



# the Arch



June 12th, 2012  
Volume 35, Issue 40

## YOGA

### Rob Walker, Yoga Instructor

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 Our Arch Supporters  
 ..... THANK YOU !!!

Bart introduced our speaker, Rob Walker, to talk about Yoga. Rob is passionate about the benefits of Iyengar Yoga, is the former Director of The Yoga Studio, Calgary's longest established yoga business and is a Director of the Yoga Studio of Canada. He advocates overall wellness, good posture and is dedicated to providing the highest standard of yoga teaching at his two studios. He has made 3 five week trips to India to study with yoga masters and has appeared on local TV to discuss yoga, and has had articles published in several periodicals.



Rob asserts postural problems are a silent, unspoken problem in our society and an indication of aging. Our lifestyles today are much different than long ago when indigenous people pursued a variety of tasks that were physically challenging. Today we are sedentary, do repetitive tasks mostly while seated which negatively affect hamstrings, quads, upper back, heart, lungs, wrists, arms etc. Ergo, we develop structural problems as we age so the body becomes tight, off balance and stressed. Many modern forms of exercise ignore posture so joints are not balanced and are unable to operate without strain. Most of us experience to some degree sore backs, tight shoulders, stiff knees, maladjustment between pelvis and spine, and foot problems. Rob feels that Yoga is a solution to many of these problems.

Dr. Timothy McCall in his book 'Yoga as Medicine' states "As someone who has been an MD for over 20 years, I can tell you that Yoga is quite simply the most powerful system of overall health and well being that I have ever seen". Rob feels that Iyengar Yoga is the only form of yoga that will really make a difference to your posture and is the most effective way of improving it and your overall structural health.

There is quite a variety of yoga available and there are no government regulations on yoga providers. Iyengar Yoga requires holding stretches for longer periods, and correct alignment so old postural habits are replaced, and focuses on balance. Props are used so stiff people get maximum benefit. Iyengar teachers are highly trained to give instruction, feedback and corrections. The human body is designed for movement and yoga helps you do that, but it does require effort and dedication.

In response to a question Rob suggested sessions should be at least 90 minutes with a frequency of several times a week.

President Dave presented our usual Add Your Light certificate to our guest speaker.

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## Rotary Club of Calgary Chinook

Chartered March 14th, 1977

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# Meeting Minutes



**June 5th, 2012** **Scribe: Ed McLean**

President Dave opened the meeting promptly at 12:15 p.m. using the new "mike" system that didn't work, but we made it through the national anthem and the Rotary grace.

After lunch Anne Dale introduced the 4 visiting Rotarians and 2 visitors.

Peter Bickham called Jim Thompson to come up and receive Paul Harris Fellow pins etc. in the names of his sons Miles and Gavin. Daughters Lindsay and Susan already have PHF pins, as does wife Judy, so all the Thompson family are PH Fellows.

Dave Saunders reports that Jan Tollefson has recently undergone surgery for a brain tumor and will take awhile to recover. Dave suggests we not try to communicate with her until he lets us know she can respond.

Dave also informed us that Lew Christie will be our club Treasurer for 2012/13, replacing Graham Boone who has done such a fine job for so long.

Linda recognized June Birthdays and Anniversaries. Those in attendance to celebrate anniversaries included Peter Bickham (41 years), Anne Dale (17), Harold Hanna (61), Bev and Anthony Tonkinson (34).



Birthdays included Fran, Al P., Will, Dave W. Linda presented appropriate fridge magnets.



Paul Gaudet has arranged for a group of Rotarians to attend a baseball game in Okotoks on June 13th to watch the Dawgs. Cost will be \$20. Let him know if you are interested.

Paul also informed us our regular meeting of July 10th is cancelled and members are encouraged to attend the Carriage House Inn Stampede Breakfast that day at about 6:30 a.m. instead.

Paul mentioned the RI convention in 2013 will be in Lisbon, Portugal.

Luis Cortes-Silva accepted, on behalf of the Cerebral Palsy charity, a donation from our Club presented by Paul.



Garth S. says we need 17 more volunteers to fill out the Spruce Meadows roster for this weekend.

Barry K. won the 50/50 draw and made a contribution to the SAA pot. Ron May was SAA today and fined the Greeters for misdemeanours. A soliloquy followed on the Montreal student protest situation, and then a few Good/Bad News bucks were donated.

Bart then introduced our speaker, Rob Walker, to talk about Yoga.

## 35th Anniversary Photographs

**Don't forget !!**

35th Anniversary photographs will be taken on **June 19th**. Be there or be 'square' !?!



Make sure you attend the meeting on the 19th so you can be part of this tidbit of history!

