

## The Secret Marathon Martin Parnell

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Our Arch Supporters ... THANK YOU !!

Martin Parnell started his Quest for Kids initiative in 2010. Over the next 5 years he completed 10 "Quests". Some of these were running 250 marathons in a year, summiting Mount Kilimanjaro in 21 hours, and a run along the English coastline. This earned him five Guinness World Records. By the end of 2014 he had raised over \$1.3 million for the humanitarian organization "Right to Play" and 27,000 children have been given the gift of hope.

Martin has published 3 books, Marathon Quest, Running to the Edge, and now The Secret Marathon — Empowering Women and Girls in Afghanistan through Sport.

Martin is a member of the Cochrane Rotary Club, and is our District Governor nominee designate. He shares his message of having a "Finish the Race Attitude — setting goals and overcoming obstacles to unlock your potential" through keynotes and workshops.

Martin's presentation covered his brush with death from a blood clot on the brain. It was a five in a million chance to get this condition, and without immediate medical intervention, would be fatal from the blood clot or a heart attack it brought on. His high level of fitness saved him and he shared that the best insurance for life is being somewhat fit. It was during his 18 month recovery that his wife Sue showed him an article on women doing a marathon in Afghanistan, and the hurdles they faced due to social norms in that culture.

He then recounted his road to recovery leading up to a trip to Afghanistan on October 2016 to participate in the marathon. He was partnered with a young woman who had not trained sufficiently due to it being interrupted by the death of a friend in an IED attack. But together they managed to overcome this and finished the marathon just under the 7 hour cutoff.

He talked about the local people and the challenges they faced, the remnants of wars in the fields, the lack of housing meaning that some live in caves in the hills, and also receive schooling in one, with 4 to 11 year olds receiving instruction from an 18 year old teacher.

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President George opened the meeting at 12:15pm, and with the assistance of Ruth Wylie on the piano, we sang the National Anthem and Rotary Grace. The bunch of chilled Rotarians then warmed up over lunch with good food and great fellowship.

The cheerful babble was broken into by President George who called the meeting back into order at 12:40pm. Greeter John Charett then introduced the 2 guests: our speaker Martin Parnell and a Friend of Chinook Rotary, Sandy Swan, who is here from Mazatlan.



The Sunshine Report by Pat Hutchinson was no updates from the past week ... our continued thoughts go out to Dick Snel for his recovery.

The District Curling Bonspiel is in Lethbridge this year, and two Chinook teams are attending: President George's and Bruce Bohnet's. George wished Bruce good luck and hoped he beat every team he met up with but one ... his.



## Water and Sanitation Month

March 5th	April Stallings, Manager Resource Development, Children's Wish Foundation
March 8th	Fairview Mentoring at Roots 2 STEM
March 12th	No regular meeting re the Mix 'n Mingle Evening Meeting
March 14th	Mix 'n Mingle Evening Meeting — Dan Doherty, DG
	Cribbage Club @ Horton Road Legion — contact Peter Bickham
March 15th	Fairview Mentoring at Roots 2 STEM
March 19th	Blythe Butler, Early Childhood Development Network
March 26th	Anne Dale — Days For Girls
March 28th	Cribbage Club @ Horton Road Legion — contact Peter Bickham



## Maternal and Child Health Month

April 2nd	Syed Ahmed, Community Hearing Outreach Program
April 5th	Fairview Mentoring at Roots 2 STEM
April 9th	Christina Hassan, Full Soul Project
April 12th	Fairview Mentoring at Roots 2 STEM



## Meeting Minutes

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Minuteman George Van Schaick (with the assistance of Rob Wolfson from the floor) reminded us all of the details of the upcoming "Mix 'n Mingle" on Thursday March 14th at 5:30pm. Cost is \$20.00 for members and free for guests. There will be a cash bar and finger food. All are encouraged to attend and bring a guest, invite a former member, etc. The DG and DG-Elect will be speakers at the event. The objections to the timing of the meeting brought forward by Cribbage-Man Peter Bickham were put aside given the importance of membership vs card games ....

It was then time for "Chase the Ace". This has been a very successful fundraiser for the club. Today's payout was \$70.00 with the pot being \$741. Hank Popoff won the draw, but to the relief

of all others present and to their enthusiastic applause, did not draw the Ace of Spades, so the pot carries over to next week.



George presented the recognition pin to Maureen Tynan this week. As always her list of contributions to Rotary and to our Club was inspiring.

Sergeant at Arms Rob Wolfson took the floor fining the Cribbage organizer, Limericks Networking non attendees, and other member failings. He did however continue his discriminatory ageism comments, and should likely be fined for this at a future time, as while his jokes are amusing (ok somewhat), they do strike a bit close to home perhaps!?



President George then thanked everyone who brought in items for the Rotaract drive last week that he had delivered to them. He then called on Paul Gaudet to introduce the speaker.

*Photos courtesy George Van Schaick*



Photos courtesy Rob Wolfson

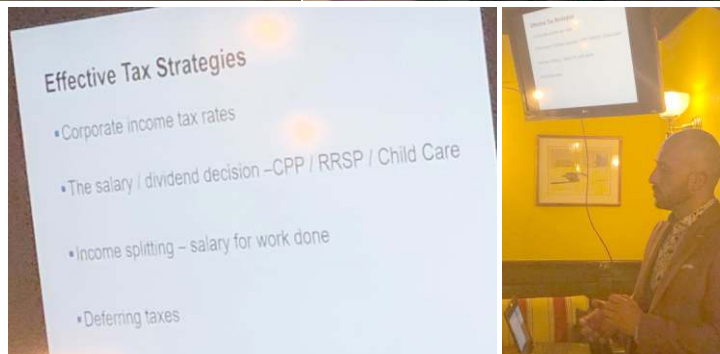
## The Secret Marathon

.... cont'd from page 1

Martin and his support group have continued to provide assistance to these women and girls, sending over kayaks and recently, hockey sticks and pucks.

These women are an inspiration and the future of the country. They need continued support and on March 6th there will be a Secret 3k Run to raise funds.

It was an inspiring talk on his efforts to raise awareness and help though sport, and the history and culture of that part of Afghanistan. He was presented a Polio Certificate in thanks for his presentation to the Club. Martin then stuck around to answer questions and had copies of his books available for sale. A film will be coming out in the fall.



as of February 19th

**Chose the ACE**

# of cards left **13**

in excess of  
**Current Pot: \$ 741.00**

+ 30% of next day's sales

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