



**April 14, 2009**  
**Editor: Bryan Tastad**

**Rotary Club of  
 Saskatoon Nutana**

**Club No. 1380**  
**Founded May 31, 1961**

**Club Officers**

President	Kim Horan
President-Elect	Dorothy Hudson
Past President	Alice Hanlin
Vice-President	Bill Christensen
Secretary	Jack Scott
Treasurer	Garry Schlichemeyer

**Board of Directors**

Club Administration	Khysar Pasha
Membership	Philip Asea
Public Relations	Eileen Harvey & Dorothy Hudson
Service Projects	Bob MacGillivray
Rotary Foundation	Asit Sarkar

**Rotary Int'l President**  
D. K. Lee

**District Governor**  
Harold Law

**Assistant Governor**  
Darren Williams

**Websites**

**Club**  
[www.rotarynutana.org](http://www.rotarynutana.org)

**District**  
[www.rotary5550.org](http://www.rotary5550.org)

**Rotary International**  
[www.rotary.org](http://www.rotary.org)

**Call to Order**

President Kim Horan called the meeting to order in the friendly surroundings of the Oak Room. At long last David Kaplan could again lead us in the singing of *O Canada* and *Rotary Grace*. Kim thanked Jim Blackburn and Ray Bannister for working at the desk and Kent Creelman for selling Rotary dollars.

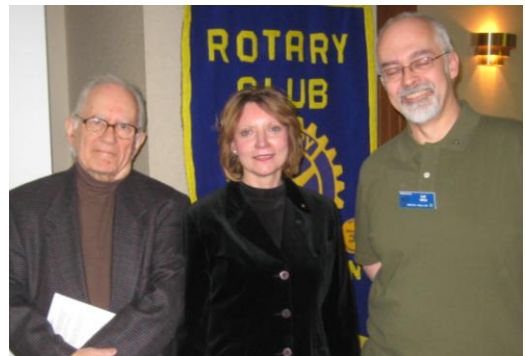
**Visitors**

Greeter Jack Kernan welcomed:

- Guest speaker Meredith McKague;
- Masahiro Mizuno, guest of Philip Asea;
- Visiting Rotarians PDG Harold Empey and David Russell of the Rotary Club of Saskatoon Meewasin, and PDG Muhammad Ashraf Baig of District 3270 in Pakistan.

**New Member Induction**

President Kim and David Kaplan welcomed Angela Choi as our newest member.



**Program – Meredith McKague – Communication Skills Program in the College of Medicine**

Tim Sandell introduced Meredith McKague, assistant professor in the College of Medicine at the University of Saskatchewan. Meredith has a special connection with Rotary as she was a Rotary Exchange Student to New Zealand! She is now leading a program to help doctors communicate better with patients. The benefits of improved



communication include better diagnosis, reduced patient stress, better patient adherence, and more satisfied patients and doctors. The training

program includes interaction between doctors and volunteer patients. If you would like to be a volunteer phone Cathy Yourk at 966-6946. Meredith gave a number of tips that patients can use to improve communication with their doctors:

- Think about your goals for each visit.
- Prioritize your concerns. You can probably only deal with one or two concerns per visit.
- If you need more time, schedule a longer counselling visit or book another appointment.
- Write down your symptoms.
- Give a clear and concise description of the problem and how it is affecting your life.
- If you don't understand something, ask for clarification.
- If your needs haven't been met, ask for what you need.

Meredith suggested that, if you do your own research on the internet, be sure to use reputable sites. She suggested the following: Health Canada <http://www.hc-sc.gc.ca/index-eng.php>, HealthLink BC <http://www.healthlinkbc.ca/kbaltindex.asp>, University of Iowa Virtual Hospital <http://www.uihealthcare.com/vh/>, UK Patient Leaflets <http://www.patient.co.uk/pils.asp>, and New York Online Access to Health <http://www.noah-health.org/>.

Boris Kishchuk thanked Meredith on behalf of the club.

## Announcements

- **PDG Muhammad Ashraf Baig** brought greetings to the club and presented mementoes from District 3270 in Pakistan to President Kim and to Ed Pek, who was selected as a “senior” Rotarian.
- **Tim Sandell** – Larry Neely is scheduled for surgery on April 21 and will be in hospital for two weeks after that. The prognosis is positive.
- **Harold Empey** – The Meewasin Club’s annual Rotary Lobster Fest will be held on Saturday, May 23 at the Soccer Centre at 219 Primrose Drive. Reception at 6 p.m., with dinner to start at 6:30 p.m. Cost is \$50, with a charitable receipt for \$25. For tickets phone 244-4954.



## Sergeant-at-Arms

Sergeant Tim Sandell levied numerous fines. Happy and sad dollars of note came from Ed Pek (new grandson and trip to Dallas), Darren Williams (48<sup>th</sup> birthday), Bill Sinnett (visit with grandchildren), Garry Schlichemeyer (two month trip to New Zealand and Australia), Tim Sandell (first golf game).

