



August 25, 2009
 Editor: Jim Blackburn

**Rotary Club of
 Saskatoon Nutana**

Club No. 1380
 Founded May 31, 1961

Club Officers

President	Dorothy Hudson
President-Elect	Bill Christensen
Past President	Kim Horan
Vice-President	Khysar Pasha
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

John Kenny

District Governor

Nancy Morris

Assistant Governor

Donna Birkmaier

Websites

Club

www.rotarynutana.org

District

www.rotary5550.org

Rotary International

www.rotary.org

Reminder: There will be no club meeting on Tuesday, September 8, due to the Citizenship Court that will be held at the Nutana Legion (3021 Louise Street) on Friday, September 11. This will take the place of our regular Tuesday meeting.

Call to Order

President Dorothy Hudson called on David Kaplan for *O Canada* and *Rotary Grace*. David serenaded us with *Bye, Bye, Blackbird*. Dorothy thanked new member, Mario Gould, and Asit Sarkar for working at the desk and Kent Creelman for selling Rotary dollars.

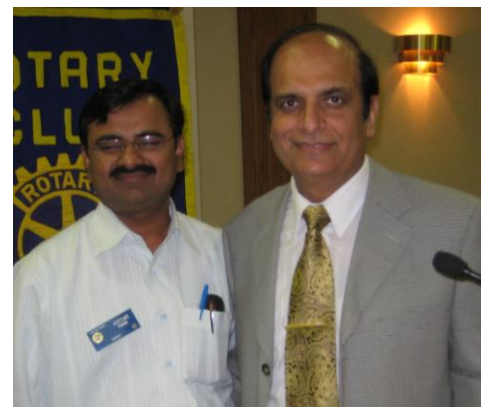
Visitors

In the absence of a designated Greeter, Asit Sarkar introduced the following visitors:

- Dr. Ramesh Avinashi, Speaker;
- Visiting Rotarians Ed Yauck from the Rotary Club of Flin Flon, and Cheryl Tuck-Tallon from the Rotary Club of Saskatoon North.

Program – Dr. Ramesh Avinashi – Family Physician

Khysar Pasha introduced Dr. Avinashi who has been a Family Physician in Saskatoon since 1977. Dr. Avinashi graduated in Medicine in India in 1970 and completed further training in England. He moved to Saskatchewan in 1973, originally setting up a practice in Kerrobert.



Dr. Avinashi and his wife, Veena, have three children and they are active volunteers in the community. He has three walk-in clinics; he works in all three of the Saskatoon hospitals and provides medical services to the Nursing Home in Langham and several personal care homes in Saskatoon. As a family practitioner, he provides total patient care for all

age groups and all kinds of health problems. He serves on a number of hospital committees and is heavily involved in teaching and tutoring family physician students and interns. Participating in Continuing Medical Education programs is a must for family physicians to keep up to date in medical practice throughout their careers. On the non-medical side of his life, he is very active in the Hindu Society, the Multi-Cultural Council, Folk-Fest and a new organization, the Services for Seniors.

Dr. Avinashi provided several important recommendations for interacting with your physician:

- Be sure to tell the physician why you are seeking his services (what is the problem and what you think needs to be done). It is all too common that patients refrain from telling the doctor what their problem is until near the end of the appointment.
- If you are having a check up, be very detailed in describing past surgeries, accidents, medical illnesses, personal health problems and your medication history as well as identifying any allergies that you have experienced in the past.
- Do everything possible to prevent disease and health issues through life style actions.
- Unnecessary stress should be avoided when possible
- Have a positive attitude
- Trust your physician and, if in doubt, seek a second opinion
- Your personal faith and spirituality is very important. The Rx at the beginning of a prescription refers to: I treat (physician); he cures (God).

In summary, Dr. Avinashi noted that there are four pages in every life:

- Genetics – in the parent’s hands
- Life style – in your hands
- Medical care – in your physician’s hands
- Destiny – in God’s hands

Asit thanked Dr. Avinashi for his excellent presentation as well as for being his physician. Asit has had the opportunity to work with him in several capacities in volunteer organizations to help the residents of Saskatoon.

Announcements

- **Dorothy Hudson:**
 - The Power Within Leadership Conference, Tuesday, September 8 at Evraz Place in Regina. The program features President Bill Clinton and it is sponsored by the Rotary Club of Regina Oskaya. Tickets for the 8:30 a.m.-2 p.m. program are \$100. Please contact members of the Regina Oskaya Club if you wish to attend.
 - Dorothy also reminded us that the Meewasin Club’s Black and White Dinner and Auction is coming up. More details will follow.
- **Norm Woodcock** - Beginning September 14 (not September 8 as announced at the meeting), next week, we are to pick up the Meals on Wheels at the Parkville Manor (adjacent to the Park Town Hotel). Norm will have more details on the pick up next week. Drivers are needed so please consider making time for providing this excellent service to those in need.
- **Cheryl Tuck-Tallon** - The Rotary Club of Saskatoon North and the NSBA are presenting “The Future of the NHL in Western Canada” on Friday, September 18 at 12 noon at the

Saskatoon Inn with featured speaker Ken King, President & CEO of the Calgary Flames. Please call 242-3060 or e-mail nsba@sasktel.net for tickets (\$ 25.00).

- **Kent Creelman** - Kent announced that our Rotary Dollars has provided \$1,575 to the Rotary Foundation in 2008. Stop by and pick up another \$20 worth, so we can increase our contributions in 2009. Many thanks to Kent for all his efforts!
- **Khysar Pasha** - Khysar reminded everyone that next week's meeting will be the Citizenship Court held on Friday, September 11 at noon in the Nutana Legion (*3021 Louise Street*). Please arrive by 11:45 AM and be seated by 12 noon sharp.
- **Bill Sinnett** - Please pick up your Safeway and Co-op cards.

