

October 21st, 2014
Volume 38, Issue 11

ROTARY DISTRICT 5360 GOVERNOR

Garth Toombs

IN THIS ISSUE

- 1** Speaker October 7th
District Governor Garth Toombs
- 2** Meeting Minutes October 7th
Calgary Downtown March to End Polio
DG Garth Toombs - cont'd
- 3** Rotary/Mattamy Greenway Celebration
- 4** Meeting Minutes October 14th/
World's Greatest Meal to Help End Polio
Rotary Remembers
- 5** World's Greatest Meal to Help End Polio/
Speaker, Doctor J
- 6** Father Greg McLellan Memorial Bursary
Rotary Club of Calgary West Fundraiser
Rotary Club of Calgary Fundraiser
- 7** What's Up !!
Karla' Kommunique
- 8** Note from Rotary Club of Nanaimo North
Scouts Popcorn Info
Our Arch Supporters ... THANK YOU !!



Grant MacKeachern introduced District Governor Garth. Garth has been in Rotary nearly 3 decades as a member of the Rotary Club of Calgary. Over the years Garth served on many club committees and chaired many projects. In the District he has chaired the Foundation Committee and some of its subcommittees. Garth's international interests have taken him to various places for Rotary, including Central America, India and Uganda.

In his working life Garth spent time in Career Management. He has an undergrad degree in and two master's degrees in the areas of Professional Human Resources and Professional Career Consulting. In his spare time Garth likes to keep fit, go to movies, try to understand technology, and with his wife Ann, spend time with his extended family which includes 4 children and 6 grandchildren.



Garth's Presentation:

Garth started by talking about RI President Gary Huang's theme for the 14/15 Rotary Year "Light up Rotary". Garth explained how the individual Rotary Clubs are the "basic unit" of Rotary. Garth asked the question "Who are Rotarians?" Answer - "People of the world who make a difference."

Garth mentioned the 6 priorities for international funding. These are:



1. Promoting Peace
2. Fighting Disease
3. Providing Clean Water
4. Saving Mothers and Children
5. Supporting Education
6. Growing Local Economies

At the local level Garth gave example of Club Projects that qualify for matching grants by the District.

Garth mentioned that he would like to see more Clubs get involved with Short Term Youth Exchange. This is a home to home exchange lasting 3 to 4 weeks. This way students don't miss a year of school.

Garth encouraged our Club to make submissions for one or more of the District Awards given annually.

cont'd on page 2

2014-2015 OFFICERS AND DIRECTORS

Stephen Pick, President
Dale Perret, President Elect
Hank Popoff, Vice President
Terry Green, Past President
Evelyn Stewart, Secretary
Al Holt, Treasurer

Orion Taylor, International Service
Rena St. Clair, Youth Service
Bev Tonkinson, Community Service
Heide Kramer, Club Service
Bill Churchward, Club Operations
David Wartman, Club Financial

RI President Gary C.K. Huang
Rotary Club of Taipei, Taiwan
District 5360 Governor Garth Toombs
Rotary Club of Calgary

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

Rotary
Club of Calgary Chinook



October 7th, 2014

Scribe: Tom Sorenson

The meeting was called to order at 12:20 pm by President Stephen Pick. O Canada and the Rotary Grace were sung with Ruth Wylie playing the piano.

Guests:



Ian Burgess welcomed the Guests and Visiting Rotarians. 73 were in attendance: five guests, seven visiting Rotarians and sixty-two members.



Janet Tollefson, Honourary Member

Sunshine Report:

George Kimura reported that Monty Audenaert (Red Deer) has been undergoing treatment in the Foothills Hospital.

President's Remarks:

- Stephen noted that World Polio Day is on October 24th. Members are encouraged to join other Rotarians in the noon march to City Hall.
- A Rotary Leadership Institute is scheduled for late October. If interested contact President Stephen for details.



Minute People:

- Bart Dailley reminded members that the October 21st meeting will be at the Grey Eagle Casino - \$25 pp.
- Members were also reminded that Rotary Cribbage starts this Thursday at the Horton Road Legion.