Thank you! Paul Gaudet

## Greeters

- June 12th Anne Dale
- June 19th TBA
- June 26th TBA

If you are unable to GREET on your assigned day, please contact Barry Korpatnisky so he can get a replacement ... 403-278-8982



# Upcoming Events



## Rotary Fellowship Month

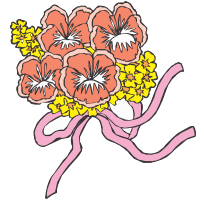
June 12th  
June 19th  
June 26th

Trudy Cowan – History of Heritage Park Synagogue  
35th Anniversary Photo Session – make sure you attend and be part of this commemorative event!  
Passing of the Gavel

## New Rotary Year Begins

July 10th

No regular meeting – members are encouraged to attend the Carriage House Inn Stampede Breakfast at 6:30 am instead



## New Generations Month

September 14-16th

80th Waterton Glacier International Peace Park Assembly at the Hilton Garden Inn in Kalispell, Montana. Districts 5080, 5360, 5370 and 5390. The Hands Across the Border Ceremony will occur in Glacier Park.

## The United States Golfing Fellowship of Rotarians *by Jim Thompson*



The United States Golfing Fellowship of Rotarians (USGFR) is unique and has a world wide membership of Rotarians.

I think Bill Andrews of Downtown and I are the only members locally of the USGFR – both of us are life

members. We get mailings regularly and while I haven't taken up one of these trips/tournaments yet, I felt I should let our members know they can take part simply by joining for a nominal fee.

I have more contact info if anyone is interested, or go to the website at: [www.USGFR.com](http://www.USGFR.com)

USGFR Tournament - Greensboro, North Carolina  
August 1st through 4th

Wow, what a great USGFR experience has been created by Patrick Eakes and the Crescent Rotary Club! The Grandover Resort will provide us with a bargain price on first class rooms and surroundings. Truly, you will have the chance to enjoy the golf or tours, while living in a luxurious resort with many amenities to enjoy.

The tours are quite diverse on August 1st, 2nd, 3rd, and 4th:  
A. The Pottery of Seagrove – 100s of great potters working with the special local clays of North Carolina to produce incredible shapes and colors and designs. Early Christmas presents? 8/3

B. The Childress Winery, and the Childress Museum of Memorable NASCAR Cars – many driven by Dale Earnhardt to championships. The wines produced by Childress Winery are world renowned. 8/1

C. The flowers/bakery/authentic craftsmen of the colonial town of Old Salem bring you back to the 1800s of the early decades of the formation of our country. Much to see, much to eat. Enjoy! 8/2

D. The combination of the contemporary International Civil Rights Museum (fighting for ethnic and color freedom) and the Guilford Courthouse National Military Park (fighting to create our freedom as our nation) draws a picture of our thirst to be free. 8/4

For our 23 years, this maybe one of the best USGFR tournaments we've had !!

## Banner Presentation



Dave Wylie and Anne Dale presented the Club with exchange banners from their visits to clubs in Katmandu and Kansas City respectively.





# THIS AND THAT



## RI Convention - Lisbon Portugal - June 23-26, 2013

Registration is now open for the 2013 RI Convention in Lisbon, Portugal, 23-26 June!

Lisbon is an explorer's paradise. Perched on the west coast of Europe, Portugal's capital city is a charming combination of old-world appeal and modern flair.

As one of the oldest cities in Europe, Lisbon can boast a colourful history that's been preserved in world-class museums and iconic monuments. Sun-drenched neighbourhoods will offer a warm welcome as you learn more about Rotary while enjoying fresh seafood, traditional Fado music, and historic wonders.

Join us in Lisbon for an unforgettable experience!!

Go to [www.rotary.org](http://www.rotary.org) and follow the links for registration information.



## Rotary Music and Motion Glenbow Ranch Provincial Park

September 15-16, 2012  
[www.rotarymusicandmotion.com](http://www.rotarymusicandmotion.com)  
"Help Build the Rotary Trail  
connecting Calgary and Cochrane"

2012 is the initial year of this annual event to showcase the Glenbow Ranch Provincial Park, and support the development of the Rotary Trail through the park. This fall festival will feature:

- Beethoven on the Bow – Calgary Civic Symphony in Concert
- Grits for Glenbow – Rotary and Friends Gala dinner
- Run at the Ranch – 5km Fun Run and Walk, 10km Run, and Half marathon

Check the site for schedule and registration forms.

## Ooops !

A woman was sure that her husband was cheating on her, and having an affair with the maid, so she laid down a trap. One evening she suddenly sent the maid home for the weekend and didn't tell her husband.

That night when they went to bed, the husband gave the old story: "Excuse me dear, my stomach aches", and went to the bathroom.

The wife promptly went into the maid's bed. She switched the lights off. When he came in silently, he wasted no time or words but had his way with her.

When he finished and was still panting, the wife said: "You didn't expect to find me in this bed, did you?" And then she switched on the light.

"No madam", said the gardener.



**Rotary Club of  
Calgary Chinook**

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