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Parkinson Alberta Help for Today: Hope for Tomorrow Katie van Hansen and Pam Aldred



Katie van Hansen and Pam Aldred were introduced by Anthony Tonkinson.

Parkinson's is a neurodegenerative disease which manifests in various ways — tremor at rest, Bradykinesia (slowness of movements) and muscle rigidity. Two of these symptoms need to be present for a diagnosis. Other symptoms can be difficulty in swallowing, slow and/or slurred speech, and difficulty in writing.

Research and innovation is ongoing .

The Parkinson Alberta association is offering help in various ways — singing and art, movement classes, swimming, boxing, education days, socializing and care breaks for partners.

Champions of Hope raises funds for research, most of which comes from Calgary and 10% of all other monies raised goes for research.

The fund raising efforts are golf tournaments, walks/runs and the most interesting is a Sip and Sample on October 22 supported by J. Webb Wine Market.

There are approximately 10,000 people here in Calgary with this disease, of which 3 are between 15 and 25 years of age.

This is NOT a genetic disease, and you cannot die from it.

For more information: www.parkinsonalberta.ca



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July 19th, 2016

Scribe: Sydney Richmond

We opened on time at 12:15 and were led in our singing by George. We finished early as President David runs a tight ship (and I think he had a date).



Our **greeters** were Rosemary and Bill who then introduced our **guests** - Harold Cohen, Gordon Charlton, Bob Gentles, and Katie van Hansen and Pam Aldred who were the speakers.

Minute Men:

- Jim Thompson spoke about the storm water dumping that is affecting the pond at our Rotary Park.



- Paul Gaudet reminded us about the upcoming parking at Spruce Meadows ... 4 days for the Canadian Kennel Club over the long weekend. We have also been asked to park for the "Rugged Maniac Obstacle Run" on the Saturday. They are expecting about 3,100 participants - BUT they are prepared to pay us \$20/hr! So let's get out and earn extra money.



- Joe Hooper presented the club with a cheque from Spruce Meadows for \$13,296 for the first parking we did this season. Hooray for us!



- Looks like Anthony's writing - he reminds us of the Village Brewery Tour on Aug 2 - cost of \$20 and that



includes lunch and of course beer tasting.

- John McBean asked for volunteers for the Challenger Park upcoming casino.

Our **Sergeant at Arms** was Tammy Truman who extracted fines from us for various misdemeanours.



Bev Tonkinson won the **50/50 draw**. Do you think she shared it with Anthony??

Our **speakers** today were Katie van Hansen and Pam Aldred from Parkinson Alberta.

Photos courtesy George Van Schaick



Rotary on the Road !!

While the Cat's away! Our President is away in the UK, so....

Tuesday, August 2nd
Village Brewery Tour • start at 12.15pm
5000, 12A Street SE

Spouses are invited ...maximum 60 guests

Cost: \$20.00 pp, includes food, tour, tasting and a pint of your fave.
 Pints of Beer \$6.00

Please let me know by July 26th if you (and a guest) are attending, as we have to give the Brewery numbers. Sign up sheet will be circulated at our meetings.

Thanks! Anthony



Home Schooling

Most of the 50+ generation was 'home schooled' in many ways:

- My mother taught me RELIGION. "You better pray that will come out of the carpet."
- My father taught me about TIME TRAVEL. "If you don't straighten up, I'm going to knock you into the middle of next week!"

the Arch — Notice

There will not be an Arch published next week (August 2nd), due to the long weekend, and the 'Rotary on the Road' beer bash. 😊

New Rotary Year Begins

July 26th Kevin Anderson — Steinway Pianos

Membership and New Club Development Month

August 2nd Rotary on the Road!! Village Brewery Tour • start at 12.15pm
Spouses are invited ... maximum 60 guests. Cost: \$20.00 pp
Sign-up sheet will circulate or contact Anthony Tonkinson
(no noon meeting at the Carriage House)

August 9th Bill Stemp — Classification Talk

August 16th Annual Nature Park luncheon

August 23rd Graham Gerein (*Ron & Helen Smith's grandson*) — 'Being a Page in the House of Commons'

August 30th Rick Willms — Mission Aviation Fellowship



Basic Education and Literacy Month

September 6th David Wartman — Rotary's New Direction

September 7th - 11th Parking at Spruce Meadows for 'The Masters'

September 13th Gillian Card — What's Up at the Zoo

September 20th Dr Hollingshead — Cost of Alberta Health Care

September 27th Christina Marchand — Full Soul - Improving Maternal Health in Uganda



Economic and Community Development Month

October 11th Donna Leuw — Days for Girls



Polio Plus Update

by Anthony Tonkinson

This is based on an article in the July/16, Rotarian.

IF WE ARE SO CLOSE TO ERADICATING POLIO, WHY DO WE STILL NEED \$1,500,000,000.00 TO FINISH THE JOB ?

