



# The Rotary Club of Wellington



[www.wellingtonrotary.ca](http://www.wellingtonrotary.ca)  
District 7070

Chartered: November 22, 2002  
Rotarian of the Year 2018-2019  
David Smith

September 11/2018  
Club #60346

## Today: Barry Davidson & Anthony Lemke PEC Attainable Housing Network

### President's Remarks

I am writing this note as we travel through Quebec and New Brunswick on our way to Charlottetown PEI.

In the small towns that we've come across, we can draw many parallels with our town of Wellington. Take for example Bouctouche NB. We walked along their waterfront trail in a park named after JD Irving. It was nothing out of the ordinary but it was natural and tranquil.

I get it now why so many tourists from the cities like to visit Wellington to experience our millennium trail and the Rotary beach. By the way, the park was called Irving Park. Presumably JD Irving's family contributed to the park. We then went on to Shediac NB, where we had a rest stop at the Rotary Park and took some pictures with a gigantic lobster, all donated by the Rotary club of Shediac. Probably it was a main "tourist attraction" in Shediac.

Yes, the Rotary needs to continue supporting the community. And we also came across an affordable housing project in New Castle NB that was sponsored by the local church, and a local park where there were outdoor musical instruments that was provided by their business association. Do these projects all sound familiar?

Today we are going to hear about the affordable housing project in Wellington from Barry Davidson and Anthony Lemke. Let's see how our club can help.

Phyo

### Last Week: Christian Jaehn-Kreibaum Daughter's Journey with Rheumatoid Arthritis

Christian related to us the story of his daughter Kate's "Journey to better Health. My daughter Kate was diagnosed 11 years ago at the age of 14 with Polyarticular Juvenile Rheumatoid Arthritis.

After diagnosis at Sick Kids Hospital in Toronto, no cure was offered. A number of drugs were prescribed but the side effects were troublesome.

I went on a mission to find a cure away from these meds and we finally discovered WFPB. (Whole-Food Plant-Based eating).

Over a period of 5 years and multiple doctors, they began to realize through Chinese medicine, that food was the cure. She went to Texas to get treatment from [Doctor John McDougall](#). His clinic specializes in homeopathic treatment programs.

Over a period of several months, the symptoms began to fade and now she enjoys a fulfilling lifestyle, free of many of the symptoms of this crippling disease.

The food diet is radical and requires a dedication that is not for all. Largely plant based but removes some foods that are still harmful.

Eat to Live by [Dr. Joel Fuhrman](#)

[Whole Foods Market](#)



Rotary Grace
O Lord and giver of all good We thank thee for our daily food May Rotary friends and Rotary ways Help us to serve thee all our days.

FOUR WAY TEST
Of the things we think, say or do: 1. Is it the TRUTH? 2. Is it FAIR to all concerned? 3. Will it build GOOD WILL and better FRIENDSHIPS? 4. Will it be BENEFICIAL to all concerned?

Monthly Set-Up Teams	
September Team #3	October Team #4
Karen Selick(TL)	Art Sinclair(TL)
Liz Bosma Donovan	Colin Fredericks
Ted Nash	John Inwood
Margot Langford	Dick MacArthur
Mike Lattner	Carol Love
David Baldwin	Alex Lacher
Brent Insley	Dawn Cutler
Kim Lee	Alex Mayeski

Birthdays/Anniversaries		Date
Birthdays	None	Sept 8
Anniversaries	None	

Bottle Duty Schedule for September		
Date	9-11AM	11AM-1PM
Wed Sept 12	John I. Ted N. Open	Parker G. Brian M. Colin F.
Sat Sept 15	Pierre L. Bill M. Alex L.	William M. Open Open
Mon Sept 17	Tim C.	
Wed Sept 19	Trudy B. David S. John I.	Phyo K. Karen S. Open
Sat Sept 22	Dave R. David M. Liz B.	Lana W. Liz B.
Mon Sept 24	Phyo K.	
Wed Sept 26	Trudy B. David S. Alex L.	Phyo K. Brian M. Michelle K.

Future Meetings & Events	
Sept 18	William Mulholland- Classification Speech
Sept 25	Club Forum
Sept 30	2018 Rotary Foundation Walk
Sept 30	County Marathon-Traffic Duty
Oct 2	Kaitlynn Almeida & Katherine Kirkpatrick-Wahl Rotaract Club of Toronto
Oct 9	Fergus Millar- Picton Library Expansion
Oct 16	Mary Lou Harrison- Rotary District Governor Visit

**William won the "About Forgetting Rotary Assigned Service" award for missing his bottle duty**



**Phyo with Christian Jaehn-Kreibaum**



**Visitors Last Week: John Wiens(3<sup>rd</sup> visit)**

**Photos by Kristen Nash**

**Bulletin Editor: Past President Art Sinclair**