



## Funeral Planning in Alberta Jeff Hagel

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Our Arch Supporters ... THANK YOU !!

Bart introduced Jeff Hagel, Partner and Operations Manager, McInnis and Holloway Funeral Homes. Jeff joined McInnis and Holloway in 2007 and became a partner in 2011. In 2015, he was voted on to the Alberta Funeral Service Regulatory Board, where he is currently Vice Chair.

Jeff commented on the changes that have occurred in funeral services. One of the most striking is that over 70% are now cremations.

80% of clients have a service, which is more often a "Celebration of Life". Most include a reception afterward. Some unusual additions to services have been a Model T, and a Harley Davidson.

A measure of interest in the subject were the many questions from the members. A number of these related to cremation and the scattering of ashes. This is not allowed on public lands, or national parks. Permission must be obtained.



Prez Alex presented Jeff with a Polio Plus Certificate, indicating a donation had been made in his name.

PS — The best line of the day came from Pat Hutchinson, on the subject of his mother-in-law's urn not fitting in the niche with that of her husband's. In transferring her ashes to a smaller urn, a gust of wind created dust, at which point Pat said "There goes Gramma".

## Sleep Disorders

Dr. Paul Teman



Bart introduced our speaker, Dr. Paul Teman, a certified sleep specialist. He has a medical degree from the University of Minnesota, and a Sleep Medicine Fellowship from the Mayo Clinic.

There are many sleep disorders, with the most common being Obstructive Sleep Apnea (OSA). This is a breathing pause, caused by a relaxation of the airway. A common symptom is snoring, but now all snorers have OSA. Common causes are obesity and upper airway anatomy. Diagnosis is by sleep testing in a facility with overnight monitoring. (There are approx. 200 sleep clinics in Alberta). Testing can also be done in the home, using an apparatus which measures chest

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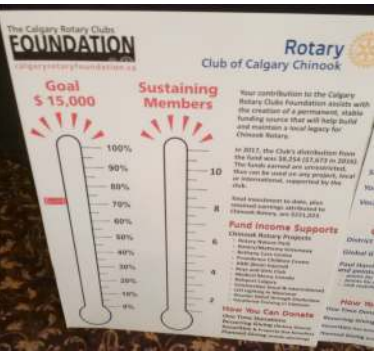
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## Minute Members:

- Rhea and Dean White gave an overview of our revised Fairview School Mentoring Program. This year, it will be centred at Dean's "ROOTS to STEM" facility in Douglas Glen. Students will spend alternate Friday afternoons there, beginning January 19th. They will experience hands-on learning opportunities in Science, Technology, Engineering, and Math (STEM). Chinook members are invited to volunteer as overseers in the program. An orientation will be held for volunteers in the evening of January 17th.



David Wartman and Bev Tonkinson greeted members enthusiastically. Following lunch, both were given the rest of the day off, as there were no visiting Rotarians, or guests, to be introduced. A rare occurrence.

A new member, Michael Spier, was inducted. Secretary Paul read the induction. Michael



is a former member of the Terrace, BC Rotary club. He is in the insurance business, and has the classification "Financial Advisor". George Van Schaick (pronounced squike) will be his Chinook mentor. At every opportunity, let's make Michael feel welcome.



Anthony presented Paul Harris awards to Rhea Graham and Ron May (+5). He mentioned that the club's point matching program to members' donations has been so successful, that there are no more points available. There is an opportunity for members to donate their points to the club, as Peter Bickham recently did.



50/50 was won by George Kimura.



## Greeter Schedule



January 23rd	Bart and Bruce
January 30th	Wayne and Neil
February 6th	Hank and Peter
February 13th	Jim H and Rob W
February 20th	Paul G and Garth S
February 27th	George K and Pat H



Bart introduced Jeff Hagel, Partner and Operations Manager, McInnis and Holloway Funeral Homes.



