

**ROTARY CLUB OF KELOWNA – OKANAGAN MISSION  
MEETING NOTES AND NEWS LETTER  
CREEKSIDE PUB AND GRILL  
23 APR 2018**

Meeting called to order at 1800 Hrs. President Irma presiding

**ATTENDANCE:** Active Members 15/20 (75%)

**GUESTS:** Natoya HALL (Prospective new Member – Marie-Yvonne CLEAVER)  
Dr. Larry SHIPOWICK – Guest Speaker (Former Rotarian – Red Deer Alberta)  
Darlene SPAGNOL – Meat Draw

**CLUB BUSINESS:**

- **28 APR 2018** has been designated as Rotary Food Bank Day. Rotary volunteers will be collecting donations at Save-On Food Stores. Our club along with the Capri Club will be working from the Save-On Food Store in the Mission. Schedule has been circulated and all of the time slots have been filled.
- **JoAnna's House** – John McCormack attended a briefing and fundraising meeting with the KGH Hospital Foundation to discuss Rotary's role and commitment to fundraising. Rotary Districts 5060 and 5080 will work together. All that is required as this point is a letter of commitment from each club from the two Districts. Letter forwarded by President Irma.
- **CLUB BANNERS** – Ross advised that over the years we have accumulated a large collection of club banners from all over the world. We no longer display them at our Club meetings and they are currently being stored in various locations. Any suggestions on what we should do with the banners? Lyle SHOEMAKER approached Ross after the meeting and will try and come up with a solution.
- **MEAT DRAW** – Meat Draw is going well. Members are encouraged to attend once in awhile to help Darlene sell tickets and promote Rotary. When Club Members help to sell tickets we tend to sell almost twice as many....thereby raising our profit.
- **CENTRAL OKANAGAN BURSARY AND SCHOLARSHIP SOCIETY (COBSS)** - Howard and Neil reviewed a number of applications and a deserving candidate has been identified.
- **GUESS WHO IS COMING TO DINNER** - Howard advised that Saturday 02 JUN 2018 is the tentative date. Location(s) to be announced depending on the number of participants.
- **ADOPT A ROAD (ROAD KILL)** – Tentatively scheduled for Saturday 26 MAY 2018. Usual "drill" meet at the Mission Hall at 0900 followed by breakfast at Creekside.

**GUEST SPEAKER – Dr. Larry SHIPOWICK**

- **Dr. SHIPOWICK** is a retired Dentist and former Rotarian from Red Deer Alberta. He is currently the Kelowna Facilitator for the Complete Health Improvement Program (CHIP) at the Kelowna Lifestyle Centre. He also a regular contributor for Just For Seniors that is featured in the Capital News.
- His presentation centered around the importance of nutrition as one of the factors to enjoying the longest possible life span, and focused directly on the belief that cheese and to some extent dairy are not healthy nutritional choices. He based most of his conclusion on the recent book **THE CHEESE TRAP** by Dr. N. BERNARD.

- Dr. BERNARD wrote that cheese (cheddar?) is very high in calories, cholesterol, salt and saturated fat well outside the healthy range. Cheese is addictive and is responsible for increasing your risk of heart disease, Alzheimer's Disease and triggers respiratory problems, skin conditions, migraine headaches etc. BERNARD contends that 2 servings of milk per day increases your risk of prostate cancer by 60%.
- According to BERNARD and SHIPWICK, cheese is addicting because it is high in the protein casein. Casein breaks down into amino acids which attach to the same brain receptors that morphine and heroin attach to. In other words dairy products have opiate molecules as part of their make up and causes the brain to release dopamine leading to a sense of reward and pleasure – so you like it. One serving of milk has 7.7 grams of protein; turning it into cheddar cheese multiplies the protein to 56 grams.
- Dr. SHIPWICK concluded by saying that the CHIP lifestyle, for 39 years, advocates NO CHEESE?

Meeting adjourned at 1945.

Ross A GRIMMER  
OKM Secretary.