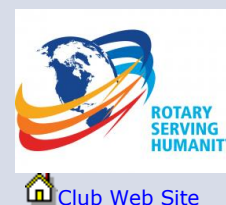




Rotary Club of Regina Eastview

The ROTOR

Thursday, September 22, 2016



Editor: Peter Peters mppeters@sasktel.net
If you have any comments or questions, email the editor.

Sep 29	"Regina Funeral Home"	with Nathan Gerow
Oct 6	"Sask Winter Games"	with Dinesh Kashyap
Oct 13	"Soul's Harbor"	with Patty Humphreys
Oct 20	"Regina Palliative Care"	with Stephanie Kohlruss
Oct 27	"A Road Trip" Classic Autos"	

NEXT WEEK

"Regina Funeral Home"

With
Nathan Gerow

**September 29,
2016**

DUTY ROSTER

Registration: Shreedhar Jachak

50/50: **Doug Mortin**

Greeter: **Maja Starovic**

Thirty five plus Rotarians and Guests found their way to the *Best Western Seven Oaks* as our venue for today's Regina Eastview luncheon. While a little sparse on banners, flags and name tags, it still felt "Rotary" and it was good to be here.



With a little improvisation, Gail Bradley (ably assisted by Charles Sadzamare as seen here) got the **Registration Desk**, prepared for Hans Gaastra when he arrived. Ron Okumura was the seller of **50/50 tickets**, while distributing charitable receipts issued by the Canadian Mental Health Association for purchase of GALA 2016 tickets.



Seems Jack Wozniak was not aware of his **Greeter** responsibilities, because had he known, Jack would have been "on it". This simply meant we all had "welcoming" responsibility and you are thanked for doing your part.



**In Rotary, September is Basic
Education and Literacy Month!**

Chili For Children Duty Roster

Sept 23 - Doug Archer, Hans Gaastra, Jack Wozniak

Sept 30 - Lyle Gollnick, Greg McNamara, Tracey Schick Sparrowhawk

Past President/Vice President John Van Koll was in charge and took on the role with a passion which might concern absent President Greg McNamara (just kidding) – but it was good practise for a “President-to-be”.



Following the national Anthem and Rotary Grace, it was the “old Philosopher” Leif Riesach who shared this **Thought for the Day**, credited to the late American comedian, actor, singer, and writer, George Burns, who said, “*Smartness runs in my family. When I went to school, I was so smart my teacher was in my class for five years.*”



VP John gathered a lovely group of individuals to be featured at the **Lead Table**. This consisted of (below: l to r) guest speakers Alison Luff and Virginia Carpenter, Chris Hefner, Sam Berg, Dinesh Kashyap and John Van Koll

Hans Gaastra, with assistance from VP John introduced the **Guests and Visiting Rotarians**, which consisted of Alison Luff and Virginia Carpenter (seen here being welcomed by Allan Smith) guests of the Club; and, Visiting Rotarian from the RC of Regina, Doug Keam.



Guest Alison Luff was given the distinction of making the **50/50 Draw**. Today’s addition to the ever increasing pot was \$16.50 (- \$2.00 ticket refund = possible winnings of \$269.80), which caused Nelson Falkowsky to shake as his hand searched for the “green” marble. Sadly he “came up blue”, so we try again next week.



SERGEANT-AT-ARMS

Sergeant-At-Arms Pat Dell was pleased because there were no Rotobucks available and so no “prizes” would be given out. Additionally, our name badge case did not make it to the Seven Oaks, so in the absence of displaying a name tag and/or one’s Rotary pin, the cost was \$2.00. Happy dollars were provided by Allen Hillsden because the Roughriders won on the weekend which somehow benefits the Bombers; Louis Browne had 5 Happy \$’s because of the fantastic presentation Jeanne Martinson made to the Club’s Membership Committee Meeting last night on “Diversity” (editor’s interpretation);

Dinesh Kashyap was happy because we have just experienced 2 “hockey-free” weeks; Doug Archer was pleased to tell us the Archer’s Montreal daughter and family were visiting, allowing for the first gathering of their 5 granddaughters – the photographs will

be a family treasure; Chris Hefner was happy because his favorite Broncos won and he is off to Saskatoon to participate in a “board game frenzy”; Pat was pleased to tell us she and Glen are off to Palm Springs next week, and there is a good possibility that golfing is on the agenda; and, Allen Hillsden had another dollar which allowed him to tell a story which supported Louis Browne’s “don’t support panhandlers” philosophy – seems Allen saw a “panhandler” leave a bank (the story was longer than reported here).



PROGRAM

By way of introduction V/P John Van Koll thanked Alison Luff and Virginia Carpenter from the Canadian Diabetes Association for coming to our meeting and invited them to the podium to make their presentation.

In her remarks, Virginia Carpenter indicated the Canadian Diabetes Association supports people affected by *diabetes* by providing information; funding *diabetes* research; undertaking educational initiatives; providing hands on service; and, engaging in advocacy.



There are two types of diabetes: Type 1 diabetes is when the body does not produce insulin and the required insulin is provided through insulin therapy and a supportive health-care team. *“The cause of type 1 diabetes remains unknown. It is not caused by eating too much sugar, and is not*

preventable. The current thought is that type 1 diabetes occurs when the body’s immune system destroys the cells that make insulin.”

<https://www.diabetes.ca/diabetes-and-you/living-with-type-1-diabetes>

There are 97,000 people in Saskatchewan with Type 1 diabetes.

