

ROTATELLER

by Joy Adams Bauer

Official Bulletin of The Rotary Club of Saskatoon

Founded August 17, 1917 as the 332nd Club in the World

Chartered #332 in the Rotary World

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Club Administration: Peter Zakreski

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Next Meeting, September 19, 2011

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Join us at noon at the Delta Bessborough Hotel on Monday, September 26th when our guest speaker will be Katherine Gryba from the City of Saskatoon who will speak about the city's community vision.

Duty Roster September and October 2011

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Duty Roster for September 26th

Greeter: James Pearson

Visitors and Guests: Arlene Julé

Cashier: Al Morton

Grace: Gary Rusu

Sergeant at Arms: Frank Garritty

Duty Roster for October 3rd

Greeter: Sarah Paulgaard

Visitors and Guests: Tim Cholowski

Cashier: Bruce Schnell

Grace: Maureen Torr

Sergeant at Arms: Jack Brodsky

Duty Roster for October 17th

Greeter: Jocelyn Davey-Hawreliuk

Visitors and Guests: Don Somers

Cashier: Graham Pearson

Grace: Mark Gryba

Sergeant at Arms: Wayne McGillivray

Duty Roster for October 24th

Greeter: Bev Johnson

Visitors and Guests: Peter Zakreski

Cashier: Clare Heagy

Grace: Stan Hodgins

Sergeant at Arms: Bernie Sonntag

Duty Roster for October 31st

Greeter: Avis Hardy

Visitors and Guests: Assem Hedayat

Cashier: Kevin Wilson

Grace: Mike Giesbrecht

Sergeant at Arms: Peter Shiel

Please be at your posts by 11:45 a.m. If you are not able to fulfill your assignment, please arrange for another member to fill in for you.

Meeting September 19, 2011

by Joy Adams Bauer

President Dave Sundby opened the meeting and Past President **Wayne McGillivary** led us in the singing of the national anthem. **Steven Wilson** offered grace.

Allan Lebiszczak introduced the following **Visitors and Guests**

- Gerry Kraay - Rotary Club of Saskatoon Riverside
- Ken Wilson - Rotary Club of Saskatoon Meewasin
- Tyler Maltman - guest of the club
- Deedee Maltman - guest of the club
- Tanya Rac - guest of **Elaine Zakreski**

They were welcomed by a very enthusiastic version of our famous welcome song. (Editor's note: **Gary Rusu** - when are you going to bring your spoons back??)

Sergeant at Arms

Jim Weber took it easy on us and asked for happy and sad dollars. Many members threw in a few bucks in celebration of the Rider's win, the Becas Dinner, Rotaract's Salut 2011, new member **Cheryl Tuck-Tallon**, blessings by the Buddhists.

Bert Ayers won the free lunch!

Program - September 19, 2011

by Joy Adams Bauer

The transformation of health care - integrative medicine

Peter Zakreski introduced Deedee Maltman who gave an inspirational and very high energy presentation. Deedee has been what she terms a "traditional/conventional" physician for 26 years. She decided she wanted to try something new especially to help combat high levels of obesity and cardiovascular disease in our society.

She spent time at the world famous Canyon Ranch in Arizona to begin her journey. She is now taking Dr. Weil's online integrative medicine program through Tuscon University. Integrative medicine is healing oriented medicine that takes into account the whole person (body, mind, spirit), including all aspects of lifestyle. It uses a therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative. Integrative medicine integrates all of the health sciences disciplines and creates a team approach between nurses, physiotherapists, physicians, pharmacists - all members of the health care team. The new Academic Health Sciences building currently being built on campus will lend itself to this integrated way of learning.

Deedee noted that statistically, cardiovascular health is the area where she can make the most difference. According to statistics, lifestyle changes and choices can lead to a 72% reduction in the risk of cardiovascular disease. Help from the medical profession can only lead to a 38% reduction!!

Integrative medicine will lead to a reduction in health care costs and move us away from the "sickness" model to the "wellness" model.

New member James Pearson

President Dave took to the podium to give members a brief bio of one of our newest members, James Pearson. James graduated from the U of S with a management degree specializing in marketing and human resources. He is planning to apply for the MBA program at the U of S. He currently works for the Saskatoon Blades as an account executive selling ticket packages. His long term goal is to be a GM in the NHL. James is a golfer and a die-hard hockey fan.

James noted that he joined Rotary to build his networks and give back to the community. James -- we are very happy to welcome the next generation of the Pearson family into our club!

Announcements

by Joy Adams Bauer

- **Gerry Kraay** reminded us that the Rotary Club of Saskatoon Riverside is celebrating its 25 anniversary on Wednesday, October 5th at the Western Development Museum. Guest speaker is DG Eva Vida. Join them for cocktails from 5:45 to 6:30 p.m. and dinner at 6:30 p.m. - turkey and all of the trimmings. Cost is \$30 per person. Get your tickets from any of the following Riverside members:
 - Gerry Kraay at gkraay@sasktel.net
 - Wayne Knouse at 384-5332
 - Heika Heiman at duncan.heike@shaw.ca
 - Ed Tymchatyn at tymchat@math.usask.ca or 664-4768
- The Rotary Club of Saskatoon Meewasin is holding it's annual Black and White Night fundraiser on Friday, October 21st at TCU Place. Join them for a gourmet dinner and live and silent auction. Dressy casual attire. There will also be door prizes and a 50-50 draw. **Ken Wilson** will be at our next week's meeting selling tickets at a cost of \$75 a person.

2010/2011 Club Executive

by Joy Adams Bauer

President - Dave Sundby
Past President - Wayne McGillivray
President-Elect - Gary Rusu
Treasurer - Joanne Fisher
Secretary - Avis Hardy

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