



## In This Issue

- 1 Speaker March 29th**  
Mike Cvik, NHL Linesman
- 2 Meeting Minutes March 29th**
- 3 What's Up !!**  
Meeting Minutes March 29th cont'd
- 4 Speaker cont'd**  
Year End Cribbage Tournament  
Our Arch Supporters ... THANK YOU !!
- 5 Mentoring with Momentum**  
April is Maternal and Child Health Month

## 2015-2016 Officers and Directors

**Dale Perret, President**  
**David Wartman, President Elect**  
**Alex Soutar, Vice President**  
**Stephen Pick, Past President**  
**John Barratt, Secretary**  
**Al Holt, Treasurer**

**Neil Beatty, International Service**  
**John Charrett, Youth Service**  
**Bev Tonkinson, Community Service**  
**Paul Gaudet, Club Service**  
**Paul Hussey, Club Operations**  
**Peter Bickham, Club Financial**

**RI President K.R. 'Ravi' Ravindran**  
**Rotary Club of Colombo, Sri Lanka**  
**District 5360 Governor Martin Harvey**  
**Rotary Club of Calgary Heritage Park**

## Officiating in NHL Hockey

### Mike Cvik, NHL Linesman

Mike started out by thanking Bart for having the patience and resiliency to keep asking him to speak to Chinook Rotary after so many times when his travel plans or personal situation made it difficult.

He started his career of officiating hockey at the age of 17. He was still playing hockey at the time but in his own words, "I wasn't very good". He was officiating his brother's games when he was offered a weekend clinic, paid for by the Community Association, after which, if he passed, he would become a certified referee. He attended the Clinic, somehow managed to pass, and began refereeing in the amateur hockey system.

He was officiating a midget game, got a call at home asking him to be a linesman for a Junior League game. It seems most of the regulars were at a conference and they needed to find someone to help out, so reached down to Mike in the amateur level. He remembers the game well, a lot of yelling, a much faster game than he was used to and that he didn't do that great a job. He remembers that Mark Messier was playing in this game. Nonetheless he was soon working 5 or 6 games a month at this level; he had made the transition up to the Junior level. Next he was given the opportunity to work University games and from there he was scouted by the Western Hockey League.

Mike went into great detail outlining how challenging the annual physical testing is these days compared to years ago, especially for a guy who is 6 feet, 9 inches tall. After the medical check, they had to ride a stationery bike to see how high their heart rate went up to and how long it took them to get there. The longer it took, the better shape you were in. He was in good shape so it took him 35 minutes to reach a level where most were taking 22 minutes. They then had to do 30 sit ups within one minute, then 30 push ups, also in one minute. After this they had to participate in a long jump exercise (he doesn't really understand how this is useful for hockey) followed by a number of other exercises. If it sounds difficult, that's because it is.

He told us about some of the many changes which took place over his career; helmets came into the game, icing the puck has changed as contact is no longer necessary, two line passes are now allowed. He notes that goalie equipment has grown, as have goalies, with the effect that when a forward comes over the blue line and looks towards the net, he can't even see it. There used to be two coaches behind the players' bench, now there can be up to 5 coaches and 3 trainers circulating there.

Mike began his NHL career in 1987. He tells us that he breezed through the exhibition season, no big deal, and then came opening night of the regular season. It was in Vancouver and the players were going so fast that in the first period he says he must have missed 5 offside calls. His boss was in the house for the game to watch his new linesman and it wasn't pretty. He (the boss) came into the officials' cramped dressing room between the first and second period and proceeded to kick a garbage can across the room and to read the riot act to the group. Mike says the last two periods went a little better however it was a stress filled beginning for what would turn

P.O. Box # 42041  
Southland Crossing RPO  
Calgary, Alberta T2J 7A6  
chrotary.secretary@gmail.com  
www.RotaryChinook.ca



**March 29th, 2016**

**Scribe: Paul Gaudet**

Our greeters today were Bev Tonkinson and Ted Wada, making us all feel welcome.

