

January 28th, 2014
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Rotary Club of Lethbridge

THE SILENT KILLER Susan Gordon and Andrea Lympany

Guest speakers Susan Gordon and Andrea Lympany, representing the Canadian Liver Foundation, Alberta Region, presented a comprehensive summary of the



more than 100 known diseases of the liver, their basic causes, available treatments, expected outcomes and the work the Foundation is doing to educate the public on preventative measures, support of research to seek cures and, in the meantime, develop ever-improving treatment protocols.

1 in 10 Canadians have a liver disease, including over 300,000 Albertans, and liver cancer is the fastest growing form of cancer in Canada.

Since its founding in 1969, the Liver Foundation in Alberta has raised in excess of \$22 million to achieve its objectives of:

- a world without liver disease
- promoting liver health
- reducing the incidents and impact of liver disease
- concentrating on preventable liver diseases
- finding cures

The liver, at a weight of 3-4 lbs., is the largest organ in the body and, 24/7, performs 500 functions for the body by processing everything the body takes in, and absorbs sending the good stuff, as needed, to all parts of the body and discards the waste and toxins.

Major causes of liver disease include:

- viruses, like Hepatitis ... globally, Hepatitis B accounts for 80% of primary liver cancer
- **our Dr. Ian strongly recommends that everyone get an immunization shot, whether you are planning to go to Mexico or not!**
- Hepatitis B is 100 times worse than HIV!
- obesity can lead to fatty liver disease, which is curable by losing weight, doing exercises and reducing the booze intake to no more than 2 drinks a day (size of a drink undisclosed)
- other causes are genetics, overactive immune system and drugs

Although, currently, no cure is available for liver cancer, transplantation of a portion of a compatible donor's healthy liver to a cancer victim with no liver has been widely successful. In fact, the portions of the one liver shared by both will grow to full size in short order.

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Rotary
Club of Calgary Chinook



January 21st, 2014

Karla, assisted by Fred Jessee and George Kimura, welcomed all to the meeting.

In the absence of a piano player, Karla led the assembled in the singing of O Canada and Rotary grace.

Fred introduced the guests attending the meeting, including "you know who" from Calgary South.

Dale reminded that those interested in Rotary leadership, should seriously consider attending district seminars. Check the Arch or call Dale for more details. She advised of the upcoming District Conference in Lethbridge on the weekend of April 11-15. Dale is also looking for volunteers prepared to host friendship exchange Rotarians coming to Calgary in July/August of this year potentially from Denmark and the Philippines.

Ted is looking for more bowlers to attend the next event on January 30 at Toppler Bowl on Fairmount Drive, followed by an optional dinner at Cravings, just down the street.

Barry heard from Lucas, our inbound exchange student in 08/09 from Brazil, advising he would be completing his engineering degree this year.

The 50:50 winner Steve McCauley donated his winnings to the club – thanks Steve!

SAA Gord recommended we read the recent issue of the Rotarian. I guess a quiz is coming next week. He fined all in attendance that did not slip on ice and fall on his/her ass over the past week. Apparently he slipped on ice twice, perhaps from getting entangled in his dog's leash. This week's "Shaggy Dog Story" involved a female Amazon (definition lies

Scribe: John McBean

somewhere in Google's 511,000,000 search results) who bailed him out of difficulties he encountered in planting trees at the old refinery in Inglewood---many moons ago.

Did You Know !? (historic club tidbits)

Did you know? Our club was chartered March 14th 1977, but in fact was being formed, sponsored by the Rotary Club of Calgary and the Rotary club of South Calgary, in 1976. Five charter members remain active: , Herb Imler, Ian Burgess, Tom Sorenson, Ron Smith and Jim Thompson, all of whom have served the club as President.

Our club amended it's Bylaws at a Board meeting held February 5th 1990, after receiving an RI directive, to eliminate gender from our bylaws, opening the way for females to be proposed for membership. The wording in part: "this club shall be composed of adult persons of good character, etc". The entire club voted acceptance of the motion at a club assembly held shortly afterwards. It was some time before either of our sponsor clubs admitted females to full membership. We have yet to have a female President; the South Calgary club had their first female President in the 2012/13 Rotary year, in the person of Sherry Austin.

