

June 24th, 2014
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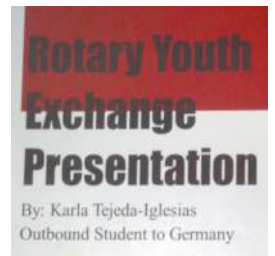
Karla Tejada Iglesias



Fran Hochhausen introduced our guest speaker Karla Tejada Iglesias. Karla is a grade 10 honour student at St. Mary's High School in Calgary. Karla thanked Fran for helping with the application process, and Bill Stemp for being her outbound councillor. Her presentation began with a description of Canada in terms of land mass and natural resources. Karla then reported on the different levels of government, national, provincial, and municipal.

The Canadian government has the executive branch, the judicial branch, and the legislative branch. Karla focused on Calgary, one of Canada's largest cities, and host of the 1988 Winter Olympics, and as a result Canada Olympic Park became a facility for training olympic athletes. Calgary also is the home of the Calgary Stampede---"the greatest outdoor show on earth".

Karla has a special attachment to St. Mary's High School, and presently busy with classes in Math, English, French, and Religious Studies, and there is always the busy calendar of theatre performances, sports, and choir concerts. Karla takes part in the speech club, the Rotary Interact club, French student council, St. Mary's concert choir, and the school paper---The Torch. In conclusion Karla thanked Chinook Rotary for making this exchange possible. Karla looks forward to her time in Germany, and the new challenges that lay ahead.



Bill Stemp thanked Karla for her presentation with a sponsor certificate.

BORDERLINE PERSONALITY DISORDER

Fran Porter



Bart Dailley welcomed Fran Porter. Bart noted that Fran and her husband Andy suffered the devastating loss of their daughter, Colleen, sometime ago. They attribute her passing to Borderline Personality Disorder (BPD) -- something akin to, but not the same as a Bipolar affliction. Fran has written a book on the subject and the devastation it has caused

her family. She is now working to educate folks about BPD and to raise money

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Rotary
Club of Calgary Chinook



May 27th, 2014

Scribe: Alex Soutar

Barry Korpatnisky and Norm Moro greeted our members and guests including four members from the Calgary South club, and two visiting members from SunCity, AZ for our regular luncheon meeting.

President Terry opened the meeting promptly at 12:15 pm, followed by the singing of O Canada, and the Rotary grace.

Sunshine Report

Norm Moro reported Bruce McDonald was feeling much better after receiving tests for a head injury.

President Terry requested Ron May to offer a sequel to Ed McLean's comedy routine from the Presidents Dinner event for all to enjoy.

Minute Reports

- Dave Saunders reminded the membership of the events for George Lane Park in High River on June 19.
- Ron Smith touched on the importance of membership for our club, and urged our members to be active in promoting new memberships.
- Garth Sabirsh discussed the new parking vests, and the options for each member to buy their own vest, with the club covering 50% of the purchase price.
- Stephen Pick spoke briefly on the new committee lists now being distributed for the 2014-15 year, and asked for member participation.
- Paul Gaudet reminded us to sign up for the Dawgs baseball game in Okotoks on Fathers Day June 15, and also

commented on the unfilled shifts for Spruce Meadows.

- George Kimura commented on the meeting change from the 3rd of June to the 4th at Spruce Meadows, and distributed parking passes for those attending.
- Fran Hochhausen reported on the condition of Barb our 2011/2012 inbound student from Croatia after cancer treatments are looking positive. Fran also mentioned the need for two more host families for the student exchange program.
- Peter Bickham reminded the club to consider contributing to the Rotary Foundation.
- Ted Wada gave a reminder of the brown bag program.

Paul Harris

Gwynneth Gourley received her Paul Harris three.



50/50

Garth Plunkett was the recipient of the 50/50 draw, and donated the funds back to the club.

SAA

Bill Churchward was the Sergeant at Arms and fined Norm Moro for his tardiness coming to today's meeting to greet. Bill also fined Ron May for not having better story material.

Close

President Terry closed the meeting at 1:25 pm.

Meeting Minutes

June 10th, 2014

Scribe: Tom Sorenson

The meeting was called to order at 12:15 pm by President Terry Green. In the absence of a pianist, Hugh Delany of Calgary South led the singing of O Canada.

Guests: Bill Stemp introduced the 15 visitors who joined us for lunch. There were 4 visiting Rotarians, 8 guests and 55 club members in attendance.



Sunshine Report: Harry Nazarchuk reported that Bruce McDonald is in the Foothills Hospital. A get well for Bruce card was circulated for members to sign. Rae Campbell is still recuperating at home. Bob Depledge had hip replacement surgery last Thursday.

Minute People:

- Paul Gaudet – there is still time to sign up for the Okotoks Dawgs fellowship day on Sunday June 15th. Game time 2:00pm. Contact Paul if interested. Cost is \$30 for the game, food and a beverage.