President Dale started our meeting at 12:15. She introduced "Oh Canada" with Ruth Wylie on the piano, followed by Rotary Grace.

She noted that Paul Gaudet would be today's Scribe and then called on Bev to introduce our visitors and guests. Today we had a total of 54 in attendance which included 4 guests and 4 visiting Rotarians: Rob Whitfield (former Chinook) from High River, Bev Chinnery from Airdrie, Grant MacEachern (our ADG) and Don Bacon from the Rotary Club of Calgary South.

Harry Nazarchuk was back from his holiday and advised that there was nothing new to report regarding the health of our Club.

Dale reminded us about the Youth Exchange International Dinner in support of Shelterbox. The date is April 9th at the Red Deer Lake United Church and the cost is \$50 per person. Further details are in our ARCH.

The Assistant District Governor responsible for our Club, Grant MacEachern, explained about a District program designed to encourage the Clubs in our District to bring in new members. Every new member is given 100 Rotary Foundation points and Grant was here today to provide them to Jeff Skillen, one of our newest members.

Anthony Tonkinson, representing the Rotary Foundation, awarded two Paul Harris Fellows, the first to Garth Sabirsh (points donated by Gwynneth Gourley in honor of Garth's contributions to the Club) and the second to Gwynneth, with a "Plus 5" pin. Congratulations to both recipients.

Minutemen:

(1) Rob Whitfield was here to invite us again this year to High River's Annual Steak and Lobster Dinner, taking place in High River on May 28th. It is being held at the Highwood Memorial Centre, cocktails at 5pm and dinner at 6:30. Having attended two of these events, I can recommend the evening as being full of fun and fellowship (and the lobster is delicious). Regarding what they do with funds raised, Rob told us that their Club has donated \$750,000 to the new Cancer Centre in High River (Wow!).

(2) Rob Wolfson disbursed the hockey pool proceeds for the "goal scored second" for March. Gord Billings, Maggie Chan, Anthony Tonkinson, Ron May and Paul Gaudet (twice), were the lucky winners.

Rob then told us about a new fellowship idea he was developing for our entertainment: a "learn to be a painter" evening, hosted by a professional who exhibits a painting, and provides all the resources and guidance for us to try painting our own version. The date is planned for the evening of April

28th and the cost is \$30 per person.

Rob reminded us that the NHL playoffs are nearly upon us and that he will be putting together a pool for our entertainment and potential financial gain. It will also raise funds for our Club. In addition he announced that we will be holding a wrap up cribbage tournament on April 23rd whereby entrants pay \$20 each and the winners will be rewarded accordingly.

(3) Hank Popoff reminded us that we have until month end (less than a week) to nominate one or more of our members for the Distinguished Rotarian of the Year Award.

We held a hockey ticket raffle and Bev actually won her husband's tickets. She graciously asked Dale to redraw as she said Anthony wouldn't take her to the game anyway. Paul Hussey was the redraw winner. He is for sure on a lucky run this year!

Our 50-50 winner this week was Sydney Richmond (\$23), just arrived back from her regular winter in Mexico. It's great to have her back at Chinook!

Hank Popoff took the podium as our Sgt at Arms and started out with a fine for Paul Hussey. It seems Paul was good enough to point out to a member that their name tag was upside down. However Hank had already pinpointed this person for a fine so Paul got to pay instead for his interference with a "fine in progress".

Bev was fined for not pronouncing a guest's name properly, and she promptly blamed Bart for being late in writing the name down. The result, both were fined. Jack Steen was fined for saving a seat for another member and Bob Montgomery was fined for winning at Bridge. Your scribe was fined for winning \$40 in the hockey pool. All those who aren't parking, going to the District Conference in Canmore or working the Casino were also fined.

