



October 6, 2009
Editor: Rick Lee

**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

Call to Order

President Dorothy thanked Harold Haid and Philip Asea for manning the desk and Stan Garchinski for being the Greeter. We sang *O Canada* and *Rotary Grace* accompanied by David Kaplan.

Visitors

Stan, in error, introduced last week's guests but to show enthusiasm overpowers anything - no one seemed to mind.

Guests included:

- Visiting Rotarians Harold Empey and David Russell of the Rotary Club of Saskatoon Meewasin.
- Guest speaker Zeba Ahmad, as well as Pat Cooney from Phreedom Santé;
- John Allen from the Heart and Stroke Foundation

Make ups – Bryan Tastad – 5 Club PR; and Terry Kotyk – Shelter Box Committee Meeting.

Program – Zeba Ahmad – Phreedom Santé

Zeba Ahmad was introduced by her former mentor/ business partner Ray Bannister.



A graduate of the U of S, Zeba has a background as a bio chemist and pharmacist. She has received many awards including the Governor

General's award and is a past Volunteer Chair of the RUH

Board. She is now Director of Development for Phreedom Santé which opened in September 2008 and is a one of a kind clinic which provides clients with scientific research results about their personal metabolic health status. They have a preventative approach and take three blood samples within a three month period and with these can advise clients on possible changes and

risk factors that are evident. An example of this would be a change in diet that may be required or an increase of physical activity that would benefit.

It has been proven conclusively that some items in our North American diet lead to major diseases such as heart attacks and hypertension. Phreedom Santé is aware that there is an overload of information available and attempts to advise clients on the best choices available. These choices are then completely up to the client to make. Zeba made the statement that, due to their largely sedentary lifestyle, many teens and young people are now in such poor shape that for the first time in history they will probably die at a younger age than their parents!

The company is also doing research on a simple blood test to replace the dreaded colonoscopy which brought a wishful sigh from many of the members!

Bryan Harvey then ably thanked Zeba for her interesting and informative talk and expressed appreciation for her “everything in moderation” mandate.

Announcements

- Bob McGillivray received a \$9,720 check from John Allen of the Heart and Stroke Foundation for our participation in the Dragon Boat Races.
- President Dorothy is trying to get something together for Oct. 20 which is World Food Day
- Roster is being printed
- Harold (no mic needed) Empey has tickets for the Black and White Night on Oct. 17
- Terry Kotyk has tickets for the Shelter Box Gala on October 20 at the Travelodge. Reception at 6 p.m., dinner at 7 p.m. Tickets are \$60 each with a \$25 donation receipt. Guest speaker will be Tom Henderson, founder and CEO of ShelterBox.
- Bob McGillivray announced that Nov. 10 would be an evening meeting with a Wild Life Photographer (his brother in law). Contrary to my first thought these will not be photos of Bob’s recent trip to Scotland.
- Bryan Harvey or his very much better half, Eileen, has New Member Cards



Sergeant at Arms

Bill Christensen had many fines, including those for whose names were not on the obituary page and also the many luminaries who celebrated their birthdays in October. Stan Garchinski was fined for his mess he made of the Visitors’ names as well as his cell phone going off. Cy Rouse and Ray Bannister had happy dollars. John Montgomery had sad dollars for the untimely passing of Tim Sandell, who I agree was one of the most impressive people that I had the pleasure to meet.

Draws - Betty Ann Arscott made the 2 draws easy as he won the Gas card draw for delivering Meals On Wheels as well as the 50/50 draw. Better buy a lottery ticket Betty Ann!

Rotary Minute - Shelterbox

If you ever needed a great example of why we do what we do here at ShelterBox and why we are constantly raising funds to help other people – the photo below is living proof. People are literally clinging to hydro wires and bridges to save themselves from the water.

We now have typhoons, earthquakes and hurricanes and are operating in six different theatres at the same time. Our Philippine ShelterBox Response Team's (SRT'S) got home and went right back again yesterday as they are the most experienced in that country to help out. These are: "Volunteers" all over the world working on our behalf in these countries, distributing the ShelterBoxes that we raise funds for. While SRT Noel Currie from Victoria is on his way home from helping in Indonesia, SRT Jen Kormendy from Vancouver area is now on her way to the Philippines to provide comfort, shelter and support to those in need. It's critical now in the amount of support we need to provide literally thousands of boxes for these earthquake victims, flood victims and hurricane survivors.

ShelterBox team also heads to Samoa

A ShelterBox Response Team is heading to Samoa after a deadly tsunami hit the island at 1748 GMT on September 29.

Thank you - thank you - thank you, for what you are doing for others
Keep up the great work
Don & Anne Ohlgren - ShelterBox Canada



Residents clamber on electric wires to stay out of floodwaters while others wade neck-deep in Cainta Rizal, east of Manila.

Program Calendar October 2009
Program Chair: Ray Bannister

Theme: Vocational Service

Date	Attendance Desk	Greeter	Rotana Editor	Sgt-at-Arms	Speaker/Topic	Intro	Club Thanks
October 13	Joe Dierker/ Betty Ann Arscott	TBA	Asit Sarkar	Bill Christensen	Michelle Chuhaniuk <i>Oskayak School</i>	Ray Bannister	Norm Woodcock
October 14	Meals on Wheels Driver – Kent Creelman						
October 15	Meals on Wheels Driver – Joe Dierker						
October 20	Jack Kernan/ Kenn George	TBA	Asit Sarkar	Bill Christensen	Anne Simpsom <i>Writer-in-Residence</i>	Ray Bannister	Walter Mills
October 21	Meals on Wheels Driver – Driver Needed						
October 22	Meals on Wheels Driver – Driver Needed						
October 27	Mario Gould/ TBA	TBA	Bill Christensen	TBA	Klaus Gruber <i>Immigration to Canada</i>	Ray Bannister	Ed Pek
October 28	Meals on Wheels Driver – Driver Needed						
October 29	Meals on Wheels Driver – Driver Needed						