

JAY INGRAM



Gena Rotstein introduced our speaker, Jay Ingram. She informed us that as the child of a Botanist she was privy to having her very own science lab in her basement courtesy of her father. (Her father was one of our visitors today).

Jay Ingram is a science broadcaster, author and co-host of the Discovery Channels' "Daily Planet. From 1979 to 1992 he broadcast Quirks & Quarks.

Since 2005 Jay has been the Chair of the Science Communication program at the Banff Centre. This role has lead into his most recent endeavour: Beakerhead, a program that began in 2013 and brings together artists, scientists, engineers, and inventors for an International Symposium here in Calgary.

Jay has won numerous awards and medals, including the Queen Elizabeth II Diamond Jubilee Medal. In 2009, he was awarded the "Order of Canada".

Jay began his program by indicating that he would be presenting on two topics, primarily on Alzheimer's and then on Beakerhead. This was due to his forgetting that since his original meeting with Gena he had forgotten what his main topic was to be!

Alzheimer's

Alzheimer's disease is becoming a world wide challenge to healthcare. The evidence suggests that it is about the aging process, but it leads to three basic questions:

- *How likely am I to get the disease?*
- *What steps do I take if I do if I do get it?*
- *And if that fails – then what?*

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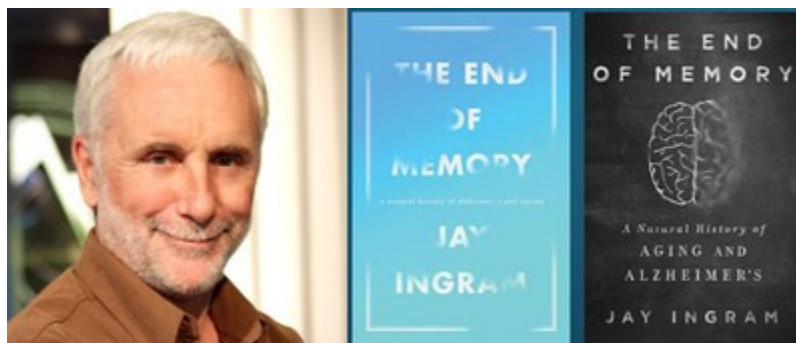
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Bulletin Chair: Bev Ostermann
Editor: Glenn Potter
Photographer: Steve Mason



JAY INGRAM

Alzheimer was a brilliant scientist. In 1901 he had a fifty-one year old patient who had suffered and died from dementia. He took the patient's brain, cut it into small slices for microscopic examination and identified two major issues - clumps of dark matter he called "plaques" and tear drop shapes he called "tangles".



Thanks to him, we now have about 110 years of knowledge about this disease; however, initially people didn't see it as a medical issue. It simply was a part of the normal aging process. Back in the 1840's life expectancy was around forty years. Now it's up to ninety and people are more susceptible, especially since they are not dying from other major types of diseases. In the mid 1970's neurologists began to pay more attention to the people who had dementia.

Today people are obsessed with genetics. The big question is, "are we inheritors and susceptible to particular disorders?" Jay indicated that when the parents exhibit the symptoms, how likely are we the children likely to succumb to the disease? In his case with his parents, he finds that he's not worrying that much.

The second question : "What to do to mitigate the disease".

The following are some ideas to use if you feel you're at risk: Get plenty of physical exercise – walk forty to forty-five minutes a day. Cardio health is very important and you need to try to maintain normal levels of blood pressure. Consider following a Mediterranean type diet. Mental activity seems to be a vital part of the regime. Science has found that the level of one's education plays a key role in dispelling the disease. Being bilingual and getting the proper amount of sleep are also very important.

Currently in the world over 700,000 people suffer from the disease. Estimates are indicating that by 2031 there will be over 1.5 million. The only treatment today is a drug called Aricept . There are several anti-plaque type drugs but they seem to have a limited application time and then the disease continues to advance. There is a major study taking place in Columbia involving over 1500 people in a family group. Unfortunately it may take close to twenty years for the results of this study to become known. Over the last ten years various studies around the world have been conducted. In England in the 1990's they made a prediction about the number of people who would be suffering from the disease by 2010. They over estimated and it has now been found they were 25% higher in their predictions than the actual number. Similarly a study in Rotterdam also found that their predictions were too high, also by around 25%. The reasons for this, pointed to the better quality of education and focus on cardiovascular issues. Naturally more studies will continue to provide us with a more complete understanding about how this disease progresses and what we can do as individuals to combat it.