For a number of years, until the late 90's, we had a "sister" club, The Rotary Club of Mad River, in McKinleyville, California. Tom Ransom was our liaison with this sister club, and visited with them several times. They had a project making clocks on Redwood slabs, and several of us participated in purchasing them as part of their club's contribution to fund raising. Mine still works with the tiny motor powered by a double AA battery.

Before the Calgary clubs created the Person of Integrity Awards, our club had begun a program of honouring citizens outside Rotary with 'Special Awards', in the form of a Paul Harris Fellow, annually. We honoured persons like Marg Southern for her Spruce Meadows initiative, Frank King for his '88 Olympic contribution (he is now a Rotarian in the South Club), the late Esther Robins for her founding of Cancermont, Dr Jack Ibberson, one of the last house call doctors, and many others. Presentations were always at a club meeting and meant a great deal to the recipients.

We had a CFL player, retired, as a member for a number of years and a former cabinet minister in the Provincial Government was our first club Secretary, do you know who they were?

The mystery surrounding the death of member, Dr David Chevalier, continues to be just that– a mystery – and why it came up after over 35 years is still baffling. I doubt we will ever know for sure what really happened.

Jim Thompson, Club Historian

New Member



Welcome !

Herve Lamah

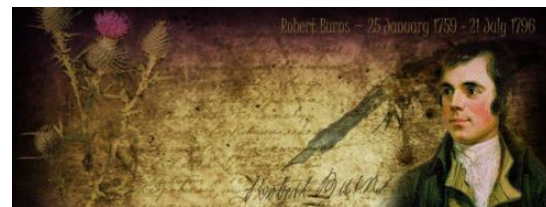
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Rotary Awareness Month

January 28th
January 30th

Robbie Burns Program
Bowling Event at Toppler Bowl on Fairmount Drive,
followed by dinner at Cravings down the street



World Understanding Month

February 4th
February 11th
February 18th

Adalberto Damini, Exchange Student
Valentine's Evening Meeting
Club Assembly

Magazine Month

April 11th -13th

District Conference, Lethbridge Lodge Hotel & Conference Centre

Rotary Fellowships Month

June 1st - 4th

Rotary International Convention, Sydney, Australia



Karla's Kommuniké

Hello Rotarians!

I hope you have all been well these past couple of weeks. I have had the pleasure of meeting most of you as a greeter before some of the meetings. I was fortunate in that all of my exams happened within a one week period which left me with time to come to the weekly Tuesday gatherings. All this free time meant I was constantly thinking about the country that I was headed to. The meeting that would determine my home for the next year was being held on the 25th and I was feeling anxious and nervous and excited all at once.

When the day finally arrived to go to the outbound orientation, all those feelings reached their crescendo. The brilliant and extraordinary Jackie Grover organized the outbound orientation and it was filled to the brim with activities. Throughout the day, the outbounds had the opportunity to get to know each other whilst also learning more about what it truly means to be an outbound. 21 of us in total, we shared laughs and stories and it was a great day. As people began their interviews, the atmosphere in the main room settled down more. It all suddenly seemed so real. As I looked around the room, I tried to imagine where these newfound friends and I would best fit in.

Once the interviews were over, the committee was left to their deliberations and we waited. To pass the time we got to better know each other and asked questions on the finer points of the exchange life. Each time the door creaked 21 heads spun, hoping to see the committee pour through the doors with all destinations decided. Finally, after an informative afternoon, the moment had arrived. We held our breath as the committee made its way to the front of the room, shuffling papers and examining the crowd. The coordinator and the countries he or she was representing were named first and then students were called. My smile stretched from ear to ear as the other outbounds were told their countries. They all looked ecstatic. It was when coordinator Anne-Marie Simoneau stepped up that I paid particularly close attention.

