

# 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

*by Joy Adams Bauer*

#### Vol. 103 Week #8 October 3, 2011

Club Administration: Peter Zakreski

Editor: Joy Adams Bauer

Bulletin Publisher: Joy Adams Bauer

### Next Meeting, October 17, 2011

*by Joy Adams Bauer*

Join us at noon at the Delta Bessborough Hotel on Monday, October 17th when our guest speaker will be Chief Judge Carol Schnell of the Saskatchewan Provincial Court.

### Duty Roster October 2011

*by Joy Adams Bauer*

#### 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 October 3, 2011

*by Joy Adams Bauer*

**President Dave Sundby** opened the meeting and Past President **Bruce Schnell** led us in the singing of the national anthem. "**Maureen Torr** offered grace.

**Mike LeClaire** introduced the following **Visitors and Guests**

- Ken Wilson - Rotary Club of Saskatoon Meewasin
- Donna Birkmaier - Rotary Club of Saskatoon Meewasin
- Linda Remmer - guest speaker
- Julia Coutts - guest of **Avis Hardy**
- Solomon Arik - guest of **Maureen Torr**

They were welcomed by a very enthusiastic version of our famous welcome song.

**Happy and Sad Dollars** were offered by a number of members in celebration of the usual suspects (the Huskies and the Hilltops), our wonderful fall weather, recent holidays, Rotary projects, a 21st birthday and a Golden wedding anniversary.

### **Sergeant at Arms**

**Sergeant Tim Cholowski** fined all members who were wearing their Rotary name tags, and fined himself \$20 for all of the recent meetings he has missed. (Editor's note: it's great to have you back Tim! We missed you!)

**Kevin Wilson** won the free lunch!

### **Program - October 3, 2011**

*by Joy Adams Bauer*

### **The patient's voice: an integrative response to Parkinson's disease**

**Elaine Zakreski** introduced Linda Remmer who spoke about living with Parkinson's disease. Linda was diagnosed in December 2009. Parkinson's is a degenerative neurological disease, commonly called a movement disorder. By the time people are diagnosed, 80% of the neurons in their brain have died and they have already been living with the disease for 5 to 10 years. Signs of Parkinson's include tremors, rigidity, lack of movement and slowness of movement.

Linda shared a long list of symptoms including sleep apnea, restless leg syndrome, loss of sense of smell, extreme fatigue, reduced arm swing, stooped posture, impaired balance, loss of facial expression, hand writing getting smaller, frozen or painful shoulder, foot and hand cramps, loss of mental dexterity, an urgency to urinate, constipation, depression and anxiety.

While there is no cure for Parkinson's disease, there are drugs that help to manage the symptoms. However, they can only be used for a few years and then you need more and different drugs. Linda shared some of the ways she copes with her diagnosis. She believes you need to take control of your life and live each moment as if it was your last. It's very important to have a positive attitude, the ability to laugh, and a spiritual core that is as important as your physical and emotional health.

### **Announcements**

*by Joy Adams Bauer*

- Jocelyn Davey-Hawreliuk presented President Dave Sundby with a Brazilian banner from Leo, our exchange student.
- Donna Birkmaier announced that Monday, October 24th is PolioPlus Day and Rotarians in the city are asked to volunteer from 7:30 to 9:00 a.m. on that day to raise awareness about PolioPlus. We will be standing on street corners around the city waving to the morning commuters resplendent in our PolioPlus t-shirts. Please sign up!

## **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

Rotary Club Address - P.O. Box 1454 Saskatoon SK, S7K 3P7