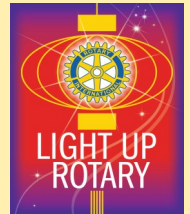




The Bulletin

Of
The Rotary Club of Calgary South



November 27, 2014

Volume 60, Issue 20

Chairman: Bev Ostermann

Editor: Gail McDougall

Photographer: Steve Mason

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Rotary Club of Calgary South

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2014-2015 Officers

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

2014-2015 Directors

Club Operations: Larry Stein
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

MYKA OSINCHUK: DIRECTOR OF THE ALBERTA CANCER FOUNDATION



George Deegan introduced our guest speaker Myka Osinchuk. Myka began who work as a speech pathologist and has a BSc and an MBA from U of A.

"The Alberta Cancer Foundation makes lives better for cancer patients as they go through their journey."

43 Albertans will be diagnosed with cancer every day. It is the 30th anniversary of the foundation this year and some of their many accomplishments and participation include the use of PET scans, the development of Herceptin, the use of "Cancer Navigators", a brain cancer drug that can extend life by 30%. There is financial support to patients in need and advancements in pharmaceuticals and there are now more than 100 chemotherapy drugs used in a multitude of combinations.

Certain types of breast cancer required the patient coming to the clinic 5 days for 5 to 6 weeks for radiation therapy. A new treatment partially developed in Alberta allows radioactive "seeds" to be inserted in the chest, releasing radiation gradually. Mortality rates have dropped an average of 3% per year for the last 10 years. There are 100,000 people are alive today who would not have been without the Alberta Cancer Foundation. A new center is being planned for Calgary and our own John Fitzsimmons is leading the fundraising charge.

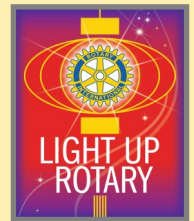




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MYKA OSINCHUK: DIRECTOR OF THE ALBERTA CANCER FOUNDATION



Myka then introduced Jen Birdsall, a woman living with cancer. Jen's mother was diagnosed with a brain tumor when Jen was a few days old. Her mother was not expected to live beyond a few months. She died just after Jen's 12th birthday. Later Jen's father and grandmother also developed cancer. In 2009 Jen was a competitive mountain biker commuting daily by bike from Cochrane to Calgary and was a longtime vegetarian. On Dec 8th she was diagnosed with stage 3 breast cancer with extensive metastasis. Dr Webster the oncologist

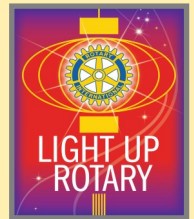
that she now calls a hero told her she likely had only a few weeks to live. Thanks to many of the new drugs and treatments, in particular TDM1 a "smart drug" she is still with us. She and her husband Pat actively raise funds for cancer research. Most notably through their annual golf tournament "Pink Cup Charity Classic". This brave cancer survivor is an inspiration to all.



The Bulletin

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President Al Johnson began our Meeting with the singing of O'Canada and Rotary Grace. The Head Table consisted of: Kendall Bocking, Rick Kusyk, Craig Kindleman and Myka Osinchuk.

Guests: Jamie Moorhouse introduced our guests and visiting Rotarians including Alice Ng, wife of Tony Ng who sold last year's winning Dream Home Ticket.

Election Announcement: Keith Davis announced that the 4 new Directors to service on the board are: Charlie Gouldsbrough, Glenn Potter, Bryan Walton and Luanne Whitmarsh. Thank you everyone for your participation.

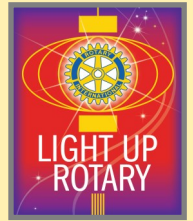


Food Bank: Craig Kindleman: Craig thanked everyone for their donations to the food bank and distributed very interesting (and sad) facts about the food bank. He encouraged us to take the fact sheets home to share the information with family and friends. We will be working at the food bank Dec23 and at CBC (for the food bank) on Dec 16th.



The Bulletin

Of
The Rotary Club of Calgary South News



Feed The Hungry: Harry Pelton announced that morning shifts are all full but he need about 8 more volunteers for the afternoon (2:30-5:30) at Feed the Hungry, Dec 14th.

Chinook Rotary: Jordan Katz asked us to support their Grey Cup raffle. President Al made the point that he only allowed Jordan to speak, as our Grey Cup raffle is sold out.

Jim Zachowski: President of Rotary Challenger Park Jim honoured Jack Thompson as the newest Park Ambassador. Jack has worked many years helping to build the park and its programs and was the Chair of the board for the last year. Jim Burns was one of the first Ambassadors. Jack thanked Jim and then went on to remind that November is the month we focus on the RI Foundation. We are 2/3rds of the way to our goal for this year. The RI Foundation returns 50% of all donations back to the district for local projects.