Calgary Downtown March on RI World Polio Day



March through downtown Calgary from Bankers Hall to City Hall 11:20am on Friday October 24th

to help bring attention to the Polio epidemic, and the efforts of Rotary that could bring about its annihilation this decade.

All donations collected will be doubled by the Bill and Melinda Gates Foundation

... a \$1 donation becomes \$3 ! This will be a lunch hour well spent - see you there !!

At noon at City Hall, a special ceremony will be conducted. Be there in your purple poncho and be in the photo at 12:15pm and let's make Polio History !

For more information, see the District 5360 website, or contact: Karen Shepherd - 403-613-4143



- Colin Williston, leader of the 264 Somerset Bridlewood Scout Group informed members that the annual Popcorn fund raiser is on. He will be at the October 21st meeting to take orders.

- Bruce Bohnet still has 7 volunteer spots to fill for the Casino on October 26th and 27th. Please

contact Bruce if you can help.

- Linda Colclough spoke on the Fellowship Pot-Luck Dinner on Saturday October 25th. This annual event is held at the Red Deer Lake United Church. A signup list is circulating.

- Patricia Garner spoke on the mentoring program at Fairview School. Ten club members have agreed to participate. Patricia noted that this is not a tutoring program. The school is in the process of identifying 10 student candidates. She will be contacting those involved shortly.



Gregor's Report (Exchange Student):

Gregor attends St. Mary's High School and is a member of the Senior Football team. Last week the team travelled to Long Beach California to play an exhibition game against St. Andrews High School. Gregor reported the score was close. (Ed. note: how close?) The team also saw a College Game and an NFL Game. Gregor thanked Tammy Truman for making his trip possible.



50/50 Winner: was won by a visiting guest.

Sergeant at Arms:

Paul Gaudet lightened several wallets. He also told all about Joe Hooper going for a swim at the Elbow Springs Golf Course. Joe was absent but will pay later. Anthony Tonkinson, Fred Jesse and Sydney Richmond shared good news with those present.

In closing President Stephen wished everyone a good Rotary Week.

DG Garth Toombs ... cont'd from page 1

Garth closed his presentation by encouraging all Chinook Members to consider attending the Annual District Conference to be held in Medicine Hat on May 8, 9 and 10, 2015.

President Stephen thanked Garth for his informative presentation. Garth was presented with a certificate noting the Club was making a donation to Polio Plus in his name.



October 14th, 2014

Scribe: Tom Sorenson

The meeting was called to order at 7:25 pm by President Stephen Pick. Ruth Wylie played the piano for the singing of O Canada and the Rotary Grace.

Guests:

A club member at each table introduced the Guests and Visiting Rotarians at their table.

Sunshine Report:

Harry Nazarchuk indicated the general health of the club is good.

President's Remarks:

Stephen noted that World Polio Day is on October 24th.

Birthdays and Anniversaries:

Bev Tonkinson gave her October report. Member Birthdays: Paul Hussey (1), Peter Bickham (2), Anne Dale (18), Hank Popoff (18), Tom Ranson (20), John Charrett (23), Ron Smith (23) and Fred Jesse (24). Spouse Birthdays: Phil Hochhausen (4), Barbara Scrivens (11) and Grace Wada (26). Club Anniversaries: Rose Crawford 2 yrs, Bill Churchward 3 yrs, Joe Levy 3 yrs, Orion Taylor 4 yrs, Rae Campbell 4 yrs, Maureen Tynan 22 yrs, Barry Korpatnisky 32 yrs, John McBean 35 yrs and Tom Ranson 37 yrs.

Minute People:

- Bart Dailley reminded members that the October 21st meeting will be at the Grey Eagle Resort Hotel - \$25 pp.
- Heide Kramer reminder all present of the annual Club Pot Luck Social to be held on Saturday October 25th at the Red Deer Lake United Church. It will NOT be a costume party. It will be a FUN time as usual. A sign up list was circulated.

- Bruce Bohnet still has 4 volunteer spots to fill for the Casino on Sunday October 26th. Please contact Bruce if you can help.

