



## Dr. Reynold Bergen: Cattle Hormone Facts and Myths



**Bryan Walton** introduced the guest speaker, Dr. Reynold Bergen who works with the Cattleman's group.

Bryan believes that consumer choice should be an informed choice and Dr. Bergen will help to provide that accurate information today. Dr. Bergen has lived in Taber, Saskatchewan, Manitoba, Ontario and Quebec. He received his doctorate from the University of Guelf. He is a dedicated researcher.

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Dr. Bergen stated that no matter what your profession is there are misunderstandings. The cattle industry is no exception. Perception can be manipulated in many ways depending on the outcome that you want. Years ago eating bacon, eggs and buttered toast was perfectly acceptable – but today it is not. Hormone free food does not exist.

Growth hormones do not inject meat, does not use illegal or banned methods. The hormone pellets are injected into the cow's ear – the ear does not enter the human food chain. Hormones are safe. They go through rigorous testing and trials prior to that meat entering the food chain. The doses are through trials and modifications are done to ensure successful dose but not doses that are dangerous to the animal or human. Estrogen is typically used and it is used with great success for decades.

The internet can provide never ending resources and opinions. Many times the information can be manipulated and this is dangerous because the information is based on tainted rather than being based on science. It is often a challenge to find research that is based on ethical and science based principals.

**Bulletin Chair:** Bev Ostermann  
**Editor:** Luanne Whitmarsh  
**Photographer:** John Shield

## Dr. Reynold Bergen: Cattle Hormone Facts and Myths

Antibiotics work in cows much the same as it works for humans. Antibiotics help prevent infections and then also treat infections when they happen. With antibiotics you will probably live to see another day – without them you would be getting flowers. Random samples of the cows are done.

Pork and chicken use antibiotics are more prevalent than beef.

Without hormones we would need more water, land, and fuel. If you want more information contact [www.beefresearch.ca](http://www.beefresearch.ca).

Dr. Bergen answered a few questions. **Larry Koper** (who is retired but still likes to play cowboy) thanked Dr. Bergen. Larry said this was a very interesting presentation and all people need to educate themselves and not let the media tell them anything.

Larry said he has said many times 'go catch the little bugger' when speaking of his young calves.

**President Murray** also thanked Dr. Bergen and announced \$100 would be donated to the Stay in School program in his honor.

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

**Worried about hormones in cattle?**

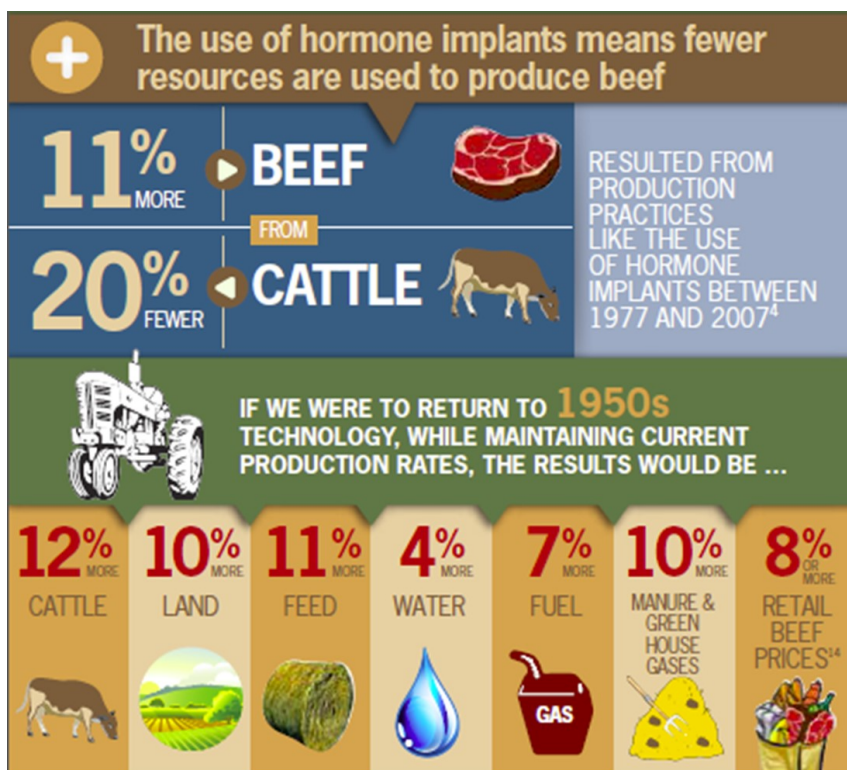
**You don't need to be**

Hormone implants are small, slow release pellets placed under the skin in an animal's ear to enhance production of natural hormones. Using hormone implants directs growth towards muscle and away from fat, which boosts growth rate and means less feed is needed for the animal to gain weight.<sup>1</sup>

**All plants and animals have hormones naturally in their systems.** Your body produces hormones no matter what you eat.<sup>2</sup>

The result is fewer resources are used to produce beef, with smaller impacts on the environment and your grocery bill.