Lastly, Hank fined David Saunders for profiting (Dave says it was insufficient) from the sale of a golfing time to Jim Hennessy. All in all, Hank did an excellent job relieving our members of their extra coin.

Good News/ Bad News:

Rob Wolfson told us of their excellent run at the Provincial Bowling Championships, held at Chinook Centre this past weekend. His team came second, just barely losing out to Red Deer by one game. Congratulations Rob on a job well done!



Tom Sorenson paid up to thank Mike Cvik (our guest speaker and a long time on ice hockey official) for being able to stand still during our singing

## Maternal and Child Health Month

April 5th  
April 9th

Ryan Geake, Director, Calgary Scope Society

### Youth Exchange International Dinner in support of ShelterBox

5:30 Reception, 6:30 Parade of Flags & Dinner, 7:30 Dessert (traditional desserts from the home countries of the students made by the students)  
8:30: Entertainment by the students — @Red Deer Lake United Church, \$50 per person, contact Ron Prokosch for more info and tickets  
@ 403-651-1722, rprokosch@prokoschgroup.com

April 9th - 10th

Parking @ Spruce Meadows for the 2016 Horticultural Show

April 12th

Cindy Neufeld & Kathryn Johnson, Between Friends Society

April 13th

Board of Directors meeting — 5:30 pm, Horton Road Legion

April 17th

Grillin' & Serving' at St. Patrick's Island — details to come

April 19th

John Hufnagel, President and General Manager, Calgary Stampers

April 23rd

Ronald McDonald Brunch, 9am to 1pm, 8 volunteers needed, contact Gwynneth

April 23rd

Year End Cribbage Tournament "The Suckling Awards" @ Horton Road Legion, 10am - 4pm

April 26th

Dinner meeting — Youth Services Night



**SPRUGE MEADOWS**

## Youth Service Month

May 3rd

Jodi Hilty, President, Yellowstone to Yukon Conservation Initiative

May 10th

Calgary Bluegrass Group — The History of Bluegrass Music

May 11th

Board of Directors meeting — 5:30 pm, Horton Road Legion

May 13th - 15th

'Rising to New Heights' — DisCon 2016, Canmore, Alberta

May 14th - 15th

Casino — details to come

May 17th

J. David Clemis — The Downfall of the Popularity of Alcoholism

May 24th

Naheed Nenshi, Mayor (tentative)

May 28th - June 1st

RI Convention, Seoul, Korea — 'Connect with Korea, Touch the World'



**Rising to new heights**



**SEOUL 2016**

## Rotary Fellowships Month

June 3rd

President's Dinner

June 7th

Roger Chaffin, Calgary Police Chief

June 8th - 12th

Parking at Spruce Meadows for the "National"

## Meeting Minutes .... cont'd from page 2

of the National Anthem (after so many hockey games where they were free to move around a little).

Terry Green donated to tell everyone that he had just received our cheque for \$7,500 payable to the Legion's Poppy Fund, which he would have the pleasure to deliver.

George Kimura rose to announce that two of our curling teams had won their events at last week's wind up event. George's team (comprised of George, Terry Green, Karen Kartushyn and John Fortuka) won the "B" event, and Harry Nazarchuk's team (comprised of Harry, Paul G., Wayne Wiebe and Ted Wada) won the "C" event (ably assisted by spares Ernie Hawrylyshen and Rick Kellington).

Bart Dailley introduced today's speaker, Mike Cvik, who recently retired after 29 seasons as a NHL linesman. Mike is Calgary born and raised, and at 6 ft, 9 in., is as tall as the NHL's tallest player, Zdeno Chara.

President Dale closed the meeting by presenting our speaker with our certificate of appreciation noting a donation to Rotary's Polio Plus campaign in his name.

## Syrian Refugee Mentoring

Rotary Clubs in Calgary are invited to join the Syrian Refugee Mentoring program. This is a crucial part of the Rotary Syrian Refugee project in which Rotarians are invited to offer their time as mentors, their money in support of basic necessities and basic items for living.