Raffle:

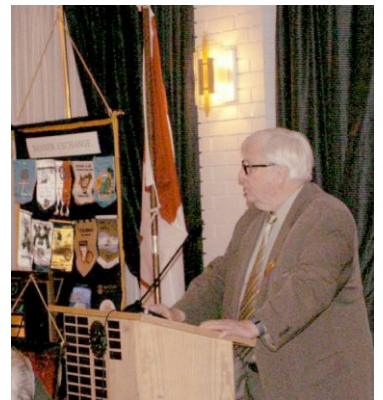
Hank Popoff raffled off two items. All proceeds went to the Polio Plus campaign. Tom Sorenson won a book titled 'Rotary in Calgary - Celebrating One Hundred Years' - donated by the Rotary Club Of Calgary, and Al Holt won a pair of football tickets - a Stamps vs. Saskatchewan game - donated by David Irving.

Sergeant at Arms:

Bart "I don't get no respect" Dailley was the Sergeant.

Bart told a story about riding the CTrain where an able bodied boy wouldn't give up his seat so he could sit down. It was a very humorous story. If you missed the meeting you missed a good laugh. Bart asked each member to pay a fine they felt appropriate.

All proceeds from the evening event, fines paid, Happy Bucks, and raffle proceeds were going to help fight polio, and would be matched times 2 by the Gates Foundation.





MAKE YOUR MONEY WORK 3 TIMES AS HARD

Rotary and the Bill & Melinda Gates Foundation are extending their partnership during the critical eradication phase of the global Polio Eradication Initiative. You can help your donation can triple your impact!

LEARN ENDPOLIONOW.ORG

MAKE HISTORY TODAY

ROTARY.ORG/CONTRIBUTE

Rotary  

WHY DOES POLIO ERADICATION MATTER?

REDUCED BY **99%**




Polio has been reduced by 99% and we are closer than ever to ending it.

END POLIO NOW MAKE HISTORY TODAY

From 2013 to 2018, every \$25 donation to the Bill & Melinda Gates Foundation will be matched by the Rotary Club of Calgary and the Rotary Club of Calgary Chinook, for a total of \$75.

YOUR DONATION **US\$25** + **US\$50** = **TOTAL CONTRIBUTION US\$75**

150 VOLUNTEERS **75** VACCINE CARRIERS **600** GLOBE TROOPERS


Rotary   

ROTARY REMEMBERS

Tuesday, November 11th, 2014

Doors open at 10:00 am

The Carriage House Inn
9030 Macleod Trail South, Calgary
Tickets \$25.00 pp, Cash Bar

Rotary 

10:00	Gathering of Rotarians, spouses and friends
10:30	Welcome O Canada Blessing
10:40	The meaning of Remembrance Day
10:50	"In Flanders Fields" "They Shall Not Grow Old"
11:00	Last Post Two Minutes of Silence Reveille
11:10	Rotary "Honour Roll" presentation Rotary Club of Calgary South, Rotary Club of Calgary West, Rotary Club of Calgary Chinook, Rotary Club of Calgary Club, Other clubs
	Introduction of Guest Speaker Presentation: Major Jamie Miller
	God Save the Queen
12:00	Adjournment Lunch Served

The Program: Dr. Ted Jablonski, aka Doctor J



Bart Dailley introduced Doctor J. Dr. Jablonski is a Calgary based physician working in a community family practice in the northwest part of the city. He has practiced in Manitoba, Saskatchewan and Ontario. Dr. Jablonski is also a Clinical Assistant Professor at the U of C and a Fellow of the College of Family

Physicians of Canada. Doctor J does consultant work in men's health and in sexual and transgender medicine for southern Alberta and central British Columbia. He received an Award of Excellence from the College of Family Physicians of Canada in 2013. Bart noted that our guest ran and cycled across this great nation of ours in 2010 as part of the SAD No More Canadian Tour promoting mental health awareness. Our talented guest plays several musical instruments, sings, writes and has released 7 CDs. Bart also noted that Doctor J is a media spokesperson, fitness trainer and much sought after speaker. Bart asked all present to give Doctor J a warm Chinook Rotary welcome.

