



THE BULLETIN



Rotary Club of Etobicoke

District Governor: **Brian Thompson**

RI President Gary C.K. Huang

Week April 08, 2015

Board 2014-2015

President: Mark Winson, Past President Michael Bell, President Elect: Jack Fleming, Secretary: Ron Miller,

Treasurer: Don Edwards

Directors: Donna Cansfield, Gregory Dobson, Gillian Dugas, Ingrid McGaughey, Frederik Martin, Kester Trim, Hugh Williams

April 15, 2015 – Big Ideas Forum Subject: Senior's Care – Hosted by Donna Cansfield 7.00 PM at Crooked Cue

Reporting: Ron Miller

Pictures: Ron Miller & Peter Dusek

"Pass the Gold Star: The S-Curve for Self-Success in Children".

Today's Speaker: Michael GIBBEN – I.M. Success Tutoring

Michael began by saying that the students who are the most successful are "engaged students". They need to be fully involved and motivated in their own education.



Michael Gibben is an Ontario College of Teachers certified teacher from Toronto, Ontario with over ten years of education experience. Previously, Michael was a primary school teacher. Currently, he is the owner and founder of I.M. Success Tutoring. Michael's philosophy is to build proud parents and inspired children. He and his team of dedicated tutors work together with parents to build the confidence and academics of their children through the I.M. Success Tutoring mentoring-tutoring programs, trust, and care. Outside of education, Michael enjoys hiking, swimming, and is learning how to drive a race car. Today, Michael is presenting

He said that many, of what he calls "super teachers" have a tendency to "over praise" students as a way of motivating them. However, this overpraise can have a negative effect when it reaches a "saturation point". Michael says his background is "scientific" and saturation refers to the "limit anything can absorb" and can't go any further. Oversaturation leads to a crash of the system. This is the same with students. He thinks this also takes "too much time and too much energy" and in the end is negative. Misguided praise can lead to a "perception of a lower level of capability, a reduction of motivation, an avoidance of challenges, and a fear of failure". Michael mentioned Carol Dweck's "Secret of Raising Smart Kids" which states "According to a survey in the mid-1990s, 85 percent of parents believed that praising children's ability or intelligence when they perform well is important for making them feel smart. But our work shows that praising a child's intelligence makes a child fragile and defensive. So, too, does generic praise that suggests a stable trait, such as 'You are a good artist'. Praise can be very valuable, however, if it is carefully worded. Praise for the specific process a child used to accomplish something fosters motivation and confidence by focusing children on the actions that lead to success. Such process praise may involve commending effort,

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strategies, focus, persistence in the face of difficulty, and willingness to take on challenges”.

Michael also mentioned Rachel Boll’s “Six ways to boost your Grandchild’s confidence”. Building your grandchild’s confidence (or the belief in oneself) is essential to setting him or her on a path to lifelong success. A healthy dose of self-assuredness can give grandchildren courage to try new things, accept life’s losses along with its wins, and cultivate trust in their own abilities.

- Specific Praise: Spotlight individual actions. Accentuating a specific action will be more meaningful than offering a vague “you’re smart” or “you’re talented.”
- Little Box: Ask your grandchild what he likes about himself. Have him/her write down responses on scraps of paper. Store the papers in a special box. Whenever feeling blue or in a rut, they can read the notes to remind them of the qualities and talents of which they are most proud. If their answer involves talents—singing, skiing, or making friends easily—encourage them to pursue this passion further. Let their natural highs guide them to stay motivated, happy, and confident.
- A little risk is good: A confident child is someone who knows they are valuable whether or not they succeed. Willingness to fail is an important component of self-esteem. It’s not only important to provide opportunities to succeed and fail — but to show that failure isn’t the end of the world.
- Picture it: If children picture themselves winning a match, improving a skill, doing a difficult task, etc., they became more confident in their own abilities and potential. This confidence-building technique can work in many areas.
- Play Student, Play Teacher: Challenge your grandchildren to teach you what they know. They’ll feel good about the skills they have to offer and will be able to see how teaching their knowledge to others can make a positive difference. This is a powerful tool for building confidence.

