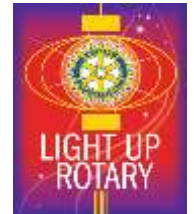




The Bulletin

Of

The Rotary Club of Calgary South



March 19, 2015

Volume 60, Issue 34

Chairman: Bev Ostermann

Editor: Gail McDougall

Photographer: John Shield

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Rotary Club of Calgary South

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President: Allan Johnson
 President-Elect: Murray Flegel
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 Treasurer: Larry Kennedy
 Past President: Keith Davis
 Partners' President: Linda Legare

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 Club Service: Toby Oswald-Felker
 Ways and Means: Don Bacon
 Community Serv.: Gail McDougall
 Youth Service: Craig Stokke
 Membership: Rob van Haarlem
 International Serv: Geoff Hughes

Upcoming Directors for 2015/2016

Charlie Gouldsbrough, Glenn Potter,
 Bryan Walton and Luanne Whitmarsh

Dr. Mustata: K.E.E.P.

Kidney Exercise and Education Program

Bryan Targett introduced Dr. Stefan Mustata, Nephrologist, Associate Professor Medicine, U of C and Medical Director of The KEEP Program (Kidney Exercise and Education Program).



Dr. Mustata opened his talk by thanking the club and recognizing the important work of Rotary and how important organizations like ours are to a community.

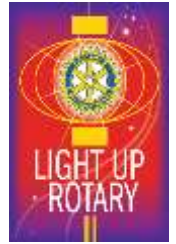
He then went on to tell us a bit of his personal story. He attended Medical School in Romania under the communist rule of Ceausescu and came to Canada as a political refugee. Later he told us about how dialysis in Romania was for very senior communist officials only and even as a medical student he was not allowed in that area.

In Toronto, he lived on welfare of \$500 a month for two years, needing to use the food bank on occasion. He re-trained as a physician from scratch at the University of Toronto and highlighted two advantages of doing his training a second time: he met his wife and by doing his training for a second time gave him wisdom to know so much more and to absorb new information as well.

2 1/2 million Canadians will develop or be at high risk of developing kidney disease. Kidneys are really a bunch of blood vessels so the risk factors are the same as vascular disease: diabetes, obesity, high blood pressure and inactivity.



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Continued ...

While still in Toronto, Dr. Mustata, at the urging of the nursing staff (he commented that the nurses are always right) introduced a recumbent bicycle that patients could use during dialysis. The bicycles became very popular with the patients as the patients who used them became less depressed, more mobile and more social.

When Dr. Mustata he came to Calgary, he said it was a "no brainer" to provide this opportunity to dialysis patients here. It is important to note that a patient in Calgary will wait on average of 7 or 8 years for a kidney so must remain on dialysis and it takes over your life.



Dr. Mustata and colleagues started to see the improvements through exercise for the kidney patients in their overall happiness and functioning, they started KEEP. The Kidney Exercise and Education Program is the first of its kind in Canada and is offered to individuals living with kidney disease and their caregivers. The weekly classes are free and are offered currently at the South YMCA and the Sheldon Chumir Clinic. The programs are led by kinesiologists and currently exercises are focused on safety, strength and balance Dr. Mustata and his team hope to receive a grant to publish the outcomes of their research around exercise and kidney disease.

Dr. Mustata said that one of the very best decisions he has made in his life was to choose Canada as a place to live. It makes him very happy to be able to see his patients without knowing if they are rich or poor, they all receive the same care.

Sherry Austin thanked the speaker on behalf of the club recognizing his personal determination and excellent methodology in his treatment and research programs.

President Allan Johnson advised Dr. Mustata that a donation of \$100.00 was made to the Stay In School Scholarship program on his behalf for his informative talk today.



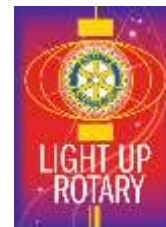


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CLUB NEWS



President Al opened the meeting with a welcome to Rotarians and guests. He extended on behalf of the club a very sincere thank you to Hugh Delaney for our excellent musical program for our St Patrick's Day meeting.