**Alberta Beef Producers**  
SINCE 1969  
[www.albertabeef.org](http://www.albertabeef.org)  
165, 6815 - 8th Street N.E., Calgary, AB T2E 7H7  
Phone 403-275-4400  
Email [abpfeedback@albertabeef.org](mailto:abpfeedback@albertabeef.org)







## CLUB NEWS

President Murray opened the meeting with "This day in History".

- ⇒ 1926: Townspeople and Railway save Banff Springs Hotel from potentially disastrous fire
- ⇒ 1948: World Health Organization was formed by the United Nations
- ⇒ 1977: Toronto Blue Jays first game. They beat Chicago 9 to 5
- ⇒ Today is a day to celebrate! It is National Beer Day and National No Housework Day

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

Head Table: **Bryan Walton**, Dr. Reynold Bergen, **President Murray**, **Jim Fitzsimmons**, **Michael Zacharki**, **Larry Koper**

**President Murray** announced that today is Peter Pinner's 91st Birthday. Congratulations Peter

Bulletin Editor: **Luanne Whitmarsh**

Photographer: **John Shield**

Guests: **Jack Haman** announced our visitors for today. The Welcome Song was sung with smiles! It is always a pleasure to hear the deep voice of **Hugh Delaney!!**

**Health and Wellness: Ed Whitaker** 'sort of' presented the health of the Club report (to be fair just today he was given information!). **President Murray** updated the Club that diabetes and Alzheimer's have been linked directly. The greatest risk to both conditions is SUGAR – and it is becoming known that Alzheimer's is the diabetes of the brain. Eating berries and walnuts (but not salted) daily is good for you! Rotary is getting on board with the research on this is critical to stopping this horrible disease.

**New Members Celebration: Myrna Dube** reminded the Club of the New Member Celebration coming up. This will be the best one yet! More information will come out – but get your tickets NOW! She spoke of the silent and live auction and let us know of some of the items! The signature live auction item is professional landscaping consultation! This is a great deal – don't miss it! See Myrna or any other member of the committee for more details or to donate! See you there – bring a friend and your check book!



**HAPPY BIRTHDAY  
PETER**





## CLUB NEWS



**Dream Home Moment: Dana Hunter** advised us that online ticket sales start today! Advance tickets get you in for a draw for 14 day Hawaii trip or a Chev Camaro! When you buy advance tickets you get gate passes and this helps our Club if you use them versus getting passes through the Club. The 50/50 draw is minimum \$400 thousand. Don't forget that rostering starts at the end of the month!

**Grants: Bob Wiens** announced that there are matching grants available for committees to look at – see him for more details.

**District Conference and RI Conference: President Murray** asked members to connect with **Earl Huson** for information on the District and International conventions.



**YEX International Dinner: Anni Arvo** announced that there are only 14 tickets for the Shelter Box fundraiser. Get your tickets before they are all sold.

**50/50: Ben Steblecki** gave out \$154.00 for 50/50 to **Jim Bladon** – well done Jim!



**President Murray** told the Club that while golfing down south he was meeting lots of football legends including Jim McMahon who walked the golf course in barefoot!

**Sergeant At Arms: John Fitzsimmons:** John fined himself for doing a commercial for the [www.albertacantwait.com](http://www.albertacantwait.com) group Many Rotarians are working to try to affect the government and you are encouraged to learn more. John then continued in the manner that he always does; fining the usual suspects and lightening the pockets of many! Then, Annie, wearing her beautiful apron, joined Jim and Jim did a live auction to sell the apron. A tidy sum of \$150.00 was the successful bid by Myrna!