## Vocational Service Month

January 23rd  
January 30th

Roger Kingkade — The History of Bourbon  
Trevor Bacque — The History of Canadian Wheat

## Peace and Conflict Prevention/Resolution Month

February 1st  
February 6th  
February 13th  
February 15th  
February 22nd

Cribbage Night @ The Legion — contact Peter Bickham  
Jan Damery — 150 Calgary Women  
Steve Allan — Seniorepreneurship  
Networking Night @ Limericks, 5-6:30pm — contact Rob Wolfson  
Cribbage Night @ The Legion — contact Peter Bickham



## Water and Sanitation Month

March 8th  
March 22nd

Cribbage Night @ The Legion — contact Peter Bickham  
Cribbage Night @ The Legion — contact Peter Bickham

## Maternal and Child Health Month

April 14th

Cribbage Windup and Trophy Night @ The Legion — contact Peter Bickham



# Meeting Minutes

January 16th, 2018

Scribe: Bob Montgomery



Greeters Ernie Hawrylyshen and Tom Sorenson enthusiastically welcomed us. Following lunch, Ernie introduced our lone guest. This one was special, as Will Schmidt, a former member, was with us. When he retired as GM of the Carriage House 3+ years ago, he and his wife moved to Vancouver Island. They have since returned to Alberta, and reside in Okotoks. Welcome back Will.



## Minute Members:

- Bev invited members and partners to the Tonkinson residence for a Pizza/Beer Night on February 16th. Cost per person \$12.50
- Rhea invited members to volunteer as Fairview school mentors for programs to be held at ROOTS to STEM on alternate Friday afternoons, beginning January 19th.
- Jim T. advised that there is another new government contact to educate about the Nature Park. (He will get at it, when he returns from Arizona in May)



Prez Alex announced that the Challenger Park expansion will not go ahead. Thus Chinook's commitment of \$30,000, over 3 years, is cancelled.

Alex also announced that the Rotaract Club is having a fund raiser night at the Hitmen game on March 3rd — the cost is \$15.

50/50 was won by Ted Wada.

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Anthony presented a Paul Harris + 7 to Gwynneth Gurley. (Well done, "one vowel"!)



Our Sargeant at Arms, David Irving, regaled us with an impossible quiz, regarding far out info about Canada, e.g PEI's flower, McKenzie King's dog, annual value of beer consumption in Canada, etc. Wrong answers meant \$2 in the pot, unless you were wearing a jacket, which reduced the fine by half.



Good News bulletins came from Dr. Ian (forget reason); Rob for son's first driving license; Jim for escaping south for 4 months; Bev for Anthony's retirement party (it's now official).

Bart introduced our speaker, Dr. Paul Teman, a certified sleep specialist.



*Photos courtesy George Van Schaick*

## In Memoriam

### Don McKenzie



Don, beloved husband of Jean McKenzie of Calgary, passed away at the Rockyview General Hospital on January 10 at age 83 years.

He was the loving father of Brian McKenzie (Heather) of Calgary, and Debbie McKenzie of Calgary. He will also be dearly missed by his two grandchildren Megan McKenzie (Tyler Rambie) and Kendall McKenzie, both of Calgary.

Don was a devoted family man. He was very involved in the lives of his children and was fortunate to have seen his two granddaughters grow up. Don was a kind and generous man who was always willing to help others. He will be remembered for his sense of humour, his honesty and his integrity. Don will be greatly missed by his wife, his family, friends and everyone whose life he has touched.

*In Memoriam*



## Sleep Disorders

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movement, air movement and blood oxygen content.

Treatments vary, depending on severity — none, if mild; props to keep one lying on side in bed; CPAP, a machine to force air into the lungs; dental appliance, which pulls jaw forward. (There may be others, but your scribe nodded off).



Prez Alex thanked him and presented a Polio Plus certificate.

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The Arch is published a couple of times a month. Please forward any items for inclusion to Stephen Pick.

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