



## Club Assembly Club Directors

Today's Program was a Club Assembly with Director Reports.

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### Wayne Wiebe, Community Service

Committee lead by Will Schmidt has organized several sweat equity service events. These include: 3 dates for Ronald Macdonald House, as well as events at The Mustard Seed, The Foodbank, and Drop In Centre. Other events/activities being organized include Samaritans Purse shoe box program, Brown Bags for Kids and the Community Kitchen.

As reported last week by President George, Jim Thompson is continuing discussions with the City regarding Rotary Park.



### Jim Hennessy, Club Service

Jim thanked Paul Hussey (and Connie) for continuing with the House Committee — the weekly set up for our meetings.

Jim also thanked Bart Dailey for sourcing speakers for our weekly meetings for yet another year.

Bev and Anthony Tonkinson have lots of ideas for Fellowship.

Jim Thompson and Mo Tynan take care for the club's historical records, currently archived by Mo.

The Member Recognition Committee is chaired by Hank Popoff.

Anthony Tonkinson arranges Greeters, and Bev Tonkinson continues *cont'd on page 6 ...*

## Apple Magazine Terry Bullick, Editor/Publisher



Bart Dailey introduced our guest speaker, Terry Bullick. Terry is the publisher and editor of Apple Magazine and the director of branding for Alberta Health Services. For more than 30 years she has been writing, editing and helping to translate information into stories that people can understand. She has also written two best-selling books on Calgary's parks and pathways. For the past several years, through Apple, she has worked with a team of magazine contributors to tell the story of the brain and how its development affects both our mental and overall health.

Terry spoke, not about so much about Apple Magazine but about the story of brain development. The most critical time for brain development is for birth through age 6 years. Science tells us that what happens in the first few years affects how our brains develop. Brains aren't just born; they are built over time based on experiences. The architecture of the developing brain is built by positive interactions between young children and adults ... not just parents, but all adults who interact with the child. One way this foundation is built is through "serve and volley" interactions. They are communicating through eye contact, touching singing, playing, reading, and talking together. It is through



*cont'd on page 4 ...*

### 2018-2019 Officers and Directors

George Kimura, President  
Paul Gaudet, President Elect  
Alex Soutar, Past President  
Paul Gaudet, Secretary  
Al Holt, Treasurer

Anne Dale, International Service  
Rhea Graham, Youth Service  
Wayne Wiebe, Community Service  
Jim Hennessy, Club Service  
Rob Wolfson, Club Operations  
Ryan MacLean, Club Financial

RI President Barry Rassin  
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District 5360 Governor Dan Doherty  
Rotary Club of Calgary West

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Greeters: Jim Thompson and Anthony Tonkinson



The meeting opened in usual fashion with O Canada and Rotary Grace. We sure do need someone to lead when we sing! Rob Wolfson came to our rescue for welcoming guest and visitors.

Visitors and Guests, introduced by Jim Thompson:

Sandy Swan from Rotary Club of Mazatlan, Mexico

Dinesh Dhard from Rotary Club of Dharan Ghopa, Nepal



Pat Hutchinson had no Sunshine News to report. Pat did ask that all members keep him up-to-date with any relevant news.

Minute Persons:

- Anthony Tonkinson reminded members of the upcoming Star Gazing event at Fish Creek Park. He also asked if there was interest, by way of a show of hands, in an outing to the dinner Rosebud Theatre.
- Rob Wolfson had several announcements:
  - ~ The Thursday night Networking Evenings resume at Limericks on September 27th, 5:30 to 7:00pm. Guest speaker will be Dean White.
  - ~ October 16th the luncheon speaker will be HNIC Analyst and former NHL goalie Kelly Hrudey. Members are asked to indicate their intent to attend by signing up. Approximate head count is needed for event planning.

~ 26 of 39 participants are still active in the NFL Loser pool. Sign-up sheets are circulating for the NHL "Second" pool.

50/50 winner: Peter Bickham. Peter announced that it was his first win in 10 years! Garth Sabirsh made much the same comment last week. You'd think nobody ever wins!