Jay would like to come back and talk to us further and in more detail about this disease.

JAY INGRAM

Jay changed his focus and presented us a bit of information about Beakerhead. This was a program in founded in 2008

The basic concept was to provide information that would show that the streaming of children in our education system was NOT the way to go. The program focused on bringing together the sciences and the arts. As an example he presented a slide of a truck which had been donated to the program and the students had decorated – they obtained some organ pipes, discarded from a church organ, mounted them on the back of the truck, decorated them with led lights and ended up with a peacock like “art car”. This pointed to what the creative mind can do.



In their first public year in 2013 they created a “robot band” that played heavy metal. They were able to secure Chris Hatfield to be a featured guest and they produced a two story octopus. They wanted to create something that was eye-catching and showed technological wizardry. They wanted to let kids see how random “kitchen stuff” could be used to create something unique and allow them to think – “I could do that”.

Last year on a Saturday night, they took over four blocks of 10th Ave down by the Sunalta C-Train station where they set up their displays. It was attended by an estimated 50,000 people. This year may prove to be a bit tricky. They are a program that is unique to Calgary. They have six full time employees and naturally donations are down. Volunteers are always welcome and if any of our members would be interested in volunteering do contact him. Jay concluded with the statement that, “Calgary is a city which thrives on it’s volunteers.”

Terry Allen thanked Jay for presenting not one but TWO topics, both highly enlightening. As an educator Terry was actively involved in the field of science and spoke highly of the approach Jay was using to engage students in the sciences and the arts. He drew every ones attention of Jay’s book, “The Science of Everyday Life” which Terry had received a couple of years ago and Jay signed today. Terry encouraged all of us to learn more about Beakerhead.

In closing the meeting, President Ken also thanked Jay and informed him that we would give a \$100 donation to our “Stay In School Program” on his behalf.”



CLUB NEWS

In the absence of **President Murray Flegel**, **President Elect Ken Farn** opened the meeting with the singing of "O Canada" and "Rotary Grace" accompanied by our pianist Lisa Fernandes.

With sadness Ken announced the passing of long time Rotarian **Paul Diemert**. The club observed a "Time of Silence" in memory of Paul.

Ken then welcomed everyone to the Rotary Club of Calgary South, March 31st meeting and we proceeded to our lunch



Ken Introduced the head table: Jay Ingram, (our guest Speaker), **Gena Rotstein**, **Terry Allen**, **Dick Shaw** and **Glenn Potter**.

Our Photographer is **Steve Mason** and our Editor is **Glenn Potter**



Guests: Jim Gorman introduced our visitors and guests (close to 10 individuals) to whom we sang our welcome song.

YEX International Dinner: Anni Arvo, Our exchange student thanked the club for its response to the Shelter Box Evening and indicated that tickets sales were going well. **Ron Prokosch** informed us that this was the 3rd year for the Shelter Box fund raiser and that the evening would be full of excellent entertainment. Our next inbound student is a young man from Spain.



Charities Day: Bill LeClair informed us that the Charities Day Celebration will be held on June 9th at the Carriage House. He indicated that we had supported twenty-nine charities and the total donations were within the budgeted amount of \$100,000.

Dream Home Moment: Charlie Gouldsbrough took several moments to adjust the mic to the correct level, Charlie announced that there were 100 days left until Stampede. Our rostering will begin on Apr. 28th and all of us are encouraged to be contacting our extra dream home helpers soon. He closed with a comment from Past President Al, "that our club was a lot easier to run if it has LOTS of money!"



CLUB NEWS

Social Committee: Confusion reigned as our next speaker, Social Convener, Keith DAVIES was introduced by Ken Farn. Ken was duly informed that Keith DAVIES was being replaced by Keith **DAVIS**! Keith drew attention to the posters on the tables about the Fellowship Weekend to be held May 27 to 29th 2016 in Radium. When the members were polled about how many would be attending, there were a very limited number of hands displayed. Everyone was requested to consider coming and to try to provide an answer by April 15th.