Sergeant at Arms – Sergeant Rick Lee was in his usual mood and levied fines to the following: President Dorothy (no greeter, but we are doing our best to prevent H1N1 by not shaking hands); Jim McCartan – for wearing shorts at the meeting; Norm Woodcock – inappropriate response to Philip's volunteering for Meals on Wheels; Cheryl Tuck-Tallon – must find out if Ken King is in favour of the Phoenix Coyotes playing some of their games in Saskatoon; Kent Creelman – he should be the Canadian Finance Minister.

Happy and Sad Dollars: Bob Devrome – club made \$14.75 on the golf tournament; Jack Scott – once again won the Silverwood Mens' Golf Championship; Bryan Tastad – his team took home all the money in Ed Pek's Golf Tournament for being the most honest team; Joe Dierker – had a great trip to Finland and Russia with little security problems; Bill Christensen – our thoughts and prayers are with Tim Sandell as he continues to battle cancer; Jack Scott – our best wishes are also with Garry Schlichemeyer for a quick return to health; John Montgomery – sad dollar for having lost his wallet; Betty Ann Arscott – happy dollar for John Montgomery's granddaughter's mural that was done in the new facilities of the Jazz Society in the old Post Office Building.

Draws

50/50 – Pot - \$27; Winner - Ed Pek won his first every Nutana Rotary Draw!

Planning for the Rotary Year July 2009 – June 2010.

Administration Director: Khysar Pasha Assistant Director: Betty Ann Arscott

Month	Theme of the Month	Name of Program Chair	Name of Volunteer Coordinator for Desk Attendance	Coordinator for Greeter	Coordinator for sergeant
Sept 09	New Generations	Betty Ann Arscott and Khysar Pasha	Asit Sarkar	Harold Haid	Rick Lee
Oct 09	Vocational Service	Ray Bannister	Kim Horan	Stan Garchinski	Rick Lee
Nov 09	Foundation	Ed Pek	Terry Kotyk	Norm Woodcock	Rick Lee
Dec 09	Family	Jim Blacburn	Ray Bannister	Norm Woodcock	Jack Shiffman
Jan 2010	Rotary Awareness	Sergey Federoff	Jim Gillis	Norm Woodcock	Rick Lee
Feb 2010	World Understanding	Bryan Tastad	Bill Christensen	Norm Woodcock	Bill Sinnett
March 2010	Literacy	Keith Downey	Khysar Pasha	Norm Woodcock	Rick Lee
April 2010	World Community Service	Boris Kishchuk	Betty Ann Arscott	Norm Woodcock	Rick Lee
May 2010	Int'l Convention	Darren Williams	Harold Chapman	Norm Woodcock	Rick Lee
June 2010	Fellowship	Asit Sarkar		Norm Woodcock	Rick Lee
July 2010	Literacy	Khysar Pasha		Norm Woodcock	Rick Lee

Program Calendar September 2009

Theme: New Generations

Program Chairs: Betty Ann Arscott/Khysar Pasha

Date	Attendance Desk	Greeter	Rotana Editor	Sgt-at-Arms	Speaker/Topic	Intro	Club Thanks
Sept 8	Regular Tuesday meeting cancelled due to Citizenship Court on September 11 at Nutana Legion, 3021 Louise Street						
Sept 9	Meals on Wheels Driver – Driver Needed						
Sept 10	Meals on Wheels Driver – Driver Needed						
Sept 11	Asit Sarkar & Boris Kishchuk	TBA	Jim Blackburn	Philip Asea	Citizenship Court @ Nutana Legion 11:45 a.m. – 2 p.m.	NA	NA
Sept 15	Asit Sarkar & Helmut Hamp	TBA	Bill Sinnett	Philip Asea	Josh Dustyhorn and Shukofa and Skokriyeh Tajik RYLA	Darren Williams	Kim Horan
Sept 16	Meals on Wheels Driver – Driver Needed						
Sept 17	Meals on Wheels Driver – Driver Needed						
Sept 22	Asit Sarkar & Mario Gould	TBA	Bill Sinnett	Winston Gokavi	Cindy Sherban Nursing Profession	Khysar Pasha	Garry Schlichemeyer
Sept 23	Meals on Wheels Driver – Driver Needed						
Sept 24	Meals on Wheels Driver – Driver Needed						
Sept 29	Bill Sinnett & Kenn George	TBA	Bill Sinnett	Winston Gokavi	Jonathan Stockdale Engineers Without Borders & Health Aid Youth Club	TBA	Betty Ann Arscott
Sept 30	Meals on Wheels Driver – Driver Needed						

Rotary Minute – September 1

Formerly a Rotary Club program, the Ripple Effect Program has grown to become a District 5550 program effective July 1, 2009. Originally managed by the Rotary Club of Winnipeg West, the newly established Canadian Ripple Effect Committee will administer the program as a sub-committee of the District's World Community Service Committee. The Ripple Effect Program in Guatemala is the first international world community service program ever developed in District 5550. This award-winning program was initiated by the Rotary Club of Winnipeg West.

Over its 10 year history, the Ripple Effect Program has been responsible for the development or refurbishment of 34 schools in Guatemala. It now involves many clubs in District 5550 and has expanded into Districts 5580 and 5360. Under the direction of the Canadian Ripple Effect Committee and the Guatemalan Ripple Effect Committee, school projects are identified, club-to-club agreements are signed and projects are implemented.

The purpose of this program is to provide opportunity to disadvantaged children through education. This program creates a "ripple effect". Education improves the lives and outlook of the students; then, through "the ripple", they affect those around them, who in turn affect others in ever-widening circles.

For further information visit <http://www.buildingschools.net/> or contact:

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