



Saskatoon Nutana
Rotary
Club



April 28, 2026

**May 2026 Theme:
Youth Services**

**Program
Chair:
Candace
Odishaw**

Date	Rotana Editor	Greeter	Cheer Captain	Speaker/Topic	Intro	Club Thanks
May 12	Norm Woodcock	Betty Ann Arscott	Jim Blackburn	Elya Lam Wildwood Playground Project	Candace Odishaw	Lorne Braithwaite
May 26	Norm Woodcock	Peggy Clark	Grant Devine	Cow Plop Review	Candace Odishaw	Joe Dierker

OPENING

Kim Horan chaired the meeting and called for order. Kim thanked Walt (Greeter), Jack (Cheer Captain) and Norm (Thanks) for helping out at the meeting,

Guests at the meeting were Shirley Blackburn, Priscilla Mah, Dave Garvie and Zach Dilli.

Kim reminded us “We are on Treaty 6 Territory, Homeland of the Metis”..

Jim Gillis and Norm led the singing of “O Canada” and the “Four Way Test Song”

ANNOUNCEMENTS

- Candace was distributing Cow Plop tickets at the meeting for the members to sell. Ticket sales will be limited to 1000 with a prize of \$2000. Also available will be Cow Plop T Shirts and caps for members to wear with pride. For the younger crowd there will be posters to colour and bubble wands.

- Karol review the volunteer requirements for the Cow Plop event and possible sources for volunteers. These sources would include extended family, students, etc. Sign up sheets next week.

- Kim and Karol conducted a new member induction ceremony for Zach Dilli. Zach was sponsored by Karol. Welcome to our club, Zach.

- Derek Kerr received a Paul Harris Award.



PROGRAM

Jim Blackburn introduced our speaker, David Blackburn. David received a Bachelors degree in Pharmacy at USask in the mid 90's and a PhD from the University of Toronto. He has been on the faculty at USask in Pharmacy for the past 20 years.



David gave a detailed and enthusiastic presentation about Cholesterol and its effects on the body.

Some of the keys points are:

- the body needs cholesterol to produce bile acids, Vitamin D, Steroid hormones and cell membranes
- in ancient times the cave people used cholesterol to maintain their lives because their normal lifestyle was one of near starvation. The bodily cholesterol was never in surplus and hence never accumulated in the blood stream and elsewhere.
- in modern times the accumulation of cholesterol in the blood stream can lead to inflammation in the heart arteries which leads to artery blockage and a heart attack.
- the main culprit in the blockage scenario is low density lipo-protein(LDL) or “bad cholesterol”
- LDL lowering is a major priority in health care
- LDL can be lowered by lifestyle changes and/or drugs
- the most commonly used drugs currently are statins. Atorvastatin and Rosuvostatin.
- there are two types of new agents that are available for LDL control. One class of new drug is MNRa

based and the other is antibody based. Each drug has different benefits, side effects and costs.

Please note that this is a “coles notes” version of the presentation, don’t show this to a doctor or pharmacist.

Norm thanked David for his excellent presentation.

CHEER CAPTAIN

Jack Scott asked cow trivia questions in honour the COW Plop event. Most members didn’t know their limosins or Angus from a hole in the ground and were justly penalized.

Happy/Sad \$ were given by Karol, Jim G., Kim, Grant, Walt, Lorne, Betty Ann, Jim B., Jack, Candace and Norm..

The next meeting is at Sports on Tap, Tuesday May 12th, 2026.

Officers

President -Kim Horan

President Elect –Karol Komar

Secretary – Jack Scott

Treasurer – Bob MacGillivray

Board members

Club Administration- Candace Odishaw

Membership Betty Ann Arscott and Karol Komar

Major Projects- Jim Gillis

Service – Dorothy Hudson

Rotary Foundation- Asit Sarkar
Youth – Candace Odishaw, Hannah Enti-Brown
Image Committee/Communication– Candace Odishaw

Rotary International

RI President – Francesco Arezzo
District Governor – Wayne Jacobsen
District Leadership Team – Ruth Merritt

Contact Information

Rotary Club of Saskatoon Nutana
Club No. 1380
Founded May 31, 1961
P. O. Box 441, Saskatoon, SK S7K 3L6
Club website: www.rotarynutana.org
Club Facebook Link: [\(11\) Saskatoon Nutana Rotary Club | Facebook](#)
Club email address: nutanarotary@gmail.com

Links

District 5550 [http://www.clubrunner.ca/portal/home.aspx? did=5550](http://www.clubrunner.ca/portal/home.aspx?did=5550)
Rotary International www.rotary.org