Doctor J's Presentation:

Our guest indicated that his main topic would be on "Aging". He started by mentioning seven significant breakthroughs in medicine in 2014. These being:

- 1) the use of 3D printer imaging to make new body parts, e.g. ears
- 2) the use of gene therapy to customize drugs
- 3) the manipulation of gut bacteria to treat cancer
- 4) new chemotherapies
- 5) the development of the bionic eye
- 6) the development of total face transplants
- 7) the application of cell phones in the process of examinations and diagnosis.

Doctor J next talked about his own personal journey; one where he shed excess body mass to be able to run marathons and eventually across Canada. He was able to do this by eating healthy, getting rid of bad habits and exercising regularly. That was his way to good health.

Now on to his topic – Aging. He chose to cover the topic working from the top of the head to the feet.

- Hair — if you losing it don't waste your money on treatments.
- Brain — reduce the risk of a stroke by watching your blood pressure. Women are at a higher risk than men. Get rid of all the risk factors that cause dementia: high cholesterol, high blood pressure.

- Ears — when buying hearing aids. it is buyer beware, as hearing aids vary in quality and effectiveness. Vertigo, an inner ear issue, should be checked out.

- Eyes — have regular eye checks. Get cataracts fixed. There are treatments for macular degeneration glaucoma if diagnosed in time.

- Sinus — flushing can prevent many issues.

- Teeth — get a good dentist.

- Lungs — quit smoking ... and tell others to quit. COPD is becoming a big issue in recent years.

- Heart and Coronary Disease — keep fit. Chances of developing a heart fibrillation condition increases as you get older.

- Skin — use sun screen.

Screening — when getting older, have regular screening for breast cancer, prostate cancer, bladder cancer and colon cancer.

- Vitamin D — everyone living at our latitude should take at least 2000 IU per day.

- Joints — early attention to joint issues is advised. Tylenol is a effective for many joint issues.



At this point Doctor J answered a number of questions from the floor.

Doctor J can be heard many mornings on AM 770 at around 6:15 am. He and Bruce Kenyon have a five minute discussion on current health issues.

President Stephen thanked Dr. Jablonski for his informative presentation.

Meeting was closed at 9:35 pm.



On October 9th, Jim Thompson, Tom Sorenson and Stephen & Anne Pick were in attendance at the 2014 Award Recognition Ceremony at St Mary's University College. We were first hosted to an excellent meal and then were present for the awards ceremony.



This year's recipient of our Father Greg McLellan Memorial Bursary was Willy Garcia. President Stephen Pick presented the award.

Dr. Gerry Turcotte, President and Vice-Chancellor, gave the opening welcome address and spoke about the history and future of the college.

It was a very enjoyable evening, and as a plus Jim Thompson got to see his grand-daughter receive an award.

"Rotary Club of Calgary Chinook Father Greg McLellan Memorial Bursary"

Father Greg McLellan was a founding member and Charter President of the Rotary Club of Calgary Chinook in 1977. This bursary is awarded annually in his honour to a full-time continuing student who actively volunteers in the community."

Rotary Club of Calgary

On Wednesday October 29th, the Rotary Club of Calgary is having its Big International Event!

This is the annual fundraiser in support of our International activities. Not only do we support our own projects but we also collaborate with other Clubs in the District on projects that they are championing. We encourage you to participate in this fund raiser and thereby support numerous initiatives from the District.

The venue will be a show-stopper - at the Bank and Barron - 125 8th Avenue SW. (Old Scotiabank building). Doors open at 5:00. \$40 per ticket - dinner and a drink (and Grand Prize draw). PS. There are some incredible silent auction items up for grabs this year!

Tickets and Registration at our Rotary website:

<http://www.rotaryclubofcalgary.org/>

Down the right side of the main page you will see a link under "upcoming events" titled: Big International Event. This will direct you to the registration page, either select "member" or "guest" ... you'll be asked to put your name and contact information in. Then you can click on "online" payment link to a secure credit card payment option screen. Or if you are just registering, we will have your ticket available. Simple as that ... you can also add as many guests as you need on that page!!!