Sargent at Arms Jim Hennessy opened with fines for Hank Popoff and Peter Bickham. Jim then challenged us to identify historical events that occurred on several dates. Jim agreed to pay \$1 for each right answer, and had to put up cash for 4 of the 7 dates. Anthony Tonkinson cost our table a buck each when he did not know that October 21, 1805 was the Battle of Trafalgar! Other tables missed General Lee's surrender on April 9, 1865, and the Blue Jays World series win October 24, 1992.

President George announced a Member Recognition award to Tom Sorenson, Charter Member and Past President (1983-84).

Today's program was a Club Assembly with Director Reports.

*Photos courtesy Ian Burgess*

## Greeter Schedule



October 2nd  
October 9th

Tom Sorenson, Dick Snel  
Gerald Peatz, Bev Tonkinson



## Night Sky and Stargazing !



**October 17th**  
**Bow Valley Ranch Visitor Centre**  
Fish Creek Park  
6.30 - 8.30

Lecture by  
**CBC's Starman, Don Hladiuk**  
on the  
Night Sky and Outdoor Stargazing  
(weather permitting)  
**\$15.00 each ...**  
bring a mug for a hot drink

Please let Anthony know if you are interested





Greeters: Jack Steen and Bill Stemp

The meeting opened in usual fashion by President George Kimura, with O Canada and Rotary Grace led by George Van Schaick.

Visitors and Guests were introduced by

Bill Stemp:

- \* Bernice Bohnet, guest of Bruce Bohnet.
- \* Terry Bullick, Guest Speaker
- \* Francis Akinuoye, guest of Bart Dailey
- \* Sandy Swan from Rotary Club of Mazatlan, Mexico



50/50 Winner:  
Bill Churchward

Hank Popoff conducted Annual General Meeting (AGM) of The Chinook

Rotary Club Society for 2017-18 as a component of our regular luncheon meeting.

The agenda for the meeting was as follows:

1. Adoption of the minutes of the October 17, 2017 AGM
2. Review and approval of 2017-18 Audited Financial Statements
3. Election of Society Board members for 2018-19
4. Election of two members to audit the 2018-2019 Financial Statements



Minute Persons:

- Correction — It was previously reported that Ian Burgess' daughter performed in Calgary recently. Actually, Ian's daughter Norine Burgess will be singing at St. Stephen's Anglican Church on October 14th at 3:00 pm. Tickets \$20.

*Photos courtesy George Van Schaick*



- Alex Soutar in his role as Past President requested nominations from members of the club for the positions of President-Elect and three Directors of the board.

- Anthony Tonkinson:

- \* Reminded members of the upcoming Star Gazing event at Fish Creek Park.

\* Christina Hassan, a member of the Calgary Fish Creek Rotary Club, is one of the six recipients from across the Rotary World who will be honoured this November as People of Action: Young Innovators during Rotary Day at the United Nations in Nairobi, Kenya. Hassan, who holds a master's in public health, launched FullSoul to address the lack of facilities for safe and sterile childbirth in parts of Uganda. The program provides maternal medical kits to hospitals, including childbirth tools (artery forceps, scissors, and needle holders) that can be sterilized and reused, as well as training in using the tools. The kits are assembled by a supplier in Uganda to minimize costs and contribute to the local economy. Positive outcomes include safer births and decreased HIV transmission. Last year Chinook's ISC donated \$2,000.00 to Full Soul, Hassan's charity.

\* 86th Annual Waterton-Glacier International Peace Park Assembly was held last weekend. The Peace Park was established on June 18, 1932. In 1995 the park was designated a World Heritage Site by the United Nations.

\* One of the Assembly speakers was from IDA (International Dark-Sky Association), a non-profit organization that works to help stop light pollution and protect the night skies for present and future generations. Waterton-Glacier National Park has just received the Dark Sky Park designation.

\* Last year's fire burned 39% of Waterton and 33% of Glacier. Millions of dollars of Waterton's infrastructure was destroyed. Efforts to extinguish the fire were hampered by other major fires, which took precedence, because of the danger to life, and flying was too hazardous because of the smoke and high winds.

- Dale Perret reminded the club that the co-founder of the APU Malawi Girls School, Memory Mdyetseni, will speaking at the Globe Cinema on Thursday, October 4th at 6 PM.