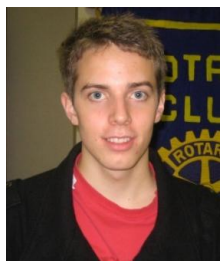
## Draws

50/50 - Pot - \$28 Winner – Sergey Fedoroff

## Program Chairs and Coordinators for upcoming months.

Month	Program Chair	Desk Workers	Greeters	Sergeants
April 09	Bill Christensen	Norm Woodcock	Norm Woodcock	Rick Lee
May 09	Joe Dierker/Boris Kishchuk	Lorne Richardson	Norm Woodcock	Rick Lee
June 09	Khysar Pasha	Norm Woodcock	Norm Woodcock	Rick Lee

## Rotary Exchange Students



*Kevin Binaux of France is being hosted by the Rotary Club of Saskatoon Meewasin. Kevin's counselor is Robert Fisher and he currently is staying at the home of Al and Myrna Muir. He attends Walter Murray Collegiate.*



*Lisa Tomschiczek of Germany is jointly hosted by Saskatoon's Rotary Clubs. Lisa's counselor is Joanne Harpauer-Digneau (Saskatoon North) and her current host family is Wayne & Donna Knouse, phone 384-5332. Lisa attends Marion Graham Collegiate. Email: [l.tomschiczek@yahoo.de](mailto:l.tomschiczek@yahoo.de)*

## Program Calendar April 2009

**Program Chair: Bill Christensen**

### Theme: Magazine Month

Date	Attendance Desk	Greeter	Rotana Editor	Sgt-at-Arms	Speaker/Topic	Intro	Club Thanks
April 16	Meals on Wheels Driver – Darren Williams						
April 20	Dragon Boat Kickoff at Great Western Brewery – 7-9 p.m.						
April 21	Larry Neely/Alice Hegel	Bill Christensen	Bryan Tastad	Joe Dierker	Lisa Tomschiczek <i>My Rotary Exchange Year</i>	Philip Asea	Eileen Harvey
April 22	Meals on Wheels Driver – Kent Creelman						
April 23	Meals on Wheels Driver – Tim Sandell						
April 28	Bob Devrome/Norm Woodcock	Betty Ann Arscott	Bryan Tastad	Joe Dierker	Bill Richards <i>Saskatoon Theological Union's 'Intensive' Courses</i>	Bill Christensen	Winston Gokavi
April 29	Meals on Wheels Driver – Betty Ann Arscott						
April 30	Meals on Wheels Driver – Harold Haid						

## Adventures in Technology

The 2009 Rotary Adventures in Technology will be held in Saskatoon from Monday, April 27th to Friday, May 1, 2009. The five Rotary Clubs and Rotaract Club of Saskatoon organize this annual program. Adventures in Technology will involve high school students from across Western Canada in an intense exploration of advanced technology, research, development and applications including the Canadian Light Source Synchrotron.

Date	Attendance Desk	Greeter	Rotana Editor	Sgt-at-Arms	Speaker/Topic	Intro	Club Thanks
May 5	TBA	TBA	Bryan Tastad	TBA	<i>Club Assembly</i>		
May 6	Meals on Wheels Driver – Bill Christensen						
May 7	Meals on Wheels Driver – Driver Needed						
May 12	TBA	TBA	Bryan Tastad	TBA	Sandra England <i>Tanzania Tree Project.</i>	TBA	Terry Kotyk
May 13	Meals on Wheels Driver – Driver Needed						
May 14	Meals on Wheels Driver – Harold Haid						
May 19	TBA	TBA	Bryan Tastad	TBA	June Cathcart <i>Polio Plus</i>	Darren Williams	Winston Gokavi
May 20	Meals on Wheels Driver – Driver Needed						
May 21	Meals on Wheels Driver – Driver Needed						
May 26	TBA	TBA	Bryan Tastad	TBA	Bryan Harvey <i>World Food Supply</i>	Keith Downey	Jim Blackburn
April 29	Meals on Wheels Driver – Driver Needed						
April 30	Meals on Wheels Driver – Driver Needed						

**Rotaractor in MS Walk**

Dear Rotarian,

My name is Kristen Haver, and as you may know, I am a member of Rotaract Saskatoon. As a club we have pledge to raised money for this year’s MS Walk.

We will be walking 6 KM on April 26th, from the Archibald Area to the University and back in a loop around the river. This causes is near and dear to my heart, the mother of one of my good friends has MS and I would love to be part of making her life better. I want to help increase funding for research so that one day they will find a cure. Please click on "Personal Fundraising Page" below to donate.

Visit my [personal fundraising page](https://msofs.mssociety.ca/2009WALK/Sponsor.aspx?PID=1086650&L=2&GC=ORS) and make a donation online.  
(<https://msofs.mssociety.ca/2009WALK/Sponsor.aspx?PID=1086650&L=2&GC=ORS>)

Please join me in my efforts to end this disease by making a donation today. Secure online donations can be made by VISA, Master Card, American Express or Diners Club. A non-alterable electronic tax receipt for your donation will be sent to you by e-mail.

To find out more about the MS Walk, please visit [www.mswalks.ca](http://www.mswalks.ca).

Bring MS to an end. Donate today.

Sincerely,

Kristen Haver