Next Keith announced that "The Party" formerly known as the "President's Ball" would be held on June 10th at the Acadia Recreation Center. The menu will include steak and lobster to be served by our own award winning chef, Michael Zacharki.

And finally Keith reminded us of the **New Members Auction** to be held on Thurs. Apr. 21st at the Carriage House Inn



Health and Wellness: Dick Shaw spoke about our members who are "under the weather". Ken Copithorne was going to have surgery today to correct an infection in the incision on his replaced knee. It was a "day surgery" procedure and he would be back home this evening. Mary McPhee has contracted "shingles" which is severely impairing her social calendar activities. She encourages all of us to "get shot" right now!



50/50 Draw: Jim Hutchens chose Terry Allen as the recipient of his unique form of "Irish Humour" and then proceeded to inform us this was the last time he would be handling the 50/50 draw this year - this news was greeted with much cheering and clapping only to be followed by major groans when Jim indicated he'd be back next year! Oh yes, our speaker, Jay Ingram drew the winning ticket and Chas Filipski once again absconded with the pot of \$168.

Sergeant at Arms: Glenn Potter asked everyone today to consider contributing "Happy Dollars". He began the process by giving happy dollars because he enjoyed coming to Rotary Meetings at noon rather than 7:00 am. He asked everyone else if they agreed to contribute accordingly. Several other members stood and told their happy dollar stories as well. A big THANKS to all who contributed.



PAUL DIEMERT

It is with a heavy heart that we announce that passing of **Paul Diemert** on March 30th, 2016. This is the loss of a friend, and a Great Rotarian. Dick Shaw paid a wonderful tribute to Paul Diemert at our meeting on March 31st. At many meetings Paul loved to tap out the rhythm of our Welcome Song using the table spoons. He kept us “marching in time” on so many occasions. Note from Editor: *Paul was a drummer “par excellence” and it was a distinct pleasure to work with him in a variety of musical settings for the club. He added immeasurably to the quality of our own members’ combo and in the accompaniments for the small girls ensemble “Aura” whom I conducted and who frequently sang at our meetings.*



Dick Shaw closed his tribute with - “**So Long Paul**”

In Memory of Paul Alexander Diemert

Paul was born June 26, 1938 in Kimberley, BC and passed away peacefully in his sleep on March 30, 2016 at the age of 77. Paul was a wonderful, loving person who always displayed a larger than life personality. Paul had a long, successful working career in the field of sales and marketing, selling a variety of items from audio visual equipment to the construction of bridges. A dedicated philanthropist, Paul volunteered for four decades with the Kinsmen and Rotary Clubs. Paul is lovingly remembered by his wife, Gayle; his children Brent (Laura), Bruce (Elayna), Abbi Weiner; brothers Norman (Shirley), Terry (Erin); and grandchildren (Ryan, Cole, Tess, Sarah, Livia, Julia, Miriam). Paul was predeceased by his parents, Paul and Lois.

To view and share photos, condolences and stories of Paul, visit www.choicememorial.com

There will be no service. Donations can be made to the Calgary Humane Society





HEALTH & TRANSPORTATION



HEALTH AND WELLNESS: Contact Ed Whitaker at: (403) 249-2864 or: 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 if you know of anyone that may need a ride to meetings

NEW MEMBER PROPOSALS



The following proposed new member has been approved by the Board of Directors. If any Member objects to them joining our Club or to the assigned classifications, an objection must be filed in writing and delivered to the Club Secretary by: April 7 2016

Name: **Bernard Benning**

Classification: Finance and Administration

Proposed by: Terry McDonough

Seconded by: Roger Jarvis



The following proposed new member has been approved by the Board of Directors. If any Member objects to them joining our Club or to the assigned classifications, an objection must be filed in writing and delivered to the Club Secretary by: April 7 2016

Name: **Stan Cichon**

Classification: Purebred Cattle / Simmental

Proposed by: Terry McDonough

Seconded by: Terry Allen

APRIL 9TH 2016: YEX INTERNATIONAL DINNER

														
														
