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Calgary's Future

Adam Legge, President & CEO, Chamber of Commerce

Our guest speaker, Adam Legge, was introduced by Bart Dailley, who told us that Adam is the youngest President ever appointed to be CEO of the Calgary Chamber of Commerce. (Reminds you of the group of young hockey players we just watched do what they weren't supposed to be able to do.)

In a little under 30 minutes Mr. Legge took us on a tour of Calgary and Alberta's economy, and, for good measure, tacked on Canada's too!

He emphasized that the economy, especially Alberta's, but Canada's also, is fragile. We have lots of energy, but it is not competitive because of the cost and the transportation problems. Being Albertans he felt we can find a way to meet the challenges our economy faces.

He then listed his four (?) challenges to be: 1. the provincial finance and fiscal structure which is not working; 2. see challenges as opportunities; 3. pay for performance; 4. rebuild the revenue model.

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Breaking the Silence on Mental Illness

John Gulak and Cindy Radu

Our guest speakers today, Cindy Radu, and John Gulak, both lawyers, were introduced by Bart Dailley. Bart indicated that they were both involved in Mental Health issues and would discuss how this had led them, collaboratively, to write a book entitled "Sick To Death of The Silence".

John started off the presentation with a quick survey of the facts about mental health. The fact is people tend to keep their story of mental health as a secret shame. They don't let other people know of their problems nor ask for help.

Approximately 20% of people suffer from some form of mental health, and the other 80% are affected by the fallout from it, either directly or because they don't know of its existence. There is no shame about significant physical illness, but that is not true of mental health issues.

Every one seeks immediate help for their physical ailments, but not with mental health issues. Cindy started out with anxiety and depression in 2010, when an important member of her family attempted suicide twice in two years. She managed to overcome the first episode, but then developed a second depression a few years later. Part of her therapy has been the creation of this book.

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P.O. Box # 42041
Southland Crossing RPO
Calgary, Alberta T2J 7A6
info@chinookrotary.org
www.RotaryChinook.ca

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Club of Calgary Chinook



April 21st, 2015

Scribe: Ian Burgess

President Stephen called the meeting to order at 12:15 pm. O Canada, and the Rotary grace were performed with the aid of Ruth Wiley at the piano.

Attendance today was 58. We had one visitor from the South Club, Michael Zacharki. Our four guests today included Adam Legge, our guest speaker, and three others, Selina Metez, Janice Hay and Maggie Chin. These latter two were guests of Ron Smith.

The Minute Men then had their 60 seconds each:

- Pres. Stephen reminded us that the May 5th meeting is at McMahon Stadium at 12:45pm and does not include lunch, but does include John Hufnagel.
- Terry suggested that the President's Ball would be a \$50 touch on May 12th (evening) at McKenzie Meadows Golf Club.
- Rolf Wolfson reminded us that the Hockey Pool is up and running, with \$450 going to the club. The Gates Foundation is still matching donations to Polio Plus fund.
- Ron Smith reminded us of the Lobster Dinner on May 30th sponsored by the High River Club and announced to us by Rob Whitfield last week. Anyone interested in joining a table at High River, or starting their own, talk to Ron.

Ron then went on to introduce our new Rotary Member, Ms. Maggie Chen. Her classification is Business - Consulting. She comes to us from Taiwan and has significant qualifications with degrees from University of Sheh Chein in Taipei. Also further

training in Calgary at SAIT and Columbia College. With this additional training she opened offices for her company, CLT Business Group, in Canada, U.S. and Taiwan. Her interests include music, Yoga, aerobics and reading. She is very much into volunteerism. She organized the Alberta Chinese Canadian Friendship Association, as well as being involved in The United Way, the Calgary Chamber of Commerce, the Calgary Petroleum Club, and several other business associations. Maggie has a son and a daughter. There is much more to learn at her classification talk.



Bob Montgomery read the charge to Maggie.

Terry Craig won the 50/50 draw, and the Sergeant at Arms, Hank Popoff, relieved the members of their loose change while leaving them smiling (as it should be!)

Our guest speaker, Adam Legge, was introduced by Bart Dailley



Meeting adjourned at 1:30 pm.