➤ Be an attentive listener

The S-Curve for Self-success (Ability vs Praise) starts with a model to develop “self-praise” skills guided through “positive reinforcement and direction” which leads to their feeling of “confidence and praise in their own ability”. Pass the Gold Star.

Michael and his company tutor around 50 students a year. The students are from Junior Kindergarten to Grade 12 (with the majority JK to Grade 6). They tutor students in reading, writing, math and some French.

New Member Induction – Megha Sharma



President Mark officially welcomed and inducted our newest member Megha Sharma into the Rotary Club of Etobicoke. Secretary Ron presented Megha with her Rotary Membership Card, her Club ID Badge and her New Member Information binder. DGE Michael Bell presented her with her Rotary pin and welcomed her to Rotary.

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Big Ideas Forum (BIF) – Wednesday, April 15th – Senior’s Care in the Community

Our next BIF (Big Ideas Forum) this upcoming Wednesday, April 15th will be an “important” event with the topic being “Senior’s Care in the Community”.

Like death and taxes, one of the other guarantees in life is that we will all get older. And, if not for our own benefit, as the sandwich generation, caring for our parents, it is important that you understand how the system to care for and assist seniors works...and when and why it doesn’t work.

On April 15th, Donna Cansfield and Michael Lu have put together an expert panel to discuss and explore the issues facing seniors in our own community. If you haven’t had to deal with the system, you will. And, knowing how it works and what you can expect from the system is critical. All members are encourage to join us at the Crooked Cue (7 PM) and to think about bringing someone who is having to deal with senior’s issues presently. This is going to be salient to all of us at some point in time.

Jack Fleming – Banner Exchange – Rotary Club of South-east Nassau (Bahamas)



Jack Fleming visited the Rotary Club of South-east Nassau (Bahamas) on Wednesday, April 1st and exchanged Club Banners with Sean Blyden.

Cheque Presentation – Seneca School



On March 27th, The Rotary Club of Etobicoke presented Seneca School with a cheque for \$15,000. The presentation was part of Seneca's Spirit Assembly and all the students and staff gathered for songs and school achievement awards. Our donation comes at an important time to allow Seneca School,

Birthdays This Week



Mark VYTRYSKY – April 08th

Best wishes on your Happy Day ...

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after 5 years of fundraising, to reach their goal of \$105,000. The total funding will go to the construction of a new playground and the purchase of new equipment. Seneca School provides specialized programs that meet the individual child's need. All of the students are either physically disabled, medically fragile or have been diagnosed with Autism.



50/50 Draw

Michael LU – ACE OF DIAMONDS. The pot \$600+ continues to grow. As a consolation prize Michael was presented with a box of Girl Guide cookies.



Visitors & Guests

Visitors and Guests:

- ✚ Michael Gibben – I.M. Success Tutoring – Speaker
- ✚ Anne Wood – Guest of Yvan Baker
- ✚ Tina Cole – Guest of Ralph Chiodo

Attendance:

Members 12
Visitors & Guests – 03
Total – 15

Secretary's Announcements



Rotary Trump AIDS Poker Walk – Saturday, April 25th:

Gill Dugas would like to remind all Club members that Rotary Etobicoke is looking for walkers to join our Rotary Etobicoke "Ribbers" Team at our annual District 7070 Rotary Trump HIV/AIDS Poker Fundraising Walk on Saturday, April 25th. Registration opens 9 a.m. and the Walk starts 10 a.m. The route is 5 km around Toronto Beach Parks and Queen Street followed by a light lunch with entertainment at 12:00. Prizes to be awarded for the best poker hand. Wind up at 1:30 p.m. Teams of 8 persons with family and friends invited to join our team(s).