She was representing Switzerland, Austria, the Netherlands, and Germany. At this point, slightly less than half of our group was left. The first three countries came and went and I sat at the edge of my seat, waiting. Throughout meetings I have been asked if I had a preferred country and my answer remained the same: Germany. Now the moment had arrived and the pause between the Netherlands and Germany felt eternal. My heart was pounding frantically as the seconds passed. Then, the neat two syllables of my name followed my country of choice. Months of agonizing over this moment and here it was. I stood up, grinning and on the verge of tears, and shook hands with Anne-Marie. Even now, it feels surreal. In just a few short months, I will embark on a journey that will take me across an ocean and into a beautiful country. Knowing that Germany will be my host country has brought hundreds of new questions to mind. What city will I be staying in? Who will my first host family be? How do I say some basic phrases in German? I suppose only time and studying will help answer these.

Thank you again for supporting me with this exchange. I am incredibly proud to be representing a club as fantastic as yours. After only a few meetings, I have grown to love Rotary and all its members. I look forward to seeing you all next Tuesday!

Thank You!



A big Thank You to
Tammy and the Club
for the delightful gift
in recognition of my work
on the Arch.
Both the gift and thoughts
are very much appreciated.

Anne Pick

Hello everyone!

I do not know even where to start, those couple of weeks were probably the most insane ones while here in Canada, just awesome! Exams week, hockey, handball, curling, skiing. Just lots to do!

First of all I want to say thank you to Tammy, Fran and Ed, that gave me tickets to the Flames games against Jets and Coyotes. I just had an amazing time, and on the last one, after a couple of months, I finally got to hear Mr. Johnny Cash with the Ring of Fire after the game, what a victory! After other skiing weekend, this time trying to teach other brazilian how to get down the mountain without hit the trees (what did not work really well) I had my first handball practice here in Canada! What an awesome time, just made me feel pleased and happy to do something that I was missing a lot, making me feel more than tired as well! And after some days without the proper rest, I got what probably was my first illness here, just feeling really bad for the next 2 days, but on wednsday feeling good and ready to go again! On that afternoon I had my first

curling experience, something that I really wanted to do! And even with some falls, amazing throws to nowhere, we got a victory! I want to thank Paul, Barry, Terry, and everyone from Chinook and other Calgary Rotary Clubs that made it possible, and mostly for the patience in the game! I am just looking forward for the curling in the next couple of weeks and for the Rotary tournament in Edmonton, will be a pleasure to make you guys lose it! Other two exhaustive exams closed the week, just to keep the rhythm!

I am just enjoying every single experience, the time is going fast, but those experiences are just making me more and more happy! Thank you again and see you guys next week!



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To help support publication and distribution of the Arch to members, please contact Stephen Pick at 403-938-2876 or stephen@ontheridge.ca



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As you are likely aware, Chinook's Donations Committee annually provides funding to various local non-profit groups and charities, primarily on an as requested basis.

This year the Committee decided to allocate a portion of these funds to a project or organization that would be eligible for matching grant funding through District Designated Funds. The attraction here was the 3/1 matching grant available through District this year. Our objective was to identify a project or organization that was local, that Chinook members could identify with, that offered an opportunity for hands-on participation, and that would not be otherwise eligible for funding through other means.

The Committee decided to contact the High River Rotary Club to see how we could help their club to help their community. High River is far from being out of the woods yet. Although the Rotary Club of High River, along with numerous other organizations, has done a remarkable job in providing help where it is most needed, the need continues.

Ron Smith and I met with the High River Rotary Flood Committee last fall. We quickly decided to expand our scope by inviting other clubs to join us in this undertaking. We set an objective of raising \$100,000 through participation of 10 clubs jointly raising \$25,000 which would be matched by DDF funds to the amount of \$75,000. The Committee identified a number of flood related projects that required attention. We decided our next steps were to approach the Town of High River to coordinate efforts, and to ensure that whatever project we undertook was not otherwise going to be covered through insurance, government or other funding sources.

The project that was ultimately selected was the resurrection of George Lane Park. If you know High River, you will know the importance of this park in the downtown district. It is the "Central Park" of High River and plays host to numerous events through the year, including being a favourite locale for

weddings and graduation ceremonies. This park was completely destroyed and there are only marginal funds available to be able to do any resurrection of the park.