Guests: Lydia Lytwyn welcomed our guests today: Kathy Demorest and Dr. Mustata

Gifts: President Al acknowledged Rob van Haarlem at the head and table and gave him a parting gift of this year's Rotary themed tie. We wish Rob all the best as he moves to

Comox where he has already become involved with the local Rotary Club.



Visitation: President Al welcomed back all our returning Rotarians from the south as well as Bonar Irving who is back to good health. Ron Prokosch is having surgery today and Mark Boman is with him for support. That's what Rotary friendship is all about.

Sergeant At Arms: Dana Hunter first fined all of us who had not put on a Rotary pin this morning but she followed that up with a great round of happy dollars. Your scribe today could not keep up with all the details but just some examples of what our children, grandchildren, nieces and nephews are doing: Gold medalist synchronized swimmer and flag bearer at the Canada Games; called up to the Florida Panthers and played Madison Square Gardens; U of A Hockey National Champion and player of the year; Carlton University national basketball champions; just to name a few family members' accomplishments.



Dream Home Moment: Dana Hunter also introduced a powerful new video from Stampede Lotteries highlighting some of the charities we support, There were thoughtful and inspirational interviews from clients representing: Calgary Health Trust, Inn from the Cold, The Food Bank,

Providence Children's Centre and Wellspring (cancer recovery support).

The video will be great to show at Dream Home this year.

<http://youtu.be/tqahzceBaZ8>

50/50: Jim Hutchens presented the winnings to Chas Filipski.



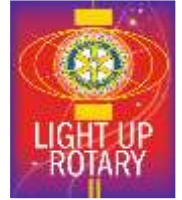
New Member's Auction: Corrine Wilkinson (who's arrival was very timely) reminded us of the New Members Auction, April 23rd: Come, Buy and Donate was the message. Remember to register on Club Runner.



President Al ended the meeting with the 4 Way Rotary test recitation.



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EVENT CALENDAR



MARCH 2015

March 26 Stay In School Scholarship Program Presentation

APRIL 2015

April 2 Club's 60th Anniversary Presentation
April 9 Tom Loschuk: Drop In Centre Woodshop
April 16 Doug Feely: Island Lake Resort Ski Update (At the ClubHouse)
April 23 New Members' Auction: evening meeting: Danish Canadian Club
April 30 Dream Home Presentation and Official Launch of "Go Live"

MAY 2015

May 1 President's Ball
May 7 Better Business Bureau Presentation
May 14 Gem Munro: The Amarok Society
May 21 Dr. Monique Dube: Alberta Energy Regulator (AER)
May 28 SISSP Luncheon at the Carriage House Inn
May 29, 30, 31 Annual Radium Fellowship Weekend

JUNE 2015

June 4 Dr. Elizabeth Canon: University of Calgary
June 11 Charities Day (At the ClubHouse)
June 18 Bart Rasmussen: The Future of Golf
June 25 Changing of the Guard / WCS and Large Grants Reports

JULY 2015

July 2 Dream Home Kickoff: Ranchman's Cookhouse & Dancehall
July 9 No Meeting due to Dream Home Operations
July 16 Presentation from our Exchange Student, Jimmy Cho
July 23 Dr. Mintz: Underwater Photography
July 30 No Meeting due to SISSP Golf Tournament

AUGUST 2015

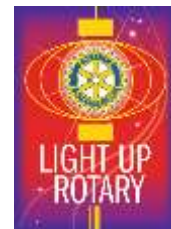
Aug 6 Wendy McDonald: Alberta Assoc. for Community Living
Aug 13 Inaugural Address
Aug 20 TO BE ANNOUNCED
Aug 27 Returning YEX Student



The Bulletin

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Rotary Club of Calgary South and Youth Programs

The March 5th bulletin had a write up on our Youth Exchange Program written by Peter Penner, however our Rotary club has had a great deal of involvement with a variety of youth programs within our district as well and these initiatives are the subject of this week's History profile.

The **Stay in School Scholarship Program** is one of our high profile programs and will be the subject of our Club program on March 26th.