President Murray closed the meeting reminding everyone to be a *Gift to the World*



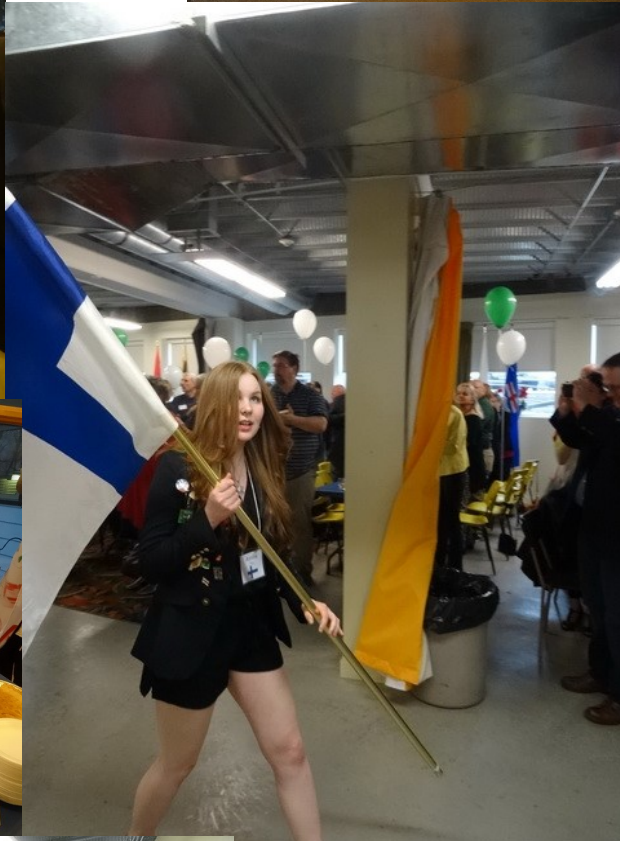




## APRIL 9: YEX INTERNATIONAL DINNER

Here are some pictures from the YEX Dinner on Saturday night. Dinner was sold out and \$27,000 was raised for Shelter Box.

Submitted by Ted Rowsell Pictures by Myrna Rowsell





## GORDIE HOWE C.A.R.E.S.



Team Picture from 2015. Murray and Bill

**This year, on April 16th and 17th, myself and the Boss-Coyotes Alumni Team will be participating in the Gordie Howe C.A.R.E.S. Pro-Am Hockey Tournament raising funds for Alzheimer's and other related dementias. As friends, colleagues and family members, we have all been touched by Alzheimer's, and I would appreciate you taking the time to support us and this cause. Below is a link that you can click on that will take you to our team page.**



<https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?EventID=172654&LangPref=en-CA&TeamID=679590#&panel1-2>

**Murray Flegel**

## APRIL 21ST, 2016: NEW MEMBER'S CELEBRATION

You do NOT want to miss this year's.....

# New Member Celebration....



Wonderful fellowship, games, laughs, dinner, wine  
and an auction too!



Please join us - your newest  
Rotary members, who are  
working very hard to make this  
a wonderful evening of  
fellowship. You will soon hear  
from us about various ways you  
can support our event.

Thursday April 21  
Cocktails 5 pm  
Dinner 6 pm

Carriage House  
Inn

\$50 per person  
Includes 3 course  
meal and 2 bottles  
of wine at every  
table

A great  
evening to  
bring your  
family and  
friends



**We are your newest members!**  
We want to get to know you - and for  
you to get to know us. See you there!



## MAY 27 TO 29 2016: RADIUM FELLOWSHIP WEEKEND

### 28<sup>th</sup> ANNUAL CALGARY SOUTH ROTARY FELLOWSHIP WEEKEND

DATE: MAY: 27, 28<sup>th</sup> & 29<sup>th</sup>. 2016

PLACE: RADIUM, B.C.



Figure 1 RESORT COURSE

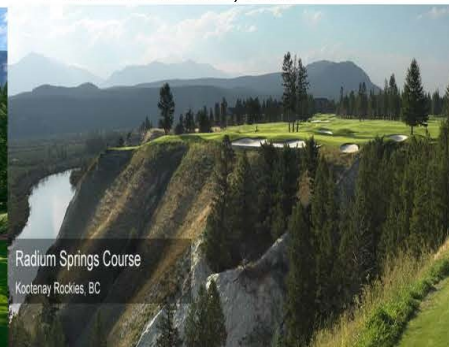


Figure 2 SPRINGS COURSE

**REMEMBER, YOU DO NOT HAVE TO GOLF TO ATTEND THIS FUNCTION, HIKING, SHOPPING, CARDS OR LUNCH GROUPS, CAN BE ARRANGED BY THE INTERESTED PARTY'S AT THE BBQ.**

**Your Committee** is responsible for looking after. Golf, Accommodation, BQ. & Dinner.

We require the following application form to be filled out and paid in full by **APRIL 15<sup>th</sup>. 2016.**

#### NAME OF ROTARIAN PARTNER WILL PARTNER BE GOLFING?

		YES	NO	
		YES	NO	

Are you a member of the Radium Springs Golf Club?