If you cannot join our team, your support through a sponsorship to the team would be much appreciated. Rotary Etobicoke's International Committee will retain 80% of all the funds we raise for HIV/AIDS projects. To sponsor our team go to www.trumpaid.ca

Last year the funds our Club raised \$2,247 from the Rotary Trump HIV/AIDS Walk were sent to the Rotary Club of Knysna to be used for projects involved with individuals with HIV/AIDS; Masithandane in Sedgfield, MadAboutArt in Nekkies; and Mrs. Talamagies' soup kitchen in Hornlee.

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HAPPY BUCKS



Barry Friesen – Barry was happy to say that we are in “we are in the home the home stretch for Ribfest”. He has had “good meetings” recently (including one with Michael Bell just before today’s luncheon) and the preparations are going well. He was also happy to say that his son celebrated his 24th birthday on the weekend. He added that his son is “still single if anyone was interested”.

Ralph Chiodo – Ralph was happy to say that Tina Cole was here as his guest today. Tina’s grandmother and Ralph’s family were friends back in Italy. Ralph noted that Tina’s family was only one of three that moved to Toronto from Calabria. Ralph said that many of the others moved to Australia or Thunder Bay. As well, Tina for past 2 years has been an organizer for the Mississauga ITALFEST and is working on her 3rd this year (to be held in mid-August). Ralph said that she is here today on a “spying mission” to see if she can pick up any tips about how we do Ribfest. Ralph was also happy to say that the Canadian Franchise Association had awarded him the 2015 CFA Lifetime Achievement Award.

Mark Winson – Mark was happy “just because he can”.

Erlene Brown – Erlene was happy “to be back” after her recent travels to New Zealand and French Polynesia and “ready to begin the next part of her life”. She was also happy to helping to organize the Pre-Ribfest Gala on May 20th. She hopes to see us all there.

Megha Sharma – Megha was happy that she has become member of our Club. She said it is an “honour to belong to a Club with so many inspiring and highly motivated people in it”. She is happy “to be part of the Rotary family”.

Michael Lu – Michael was happy to say that yesterday he, along with Theresa, Jack and several other members attended the Scarlett Heights Entrepreneurial Academy (SHEA) as part of our Club’s “mentorship program”. He said they were helping Grade 9 students there with a “Business Plan” to help sell products. They did a similar program a couple months ago and it was a success, so yesterday was the “kick-off” for a new session. He thinks this session will also be a success. Theresa Sherwood commented that Michael also got the students attention when he “demonstrated some of his break-dancing moves to them”.

This Weeks calendar



Monday, April 13th – Board of Directors meeting – 6:00 pm (food)
6:30 pm (meeting start) – Rotary Clubhouse

Saturday April 18th – RLI (Levels 1, 2 & 3) – 8:30 am to 4:00 pm – Seneca College (1760 Finch Ave. E.)

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Saturday, April 25th - District
Conference meeting - 9:30 am -
Rotary Clubhouse

Saturday, May 2nd - District
Assembly - 7:30 am to 2:00 pm -
BMO Institute for Learning (3550
Pharmacy Ave - Pharmacy/Steeles
Ave. E.)

The Rotary Club of Toronto Sunrise - "Night of 1000 Dinners" - Saturday April 18th

The Rotary Club of Toronto Sunrise has invited members of our Club to attend their 9th Annual Hors d'oeuvres & Wine Party in support of Canadian Landmines Foundation's "Night of a Thousand Dinners" and Toronto Sunrise Rotary Projects on Saturday, April 18th at ADG Mary Lou Harrison's home, 479 Manning Avenue (Bathurst & Harbord) from 7:30 pm to ??? (TTC - Christie Station and walk one block east to Manning and then south to #479 - a 10 minute walk. Limited street parking, Green P lot on Clinton, just north of College. Street Parking is available). There will be a variety of wonderful hot and cold appetizers with red and white wines supplied by Sage Advice Inc. We know all our schedules are busy, so feel free to drop by for a few minutes or spend the evening. (Kids are very welcome with even Shirley Temples available for them). Tax receipts will be given for 80% of donations of \$25 or more (make your cheque payable to Toronto Sunrise Rotary).