Rotary Club of Calgary West

The Rotary Club of Calgary West has launched its annual Christmas Wreath Campaign. Check out the following link and share it with all others wishing to bring Christmas cheer to themselves, friends, family or business associates while helping those in need. All sales proceeds will go towards Feed the Hungry and other local charities helping the less fortunate of Calgary.

Wreaths will be delivered without charge by volunteers to Calgary and Airdrie doorsteps on Saturday, December 6th. Orders for Cochrane, Okotoks and High River recipients - please contact Duncan Stanners to make arrangements for purchaser pick-up of the wreaths on December 6th. Duncan's contact information is included in the order instructions.

Orders can be placed at:

<http://www.calgarywestrotaryclub.org/2014Wreath.htm>

Thank you for your anticipated support.

Yours in Rotary Service,
Gail Williams, President-Elect

Future Rotarian in Training



Vocational Service Month

October 21st Meeting will be held at the **Grey Eagle Casino Resort Hotel** – \$25pp
 Derek Fildebrandt, Canadian Taxpayers Federation
 October 24th World Polio Day — Calgary Downtown March @ 11:20am
~~October 25th Potluck Dinner at the **Red Deer Lake Church** — games, food etc **(cancelled)**~~
 October 26th - 27th Casino
 October 28th Interact Meeting
 Call for nominations for the 2015-2016 Board



Rotary Foundation Month

November 4th Gregor Sprenger, Inbound YEX Student
 November 11th Joint Calgary Clubs' Remembrance Day event @ The Carriage House
 Major J. Miller
 November 14th - 16th Parking @ Spruce Meadows for The Christmas Market
 November 18th His Eminence Stephano Pick, El Presidente — Australia in Pictures
 Cut-off for nominations for the 2015-2016 Board
 November 21st - 23rd Parking @ Spruce Meadows for The Christmas Market
 November 25th Daryl Slade, CFL Historian
 Elections for the 2015-2016 Board
 November 28th - 30th Parking @ Spruce Meadows for The Christmas Market



Family Month

December 2nd Stuart Simpson, President, Community Mediation Calgary Society
 December 9th Seniors Lunch
 December 16th No noon meeting re Club Christmas Party on the 17th — and Curling Christmas party
 December 17th Club Christmas Party — **Wednesday evening meeting**
 December 23rd Terry and Rosemarie Greening, Canadian Rabbit Hopping Club
 December 30th No meeting

2015

Rotary Fellowship Month

June 6th - 9th RI Convention, Sao Paulo, Brazil



Karla's Kommuniké

Hi everyone,
 I just thought I would give everyone an update on how things are going. I've started school in earnest and truth be told, I thought making friends would be easier. Nonetheless, I'm socializing loads and doing every activity that I can. The inbound orientation was a couple of weekends ago and I had the chance to meet around 35 students, all of whom were welcoming and friendly. It was great to talk to people who were experiencing the same struggles.

Soccer playing is going swell although a pretty bad cold kept me from a few practices. Because of my age I can play on the women's team and the two girls' teams. My host dad is a huge fan of the Mainz soccer team and I went to a game with him which was super cool. Another one is on the horizon however this time we will be sitting in the stands with the very devoted supporters of the team.

The language camp is also coming up. It takes place in a nearby city for two weeks and I'm so excited to see all of the exchange students once again.

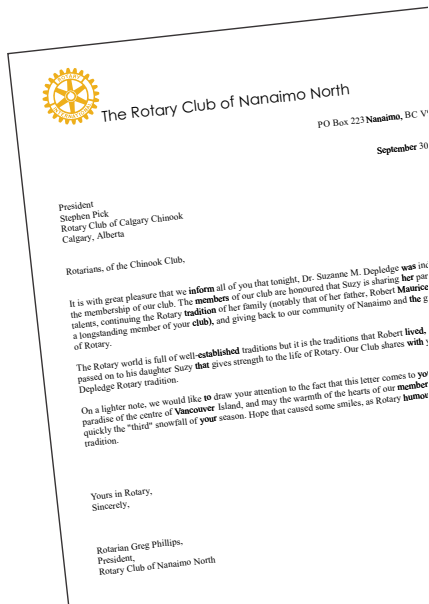
This weekend we went to Holland to visit my host brother who is studying in Maastricht. It is a beautiful city and we were in

Belgium briefly as well. I think one of the coolest things about being in Europe is how close everything is. Two hours and two different countries! Two hours back home and you're not even in Edmonton!

