



Saskatoon Nutana
Rotary
 Club



December 14, 2021

**December 2021
 Theme: Disease
 Prevention and
 Treatment**

**Program Chair:
 Dorothy Hudson**

Date	Rotana Editor	Greeter	Desk	Cheer Captain	Speaker/Topic	Intro	Club Thanks
Dec 21	Norm Woodcock			Candace Odishaw	Club Christmas Party on Zoom		Jim Blackburn
Dec 28					NO MEETING		

OPENING

President Michael, called the meeting to order at 12:03 with the acknowledgement that WE LIVE ON TREATY 6 TERRITORY, HOMELAND OF THE METIS” and welcomed all members. President Mike also thanked those who are helping with the meeting today.

We were led in “O Canada” and our “4 Way Test Song” vocally and on the piano by the multi-talented Betty Ann Arscott.

ANNOUNCEMENTS

- Bob MacGillivray announced that an invoice will be sent to members indicating outstanding 2021 bills for 2021 for happy/sad and meeting dues. To receive an income tax receipt for 2021 these outstanding funds must be paid by Dec, 31 2021, preferrably sooner. Since these funds are receipted seperately, they should be paid by two cheques or fund transfers. Happy/sad dollars donated in 2021 will be receipted by Rotary Intl and you will recieve the receipt in February. Meeting fees go to the Nutana Rotary Charitable Fund. If this is not clear, call Bob,

-Candace advised that our Childrens Encyclopedae that were ordered in the fall are still delayed by customs at the Canada/US border.

- President Mike announced that the meeting next week will be a “zoom” Club Xmas Party. There will be no meeting fees or Cheer Captain. Funds raised through a silent auction will be donated to The Food Bank and the Salvation Army. Be there and be generous.

PROGRAM

Boris Kishchuk introduced Chris MacLeod. Chris spoke to the club about a month ago about his life living with Cystic Fibrosis(CF). Today Chris will talk about his book "Beating the Odds", how the book came to be and one of the lessons learned "Be the CEO of Your Own Health".

As a result of having CF Chris spent long periods of time in hospitals battling infections. In 2012 he was part of the first group of CF patients in Canada to be treated with gene modulator therapy. For Chris the treatment was phenomenally successful, his lung efficiency went from 26% TO 60% almost immediately. A doctor during this time noted Chris' relentless positive attitude and asked for his reasons for this. Chris jotted down 11 lessons learned and these became the genesis for the book.



The main thrust of the rest of the talk was "Be the CEO of Your Own Health". If you are in charge of your health, act like it. Find out what tests you are getting and find out the results of the tests. Get up, clean up, dress up and show up every day you are in hospital, make it look like you are in charge. Make your own decisions about your health care then live with your decisions. Sometimes your decision will be right, sometimes it will be wrong but own it no matter the outcome.

The book is available from beatingtheodds.ca and at McNally Robinson in Saskatoon(the only bookseller in Canada who would stock the book)

Betty Ann Arscott thanked Chris on behalf of the club for his powerful presentation.

CHEER CAPTAIN

Jack Scott asked a number of questions about Saskatchewan wildlife. Apparently this was a Christmas theme. Anyone who didnt know the answers self assessed a fine. Now we know there are 350 mountain lions in Saskatchewan. We would all be better off if we knew where they were too.

Happy and Sad \$ were given by Norm, Joe, Candace, Bob Mac, Larry, Walt, Betty Ann, Ravi, Jack, and Asit.

The Rotary Foundation thanks Jack and those who contributed.

Next meeting is **December 21st on Zoom. PARTY, PARTY.**

Officers

President - Michael Gramiak

Vice-President -

Past President -Lorne Braithwaite

Secretary - Jack Scott

Treasurer - Bob MacGillivray

Board members

Club Administration- Peggy Clark
Public Relations – Candace Odishaw
Membership – Betty Ann Arscott
Service Projects- Jim Gilles
Rotary Foundation- Ravi Chibbar
Communication– Candace Odishaw

Rotary International

RI President – S h e k a r M e h t a
District Governor – Dan Sutton
Assistant Governor – Asit Sarkar

Contact Information

Rotary Club of Saskatoon Nutana

Club No. 1380

Founded May 31, 1961

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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>

Rotary International www.rotary.org