First and foremost, mentors offer a hand of friendship and support once you have been matched with a family.

There will be a training/consultation night for mentors, prospective mentors and others interested. The meeting will be held at the Calgary Scouts House 2140 Brownsea Drive NW (adjacent to Memorial Drive) at 7:30 PM to 9:30 PM on Tuesday, April 19. If you would like to attend contact Garth Toombs at garthtoombs@shaw.ca.

If you have an interest in being a Mentor, or even just finding out more, contact any of the people below.

Ghada Alatrash ghadaalatrash@live.com  
Barb Young barbary1@telus.net  
Paul Bates pt.bates@me.com  
Manon Mitchell manon@mycadenza.com  
Garth Toombs garthtoombs@shaw.ca

by Anne Dale

out to be a very long and successful career.

Mike then told us about the different travel situation today versus the old days. Back some years ago the teams and officials used to travel on the same plane and often stayed at the same hotels. This allowed for conversations between players and officials which, in turn, led to better relationships. While your on ice job could still put you at odds with players from time to time, you had a background relationship which tended to keep things on a reasonable level. More recently, teams fly charter everywhere, everything is timed down to the second which leaves little or no time for players and officials to develop any kind of relationship.

Hockey officials at this level are given their assignments in 6 week blocks. The league officials feel they need the flexibility to amend schedules based on injuries so the shorter blocks allow for this. Officials are allowed to fly business class if their flights are longer than 467 miles, otherwise they fly economy. Needless to say, the great majority of their flights don't exceed this number. They all stay in one of three league approved hotels in each city and in New York, for example, room rates can vary from \$260 per night to \$975 per night, based on what's going on in the City and how filled up these hotels are.

This veteran linesman has worked his share of big games. He was selected to work the 1998 All Star Game and took part in the 2011 Tim Horton's Heritage Classic between the Habs and the Flames. He was also on the ice for Wayne Gretzky's record setting 802nd goal. His most memorable game was the Gold Medal Game between Canada and the US at the Salt Lake City Olympics in 2002. After that game they (officiating group) were approached by the Canadian coach, Pat Quinn, and they were thinking, what does he want, he shouldn't be yelling at us, his team won? Instead Pat congratulated them for doing a great job in a difficult situation (being Canadian officials in a game in which Canada was playing).

Mike Cvik worked 1,868 regular games, including 93 playoff

games over his 29 years. He thanks Brian Burke and the Flames management for stepping up at the end of his career and arranging a box for his family and close friends at the Saddledome for his final game, on January 6th. In addition the Flames management made a point of dropping by and greeting his family, welcoming them to the game. In an unprecedented display of respect, the broadcast team at this final game actually named Mike Cvik as the third star of the game and had him take a final skate for the fans. A great end to a wonderful career!

## Year End Cribbage Tournament

Our Year-End Cribbage Tournament "The Suckling Awards" will be held on Saturday April 23rd from 10am – 4pm. Our usual location at the Horton Road Legion.

There is a \$20 entry fee. All monies collected will be paid out to the participants as follows:

- 30% - Most points scored
- 25% - Largest cumulative point spread
- 20% - High Hand of the Tournament
- 15% - 2nd Highest Score
- 10% - 3rd Highest Score



As per usual play All 19 Hands will pay \$0.25 to the Infamous Milk Jar. The 24 Trophy will be awarded if achieved along with all monies in the Milk Jug.

Of course an Afternoon of Cribbage would not be the same without our lovely ladies so naturally Spouses are welcome as per normal Cribbage Play. We will play 12 games.