Polio was licked in Europe in 2002? No, two Ukranian children were diagnosed in 2015 with paralytic polio. Sadly it was caused by a rare mutation of a weakened strain used in oral polio vaccine which was able to spread because of Ukraine's low vaccination percentage (50%). 5 - 6 million vaccines are needed to stop its spread.

Vigilance is key and Rotary is investing millions of dollars in a network of laboratories for monitoring. They check sewage for example.

Vaccinations must be constantly administered. Rotary has given 15 billion doses since 2000, vaccinated 2.5 billion kids. An example of a polio campaign is one in Cameroun that took place this January. It used 34,000 vaccinators and 21,000 rental cars. Another in Chad used 3,700 town criers and 45 radio spots, and in Ethiopia 14,000 local guides and 500 clan leaders.

Once the final case of polio has been recorded it will take three years to confirm this. Programmes will continue and funding needed for the volunteers for these three years.

Please consider donating to The Foundation. The easy and most effective way is to join the monthly donor programme. Feel free to chat with me about donating.

Meeting Minutes

July 5th, 2016

Scribe: Sydney Richmond

We opened the meeting on time but our rendition of both our anthem and grace, even well led by George, was dismal! Oh, Ruth we need you, or will someone learn to play the tunes - please!

We got down to business after nice fellowship over our meal — thank you new President David.

Our **guests** were introduced by Tom McKee, and they were Stacey Wilson, Bob Gentles, Rob Hays and Hans Tiedemann from the South Club.

The **Minute Men** were:

- Hank P and Paul G who reminded us about parking at Spruce Meadows and the need for help this upcoming weekend. Also the Grillin' and Servin' on July 24 in North Glenmore Park.
- Rob W reminded us about the Sargent at Arms meeting after lunch.

Birthdays of members and spouses and the **Anniversaries** of both marriages and of joining Rotary ... again some tuneless singing. Perhaps we should all stay for choir practice?

SAA Rob Wolfson told some terrible jokes — please get another source for next time Rob!

Gwynneth Gourley won the **50/50 draw**.

We then had the pleasure of inducting Rob Hays as a **new member** of Chinook Rotary. His category is IT Management and his mentor is Peter Bickham.

We now have another **category of membership** in the club. It is "Stud Muffin". Both George Van Schaick and Hank Popoff were the first to be given this honour.

Our **speaker** today was Bart Dailley. Of course he opened with a sad joke but that was to be expected, and he went on to tell us that he has had 13 years of arranging for speakers to come to our meetings, and he thought it was time to let someone else have a turn. He is leaving very large shoes to fill.



He has covered all the no-no's — religion and politics to generally good reviews. We had city, provincial and federal politicians from both sides of the aisle. We had Bishop Henry and Bob Glasgow from the church side.

He brought in police chiefs and Indian chiefs, health and safety experts, and even the warden from Drumheller. People who captured our attention were the Holocaust survivor, the Ice Road Trucker, the chap from the Village Brewing company, and of course all the historians from the experts to the Bart himself.

We learned about the Macleod Trail history, the War of 1812 and WW II. Members of our club also were asked to speak on various subjects — all of which were interesting. And I suppose all the various animals that came — from ferrets to owls and bears — were equally enjoyed by us all.

Of course the media was well represented in the talks, but most heartwarming/pleasing to Bart were the sports people. "Huff" came every year but he also had baseball, lacrosse, hockey, horse racing and curling leaders and enthusiasts.

There have been talks on Freak Shows, the Decline of Alcoholism and Booze, and one of my favourites — the Sasquatch!

Some odd things happened as well — John Gilchrist the food critic couldn't make the meeting as he had food poisoning from where

he had eaten the night before! The man who was supposed to talk for about 25 minutes about the Sam Steele Scouts was extremely brief — he spoke for less than 1 minute and then sat down, much to everyone's surprise! The man who is part of the "Flat Earth Society" turned down the chance to speak.

The variety of topics and interesting people that Bart told us about was amazing. He is an amazing speaker in his own right and I'm sure everyone enjoyed him. I vote for a talk from him every 2 months. Thank you Bart for all your hard work!!

Meeting Minutes

July 12th, 2016 **Scribe: Sydney Richmond**

No actual meeting today but the Carriage House Stampede Breakfast was good as usual.

I was in the line-up by 8am and even though the line up was long it went fast. I was able to choose from crispy croissants, Danish pastries, muffins, sausages and of course pancakes topped with whipped cream, syrup and blueberries, and coffee and juice. Now don't you wish you had attended !?

There was entertainment — music and dancers — and some young, good looking firemen and cowboys.

I only saw George Van Schaick in the line-up, and I hope there were other Rotarians in attendance as well.

It's too late for this year, but next year if you only go to one Stampede Breakfast, I recommend this one!



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