The group of clubs on board with this project now numbers 9.

We did have a setback in December when District announced that the DDF funding would after all not be able to provide a 3/1 matching grant opportunity, and the grant funds available would only be to the level offered this year. In early January, however, DG Pat Killoran sent me an email indicating that the District still had flood relief funds available and has decided that they would set aside \$75,000 for the George Lane Park project so long as we were able to raise the \$25,000 through the involvement of 10 clubs in the District as originally planned. We would still need to apply for the funds and would be required to follow up on a final report upon project completion.

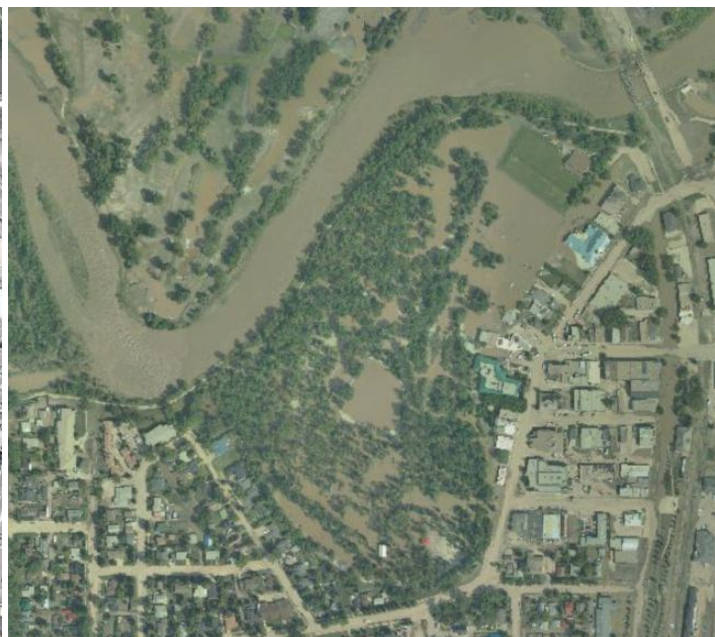
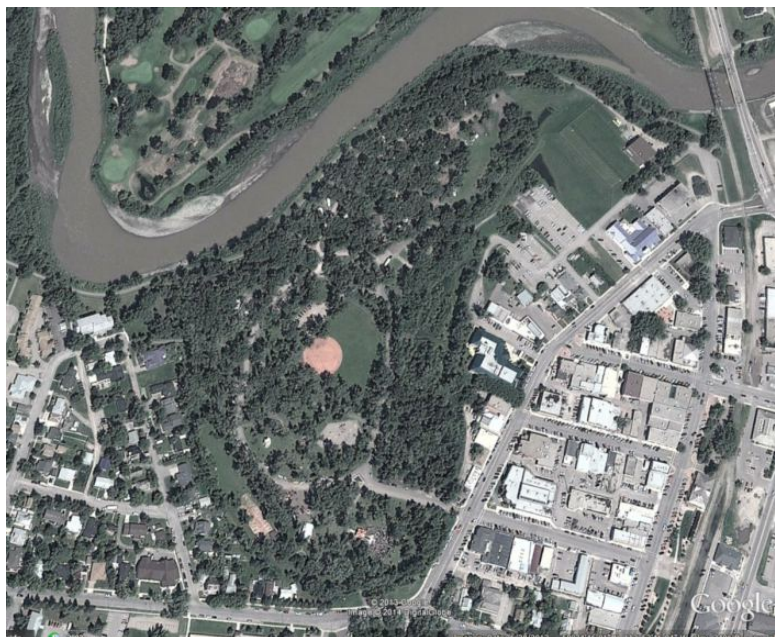
So, as of this date, the George Lane Revival Project is now forging ahead. We expect to have all 10 clubs on board and have our share of the \$25,000 of funds in the bank by March 15th of this year. We will be submitting a formal application to District for the matching grant funding by April 1, 2014.