Photos courtesy Ian Burgess

Meeting Minutes

April 28th, 2015

Scribe: Ian Burgess

The meeting was called to order at 12:15 pm by Dale Perret, President-Elect, in the absence of President Stephen who is away on holidays.

The attendance was solid, if not spectacular, with 63 members and guests partaking of lunch, either salad or turkey a la king(?). Al Pettigrew introduced our guests and visitors, including Jean McKenzie(Don), M.J. Barrett-Hepworth (Pat Garner), Robin Weatherly (Bart), as well as Don Bacon and Terry McDonogh from the South club.

Dale reminded us that the next meeting is at McMahon Stadium at 12:45pm, May 5, and no lunch will be provided. The meeting should be over by 2pm, and John Hufnagel will be in charge of our visit to the stadium and its training facilities.

The Minute 'Men' then took over, and Dale took the Chair's prerogative and spoke of parking at the National which involves the school tours, and hence our participation begins on Monday. She also noted that we have as a District, agreed to fund "ShelterBox" to supply their mobile structures to Nepal immediately.

Hank Popoff wearing two hats also, stressed that the District would be supporting ShelterBoxes for Nepal, and that the

Federal Government has been approached to do a full match with donations to ShelterBox. He then spoke of the "Grill Season" beginning on the 23rd of May at Eau Claire Market.

Terry Green reconfirmed the date and place of the President's Dinner as May 16th at McKenzie Meadows. The price is \$50pp.

Then our Honourary Minute Man, Rob Whitfield, now from High River, reminded us of the High River club's Lobsterfest on May 30th, and their upcoming Golf Tournament on July 16th. He assured us the flood waters have all been drained from the golf club!



Bart Dailley then gave a wrap up of the Cribbage Tournament and winners. No club members won prize money, but Bart's wife won second prize money. The Lew Reid Memorial Trophy was presented to Paul Gaudet as the most successful "club" player for the year.

cont'd on page 4

Promote RI Convention Month

May 12th	Andrew Hart, Ornithologist
May 16th	President's Dinner 5:30 pm @ McKenzie Meadows Golf Club — Saturday evening meeting
May 19th	No noon meeting — President's Dinner in lieu
May 23rd	Grillin' and Servin' — Brain Sprint, Eau Claire, 11am–4pm
May 26th	Presentation by Sydney Richmond



Rotary Fellowship Month

June 2nd	Ina Bechthold, Ferret Rescue / Education Services
June 2nd	Spruce Meadows Dinner and Show Jumping Event
June 6th - 9th	RI Convention, Sao Paulo, Brazil
June 9th	Classification Talks
June 13th	Grillin' and Servin' — Superstore, Country Hills, 3–7pm
June 16th	Gregor Sprenger, Exchange Student 2014-15 — Gregor's Wrap-up
June 23rd	Alex Neve, Amnesty International
June 27th	Grillin' and Servin' — Superstore, Signal Hill, 3–7pm
June 30th	Changing of the Guard



Calgary's Future

... cont'd from page 1

Here he began to mix his sites and cites, and although he made sense he became difficult to follow. He emphasized that we need to have a new fiscal structure, not based on oil royalties but a careful stewardship of the Province's assets and resources. We need to streamline spending and get it under control. We need to pay for performance and apply appropriate performance measures. In doing this we have to rebuild the revenue model and include all sources including sales taxes, income taxes and corporate taxes in the model.

At this point he broke out into an example of fiscal models, notably the City's problems. He then drew on the experience of Oklahoma City and their way of getting citizens to pay for expensive infrastructure programs through the use of well structured and developed appeals directly to the citizens. These were well presented and conceived plebiscites to raise funds on a purpose specific base and on a definite time line. His examples were very appealing. (They dealt with something like \$7 billion in infrastructure programs that the citizens were convinced to support.)

Adam then went on to talk about Climate Change. His point was that the "world" now believes so it is time for us to find solutions and participate or change the playing field. Since fossil fuels are our strength, we need to adapt. We need to aim at being the World's Energy Centre. To do this we need to broaden the concept of energy. We need to get into research and explore new developments and usage of energy driven changes.

