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How to be a Good Patient Shibaneer Verma, Health Care Consultant

Bart Dailley introduced today's speaker Shibaneer Verma, a health care strategist who consults to pharmaceutical companies and healthcare agencies.

Shibaneer has worked with advisory boards, conducted market research, and led workshops. Shibaneer now has her own consulting firm SVerma Consulting Inc.

Shibaneer outlined a strategy with the hope of people becoming a more engaged patient in the medical system. This plan is labeled the "S T A R E Strategy" and it encourages people to plan their medical appointments.

The STARE Strategy:

- S – Summarize ... physical health, mental health, emotional health, and social health.
- T – Track your symptoms, how often do they occur, how do they impact you, and what others observe.
- A – Ask ... during your appointment, ask about the expectations, and the focus on the next step.
- R – React ... have a point of view, and leave with alignment.
- E – Evaluate ... the post appointment will give some time to evaluate the process.



Shibaneer's presentation created a lot of interest, with many questions following her presentation.

President Dale thanked Shibaneer for her presentation, and closed the meeting at 1:30 pm.



June 14th, 2016

Scribe: Alex Soutar

Pat Hutchinson and George Kimura greeted our members and guests at today's meeting.

President Dale opened the meeting at 12:15 pm followed by the singing of O Canada, and Rotary grace accompanied by Ruth Wylie on the piano.

George Kimura introduced our guests that included Adam Ward guest of George van Schaick, Ryan Geake and Bob Gentels guests of Rob Wolfson, Norman Myden Rotary Club of Nanaimo, and Shibanne Verma our guest speaker.

Minute People included:

- Rob Wolfson who presented a cheque for \$1,500 to the Executive Director of the Calgary Scope Society Ryan Geake, and thanked Scope for partnering with Chinook at Spruce Meadows.
- David Wartman reminded members to return their committee signup sheets.
- Garth Sabirsh thanked Chinook members for their parking participation at the National tournament.
- Rob Wolfson announced the results of the Hockey Pool

which netted the first place team \$190, second \$130, third \$65, and Chinook Rotary was the big winner netting a total of \$255!

- President Dale conveyed a heartfelt thank you from Janet Popoff for her Honourary Membership in the Chinook Rotary Club.
- Peter Bickham gave a detailed report on the Club Financial, as well as a summary of activities of the World Community Service for the year.

Bill Stemp won the 50/50 draw at today's meeting.

The Sergeant at Arms was Joe Levy, who seemed to target President Dale (3 times) for some non-descript reasons. Joe managed to include fines for all members who missed the President's Dinner. This was followed by an array of Good News / Bad News events.

Bart Dailley introduced today's speaker, Shibanne Verma, a health care strategist who consults to pharmaceutical companies and healthcare agencies.

President's Dinner

June 3rd, 2016

Scribe: Alex Soutar



Some photos from the President's Dinner that was held at McKenzie Meadows Golf & Country Club earlier this month.

Paul Gaudet introduced our guest of honour, President Dale Perret, thanking Dale for an exceptional year, and her commitment to Chinook Rotary. Paul also presented best wishes from Dale's sponsor and past president Dave Saunders now residing at the west coast.

Our guest, Liz Senger, representing Henry Wisewood School, thanked Dale for her support of the youth interact program which is very special to Dale.

Dale found great



pleasure in presenting a Chinook Rotary Honourary Membership to Janet Popoff, and thanked Janet for all of her work and ongoing support for Chinook Rotary.



Photos courtesy Ian Burgess

Rotary Fellowships Month

June 21st Paige Macpherson, Alberta Director, Canadian Taxpayers Federation
 June 25th Grillin' and Servin' — K-100 Race at Nakiska Lodge
 June 28th Passing of the Gavel — out with Dale Perret, in with David Wartman, and our 'Pool Boy' Rob is 'Having His Head Shaved' in support of KidSport
 Rob's goal is raising \$1,500. All donations welcome - over \$20 will receive a tax receipt.



New Rotary Year Begins

July 5th Bart Dailley — Experience as the Program Chair
 July 12th Carriage House Stampede Breakfast — breakfast meeting
 July 24th Grillin' and Servin' — 'Iron Man Calgary' at North Glenmore Park
 July 26th Kevin Anderson — Steinway Pianos

Membership and New Club Development Month

August 16th Rick Willms — Mission Aviation Fellowship
 Annual Nature Park luncheon

Economic and Community Development Month

October TBA Grillin' and Servin' — 'Kathy's Run' at North Glenmore Park

Disease Prevention and Treatment Month

December 15th Atlanta 2017 RI Convention — last day for early-registration discount — \$340



JUNE DESIGNATION IS



ROTARY
FELLOWSHIPS
MONTH



Photo by Monika Losinaka © Rotary International. Design and layout by Gilbert Thien.

"The foundation upon which Rotary is built is friendship; on no less firm foundation could it have stood."

Paul P Harris, 1935

- ☺ Many girls like to marry a military man ... he can cook, sew, and make beds, is in good health, and he's already used to taking orders.
- ☺ Eventually you will reach a point when you stop lying about your age, and start bragging about it.
- ☺ Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've travelled a long way and some of the roads weren't paved!

The superlative Grillin' and Servin' Team, ably led by Hank and Bruce (and of course Janet), served over 1,000 attendees at the Saturday Canada vs Russia rugby match !! It was a great day of fun and fellowship for the team.

Next up is the June 25th event at Kananaskis, where the plan is to far surpass this 1,000-served hurdle. Get your food handling certificate and come on out for this weekend BBQ event!



Rotary Ride, Vernon BC

Rotary Ride

66km • 98 km • 126 km

Sunday July 24 in Vernon BC

The proceeds go to the Okanagan Rail Trail Initiative to build a walking and cycling path along the old railway line between Vernon and Kelowna BC. The details and registration are at:

www.rotaryride.ca

James Kanester
Silver Star Rotary Club, Vernon BC



Member Update



Dave and Phyllis Saunders are settled in BC now ('The Island'). "We are open for guests but reservations certainly recommended." New contact info:
#56 – 1255 Wain Road Sidney, BC V8L 4R4
saundershome@shaw.ca
phone (cell) : 1 778 678 6598

Arch Supporters

BARRY & CYNTHIA KORPATNISKY

BARRY: 403.819.4886
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CYNTHIA: 403.804.5349
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To help support publication and distribution of the Arch to members, please contact
Stephen Pick at 403-938-2876
or stephen.rotary@ontheridge.ca



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

Scotia Wealth Management™

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Suite 1600, 700 - 2nd Street SW
Calgary, AB T2P 2W1

Tel: 403.213-7342
Fax: 403.298-7811
Toll Free: 1.800.372-9274
robert.wolfson@scotiawealth.com
www.ellisfinancialgroup.ca



TAMMY M. TRUMAN
Agent/Owner

TRUMAN INSURANCE AGENCY INC.
19 - 8720 Macleod Tr. SE Calgary AB T2H 0M4
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