#### HOTEL

Big Horn Meadows. (At the Springs Course) Studio Suite  
\$101.00 per night-Double Occupancy **MINIMUM 2 NIGHTS**

#### BARBECUE-COCKTAILS 6:00 P.M.

Friday – MAY 27<sup>th</sup>. Radium Resort, Palliser Room  
\$23.00 per Person **NOTE WE HAVE ADD DESSERT**

#### GOLF GAME #1

Radium Springs Golf Course Saturday MAY 28<sup>th</sup>.  
\$125.00 per Golfer (includes Green Fees & cart)

#### SATURDAY NIGHT DINNER MAY 28<sup>th</sup>.

COCKTAILS 6:00 P.M. DINNER 7:00PM. Palliser Room  
\$48.00 PER PERSON PRIME RIB & CHICKEN BUFFET

#### GOLF GAME #2

Radium Resort Golf Course Sunday MAY 29<sup>th</sup>.  
\$56.00 per Golfer (includes Green Fees & cart)

FRIDAY		\$
SATURDAY		\$
NUMBER ATTENDING		\$
CHICKEN BURGER		BEEF BURGER
SAT GOLF		
NUMBER GOLFING		\$
SAT DINNER		
NUMBER ATTENDING		\$
SUN GOLF		
NUMBER GOLFING		\$
TOTAL:		\$

Return application with payment to LYNN GRANT,

NORM LEGARE or JOHN FITZSIMMONS Before: April 15<sup>th</sup>.

Please make cheque payable to the ROTARY CLUB OF CALGARY SOUTH (RE:RADIUM WEEKEND)

ALL PRICES ABOVE INCLUDE TAXES AND GRATUITIES. **NEW LOWER PRICE SAME AS 2015**





## DISCON AND AMY GIANG

### Be a Gift to the World

2016 RI District 5360 Conference

May 13, 14, 15, 2016

Canmore, AB

**Registration ends May 6, 2016**

*"Rise to New Heights and be a part of this years conference!"*

Registration fees for District Conference 2016 are listed below.

Please click the "Register Now!" button at the bottom of the page.

#### Dec 31, 2015- May 8, 2016

Single – Full Conference	\$450
Rotarian & Partner – Full Conference	\$850
New Generations	\$250
Friday Only	\$150
Saturday Only (excluding Gala)	\$100
Saturday Gala Only	\$100
Sunday Only	\$100

<http://www.crsadmin.com/EventPortal/Registrations/PublicFill/EventPublicFill.aspx?evtid=97286aec-a0e1-42ee-886b-bf59c5e9a47f>

## MAKEUPS THE HARD WAY

One of our newest Rotarians, Amy Giang was at the New York Wall Street Rotary week on March 24th and then at the Toronto Rotary Club during the week of March 31st . She kindly provided us with pictures of her visit to these Clubs.

**Thank you Amy**





## PRESIDENT'S PARTY

**IT'S A PARTY!!**

**THE PRESIDENT'S PARTY THAT IS.**

JOIN US IN HONOURING  
OUTGOING PRESIDENT

**MURRAY  
FLEGEL**

Only  
**\$35**  
Per Person!

**Rotary**  
Calgary South

**DRESS: HOCKEY SWEATERS, OR CASUAL. • HOCKEY SHOOT-OUT WITH GREAT PRIZES!**





## SPLIT 'EM 50 TICKET NEWS AND OTHER INFO



**SPLIT 'EM 50** in partnership with Kinsmen has a whole **new** look for 2016.



This is a very exciting opportunity for our club as we anticipate adding \$100,000 to our total lottery proceeds and each of those dollars will be used to support our partnerships with community charities.

There will no longer be daily draws, the Split 'em 50 will begin during the Advanced Ticket Campaign as an add-on for patrons who purchase lottery ticket packages through the online promotion which runs from April until the end of June.