- Garth Sabirsh extended a big thanks to all those who assisted with the parking at the Spruce Meadows National the past weekend. Members can go on line and sign up for parking at the Spruce Meadows North American event to be held from July 2nd to July 6th.
- Garth requested that members who ordered a new parking vest pay him as soon as possible.
- Jim Thompson asked that any member who might have any items from the Club History Cabinet to please return them to him.
- Jim reported that the Rotary Nature Park is now open. Restoration of damage done in last June's flood is ongoing. A club work bee at the Nature Park will be scheduled in a week or so.
- John McBean is looking for three parking volunteers to assist at the Rotary Challenger Park Family Picnic on Saturday on June 24th.

Birthdays: Bev Tonkinson introduced the members with June birthdays – Terry Green, Dave Wylie, Fran Hochhausen, Joe Hooper, Will Schmidt, Dawn Rennie and Al Pettigrew. Time in the Club of members who joined in the month of June: John

cont'd on page 4

Rotary Fellowships Month

June 24th Club Assembly — Passing of the Gavel

New Rotary Year Begins

July 1st No meeting — Canada Day
 July 2nd - 6th Parking @ Spruce Meadows for The North American
 July 8th Carriage House Inn Stampede Breakfast
 July 15th Club Assembly
 July 22nd Ashid Bahl, For the Love of Children Society
 July 29th Tad Mailmine, Calgary Police Service — Bullying

Membership Month

August 5th Don Bradshaw, Calgary Watch and Clock Collectors
 August 12th Blake Nill, Football Coach, U of C Dinos
 August 19th Lunch in the Park

New Generations Month

September 2nd Bart Dailley, Canadian History: Klondike Gold Rush
 September 10th - 14th Parking @ Spruce Meadows for The Masters
 September 16th Preston Manning, Founder of Manning Centre
 September 23rd Jason Glass, 2013 Stampede Chuckwagon Champion

Vocational Service Month

October 7th District Governor visit

Rotary Foundation Month

November 14th - 16th Parking @ Spruce Meadows for The Christmas Market
 November 21st - 23rd Parking @ Spruce Meadows for The Christmas Market
 November 29th - 30th Parking @ Spruce Meadows for The Christmas Market



BORDERLINE PERSONALITY DISORDER

... cont'd from page 1

help others with treatment.

Fran started the presentation by indicating she was pleased to be able speak to the Chinook Club about a book she has written and about a cause very dear to her heart. As a teacher with Foothills School Division who spent twenty-five years helping other people's children, she and her husband Andy ironically could not help Colleen, their own mentally-ill daughter. Fran's recently published book, *When the Ship Has No Stabilizers*, chronicles Colleen's turbulent life, and exposes with absolute honesty, the anguish wrought by mental illness upon their family. In the book Fran discusses dialectical behavior therapy (DBT), a ground-breaking treatment offering new hope today to those suffering with DPD. That hope comes too late for dear Colleen, who took her life in June of 2010.

Fran noted that people with BPD and related illnesses usually present an outer facade of being perfectly poised and 'together', able to handle anything. However she indicated the chances are very good that several people here today have had their lives affected in some way by a form of mental illness.

Fran said if you met Colleen at a party you'd probably describe her as very attractive and charming, even captivating. Then she'd go straight home from the party and make an attempt on her life. What you saw in public had no relevance to the

private hell she suffered. When she looked in the mirror, Colleen saw ugliness, incompetence and unfitness to live. Colleen couldn't hold a job (though she almost always got hired because she presented so well at the interview) and was often one step away from being homeless. Were it not for us and the efforts of McMan Youth, Family and Community Services and Darlene Petrie, their Program Manager, Colleen would have been homeless and would have killed herself far earlier than she actually did.

Fran indicated she wrote the book to inform people about cutting-edge research being done on BPD and related mental illnesses. PET scan and MRI techniques show these diseases to be true neurobiological disorders, disturbances in the brain's communication pathways, no more the person's fault than diabetes or hypertension. It's not that



cont'd on page 4



Charrett 33 years, Garth Plunkett 10 years, Al Imler 33 years, Rena St. Clair 3 years, Keith Hansen 6 years, and Pat Hutchinson 20 years.

50/50 Winner: Ed McLean. Ed donated the funds to Berto.

Sergeant at Arms: Bart Dailley started by explaining how he 'does not get any respect'; not even from his grand children. Bart lightened the purse of several members for a variety of misdemeanors. Other members enriched the Club's funds by sharing some Good News with everyone in attendance.



Berto's Report (Exchange Student): Berto has had a busy couple of weeks. In addition to his school work, Berto helped with the Brown Bag project, parked cars at Spruce Meadows, went golfing for the first time, and helped Fran at Tim Horton's on Kids Camp Day. Berto is looking forward to watching the World Cup of Soccer from his home country of Brazil.

Closing: President Dave exchanged Rotary Banners with Janos prior to wishing everyone a great Rotary week at 1:36 pm.

