qualified in order to receive grant funding from The Rotary Foundation. Clubs that want to apply for global grants must also be qualified.

The qualification process helps ensure that your district or club understands your financial responsibilities, including stewardship, and is prepared to take them on. Qualification must be completed each year.

### Qualify your club

If your club wishes to apply for global grants, your president and president-elect must:

- Agree to the club qualification MOU
- Send at least one club member to a grant management seminar held by your district
- Complete any additional steps that your district requires

Your club must qualify each year if you plan to apply for global grants.

More Information: <https://my.rotary.org/en/take-action/apply-grants/qualification>



Despite snow and cold, five hikers explored the Bow River Pathway starting from Fish Creek. We had to pose by the Rotary Mattamy sign post.

As we walked back we spotted this blind which allows you to view the birds on a pond. Note the rosy cheeks on Ted, Donna, Constance and Phil - it was cool!



We crossed a small bridge to see the river view, which shows white and grey despite being a colour picture

We finished off with lunch at Brewster's where Wanda, June, Barb and Myrna joined us to enjoy a delicious wind up lunch.



Thanks everyone for participating this year. We can't wait to see what next year's adventures hold for us

Submitted by: Pat Farn



### Rotary Partners Book Babes:

We are meeting at: **October 15 2018** at The Calgary Golf and Country Club. Please be ready to start at 9:30. Cost is \$16.00. Please try to have the correct change.

You must confirm your attendance to Jane Topp no later than noon on Thursday October 12th. Please email me at: [janetopp@shaw.ca](mailto:janetopp@shaw.ca)

Please bring the books you have enjoyed to share and return those you borrowed. Maureen and I look forward to seeing you

**Submitted by: Jane Topp**

### CALGARY SOUTH ROTARY PARTNERS' ACTIVITY SCHEDULE



**Sarcee Bingo:** Thursday during September, October, November, January and April. Rose Tea is the first Thursday in May 2019.

**Contact:** Lois Silverthorne: 403-288-6695 [lsilver3@telus.net](mailto:lsilver3@telus.net)  
Assistant: Dianne Ostermann: 403-278-3654 [ostercms@telus.net](mailto:ostercms@telus.net)



**Bridge Club:** Our group has become small, all members are invited to join. Play is on 2nd and 4th Wednesday of each month at Calgary Golf & Country Club. Lunch: 11:45, followed by bridge.

**Contact:** Norma Carroll: 403-252-2655 [crcnec@telusplanet.net](mailto:crcnec@telusplanet.net)  
Carol Cairns: 403-288-3873 [cairnsjandc@shaw.ca](mailto:cairnsjandc@shaw.ca)



**Lunch Bunch:** Third Thursday of each month (except December and February). Visit some of Calgary and area dining gems!

**Contact:** Maureen Watson: 403-246-0497 [marennys@shaw.ca](mailto:marennys@shaw.ca)



**Investment Club:** The Second Thursday of every month. 9:00 am Breakfast at The Calgary Golf & Country Club

**Contact:** Lorna Hamm: 403-720-005 [lorna@lornahamm.com](mailto:lorna@lornahamm.com)



**Movie Club:** Tuesdays (when available) Mixed day/evening times

**Contact:** Denise MacLeod: 403-771-1913 [denmacleod@shaw.ca](mailto:denmacleod@shaw.ca)

## OCTOBER 2018: ECONOMIC & COMMUNITY DEVELOPMENT

### **Oct 18: Dr. Todd Pugsley: Oilsands Technologies**

**Oct 20: Grant Management and Qualification Seminar**

**Register by clicking here:** <https://rotary5360.ca/stories/grant-management-qualification-seminar-sat-oct-20/>

**Oct 22: RCCS Board Meeting at 5:30 pm: Ranchmen's Club**

**Oct 25: Jack Thompson: Rotary Foundation Presentation**

## NOVEMBER 2018: ROTARY FOUNDATION MONTH

**Nov 1: Richard De Boer: Mosquito / Hurricane Presentation**

**Nov 8: No Meeting Due to Rotary Remembers**

**Nov 11: Rotary Remembers (Carriage House Inn)**

**Nov 15: ILRCC Presentation**

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

**Nov 29: Jim Gibson: Tip of the Spear (Our Species and 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: 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: Anne-Marie Syslak: Canadian Parks and Wilderness Society**

**Jan 24: Robbie Burns Day**

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

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



## FEBRUARY 2019: WORLD UNDERSTANDING

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

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

**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: To Be Determined**



## MARCH 2019: WATER AND SANITATION

**Mar 7: To Be Determined**

**Mar 14: St. Patrick's Day**

**Mar 21: To Be Determined**

**Mar 28: To Be Determined**

St. Patrick's



## APRIL 2019: MATERNAL AND CHILD HEALTH

**Apr 4: To Be Determined**

**Apr 11: To Be Determined**

**Apr 18: New Member Celebration**

**Apr 25: To Be Determined**



### Health, Wellness & Transportation:

Contact **Dave Read** at: [nread@telusplanet.net](mailto:nread@telusplanet.net) or: 403 271 5856 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**

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Visit us at: [www.rotarycs.org](http://www.rotarycs.org)

**Office Administrator: Kathyann Reginato** email: [kathyann@rotarycs.org](mailto: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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[cbrews1@gmail.com](mailto:cbrews1@gmail.com)

### 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**

[lkushner@drivesportswear.com](mailto:lkushner@drivesportswear.com)  
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[schaabd@telus.net](mailto: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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