Once we move on-park the pot will continue to grow daily culminating in a single draw. Split 'em 50 tickets can be purchased on park as a standalone item or as an add on to any of the Home or Truck and Toys tickets. Tickets will be 1 for \$10, 5 for \$25 or 20 for \$50.

Our club and the Kinsmen Club will have Split 'em 50 tickets with every seller on-park. You will not need to separate funds from the different tickets as our very experienced and capable team of cashiers and accountants will be managing that in the back room.



**HEALTH AND WELLNESS:** Contact Ed Whitaker at: (403) 249-2864 or: [edwhit@spring-bank.ca](mailto:edwhit@spring-bank.ca) if you know of anyone that is not well or is there anyone you know that could use a visit.



**TRANSPORTATION:** Contact Gui Salazar at: (403) 875 5146 (Cell) or (403) 281 9719 (Home) or: [salazars@telus.net](mailto:salazars@telus.net) if you know of anyone that may need a ride to meetings

## PARTNERS IN PRINT: Page 1 of 2

*The Partners wish to express their sympathy to Gayle Diemert whose husband Paul passed away on March 30th. Gayle suggests that we send our memorial donation to honour the memory of Paul Diemert to The Calgary Humane Society which we will do.*

*A sure sign of spring is that Wednesday April 13th is the final day for our Ladies Bridge Group which is usually very enjoyable as well as competitive. Then two Wednesdays later on the 27th we have our Spring luncheon at Willow Park Golf Club when we can all compare the happenings since the Christmas gathering.*

*We are still asking for head and shoulder portraits too be emailed to Pat Farn at pat-farn@telus.net. The previous portraits are no longer available because of a computer crash so these new ones are for our updated roster.*

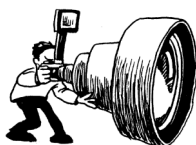
*Happy Gardening*

*Maureen Watson, Partners President*



Hopefully all snowbirds are back in Calgary and ready to do lunch! This month we are meeting on April 21st at noon at Infusion.

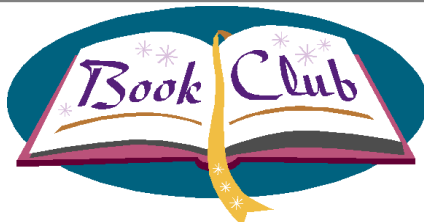
Address: #215, 2250 – 162 Ave SW, (Bridlewood). There's plenty of parking. If you need a ride please contact Susan. RSVP by phone or email to [susan.brick@shaw.ca](mailto:susan.brick@shaw.ca) or 403-271-7734.



**Pat Farn** only has 23/135 pictures from the **Rotary Partners**. She needs updated pictures from **EVERYONE** of the Partners. They should be digital, portrait oriented, head and shoulders pictures. Send to: [patfarn@telus.net](mailto:patfarn@telus.net) to get included in the new directory. Please do so by **April 30th, 2016**. This will assist new members to get to know us and for us to get to know new members



## PARTNERS IN PRINT: Page 2 of 2



Our next book club is **MONDAY, APRIL 18** at the Calgary Golf and Country Club. Please let me know by NOON ON THURSDAY, APRIL 14 so I can submit the numbers to the Country Club. Please email me at: [wandamcneil@shaw.ca](mailto:wandamcneil@shaw.ca) or call me at 403-217-8407. Coffee is at 9:00 and the meeting starts at 9:30 with a \$16 cost.

Wanda McNeil, 2015 - 2016 Book Club Chair.



## Calgary South Rotary Partners' Spring Luncheon

Wednesday, April 27, 2016

11:30 am

Willow Park Golf & Country Club  
639 Willow Park Drive SE

Speaker: Frances Wright

Tickets: \$35.00

Guests Welcome

Jewelry Raffle Prizes

Please RSVP by April 21 to Pat Cuthbert  
(403.252.0156 or [bill.cuthbert@shaw.ca](mailto:bill.cuthbert@shaw.ca))

If you require a ride,  
please contact Pat Farn  
(403.271.5567 or [patfarn@telus.net](mailto:patfarn@telus.net))

Cheques can be made out to  
"Calgary South Rotary Partners" and sent to  
Donna Kennedy at 37 Mahogany Manor SE  
Calgary, AB T3M 0Y3



## 2016 ROTARY CALGARY SOUTH CALENDAR

### APRIL 2016

- April 13 Board Meeting
- April 14 Steve Allan: Calgary Economic Development
- April 21 New Members Celebration: Evening Meeting at Carriage House
- April 27 Partners Spring Luncheon at Willowpark Golf & Country Club
- April 28 Dream Home Registration Kick Off
- April 29 Ronald McDonald House Dinner: 6 or more volunteers needed