BORDERLINE PERSONALITY DISORDER

... cont'd from page 3

these people won't control their impulses or won't behave; it's that they can't.

Fran mentioned the brain possesses an amazing ability known as neuroplasticity – that is the capacity to re-program itself. An individual can teach oneself, with the assistance of trained experts, to calm down the overactive emotional areas of one's brain so that the river-flow of reason is no longer blocked by an emotional log-jam. That, essentially, is what dialectical behaviour therapy is: re-directing the neural pathways in the brain.

There are two DBT clinics in Calgary. One is a private clinic called Inner Solutions – very good but very expensive unless offset or covered by insurance. The second is a clinic covered under health care; which has a long waiting list. (They say four months, but that's where they cut it off.)

In memory of their daughter Colleen, the Porters are donating all money received from the sale of their book to the McMan Youth, Family and Community Services in NW Calgary. The increased resources will help in the treatment of mentally-ill adolescent illnesses such as BPD. The book sells for \$30. If purchased from the Porters, 100% of the money goes to McMan. If purchased commercially only about 40% goes to McMan.

Fran introduced April Stallings, McMan's Fund Development and Volunteer Coordinator. April briefly explained the work being done at McMan.

The program concluded with a few questions from the audience. The Club made a donation to Polio Plus in Fran's name as a thank-you for her presentation.

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June 17th, 2014

Our meeting was called to order a few seconds after noon. We sang our National Anthem and said the Rotary Grace. Soon everyone was busy talking and or eating.

When business started we received word of the "Midsummer Soiree" and guests were introduced, as well as those at the front table. Yes, there were three from the South Club.

The "Sunshine Report" was given: Harry was in his second week of recovery, and Bruce McDonald was at the Foothills Hospital and has been declared cancer-free.

Seventy-five people were involved with fellowship at Spruce

Meadows, but we needed one more person for Friday.

There was a note from Red Deer Club who have a camp every year in the second week in July.



Dawgs Ballgame - June 15th

Season Tickets were raffled off at two dollars each, and number ten ticket was held by Hank Popoff – congratulations!

Rena St. Clair won the draw with ticket #7960 – congratulations!

Tammy Truman gave an update on travel, helping to refresh our memories and knowledge of our country.

Some tables won and some tables didn't but contributed. It is great to be a winner but costly if you're not. Thanks, Tammy, we always learn from these challenges!

The speaker for this meeting was Stuart Watkins and this minutes reporter was impressed by his knowledge and enthusiasm. Stuart was introduced by Bart Dailley. The club expressed their appreciation in the usual way. And a very interesting meeting adjourned.

Scribe: Keith Hansen



Speaker June 17th, 2014

by Keith Hansen

TRAIL RIDERS OF THE CANADIAN ROCKIES

Stuart Watkins, President

Stuart is a true Albertan as he was born, raised and works here. He graduated from Calgary's Central Memorial High School, and has a Bachelor of Business Administration. He then worked to achieve a Masters in Theology degree. Over the years he worked in Banff for three summers as a cowboy. He became an entrepreneur having a number of small businesses. Currently he is a licensed pastor.



Stuart camps, canoes, skis on the water and the snow, and travels ... particularly in Alberta's mountains. He collects art and antiques, square dances and keeps additionally with a family of three teenagers and three budgie birds.

This day we were particularly fortunate to hear of his experiences in the mountains of our province. He is presently President of the Trail Riders of the Canadian Rockies. He certainly has expanded our appreciation and knowledge of this marvellous area of the world we live in. Yes, you wouldn't believe that he is ninety-one years old ... just proving what an active life-long often in our mountains has done for him. Welcome, Stuart!

This is a far too brief summary of his presentation both in word and pictures. Amongst his contacts with ever so many people from all walks and interests has been the King and Queen of Siam. Because of his very varied and interest in the western heights of Alberta, he has also taken trail rides from the Banff Springs Hotel, gone to "doughnut camps", been in touch with Wilf Carter, Andy Russel, and many different story-tellers as his presentation proved. And one particular point he made was that you need not have to be a horse-person. He pointed out that when 95% of those who travel in the Rockies stay on the roads and highways, they thereby don't gain the excitement and wonder of the walking trails. It was interesting as well when he mentioned the scope of what our mountains are all about. And age and sex (70% are women) needn't matter, for one can adapt experiences in the mountains with abilities and interests. Just do it!

All this opens doors for each of us to do what we can do, and share these experiences with friends, family and people at work or at play. It also changes the argument that it is only for the young. Ours is a country of much mountain beauty and challenge. By renewing one's interest and approach to our mountains, we share this with others and everyone gains. He pointed out the cost of such experiences varies so many could get off of the driving roads and walk and gain from the experiences wonderfully. There are many, many different choices each of us can make. Stuart can be contacted at <srwatkins@shaw.ca> We certainly were informed and excited by his presence and enthusiasm. Thank you, Stuart!