Sergeant At Arms: Joe Connelly fined Jordan (his guest had a ringing cell phone), Geoff Hughes, (his very large picture was in the paper and he failed the Grey Cup

quiz); all the people sitting with any of the people who attended Tyler Cran's birthday bash; Jim Burns for his truck and Krista Hotel who did not know that it was the Baltimore Stallions who were the only Americans to win the Grey Cup. Other interesting Grey Cup stories: a fan tripped a Hamilton Ti-Cat player running for a touchdown, An Ottawa coach approved a

promotion where woman were encouraged to "bare their breasts for beads" and there was a fire at the Toronto Rowing Club where a large collection of trophies were lost. The Grey Cup got caught on a nail when falling and was the only one to survive.

50/50 Draw: Roselyn Jack who celebrated her birthday yesterday, won the 50/50; \$150.



Stampede Lotteries: Rick Kusy (Chair) presented the club with a cheque for \$488,510, our proceeds from Dream Home. He thanked all the volunteers and recognized all the work done this club does with the money that is raised. He thanked Craig for his outstanding leadership and new innovations. He presented Craig with a gift from the lotteries committee. He asked all the members of Stampede lotteries committee to stand and be recognized. Lynn Grant will serve as the next committee chair. Mark Boman and Dana Hunter will co-chair the Dream Home Committee.



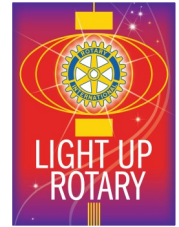
President Al and Corrinne Wilkinson closed the meeting with a rousing "GO Stamps GO"





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Calendar and Announcements



DECEMBER 2014

- December 4 Rich Vesta: Harmony Beef
- **December 11** Christmas Luncheon: Glencoe Club
- December 18 Christmas Social
- **December 25** No Meeting Re: Christmas Day

JANUARY 2015

- **January 1** No Meeting Re: New Year's Day
- January 8 Legends Series
- January 15 Mid Year State of The Union Address
- January 22 Robbie Burns Day
- January 29 Ann Lewis-Lupino: Calgary Philharmonic
- **January 30** Larry Kwong Chinese New Year (Regency Palace)

FEBRUARY 2015

- February 5 Matt Bradley: Flyght Aerospace
- **February 12** Valentine's Day Luncheon: Willowpark
- February 19 John Lamming: Calgary Centre for Global Community Peace
- February 26 To be Announced

APRIL 2015

- **April 30** New Members' Auction (evening meeting) Danish Canadian Club

VISITATION COMMITTEE REPORT

If you know of anyone who is not well contact George Adam at: 403 255 0976 or: gladam@telusplanet.net. Please remember that Cam Warrender is now at the Carewest Colonel Belcher at: 1939 Veteran's Way NW. His numbers are 403 605 2960 (Cell) and 403 256 5771. Cam answers his cell phone readily and would be happy to receive visitors

Rotarians of District 5360

A National Polio Immunization trip is being planned to Delhi, Agra and Jaipur, India from Feb 13 - 24, 2015. Cost is US\$2099 per person. Travel is additional. The trip is being organized by a travel agency in Oakland California, and Rotarians across North America are being advised. If interested, the recommendation is to sign up quickly, as these trips fill up quickly. It will include a combination of participating in India's National Polio Immunization activities, interaction with local Rotarians and their projects, while visiting some of India's most extraordinary sights. If you are interested in following up, please e-mail me - garthtoombs@shaw.ca and I will e-mail you the information explaining everything.

It is expected that this tour will fill up quickly, so if interested, time is of the essence.

Best wishes,

Garth Toombs,

District Governor 5360



ROTARY CLUB OF CALGARY SOUTH
Cordially Invites You to Our

**ANNUAL
ROTARY CHRISTMAS LUNCHEON**

December 11th at 11:30 AM
At the Glencoe Club
639 29th Avenue SW
\$50.00 per person (Cash Bar)

Menu

Non Alcoholic Punch
Assorted Rolls and Butter
Maple Baked Squash Soup
Roasted Turkey with Stuffing and Gravy
Mashed Potatoes
Medley of Vegetables
Traditional Vanilla Bean Brulee'
Coffee and Tea

St. Mary's Choir to Perform during Lunch

** There is limited parking due to construction. Try to car pool where possible *

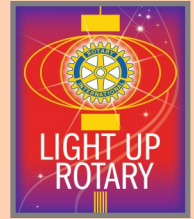
Contact: John Fitzsimmons (403) 246 1477
Michael Zacharki (403) 251 0484 (after November 25th)

Please R.S.V.P. online when you receive the
ClubRunner email invitation



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Jimmy's Jottings

This week we start to learn Romeo and Juliet. We just finish the Hunger Game last few weeks. It make the boring ESL class funnier and I can learn a lot in the movie. After we finish the hunger game we watch life is beautiful. Then the teacher wants us to write a essay to compare what's the different between the Nazis and the Capital of the hunger game. It really help a lot on my grammar and the writing. The school this week is a lot of fun. Also I just watch the Hunger game III this Friday.