I will be passing around the envelope at the meetings leading up to the event, but you may also contact me via email at [robandang@shaw.ca](mailto:robandang@shaw.ca)

*Yours in Rotary (and cribbage),*  
**Rob**

## Arch Supporters

**BARRY & CYNTHIA KORPATNISKY**

BARRY: 403.819.4886  
[bckoro62@gmail.com](mailto:bckoro62@gmail.com)

CYNTHIA: 403.804.5349  
[bckoro@telus.net](mailto:bckoro@telus.net)

[www.calgarysouth.com](http://www.calgarysouth.com)  
[www.realestateprofessionalsinc.com](http://www.realestateprofessionalsinc.com)

100 - 5810 - 2nd Street SW, Calgary, AB T2H 0H2



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



[www.movewithtransitions.com](http://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](mailto:transitions.dawn@shaw.ca)

**Robert Wolfson**  
Wealth Advisor  
[robert.wolfson@scotiacleod.com](mailto:robert.wolfson@scotiacleod.com)

Suite 300  
119 6th Avenue SW  
Calgary, AB T2P 0P8

Tel: (403) 213-7342  
Fax: (403) 298-7805  
Toll Free: (800) 372-9274  
Cell: (403) 560-6471  
[www.elliswealthmanagement.ca](http://www.elliswealthmanagement.ca)



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](mailto:tammy_truman@cooperators.ca)

Home Auto Life Group Business Travel

**Stemp & Company**  
Lawyers, Patent & Trade Mark Agents

Services provided in the areas of:  
Wills • Estates • Real Estate • Mortgages  
Litigation • Corporate Commercial Transactions

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

[www.stemp.com](http://www.stemp.com) email: [bill@stemp.com](mailto:bill@stemp.com)  
#233, 1100 - 8th Avenue SW, Calgary, AB T2P 3T8





The Mentoring Program, now in its second year, has started at the Fairview Junior High School with 9 students being mentored by 9 Rotarians. It runs in a group format for 2 hours every second Friday afternoon. Patricia Garner, our committee chair, organizes the sessions some of which involve presenters and some field trips. Jennifer Bell is the school coordinator. The first session was an introduction. The second a presentation by Fatima Esmail from the company Momentum on the field of finance including the concepts of earning, saving, budgeting, credit, interest etc.

Momentum is a non-profit organization helping people in poverty sustain themselves and their families. It does this by running programs in the field of Business Development, where they can pursue self-employment as a means of primary or supplementary income; Financial Literacy, where they can learn money management skills and learn to pay themselves first by saving; and Skills Training, where new Canadians and Aboriginal persons can build new skills that enhance career opportunities.

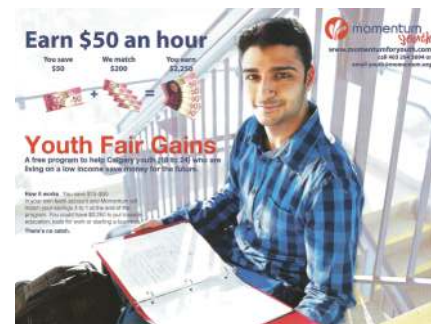
They run a "Youth Fair Gains" program where youths between the age of 16 and 24 living on a low income can learn money management skills, how to create a budget and build savings, and how to build credit. The program consists of a series of 2 hour workshops, 2 evenings a month for 9 months.

The students learn to save. For every \$1 they save in a bank account, Momentum matches it with \$4. By saving \$50 per month for the duration of the program, students save and earn with matching funds a total of \$2,250 by the end of the program. These savings can be put towards going to school, buying tools for work, kid's education or starting or expanding a business.

Sponsors include the United Way, CIBC, and Family & Community Support Services.

A very worthwhile cause with ideals similar to those in the Rotary "Stay in School Program". An opportunity maybe for Rotary to get involved. Food for thought!

*John Charrett  
Director of Youth Service*



APRIL IS



MATERNAL & CHILD HEALTH  
MONTH

"It is health that is real wealth and not pieces of gold and silver"

Mahatma Gandhi

Rotary




[www.rotary.org](http://www.rotary.org)