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District 5360 Governor Garth Toombs
Rotary Club of Calgary

FUNERAL PRE-PLANNING

Alan Browne

Our guest speaker, Alan Browne, was introduced by Bart Dailey. Alan, a fellow Rotarian, is a Pre-Planning Director at Mountain View Memorial Gardens and Funeral Home. Alan reviewed the advantages both financial and for surviving family stress reduction of pre-planning your funeral. As he noted, pre-planning does not impact on your time of death, but it does allow you to make clear decisions as to how you want your funeral to be handled. Not planning how you want things handled puts a lot of stress on your family in their time of grief, and they may make decisions that conflict on how you would have preferred things to be handled.



MANNING CENTRE Preston Manning, Founder

Bart introduced guest speaker Preston Manning briefly. All our members recently received a club runner message from President Stephen regarding Mr. Manning's academic achievements, career as a consultant, and lengthy political accomplishments.



Mr. Manning is the founder of the Manning Centre for Building Democracy and continues an active role as president. He spoke for about 25 minutes without referring to any notes and without any visual aids. During his talk he referred several times to the Rotary 4Way Test which he uses in his daily life. He spoke at length about democracy and the need to strengthen candidates for public office – hence his decision to set up the Manning Centre to improve skills, knowledge, and leadership training. Politicians after all do make the laws at all political levels so it is important they are prepared properly.

The Manning Centre does surveys to determine needs of political leaders and the needs to achieve these. This requires extensive research. For example at the Municipal level, about 25,000 people run for public office in Canada at election times. He has arranged with Carlton University in Ottawa to provide courses to people planning to work in political jobs, either from elections or in other capacities. An electronic journal is available as a communications means. Mr. Manning's address was followed by an excellent question and answer period. One goal of the centre is to get the media to report "positives" as well as "negatives" in the political news. The answer may be competition in the media. His over-riding goal is to strengthen democracy.

More information can be obtained from the web page www.manningcentre.ca

The speaker was thanked by PE Dale and he was awarded the usual certificate representing a donation to Polio Plus.

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September 9th, 2014

by Stephen Pick



President Stephen brought the meeting to order promptly at 12:15pm. Ruth Wylie was back from her summer vacation in BC and our singing of the national anthem and Rotary grace improved immensely. Tammy introduced our guests. Following lunch, announcements were made regarding World Polio Day on October 24th, the weekend YEX camp, and the roster update pages.

Minute People included Garth Plunket on a donation to the CCRF commemorating Bob Depledge's birthday from his daughter, Paul Gaudet on parking, Dave Saunders on the work party at George Lane Park in High River, and Linda Colclough auctioning off a golf package at Spruce Meadows donated by Jim Thompson – in spite of the snow golf goes on!

Don McLean stepped up as SAA and managed to reduce everyone's pocket change somewhat. After the speaker was thanked with a Polio Plus certificate, President Stephen reminded us all about next week's speaker, Preston Manning, and that he would be absent from that meeting. The meeting closed promptly at 1:30pm.

Meeting Minutes

September 16th, 2014

Scribe: Ed McLean

As President Stephen is absent today, the duties of Chairperson were assumed by President Elect Dale, who called the meeting to order promptly at 12:15 p.m. This was followed as usual by the singing of our national anthem and the Rotary grace with Ruth on the piano.

Following lunch Greeter Dave W. was asked to introduce the guests (3) and visiting Rotarians (3). One of the visiting Rotarians was Fahiruddin Khan from Rawal Pindi, Central District Pakistan. Today's attendance was only 53 including guests.

Sunshine Harry reports that Herb Imler is recovering at home from recent surgery, and Jan Tollefson is doing better.

PE Dale reminded us the Make Your Dreams Real is scheduled for October 25th at the Ramada Plaza Calgary Airport Hotel and is an all day event to which all Rotarians are invited. Cost \$50 each. Refer to The Arch of August 26th.

PP Dave W. described visiting Rotarian Fahiruddin from Pakistan who is an engineer and a member of Mensa. He has occupied 14 positions in Rotary, spoke briefly and exchanged club flags.

Bruce B. reminded us of the upcoming casino October 26th and 27th at the Elbow River Casino. This year the shifts will be shorter so more volunteers are needed.

Garth Sabirsh spoke on the recent Spruce Meadows equestrian event, thanking all who worked there. The Wednesday program had to be cancelled because of the snowstorm but all other days were very busy.

Linda raffled tickets for 2 golfers at McKenzie Meadows donated by Jim Thompson and these were won by Garth S.