We actively support a number of other youth programs for young people. One of these is our long standing partnership with **St. Mary's High School**. This partnership began in 1994- 1995 under the leadership of President John Maughan and since that time we have established an excellent relationship with the school staff and students. Recently, a number of our Rotarians participated in the **Career Day** program at St. Mary's to help students consider the benefits of different careers. We also sponsor an **Interact Club** at the school; a group of approximately 30 enthusiastic students who undertake to participate in fund raising activities at the school or in the community with the funds being used for selected social projects usually one in the community and an international project. Rotary sponsors many Rotaract Clubs worldwide and this gives these students the opportunity to learn more about Rotary and our objectives.

We have also supported students to attend the **Adventures in Citizenship** program sponsored by the Rotary Club of Ottawa as well as **two academic scholarships** for students in Grade 12. Funding is made available to support the **music program** at the school and the **St. Mary's choir** has performed for our Christmas dinner for several years. Recently several of our Rotarians judged the **Four Way Speech** contest at the school. The students are asked to use the Four Way Test to prepare a 5 minute talk on a subject of their choice. These students will be speaking to our club in the future.

The partnership also benefits our Rotary Club by providing us the opportunity to use the parking lot at the school during Stampede and through the efforts of Earl Huson and Rotary volunteers we have been able to raise a substantial amount of money, which is shared with the school.

District Youth Programs - Our Club participates in three district youth and young adult programs. **The Rotary Youth Program of Enrichment (RYPEN)** is offered to 3 or 4 students, ages 13- 17, each year. We normally send 3 students to the program for a three day experience where they participate in team building exercises and meet other students from other areas in our district. The program is run by district Rotarians and trained volunteers.

The Rotary Youth Leadership Award (RYLA) is intended for students in high schools. The program leadership is provided by our club member Geoff Hughes and brings together student leaders from across southern Alberta for a weekend of inspiration, engagement and change. Students are chosen because of their demonstrated leadership skills in their schools, communities and among their peers.

Rotaract - We also sponsor and support the **Rotaract Club of Calgary** which is a thriving, growing and active club, led by President Shawn Gray. They meet every 2 weeks on Thursdays at 7:00pm at Cafe Blanca on Riverfront Ave. Rotarians are welcome to attend and get make-up credit. Recently, they have volunteered at the Mustard Seed, the Calgary North Downchild Blues fundraiser and the Boys & Girls Club. As an example of the high level of their involvement, this weekend they have 2 events planned - serving hot breakfast at the Drop-In Centre and attending an all-Alberta Rotaract forum in Edmonton. Some have already committed to attend the Rotary District Conference in Medicine Hat. Rotaract is a Rotary-sponsored service club for young men and women ages 18 to 30.

Submitted by Terry Allen



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PARTNERS IN PRINT



Mark your Calendars:

Partners' Spring Luncheon is scheduled for April 29 (11:30 am) at Willow Park Golf & Country Club.

Invitations with all the details will follow soon.



LUNCH BUNCH



Here are some of us enjoying
Japanese Food at the Restaurant Sho.

Left Far end: Pat Cuthbert, Maureen Hutchens and Carol (friend of Susan Brick)

Right Far end: Maureen Watson, Susan Brick and Donna Kennedy

STAMPEDE DREAM HOME
TIME AGAIN:

Did you know that one call ... does it all?

If you have questions regarding volunteering etc.. You can email at:

shifts@rotarycs.org or call: 587 880 4675

One Call.... Does it All!
(587)880-4675

1. Rostering Team
2. Dream Home Office
3. On-Park Emergencies
4. On-Park Lost Kids
5. Rotary Club of Calgary South Office



email: shifts@rotarycs.org

CONTACT INFORMATION:

Did you know that if you contact Wendy Miles Copithorne she can make any changes to phone numbers, addresses or emails for you? You can email Wendy at:

mileswendy1@gmail.com



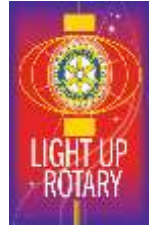
SUNSHINE COMMITTEE:

Pat Cuthbert will be looking after the Sunshine Committee until Jo Ellen is able to take it over again. She can be reached at 403-252-0156 or bill.cuthbert@shaw.ca please contact her if you hear of anybody who is not well.