We need to get ahead of the "curve" and create opportunity for the future in Calgary and Alberta, as a place that "uses" energy, not just a site where oil and gas and coal are mined!

We need to recognize that we are too anxious to protect business, but need to develop more effective models to enable us to compete effectively in this early part of the 21st century. We as Albertans are capable, with our "can do" attitude, we just need to tell the people in the road to step aside or be blown aside. We need to assess the challenges that face us and meet them head on!

(Scribe's comments: although not a verbatim presentation of a very eclectic and encompassing presentation, serious efforts were made to accurately represent the speaker's intent as well as his written word.)

Adam Legge concluded by saying that we need to show the political will – perhaps through Citizen Committees.

The President made our usual Polio Plus presentation and thanked the speaker, who stayed around for a few additional questions.



Parking, Parking, and an Event

As our meeting this week at the home of the Stampeders (great fun, big thanks to Bart) was not a venue for circulation of our sign up sheet, a **reminder to sign up online for the upcoming National** is warranted. We still have many shifts available, including ticket booth shifts, so please visit our website and sign up. If you require assistance, contact Garth S. or Paul and we would be pleased to help.

Spruce Meadows has decided to combine their 'Appreciation/Orientation Dinner' (held in recent years at Congress Hall during May) with the 'Fellowship Evening at the International Ring' (held last year on the first day of the National), into one event for 2015. As a result, on the **evening of Wednesday, June 3rd** (the first day of the National), they will host our members (and some of our parking partners) to a **Dinner and Show Jumping Event**, to be held at Canada House. George Kimura will be organizing our side of this event so please check your schedule and sign up at our next meeting. There will be limited seating so first come, first served, to what should be a wonderful and entertaining evening.

Paul and Garth

Rob Wolfson reminded us once again that the May 5th meeting is at 12:45pm at McMahon Stadium.

The Sunshine Report, given by Harry Nazarachuk, was that Carol McDonald is recovering in hospital from exposure.

The 50/50 draw left Keith Hansen a bit "richer", but I don't know about "wiser"!

Sergeant At Arms, Bob Montgomery, lowered the boom on the never-failing Rotary club members, finding faults and flaws in the behaviour of Dale, Al, Lyle, David, Fred, Jim, Linda, Ron, John, and Jack. Also Paul and Rob, and Rob were caught in the SaA's web.

The Good News boys contributed a little to the pot also. Dave Wiley noted that he was celebrating his 50th wedding anniversary this week. Rob Whitfield was thankful that he was cleared to play golf after successful knee repair. Rob Wolfson donated \$5 for cause, and Albert Amaniampong gave \$20 for being in Dubai for a visit, and because he got his name spelt correctly again! (How long is it since we did that last time, Albert!)

Our guest speakers today, Cindy Radu, and John Gulak, both lawyers were introduced by Bart Dailley.

Breaking the Silence on Mental Health

... cont'd from page 1

John was into mental health problems, that resulted in him developing an addiction. He was fortunate in that his law partners spotted some signs of troubles and encouraged him to discuss them and seek treatment and help. Talking was a significant part of his treatment.

Cindy approached John for help in creating a different book about mental health. She claims that her only contribution was the title "Sick to Death of The Silence" but there appears more to the story than that. With the support of one another and the photographer, Cole Grey, they managed to produce an open and insightful book. In Mental Health they show that silence is not OK! To be informed about mental health, you need to talk about it! Depression is second only to

malnutrition as the commonest disease known to mankind! Respect and understanding are essential in the treatment and support of mental health problems and patients. The authors offered to sign their book and indicated that the full price of each book was donated to the Canadian Mental Health Association.

VP Dale thanked our speakers and made our usual presentation in their name to Polio Plus.

Photos courtesy Ian Burgess



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Robert Wolfson
Wealth Advisor
robert.wolfson@scotiacleod.com

Suite 300
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Calgary, AB T2P 0P8
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Fax: (403) 298-7805
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Guten Morgen!

April 24th, 2015

It's a beautiful day here in Germany! The sun is shining, the birds are singing, and I got to sleep in because I don't have school today. I thought I would send a little update seeing as how I'm in such a good mood and many things have happened in the past little while.

