



ROTARY:  
MAKING A  
DIFFERENCE

March 20, 2018

Editor: Bryan Tastad

**March 2018**  
**Theme: Water & Sanitation**

**Program Chair:**  
**Jim Gillis**

Date	Desk	Greeter	Rotana Editor	Sgt-at-Arms	Speaker/Topic	Intro	Club Thanks
Mar 27	Bob MacGillivray	Larry Neely	Bryan Tastad	Candace Odishaw	Larry Chartrand <i>Native Law Centre, U of S</i>	Joe Dierker	Asit Sarkar

**Announcements**

- Joe Dierker announces that you may want to invite visitors to attend the March 27 meeting. One of the speakers will be University of Windsor law professor David Tanovich, who was featured in a recent Star Phoenix article (<http://thestarphoenix.com/news/local-news/legal-researchers-across-canada-delve-into-stanley-trial>) and who is one of a group of law professors who are reviewing the facts of the Gerald Stanley trial. It promises to be an interesting presentation.
- The Badge Shield Star Dinner will be held April 12 at Prairieland. Proceeds support RAP. Tickets are available from Ed Pek. Bob Devrome circulated information on the workshop that will be staged by the dinner's guest speaker, Kevin Lamoureux, on the morning of April 12. It is titled Working Towards Reconciliation: Justice and Equity as a Framework for Good Relations. The workshop is limited to 60 participants so sign up early.
- The April 3 meeting will be a club assembly and will include an update by Earle Newton and Maureen Torr on Joy's Centre in Uganda.
- Adventures in Technology will occur April 16-20. The students will be at our club on April 17.
- 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:  
April - Bryan Harvey  
May - Asit Sarkar  
June - Candace Odishaw



*Stan Garchinski attended the Presidents Elect Training Seminar (PETS) and is ready to unveil the new RI theme when his term as president begins on July 1!*

## This Week's Program Highlights

**Prelude** - Larry Neely

**Chair** - Walt Pawlovich

**Desk** - Candace Odishaw

**Rotary \$** - Bill Sinnett

**O Canada and Rotary Grace** - Betty Ann Arscott plus *Springtime in the Rockies*

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

**Visitors** - Greeter Eileen Harvey welcomed:

- Guest speaker Scott Butcher;
- Trudy Butcher;
- Janet MacGillivray, guest of Bob;
- Linda Gillis, guest of Jim;
- Allen Morgan.

**Program - Scotty Butcher - Strength Training for Seniors**



Jim Gillis introduced Scotty Butcher, associate professor in the School of Rehabilitation Services at the U of S. If you've been wondering why Jim Gillis looks so buff lately, now we know the answer. He and his partner Linda are among those benefiting from Scotty Butcher's research into the importance of strength training for seniors. Jim and Linda work out under the direction of a coach at Synergy Strength and Conditioning in Saskatoon, which has worked closely with Scotty in designing programs specifically for older adults. Scotty explained that, for quite a while, most of the attention has been on increasing endurance through aerobic exercise and not much on increasing strength through weightlifting. This is partly due to a misconception that weightlifting leads to a body such as that of Arnold Schwarzenegger, which is not seen as the model of health. Research indicates, however, that strength training is important too. In fact, strength is the biggest predictor of health, mortality and your ability to perform daily functions. By improving your strength you build up reserves of resiliency that will help you to stay independent longer. Jim, Linda and Scotty's mother Trudy all gave testimonials about the positive effects of strength training in their lives. Jim Gillis expressed the club's thanks.

**50/50 Draw** - Lorne Braithwaite coordinated the 50/50 draw. Bob Devrome won the pot of \$22.

**Sergeant-at-Arms:** Sergeant-at-Arms Boris Kishchuk called for happy/sad dollars, which included Stan Garchinski for his attendance at the Presidents Elect Trainings Seminar (PETS); Norm (My Whole Body is a Weapon) Woodcock for the cardio exercise program at the Field House; Jim Blackburn for not having wax in his ears, which might have explained his hearing loss; Larry Neely

for recent eye surgery; Jim Gillis for his daughter's birthday; Jack Scott for a trip to Montreal; and Joe Dierker for a visit from his daughter.

## **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

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[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**