Winner of the 50/50 draw was Dale P. who donated the funds to the Club.

Bart was S.A.A today and fined 4 members for misdemeanors of some nature. Good/Bad News Bucks came from Dave W., Dave S., Dale P., George K., Linda, Tom S.

Bart introduced guest speaker Preston Manning.

Meeting adjourned at 1:30 p.m.

District Governor Visit



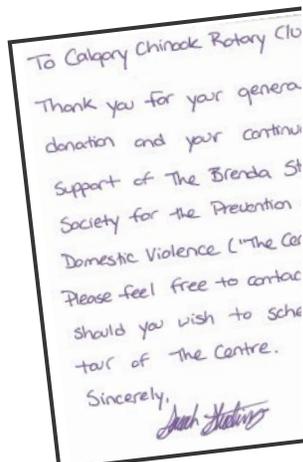
October 7th, 2014

Don't miss this meeting !

Make sure to attend and meet your District Governor Garth Toombs !

A Note of Thanks

To Calgary Chinook Rotary Club:



Thank you for your generous donation and your continued support of the Brenda Strafford Society for the Prevention of Domestic Violence ("The Centre"). Please feel free to contact me should you wish to schedule a tour of the centre.

Sincerely,
Sarah Stuebing



New Generations Month

September 23rd Dave Wilder, Co-Founder of the Big Give Project
 September 30th Matt Bradley, President, Flyht Aero Solutions

Vocational Service Month

October 7th District Governor Garth Toombs' visit
 October 14th World's Greatest Meal to Help End Polio — evening meeting @ The Carriage House Inn
 Radio Personality Dr. J — Aging and Good Health
 October 21st Meeting will be held at the Grey Eagle Casino — \$25pp
 Derek Fildebrandt, Canadian Taxpayers Federation
 October 24th World Polio Day
 October 26th - 27th Casino
 October 28th Interact Meeting
 October 28th 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
 Colonel J. Miller
 November 14th - 16th Parking @ Spruce Meadows for The Christmas Market
 November 18th NHL Referees
 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 29th - 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 Club Christmas Party — evening meeting
 December 30th No meeting

Gregor's Goings-On

My first weeks here in Calgary

Im now here since August 14th and I've seen a lot of things till now. I went in the first couple days to the Calgary Tower and I saw downtown and a lot of the city. Then one week after I arrived the Flemings (my second host family) invited me to go with them to Kootenay Lake in BC. We went there for a long weekend and stayed at a cabin from friend of them. I was there the first time in my life waterskiing and I was only one time submarining. Then I got out of the water and it was a lot of fun to waterski. After the I got home again I went to the Shaw Open golf tournament to see some pros with John Beatty from the Rotary Club. And after the Shaw Open Phil Hochhausen invited me to go with him to his family at Northbuck Lake. It is in the north of Edmonton. We arrived there late at night and I've already at the first night the northern lights. It was really good there. I've not expected that it is so much fun there. Because the whole family was there and it was always fun. And Phil teacht me how to play cribbage, I played a lot cribbage these days. When I got home from Northbuck Lake, I went at the same day to the Labour Day Classic Football game with Joe Levy. It was a really good game and I enjoyed it really. After the game we went to eat Chinese food. At the next day the school started. I've met me

in the train with an other exchange student from Rotary, he is from Belgium and walked together to the school and asked where we have to go. I've spoken at the first day with the football coach and asked him if I can get into the team. He said I can watch the practice and I get at the next day my locker in locker room. Now I'm in the football team of the St. Mary's High School and I've made a lot of friends through the football team and the classes I have. We had till now two football games and we won both and we are looking forward to win the city championship this year. I'm in the first defence line and have a lot of time on the field. At the first weekend after school started was the first Orientation with all the other exchange students from this district. I made there more friends and it was a good weekend. The last weekend Tammy gave me two tickets for the football game so I invited a friend of the football team to go with me. It was an awesome game and I enjoyed it really!



Gregor @ Shaw Tournament

Hello everyone!
 Okay, so I have news. My host father's company has a five and ten km run every fall and guess who just ran the 5k!? I'll give you some hints: she's got really curly hair and she's never shown any sort of athletic inclination in her life! It was hard, I'll admit, and my time was not so great. But I started and I saw it through to the end and it was just such a great experience to have. This is only my second time running this distance in Germany and I wasn't too sure if I would even finish. I've been so exhausted because of school and

sightseeing. In spite of it all, I crossed the finish line and I wasn't even last! My host dad says there might be another five km run in October and after that there's the half-marathon in Mainz in May. Very ambitious I know, but why not reach for the stars? He said he had absolute faith in me and that if I'm dedicated, I can absolutely train for that kind of distance in a year. So yes, I'm starting off slow and steady and since we don't have any snow yet (hahaha), I should still have a few weeks of running ahead of me. And tomorrow night I'm going to meet the Ingelheim girls' soccer team to see if I might be able to play with them! Everything is so so so great on this side of the ocean and I hope the same can be said for everyone back home. Tell all the Rotarians that I say hello!