Although this will be a multi-phased project, this should allow the first phase to start as early as this spring. We see this as only the beginning. We know that \$100,000 is not enough to complete everything that needs to be done to totally resurrect the Park. We do expect, however, that additional funds will be raised from the private sector as a result of Rotary's initiative.

We will keep you informed as this most worthy project develops.

Please contact myself or Ron Smith if you would like more information

Dave Saunders



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QUESTIONS: Call Marie at 403-244-7463

**All orders and payment
must be received on or before
Friday, February 7th, 2014.**

Proceeds help the Calgary West Rotary Club support these organizations:

Habitat For Humanity	Motive Action	Polio Eradication	Operation Eyesight Universal
Youth with a Mission	Feed The Hungry	Micro-Credit Programs	Youth Partnerships
Big Brothers / Big Sisters	Alpha House	Rotary Challenger Park	Rotary Flames Foundation
Hearts and Hands Foundation	The Food Bank	Meals on Wheels	Many Others

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NOMINATE YOUR CANDIDATE FOR THE DISTINGUISHED ROTARIAN OF THE YEAR

Two years ago, our Club initiated a new annual award to honour one club member who has clearly surpassed the norm in demonstrating "Service Above Self" both inside and outside of Rotary. This award recognizes a member's contribution of service over the total time that he or she has been a member of our Rotary Club and not only during the current year. Jim Thompson and Ron May have been honoured with this award in the past two years. An Awards Committee evaluates all the nominations that it receives and recommends its choice to the Board of Directors for approval. The current Awards Committee is comprised of Ed McLean, Norm Moro, Ron Smith, Jim Thompson and Hank Popoff.

Nominations for this award should be made in writing and directed to Hank Popoff, the Chair of the Awards Committee, to be received no later than **March 28, 2014**. Any club member in good standing may make a nomination. To avoid embarrassment, it is important to keep the nomination confidential as the Awards Committee may not recommend your nominee. The Awards Committee will separately nominate its own candidate before ranking all the nominations, including its own, utilizing the preset criteria detailed below. **You do not have to complete the selection criteria form when submitting a nomination; the Awards Committee will do this.** The Committee's recommendation will be submitted to the Board for its final approval.

A nameplate engraved with the name of the person selected for this honour will be added to the trophy which is prominently displayed beside the lectern at our weekly meetings. Additionally, the award recipient will be presented with a suitable recognition piece that can be displayed in his or her home or office. The award will be presented at one of our meetings or gatherings with a significant number of Rotary partners in attendance.

Please direct any questions you may have about submitting a nomination to any one of the Award Committee members.

CHINOOK ROTARY - DISTINGUISHED ROTARIAN ELIGIBILITY RANKING	
Activity	Credits
1. Attended District Conference	1
2. Attended a Peace Park Assembly	1
3. Attended one Rotary International Convention	1
4. Attended more than one Rotary International Convention (additional to Item 3)	1
5. Hosted a Rotary International Friendship Exchange	1
6. Contributed a minimum of \$1000 to the Annual Programs Fund of The RI Foundation	2
7. Introduced 2 new members who remained in club for 2 consecutive years	2
8. Served on 3 or more Club Committees	2
9. Served as a Director of the Club	2
10. Served on a zone or international committee (beyond District)	2
11. Served on a District Committee for 2 to 4 years	2
12. Served on a District Committee for 5 or more years (additional to Item 11)	1
13. Hosted 2 exchange students, each for 2 months or more	3
14. Hosted more than 2 exchange students, all for 2 months or more (additional to Item 13)	2
15. Served as a Student Exchange Counsellor for one or more years	2
16. Travelled to a developing country to serve on a Rotary humanitarian project	3 to 5
17. Conceived, developed and led a significant club project	0.5 to 5
18. Volunteered for one or more not-for-profits outside of Rotary for at least 5 years while a Rotarian	0.5 to 3
19. Personifies "Service Above Self"	2
Max.possible credits	40
MANDATORY REQUIREMENTS:	
1. 10 years as a current or honorary member in good standing in the Rotary Club of Calgary Chinook.	
2. Total credits from above listing must be greater than 22.	