



ROTARY:  
MAKING A  
DIFFERENCE

April 24, 2018

Editor: Bryan Tastad

**May 2018**  
**Theme: Incoming Officers**

**Program Chair:**  
**Asit Sarkar**

Date	Desk	Greeter	Rotana Editor	Sgt-at-Arms	Speaker/Topic	Intro	Club Thanks
<b>May 1</b>	Larry Neely	Jim Blackburn	Bryan Tastad	Bryan Tastad	Bob Devrome <i>Reconciliation Initiatives</i>	TBA	TBA
<b>May 8</b>	Stan Garchinski	Jim Gillis	Bryan Tastad	Dorothy Hudson	<i>Citizenship Ceremony</i>	TBA	TBA
<b>May 15</b>	Boris Kishchuk	Larry Neely	Bryan Tastad	Ed Pek	TBA	TBA	TBA
<b>May 22</b>	Asit Sarkar	Candace Odishaw	Bryan Tastad	Jack Scott	Rob Norris <i>International Election Observer</i>	TBA	TBA
<b>May 29</b>	Jack Shiffman	Bill Sinnett	Bryan Tastad	Paulina Cholango Martinez	<i>Visit to Oskayak School</i>	TBA	TBA

**Announcements**

- The funeral service for Past District Governor Wayne Claypool will be held on Saturday, April 28 at McClure United Church beginning at 1:30 p.m. Rotarians (who identify themselves as such) and their spouses will be seated on the right hand side of the church. At the end of the service, the people from the funeral home will direct the Rotarian and spouses to stand and exit the church before the family so that they can form an honor guard. This is for any Rotarians, not just those who are Meewasin members.
- The funeral for Jeanne Walters will be held in 3rd Avenue United Church on Saturday, April 28 at 3 p.m., with a reception to follow at the Edwards Family Centre on 4th Avenue. Bill Christensen will conduct the service. In addition to being a well known community volunteer, Jeanne has been involved with the Rotary Club of Saskatoon Nutana for many years as a Rotary Partner, Member and Honorary Member.
- Garth Courtney and Rob Jaspar from the Rotary Club of Saskatoon Meewasin promoted their annual Lobsterfest, to be held on June 2. Tickets are \$75, which includes a \$45 charitable donation for which you get a receipt. Lobsterfest is a fundraising opportunity, as our club gets to keep the \$45 charitable portion from every ticket our members sell. You can get tickets from Peggy Clark. Sell them to friends and family!



Saskatoon Indian Métis Friendship Centre is applying for a corporate membership. Seen here with President Walt are, left to right, Cote Campbell, Sandra Lloyd, May Henderson and Will Grant.

The Meewasin club also needs help with staffing the event. Shifts are only 45 minutes long

and will include things like cooking and serving steak and lobster and selling tickets. Garth and Rob promised that, if we help at Lobsterfest, Meewasin members will be sure to help at RibFest.

- So that the meeting doesn't go too long, we are going to try serving the meal at 11:45 a.m. If you have thoughts about this or other means to shorten the meeting time, please pass them on to Walt or another board member.
- Our club will host a Citizenship Ceremony on May 8.
- The district conference will be held in Regina May 24-27.
- Candace Odishaw prepared the duty roster for January to the end of June which is attached to this newsletter. Please arrange a substitute if you are unable to make your shift.
- Program coordinators for the balance of the year are:  
May - Asit Sarkar  
June - Candace Odishaw

### **This Week's Program Highlights**

**Chair** – Walt Pawlovich

**Desk** – Lorne Braithwaite

**Rotary \$** - Bill Sinnett

**O Canada and Rotary Grace** – Still singing without accompaniment as the piano power cord has not been found.

**Make-ups** – (Note: You will only be credited with a make-up if you record it on the make-up sheet.)

**Visitors** – Greeter Bryan Tastad welcomed:

- Sandra Lloyd, May Henderson, Cote Campbell and Will Grant from the Saskatoon Indian Métis Friendship Centre;
- Visiting Rotarians Garth Courtney and Rob Jaspar from the Rotary Club of Saskatoon Meewasin;
- Guest speaker Tom Wilson;
  - Michael Gramiak, guest of Boris Kishchuk.

**Program - Tom Wilson - How to Live to be 100**



Bryan Harvey introduced Dr. Tom Wilson, professor emeritus, U of S College of Medicine. Over his career, Tom has researched factors which contribute to longevity. Some of his findings are summarized below:

- Today, you can expect to live about 85 years, give or take four years.
- About 12.5 people out of 100,000 reach 100. Your chances of reaching 100 increase as you age.
- About 25% of longevity is attributable to your genetic makeup and 75% to environmental factors.
- **Diet** - consume enough calories to support a healthy weight. Eat a combination of vegetables, fruit, whole grains and protein. Avoid processed foods and sugary drinks. There may be a mild health benefit to drinking one or two alcoholic drinks a day, but if you don't drink now, don't start. Take 600-2000 mg of vitamin D per day.
- **Exercise** - aim for a combination of cardio, strength, flexibility and balance training. Try to have moderate intensity exercise most days and about 60 minutes each time.
- New technology such as nanobots, reprogramming DNA, 3D printing of organs, senolytics, cryogenics and even uploading our minds to a computer may help us live longer in the future but right now there is no fountain of youth

Bryan Harvey thanked Tom for his presentation.

**50/50 Draw** - Lorne Braithwaite coordinated the draw. May Henderson won the pot of \$33.

**Sergeant-at-Arms:** There was no Sergeant's report.

## Board and Executive

### Officers

President - Walt Pawlovich

President-Elect - Stan Garchinski

Past President - Peggy Clark

Vice-President -

Secretary - Jack Scott

Treasurer - Bob MacGillivray

### Board members

Administration- Peggy Clark

Membership - Candace Odishaw, Betty Ann Arscott

Projects- Randy Kutcher, Bill Christensen

Rotary Foundation- Asit Sarkar, Stan Garchinski

RI President - Ian Riseley

District Governor - Peter Neufeldt

Assistant Governor - Colin Taylor

## Contact Information

Rotary Club of Saskatoon Nutana

Club No. 1380

Founded May 31, 1961

P. O. Box 441, Saskatoon, SK S7K 3L6

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

### Links

District 5550 <http://www.clubrunner.ca/portal/home.aspx?did=5550>

Rotary International [www.rotary.org](http://www.rotary.org)

## Other News