The Bulletin Of The Rotary Club of Calgary South News Announcements



ShelterBox responds as Cyclone Pam causes devastation in Vanuatu



A ShelterBox response team is being mobilized to travel to Vanuatu after the South Pacific country was hit by Cyclone Pam on Saturday. The strength of the category five storm, with winds reaching almost 200 miles per hour, has been compared to that of Typhoon Haiyan, which devastated large parts of the Philippines in 2013.

Vanuatu, one of the world's poorest nations, is made up of a sprawling cluster of more than 80 islands. The country, which is situated around 1,000 miles east of northern Australia, sits on the Pacific Ring of Fire and suffers from frequent earthquakes, tsunamis and active volcanoes as well as severe storms and rising sea levels.

While there is a communications blackout in most of Vanuatu, reports suggest that more than a quarter of a million people could now be homeless as a result of the cyclone and that up to 90% of structures have been destroyed or damaged. Thousands of people are now sheltering in evacuation centres in the provinces of Efate, Torba and Penama.

Many of the country's essential services, including schools, hospitals and power, are in disarray and Vanuatu's president Baldwin Lonsdale has said that the country is in 'immediate need' as the storm has 'wiped out' all development of recent years.

ShelterBox has agreed to work with fellow aid organization CARE International to distribute 1,000 shelter kits to people affected by the cyclone. The kits, which are designed to Red Cross specifications, can be used to repair and waterproof damaged buildings as well as to make emergency shelters.

The kits will be dispatched from prepositioned stocks in Subang Airport, near Kuala Lumpur in Malaysia. Having prepositioned aid means that we are better prepared for disasters and can reach the people who need it as soon as possible.

Alf Evans, ShelterBox Operational Manager, said: 'We have been in frequent touch with other aid agencies, making clear our willingness and capability to help. Our initial response will see the 1,000 shelter kits deployed from Subang, and distributed with CARE International. Once we have ShelterBox response team members on the ground we will be aiming to make further contributions to partnership work on shelter and repair.'

A ShelterBox response team, made up of volunteers Peter Pearce (AUS) and Ross MacKenzie (NZ), will be heading to Vanuatu within the next few days to make preparations for ShelterBox aid distribution.

At least eight other nations apart from Vanuatu have experienced some level of impact from Cyclone Pam, including the Solomon Islands, Kiribati, Fiji, Tuvalu and Papua New Guinea. Officials have yet to assess the damage in many of these outlying areas due to lack of communications and power.

Cyclone Pam has now headed south, hitting New Zealand. Though it has weakened in strength, states of emergency have already been declared, and people have been evacuated, in several areas of the country.

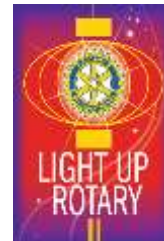


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2015 Run for L'Arche



The 2015 Run for L'Arche is looking for some awesome volunteers to make sure our race continues to be a favorite of the Calgary running community.

We need people with great energy to be course marshals on Saturday, March 21nd on the Bow River Pathway. Every year, our race gets rave reviews from our 600 participants and a big part of that is the encouragement and direction they receive from the volunteers on the race course.

Last year, the Run for L'Arche raised over \$50,000 for L'Arche Calgary's homes and programs for adults with developmental disabilities, pushing our four-year total over \$150,000! The funds raised at this event make a huge impact on every member of the L'Arche Calgary community. Our race is also a big date on L'Arche Calgary's calendar and they all turn up on race day to celebrate their inclusive vision of sharing and community.

This is what we need:

- Course Marshals
- A commitment of 4.5 hours on Saturday, March 21nd (9:30 AM to 2:00 PM)
- Excitement and positive energy

This is what you will get for volunteering:

- A connection to the L'Arche Calgary community
- A chance to volunteer with 150 other awesome Calgarians
- A beautiful Run for L'Arche volunteer t-shirt and goodie bag

To sign-up as a 2015 Run for L'Arche Course Marshal, email Pauline Robinson at volunteer@rogersinsurance.ca

For more info about the 2015 Rogers Run for L'Arche and L'Arche Calgary, check out the links below:

www.rogersinsurance.ca/runforlarche

www.facebook.com/runforlarche

www.larchecalgary.org