Type 2 diabetes is a disease in which your pancreas does not produce enough insulin, or your body does not properly use the insulin it makes. As a result, glucose (sugar) builds up in your blood instead of being used for energy.

Your body gets glucose from foods like bread, potatoes, rice, pasta, milk and fruit. To use this glucose, your body needs insulin. Insulin is a hormone that helps your body to control the level of glucose (sugar) in your blood.

See more at: <https://www.diabetes.ca/diabetes-and-you/living-with-type-2-diabetes#sthash.XU96SnwI.dpuf>



There are 267,000 people in Saskatchewan with Type 2 or pre-Type 2 Diabetes in the Province.

We also learned:

- Diabetes is a serious disease and is one of the top 10 causes of death in Canada;
- There is no cure and managing diabetes is hard;
- Pre-diabetes is a condition where a person's blood sugar levels are higher than normal but not high enough to be diagnosed as diabetes;
- Knowing if you are at risk can help you make healthy choices to reduce the risk of actually getting diabetes;
- Diabetes damages blood vessels (all) and this causes loss of vision; amputations; strokes and heart disease;
- Signs and Symptoms include: being thirsty – consuming lots of water; really tired; urinate a lot; weight loss; loss of vision; poor and delayed healing of sores and scrapes.

Alison Luff spoke about the Diabetes activities carried out in Saskatchewan, remembering 50% of Canadians are at risk.

- To get an overview of the kinds of programs available visit:
 - <https://www.diabetes.ca/in-your-community/programs-support-services>
- Intention is to have insulin pumps available to all Canadians;
- As 60% of Saskatchewan's population is outside Saskatoon and Regina, the CDA provides a traveling resource centre;
 - This year 6053 persons attended the centre as it traveled around the province;
- The Canadian Diabetes Association has a Children's Camp at Christopher Lake (North of Prince Albert);
 - The camp hosted 75 children this year – this will expand to 85 next year and to the 100 maximum the following year;
- The cost per camper is \$3,000.00;



A number of questions were advanced to our guests, along with a number of personal stories by members who are Type 2 diabetics who shared their story about dealing with this disease. We were reminded that while the health care system is here to help us get, and remain in good health, we must not forget that we are responsible for our own health; and, do not be afraid to get a second opinion.

Therefore exercise, eat healthy, get the required amount of sleep and look after yourself.

ANNOUNCEMENTS

Rotary Leadership Institute – Module 1 – Peter Peters reminded members that RLI Module 1 Training will occur in Regina **this Saturday** at **Mosaic Tower at Hill Centre 3, 1870 Hamilton Street**. **Parking** is available on Hamilton just south of 12th in the parking lot marked with a **blue P**. The session starts with registration at 9:30 AM and concludes at 4:30 PM. The Club covers the cost of member attendance. 4 Eastviewians registered – Club pays the registration fee.



Pumpkin Contest - Next week there will be a real earth grown pumpkin on display. Guess the weight of the pumpkin and you would be the **“Big Pumpkin Winner”**, or the **“BPW”**. Contest closes on October 27th when the draw is made.

Christmas Ham Sales – John Van Koll advised that the Christmas Ham **order form** should be out tonight. Drake Meats have extended last year's prices. **Price per ham - \$30.00** – **Club makes \$10.00 a ham**. Goal is to sell 700 hams – let's do this!!



Comedy Night Tickets – Jack Wozniak had some tickets available for this grand comedy evening for Friday, September 23. Call Jack if you are interested.

Vocational Services “Service Above Self Award” – Nelson Falkowsky announced that the Club's Vocational Service Committee is calling for nominations for Regina Eastview's 2nd Annual Service Above Self Award. In the coming weeks Nelson will provide additional information including Award Criteria – stay tuned.

ROTARY TIDBIT

Rotary Weekly – September 16, 2016

[Head of CDC talks about polio, Rotary, public health](#)

As head of the U.S. public health system, Tom Frieden (**right**) has taken on everything from Ebola to the flu. But where his work most closely intersects with Rotary's is in polio eradication – CDC joins Rotary, UNICEF, the Bill & Melinda Gates Foundation, and the World Health Organization as a core partner in the Global Polio Eradication Initiative. Find out what Frieden has to say about ending polio, Rotary, and the best buys in public health in an interview in *The Rotarian*.



Click above or read in *The Rotarian* - October 2016

COMMENTARY

Saw this in a friend's Facebook post yesterday and was reminded of this “kindness” business during the Sergeant's “report” at today's luncheon – the part about panhandlers. The post is a quiet echo of Rotary's *Four Way Test* (“*of the things we think, say or do*”), which President Greg invites us to “recite” (or read) each week.



Kindness should be part of my thought process on a continuous basis – or, maybe I should be more intentional about being kind – I am sensing gentle nods in my home.

There is this “Random Acts of kindness” thing we hear about periodically. I googled “R A O K” and found literally hundreds of examples – maybe I will start with one – hey, how about this: “*When you open your inbox for the first time of the day write a short email – 1 paragraph max – praising someone. This note can be as simple as, “Just wanted to say, ‘thanks for being such a great friend.’” Or, “Thinking of you.” Or point out something nice you noticed. 15 seconds can make someone's entire day. And looking for something to compliment a person on each day will make you more aware of and appreciative of the kindness around you.*”

I think this could be really good.

Have a kind day!

For the Regina Eastview ROTOR, I am Peter Peters