### MAY 2016

- May 3 Mustard Seed Dinner: 15 or more volunteers needed
- May 5 Ian Anderson: Transmountain Pipeline
- May 11 Board Meeting
- May 12 Linda Powell: STARS Air Ambulance
- May 13-15 District Conference in Canmore
- May 17 Mustard Seed Dinner: 15 or more volunteers needed
- May 19 Preston Manning: Alberta's Political Future
- May 26 Bethany Centre Presentation
- May 27-29 Radium Fellowship Weekend

### JUNE 2016

- June 2 Stay In School Luncheon at The Carriage House Inn
- June 8 Board Meeting
- June 9 Charities Day at The Carriage House Inn
- June 10 President's Dinner: Acadia Rec Center (more info to come)
- June 16 Dr. Dru Marshall: Provost of the U of C (At the Club House)
- June 23 Anni Arvo: YEX Student Presentation (At The Club House)
- June 30 Changing of the Guard and WCS Presentation

### JULY 2016

- July 7 Dream Home Kickoff at Ranchman's Cookhouse and DanceHall
- July 14 NO MEETING: DREAM HOME
- July 21 Paul Siska: Outbound YEX Student
- July 28 NO MEETING: STAY IN SCHOOL GOLF TOURNAMENT

### AUGUST 2016

- Aug 4 Inaugural Address
- Aug 11 To be announced
- Aug 18 S.A.L.T.S. Presentation
- Aug 25 To be announced

### SEPTEMBER 2016

- Sept 1 To be announced
- Sept 8 Jim Gray: Wellness
- Sept 15 Michelle Sterling: Friends of Science
- Sept 22 Jody Mosely: Calgary Airport Authority
- Sept 29 To be announced





## OTHER NEWS AND CONTACT INFORMATION

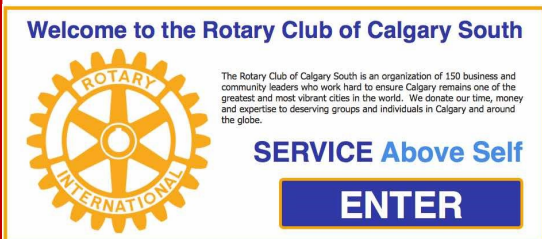


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If you go to the following link:

[www.rotarycs.org](http://www.rotarycs.org)

and press the blue “Enter” button you will be on our Home Page?



Now; If you go to Member Login and enter your username and password you can do so much more.

We have our most current Board Minutes, Bulletin, Committee Listing and Attendance information available to review

I thought you would like to know ...

Once you log in go to Member Area (top right corner of website) and press enter. .  
Don't know your login name and password? Email me: [kathyann@rotarycs.org](mailto:kathyann@rotarycs.org)

Please remember to write it down for future reference

Thank you!

## 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](mailto:kathyann@rotarycs.org)

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

### **2015-2016 Club Officers**

**President:** Murray Flegel  
**President-Elect:** Ken Farn  
**Past President:** Allan Johnson  
**Secretary:** Ted Rowsell  
**Treasurer:** Larry Kennedy  
**Partners President:** Maureen Watson

### **2015-2016 Directors**

#### **Club Membership & Foundations**

Luanne Whitmarsh  
Email: [luannew@kerbycentre.com](mailto:luannew@kerbycentre.com)

#### **Club Service: Operations**

Glenn Potter  
Email: [agpotter@telusplanet.net](mailto:agpotter@telusplanet.net)

#### **Club Service: Ways & Means**

Bryan Walton  
Email: [bwalton@cattlefeeders.ca](mailto:bwalton@cattlefeeders.ca)

#### **Community Service**

Gail McDougall  
Email: [gailmcdougall@comcast.net](mailto:gailmcdougall@comcast.net)

#### **Community Service (Ways & Means)**

Charlie Gouldsborough  
Email: [Charlie@albertasleepcentre.com](mailto:Charlie@albertasleepcentre.com)

#### **International Foundation & Vocational Service**

Neill Magee  
Email: [nmagee@arrow.ca](mailto:nmagee@arrow.ca)

#### **Youth Service**

Craig Stokke  
Email: [craig@sellerdirect.com](mailto:craig@sellerdirect.com)