**April marks the 60th anniversary
of the announcement that Jonas
Salk's inactivated polio vaccine
IPV**

April marks the 60th anniversary of the announcement that Jonas Salk's inactivated polio vaccine (IPV) was safe and effective; his work is playing a more important role than ever in securing a polio-free future

Some moments in history carry a greater significance than others. Sixty years ago on the 12th of April, a vaccine developed by Jonas Salk proved to be safe and effective in protecting children against polio. This gave the world one of the critical tools needed to begin the fight against the crippling disease. Since then, the polio programme has been one of the most successful public health programmes in history, reducing polio cases reduced by 99%. Now, the final 1% is tantalizingly within reach. As we commemorate Jonas Salk's remarkable achievement, the vaccine that began this journey - the inactivated polio vaccine (IPV) - is playing an important role in the final steps towards eradication, and ensuring that the virus will never be able to return.

An incurable threat

For thousands of years, polio was a leading cause of disability, arriving without warning and causing lifelong paralysis. Against the backdrop of increasingly devastating outbreaks in the United States, Jonas Salk was born in 1914. In 1916 alone, over 27 000 people were paralyzed and 6 000 killed in America.

In 1928, with ever-higher numbers of cases, iron lungs were introduced to help patients breathe, keeping many alive who would have died only years before. Yet, in many cases, this restricted otherwise healthy people to a life of reliance on these machines.

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The discovery that changed the world

In 1908, Dr Karl Landsteiner discovered that polio is caused by a virus. This marked the start of several decades during which understanding of the disease began to grow, setting the stage for scientists to begin to work on a way to prevent it.

At the New York University School of Medicine in 1938, Dr Jonas Salk began to work on an influenza vaccine. Here he learned techniques that would later enabled him to develop the inactivated polio vaccine at the virus research program he launched at the University of Pittsburgh in 1947.

By 1952, Salk and his colleagues announced that they had developed an injectable vaccine against polio. Following small trials in the Pittsburgh area of the United States, Canada, the US and Finland launched trials on an unprecedented scale, involving 1.8 million children. Finally, in April 1955, Salk's vaccine was declared "safe, effective and potent." By 1957, cases in America had dropped by almost 90%, and by 1979, stopped altogether.

With the development of the oral polio vaccine (OPV) by Dr Albert Sabin in 1961, the world was given the tools to both stop outbreaks, and strengthen and build immunity to ensure that children could grow up without the threat of polio.

A global focus

Despite the dramatic impact of the vaccine in America, polio continued to affect some 350,000 people in 125 countries around the world. In 1988, driven by Rotary International who had become crucial advocates in the fight against polio, the

World Health Organization, UNICEF, and the U.S. Centers for Disease Control and Prevention joined Rotary to launch the Global Polio Eradication Initiative (GPEI).

Since then, the GPEI has supported governments to end transmission of polio globally. The combination of the oral polio vaccine and IPV led to the eradication of polio in the Americas, in the Western Pacific, and Europe. With the declaration of the WHO's South-East Asia Region as polio-free in 2014, 80% of the world's populations now live in polio-free regions – a public health milestone that was unimaginable when Salk first began his work on vaccines.

The role of the inactivated polio vaccine today

Now, on 12 April 2015, as we celebrate the 60th anniversary of the introduction of Salk's IPV we are reminded of more than 10 million people walking today who would otherwise have been paralyzed by polio.

In the past six months, just two countries have reported cases of wild poliovirus: Afghanistan and Pakistan. As a polio-free world comes into sharper focus, Salk's vaccine is once again demonstrating its importance. In 2015, 120 countries are introducing his IPV into their routine immunization systems (some countries, like Nigeria, already have). With the phased removal of OPV crucial in order to completely eradicate all polioviruses, reaching all children with IPV will be essential in securing the gains made against polio for future generations.