				<p>District 5360 Youth Exchange - 2015 - 2016 International Dinner (Promoting International Peace, Goodwill and Understanding) In Support of ShelterBox April 9, 2016 Red Deer Lake United Church Just west of Spruce Meadows on Highway 22x Calgary, Alberta</p> <p>5:30 Reception 6:30 Parade of Flags & Dinner 7:30 Dessert (traditional desserts from the home countries of the students made by the students) 8:30: Entertainment by the students</p> <p>Tickets \$50 per person - Tables \$400 (8 per table) To book your tickets call or see your Exchange Student or email Ron Prokosch at: (403)651-1722, Rprokosch@prokoschgroup.com Then forward a cheque via your exchange student or by mail to: Ron Prokosch to 97 Patina Rise SW, Calgary, AB. T3H 3R5 For More information talk to your exchange student or call Ron Prokosch @ (403) 651-1722</p>										
				<p>  </p>										
														

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 13 TO 15 2016: DISTRICT CONFERENCE 2016



**NO ONE IN OUR
DISTRICT
SHOULD MISS
DISCON16.**

**We are excited to
welcome you !**

**Rotary
District 5360
Conference**

Friday May 13, 2016 to
Sunday May 15, 2016

Coast Hotel, Canmore, AB

Register today !



MAY 27 TO 29 2016: RADIUM FELLOWSHIP WEEKEND

28th ANNUAL CALGARY SOUTH ROTARY FELLOWSHIP WEEKEND

DATE: MAY: 27, 28th & 29th 2016

PLACE: RADIUM, B.C.



Figure 1 RESORT COURSE



Figure 2 SPRINGS COURSE

REMEMBER, YOU DO NOT HAVE 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 15th 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 27th. Radium Resort, Palliser Room
\$23.00 per Person **NOTE WE HAVE ADD DESSERT**

GOLF GAME #1

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

SATURDAY NIGHT DINNER MAY 28th.

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 29th.
\$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 15th.

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**



LEVERAGE YOUR COMMITTEE FUNDS

The **May 11th deadline** for District Grants is approaching. Has your committee thought about leveraging a portion of their budget? A bit of paperwork and keeping track of receipts is all that is required. Types of Grants available are summarized as follows:

District Grant type	Club funds	Max matching from District
Project Grant	\$2,500	\$7,500
Vocational training Team-international focus	\$2,500	\$7,500
Scholarships	\$1,000	\$2,000
Youth Grants to clubs	\$1,000	\$2,000
Travel for Global Grant Planning-international focus	----	\$2,500

You can find the applications on-line at www.Rotary5360.org on the "documentation" tab.

Project Grants will be competitive and a club non-partisan committee will decide our club priorities so **contact Bob Wiens** before you fill out the application.

Contact Bob Wiens or Don Taylor for more detailed information.



ON PARK 50/50 INFORMATION



New this Year....

On Park 50/50

in partnership with Kinsmen

The On Park 50/50 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 50/50 "pot" 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.

50/50 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 50/50 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.

PARTNERS IN PRINT



*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)

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

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



Lunch Bunch: We look forward to seeing all our regular members on the April 21st.

Thanks. Susan.



Pat Farn only has 21/135 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 pat-farn@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



2016 ROTARY CALGARY SOUTH CALENDAR

APRIL 2016

- April 7 Dr. Reynold Bergen: Cattle Hormone Facts and Myths
- April 9 YEX International Dinner at Red Deer Lake United Church
- April 13 Board Meeting
- April 14 Steve Allen (Chair): 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
- 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 AND CONTACT INFORMATION



DID YOU KNOW ...

If you go to the following link:

www.rotarycs.org

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



Now; If you go to Member Resources we have our most current Board Minutes, Bulletin, Committee Listing and Attendance information?

I thought you would like to know ...

You can now go to Member Area and view many more things. You can even email your committees. Don't know your login name and password?

Email me at: kathyann@rotarycs.org

And I will provide it to you. 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

Visit us at: 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

Club Service: Operations

Glenn Potter
Email: agpotter@telusplanet.net

Club Service: Ways & Means

Bryan Walton
Email: bwalton@cattlefeeders.ca

Community Service

Gail McDougall
Email: gailmcdougall@comcast.net

Community Service (Ways & Means)

Charlie Gouldsborough
Email: Charlie@albertasleepcentre.com

International Foundation & Vocational Service

Neill Magee
Email: nmagee@arrow.ca

Youth Service

Craig Stokke
Email: craig@sellerdirect.com