Overall things are pretty good. My German is improving daily and my relationship with my host family is only getting better and better.

I hope everyone is doing well.
 Karla





Rotarians of the Chinook Club,

It is with great pleasure that we inform all of you that tonight, Dr. Suzanne M. Depledge was inducted into the membership of our club. The members of our club are honoured that Suzy is sharing her particular talents, continuing the Rotary tradition of her family (notably that of her father, Robert Maurice Depledge, a longstanding member of your club), and giving back to our community of Nanaimo and the greater world of Rotary.

The Rotary world is full of well-established traditions but it is the traditions that Robert lived, shared, and passed on to his daughter Suzy that gives strength to the life of Rotary. Our Club shares with yours the Depledge Rotary tradition.

On a lighter note, we would like to draw your attention to the fact that this letter comes to you from the paradise of the centre of Vancouver Island, and may the warmth of the hearts of our membership melt quickly the "third" snowfall of your season. Hope that caused some smiles, as Rotary humour is another tradition.

Yours in Rotary, Rotarian Greg Phillips, President



Scouts Popcorn

264th Somerset-Bridlewood Scouts is currently conducting our Scout Popcorn fundraiser. This is our biggest and main fundraiser for the year and we are reliant on funds raised from the Popcorn Campaign to fund our programmes and special events. Supporting this fundraiser will help ensure that we can continue to offer our nearly 100 youth fun and exciting activities, while building important skills. Funds are used for such things as camps, field trips, training, equipment, etc. A special event that we are fundraising for is to attend the Pacific Jamboree in Sooke BC in 2015 with our Scouts. Thank you for your continued support!!



Arch Supporters

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



Transitions
Moving you with care

www.movewithtransitions.com
403-975-7949

Dawn Rennie
President
Transitions Inc.

35 Stradwick Place SW
Calgary, Alberta T3H 1T3

Head Office
Email transitions.dawn@shaw.ca

Phone (403) 250-1967
Fax (403) 250-1969
1-800-561-1967

CYPRESS
SECURITY PRODUCTS LTD

BRUCE BOHNET
Email: bruce@cypress-security.net

5A, 4101 - 19 STREET N.E.
CALGARY, ALBERTA T2E 6X8

Do you have a great idea...?
Congratulations! Now what?

Stemp & Company
Lawyers, Patent & Trade Mark Agents

1-403-777-1122
Toll Free 1-800-665-4447

www.stemp.com email: bill@stemp.com
#233, 1100 - 8th Avenue SW, Calgary, AB T2P 3T8





the co-operators
A Better Place For You™

TAMMY M. TRUMAN
Agent/Owner

TRUMAN INSURANCE AGENCY INC.
19 - 8720 Macleod Tr. SE Calgary AB T2H 0M4
Bus: 403-221-7021 Fax: 403-221-7279
email: tammy_truman@cooperators.ca

2012 community achievement winner

Home Auto Life Group Business Travel



Barry & Cynthia Korpatsky
Realtor®

RE/MAX
LANDAN REAL ESTATE

#102, 279 Midpark Way SE
Calgary, Alberta T2X 1M2

Direct: 403-278-8973
Toll Free: 1-800-308-0025
Fax: 403-271-0518

Email: realestate@calgarysouth.com
www.calgarysouth.com

Rena St. Clair, AMP
Mortgage Specialist

St. Clair
Mortgage Solutions

Cell:
Toll Free: 1 877 830-0614 Fax: 1 877 830-0627
304, 3016 - 5th Ave NE, Calgary AB T2A 6K4

Email: rena@mortgagegrp.com

The Mortgage Group Alberta Ltd. 403

www.renastclair.ca