... Jimmy



The Rotary Club of Calgary South: Partners in Print



Lunch Bunch: A small group of us had a wonderful lunch at Wurst Restaurant. We discussed the December get together and have decided that Dec. 18th is awfully close to Christmas and therefore we will not meet in the month of December but we look forward to the new year. Submitted by Susan Brick

Dear Friends in Rotary:

I would like to extend an invitation to each of you on behalf of all of us at Parks Foundation Calgary to attend our upcoming Holiday Reception on *December 10th, 4 – 6pm.*

Rotary's continued partnership and support is of immeasurable value to the success and growth of the Rotary/Mattamy Greenway project as well as to other PFC programs, and I thank each of you for your contributions as we bring 2014 to a close. Please feel free to circulate the invitation below within your clubs and to other members, and we look forward to celebrating the achievements of 2014 with each of you on December 10th.

Additionally, please note that our holiday newsletter is ready for distribution, and we would be happy to send you copies of the newsletter for your club. If you would like copies, please direct your request to Mandy Glinsbockel at mglinsbockel@parksfdn.com and she will be happy to send them to you.

Thank you all, and I look forward to seeing you at our Holiday Reception.

Warm wishes,
Myrna Dubé
CEO, **Parks Foundation Calgary**
225 – 13th Avenue SW
Calgary, AB T2R 1N8

LARRY KWONG AND CALGARY SOUTH ROTARY INVITE YOU
CHINESE NEW YEAR 2015



FRIDAY JANUARY 30
REGENCY PALACE CALGARY
328 CENTRE ST SE



YEAR OF THE SHEEP

Includes eleven courses of delicious food and live entertainment

Reception 5 PM

Dinner 6 PM

RSVP: corinne@whitehathospitality.com

\$50 per person

\$450 table of 10

All Rotary Members in and around Calgary:

MORLEY COMMUNITY NEEDS OUTERWEAR FOR THEIR CHILDREN

Karen Shepherd, President of Calgary Olympic and Cory Tretiak, Lead for Calgary Rotaractors are heading a quick and exciting project, which needs your help! It was brought to our attention earlier this week that 500-700 residents in Morley need winter coats, boots, and other winter wear. CBC Calgary wants to advertise. Are we able to organize and do this on short notice?

Of course we can! We're Rotarians and Rotaractors!

So far we have drop off locations established at Valentine Volvo, Charlesglen Toyota, Stampede Toyota and Neighbourhood Link. We will move dropped-off items from the car dealerships to Neighbourhood Link at least once each week. Once the donations are at Neighbourhood Link, we will need to sort them, clean some of the items, and box it for transport to Morley. Humanity in Practice has offered to drive everything to Morley for us.

Chris Harper, member of the Rotary Club of Calgary, will be interviewed by CBC Calgary to help publicize the coat drive (and get some great PR for Rotary in Calgary).

Our campaign will begin immediately until Dec 12. If we haven't collected enough by then, we'll extend it to Dec 19.

How can you help?

- We will need volunteers to pick up the drop-offs and transport them to Neighbourhood Link.
- We will need volunteers to sort the items for cleaning.
- We will need volunteers to transport items to and from cleaning.
- We need a dry cleaner(s). Does anyone know the name of a dry cleaner who would donate or deeply discount their services to help us with this project?
- We will need people to donate clean and gently used winter wear!
- We would appreciate financial donations from a few clubs to help cover the cost of gas and dry cleaning. Once we know the cost of dry cleaning, we'll have a better idea of a budget. At the moment, we're predicting about \$2000 for the project.

Cory Tretiak is putting together a basic website with drop-off locations and sponsors. It is:
www.RotaryCoatDrive.com

If you would like to volunteer, make a donation to cover some costs or have a dry cleaner for us, please contact Karen Shepherd ks.shep@me.com or Cory Tretiak cory.tretiak@gmail.com

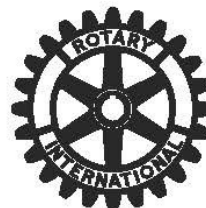
Let's get behind Karen, Cory and Chris and help the people in Morley!

Garth Toombs
DG D5360
403 239 6317
garthtoombs@shaw.ca



wild 4 water

The
Rotary
Club of Comox



Wild, Smoked and Candied

SALMON CHUNKS

Frozen and Vacuum Sealed



Proceeds will provide pure water,
sanitation and education in Honduras

5 lbs. for \$100 or

For info visit our website:

wild4water.ca

email:

bestsmokedsalmon@wild4water.ca

**\$25⁰⁰
lb.**

Perfect for Christmas Gifting and Parties

PRE-PAID orders to be picked up at COMOX MALL

10 am - 2 pm • Nov. 21, 22, 28, 29 & Dec. 5, 6, 12, 13

On location sales 10 am - 2 pm

Pick up your salmon at these locations on the following Fridays & Saturdays:

Canadian Tire: Nov. 14, 15, 21, 22

Tulio's: Nov. 28, 29 & Dec. 5, 6, 12, 13

Comox Mall: Nov. 21, 22, 28, 29 & Dec. 5, 6, 12, 13