Tschüss! Karla

Rotary/Mattamy Greenway Celebration

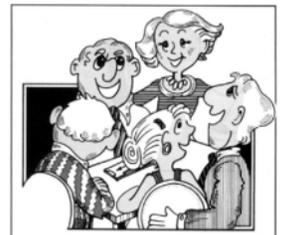
All Chinook Rotary members are invited to the Greenway Celebration in the Hopewell community of Mahogany on Wednesday, October 8th, from 10:30am-1:00pm. Join Mayor Nenshi and our valued partners in celebrating the Rotary/Mattamy Greenway with a press conference, BBQ lunch, activities and live music!

John McBean



Chinook Rotary Bridge 2014 / 2015

Our Couples Bridge will be starting on October 4th or 11th depending on number of positive responses. We play the first two Saturdays each month.



Each couple hosts two tables, once a year, with a light snack afterwards. Games start at 7:30 pm.

Please advise if you wish to play this year. If you do, let us know when you CANNOT play and/or when you can host.



Please R.S.V.P. by September 19th.
 Any hosts for October ????
 Paul and Connie Hussey
 pbhussey@telus.net

Chinook Rotary Cribbage 2014 / 2015

Location: Horton Road Legion @ 6:30pm

October 9th and 30th
 November 13th and 27th
 December 11th
 January 8th and 29th
 February 12th and 26th
 March 12th and 26th
 (all dates subject to change)



Questions? ... call Bart @403-251-5577

Arch Supporters

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World's Greatest Meal to Help End Polio

October 14th 2014 @ 6:00pm
at the Carriage House Inn
Guest Speaker: "Dr J"



Cash Bar

Tickets: \$30.00 per person

Maximum : 90 attendees (first come first served)

Sign up sheet is circulating at meetings

Note: per Club policy if you sign up, payment is expected, whether you attend or not



All the Money
Raised goes to
Eradicate Polio!

All funds raised at the meeting from
donations, SAA fines, and ticket sales surplus
will be donated to Polio Plus

Each \$1.00 is matched by \$2.00 from the Gates Foundation



Rotary
World's Greatest Meal



Dr. Ted Jablonski



Doctor Ted Jablonski is a Family Physician in Calgary and also the CHQR personality "Dr J". On his visit to Chinook he will talk about health matters pertaining to aging.

Dr. Ted Jablonski was born, raised and trained in Winnipeg and has taught and practiced family medicine in rural Manitoba, Northern Saskatchewan and Northwestern Ontario before moving to Calgary in 1998. Ted is also a clinic associate at the Men's Sexual Health Clinic at the Southern Alberta Institute of Urology (in the Rocky View Hospital), and does consultant work in sexual medicine for Southern Alberta. He joined CVFP (Crowfoot Village Clinic) at the end of 2010, bringing his large community practice along.

He is married to Monique and has two very independent "adult kids". He successfully ran, cycled and spoke across Canada in the Fall of 2010 to raise awareness of Seasonal Affective Disorder (SAD) and inspired action to overcome it. Ted "Dr J" Jablonski is also an award

winning multi-instrumentalist singer songwriter from Calgary. Over the last two decades Ted has released 7 indie CDs and has produced 2 Canadian music Compilations ("Let it Snow - Unique Canadian Winter Music" and "Let it Snow II - A Celebration of Canadian Winter") featuring a number of great Canadian artists. Over the years he has had a number of television appearances as well as radio play in Canada and the USA, Europe and Australia. While he has played and toured aggressively in the past, he now usually performs solo or with full band mostly for charity fundraisers. He used his last CD "just desserts" (released May 2013) to help raise funds for the Alberta Tour for Kids – a 3 day cycle for Pediatric Cancer care. His next studio project is due for release in early 2014 and may turn out to be his most accessible, eclectic and controversial offering to date. A full fledged recording of Hockey Night Again will be included on this CD.

Dr J loves Canada, LOVES HOCKEY and has written quite a few winter and hockey songs. He was thrilled to enter a brand new hockey tune for this CBC Hockey Night In Canada Song Quest 2013 – unfortunately the demo did not make it past the Top 100.