Firstly, Eurotour. Those were maybe the most intense three weeks of my life. 65 exchange students all crammed on to a bus, for sometimes eight or nine hours, could either go one of two ways. Sometimes it was spectacular and we sang songs or we chatted and got to know one another, or we played silly games to pass the time. Sometimes the symphony of coughing kept everyone from sleeping and we were all irritable and tired and in dire need of space that we could not have. Either way it made for an interesting experience and I'm thankful for the time that allowed me to get to know the other districts that were with us. We were districts 1860 and 1820, and one girl from 1900, and honestly the people I met during the tour are probably just as important to me as the places I saw. There were two awesome Canadians in 1820, both girls from Ontario, and while it's not exactly the same province or even the same timezone, it was nice to have people who can relate to you. During the tour we saw Luxembourg, Belgium, France, Monaco, Italy, Austria, Prague, and then came back to Germany and stopped in Munich.

Some highlights of the tour:

- Visiting the European Parliament in Brussels. It was just so cool to learn about the members of the EU, and why Norway and Switzerland aren't members, and languages and procedures and all sorts of things. Really, it was fascinating and I was hanging on to every word of the presentation.
- Seeing the Eiffel Tower. I know it's such a tourist attraction and while some say it's dirty and overcrowded, I loved every second. It gave us the most spectacular view of the whole city and it was always a dream of mine to see it.
- Going to the Colosseum and the Roman Forum. It was crazy to see structures so old. I was so impressed by the architecture. We also had a very informative tour guide and she gave us a lot of information about mythology and history and I learned a lot.
- Eating. Honestly, a lot of my Eurotour budget was for food and it was very well allocated. I tried macarons at Pierre Hermé where each macaron is more than two euros and I do not regret it in the slightest. It was like a single beam of light shone down from the heavens and fell upon this tiny pastry, blessing it with a divine flavour.

For the sake of brevity I'll stop there, but this is just the tiniest part of what we did during those three weeks. What shocks me most looking back on it, is just the fact that we survived it all. We would go back to the hotel late, wake up early, and there was one occasion where we were in three different countries in one day! The sheer amount of stuff we did is just crazy.

Anyways, moving on to newer topics, the half-marathon that I was so excited for might not be possible for me. I was sick all of Eurotour, went to the doctor the day I came back, got antibiotics, and I'm still ill. I feel perfectly alright aside from the runny nose and the cough, but this cough turns into a loud protestation of the lungs when I so much as try to pedal a little faster on my bicycle. I haven't been to soccer in two weeks and I feel like a potato. However, I do realize that my health is a priority and so I have been taking care of myself and I won't run if I can't. I'm starting to come to terms with that possibility.

Lastly, last night I gave my presentation about Canada and it was somehow less scary than giving it in Canada. That's right folks, giving it in German was somehow easier! I started by listing some numbers like population and surface area, then I compared those numbers to Germany's population and surface area. I gave a brief history of the formation of Canada, and talked about the bilingual aspect of the nation. I gave an overview of all the different landscapes in Canada and talked about the wilderness and the weather. And finally I finished with what Canada means to me. People from our club were so impressed by our German (all three inbounds gave a presentation that night, Jareny from Mexico, Emma from France, and I). They called us the best group of inbounds in years and it was just so nice to hear. Approval from my German club means a lot to me because of just how much they have supported us, both financially, as well as with time and involvement in Rotary. This whole thing has made me so excited to come back and give a presentation about Germany to the club!

That's all for now and I'm sorry these updates haven't been as consistent as I would have liked. My exchange is winding down and everything has been moving at breakneck speed since Christmas.

I hope everyone back home is doing well!

Liebe Grüße,
Karla



Hello everyone,

May 11th, 2015

In a surprising turn of events, I did it !! I ran the Gutenberg Half Marathon in Mainz. Here are a couple of pictures of my host dad and I, pre and post half marathon.

Karla



the Arch — Notice

There will not be an Arch published next week (May 19th) due to the long weekend.

Photos courtesy Ian Burgess & Stephen Pick