*cont'd on page 4 ...*

these relationship activities that children learn to regulate emotions, learn language and gross and fine motor skills. Direct personal contact is essential. The development cannot come through the medias of TV and computers. Screen time is a negative not a positive. Stress also shapes brain development. Good stress, such as meeting new people or studying is healthy. These stresses help children learn to cope with life. Some stresses such as abuse and neglect can be toxic and unhealthy. Toxic stress can weaken brain architecture and cause a lifetime of problems. Not just mental health problems. Physical health - cancer, heart stroke, diabetes and obesity can originate in childhood toxic stress. Kids need adults in order to develop the brain. It's up to all of us to make sure young people have the kinds of nurturing experiences that they need for positive development.

Apple magazine is a great resource for learning about brain development. Terry encouraged us all to take the free online course, Brain Story, through the Alberta Family Wellness Initiative found at

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

President George thanked Terry and presented her with a certificate showing a donation has been made to Polio Plus in her name.



## Meeting Minutes

.... cont'd from page 3



Hear Memory tell how her dream is becoming reality for the Girls of Malawi on their journey towards independence and self-reliance.

- Dave Wylie announced that the Communication and Public Relations Committee is restructuring the website over the next 3-4 months. Please take a look at the website.



- Peter Bickham reminded members to come out to play cribbage Thursday at the Horton Road Legion.

President George announced a Member Recognition Award for Harry Nazarchuk, Past President (1983-84).



My mother taught me about CONTORTIONISM.  
"Just you look at that dirt on the back of your neck."

My mother taught me about STAMINA.  
"You'll sit there until all that spinach is gone."

My mother taught me about WEATHER.  
"This room of yours looks as if a tornado went through it."

## Did You Know?

by Jim Thompson

### Did You Know? (part two)

Awhile back, the "Did You Know" column in the ARCH, had part one of an article intended to bring the club members up-to-date to 2013, on the NATURE PARK project, our club's major project in the urban park program in the city of Calgary. This is the final, part two chapter, of that article.

We all remember the flood of 2013 and how little damage was done at the Park. The development of the City's 2nd phase of the surface storm sewer drainage program, at the north end, utilizing their utility easement in the Nature Park ponds, was a disaster with disappointing results in the Park. Not the fact it was built, but rather how the drainage was aligned. The south-end storm sewer system had been developed so thoughtfully, and restored our development at that end so perfectly, we assumed the north end would be even less invasive. NOT SO.

The north end was shown to us to be a 4-pond system running parallel to highway 22x, similar to those on the west side of the river. There was a control system included to divert excessive flow into our pond, in the event of an extra heavy flow in the spring. The city chose to use the control and directly discharge storm waters into the park pond, ignoring the last 2 storm ponds in the designed system. The latter 2 storm ponds have never been used. DISASTER! Our planted shoreline trees and shrubs were destroyed by the rising storm water, and now new level of the park pond. On behalf of the club, I have had many hours of discussions with Alberta Parks and the City in an effort to get them to agree to replace all the planted vegetation that was destroyed, and use the north storm sewer system as designed. Individuals in both organizations change frequently, adding to our frustration. I have gone more political now (preferring to go to the press as a very last resort). The City and Alberta Parks are identified as partners in this project. We are finally getting some apparent promising results, which we hope will lead to a satisfactory restoration. Meantime, the pond does appear to be getting healthier, supporting aquatic life.

I will be following up with decision-making contacts in December for confirmation of action in the spring. If no results, a press reviewing the spring!



## Economic and Community Development Month

October 2nd	History of Canada from the very beginning
October 9th	Gaye Watson Warthe, MRU Professor — Dating Violence
October 11th	Cribbage Club @ Horton Road Legion — front dining room fellowship/food/drink @ 5:30, games start @ 6:30 — contact Peter Bickham
October 16th	Kelly Hrudey, HNIC Analyst — please sign-up to indicate your attendance
October 23rd	Polio Program — Ian Burgess
October 25th	Networking Night — @ Limericks, 5:30 - 7pm — contact Rob Wolfson Cribbage Club @ Horton Road Legion — rear dining room fellowship/food/drink @ 5:30, games start @ 6:30 — contact Peter Bickham



## Rotary Foundation Month

November 8th	Cribbage Club @ Horton Road Legion — front dining room fellowship/food/drink @ 5:30, games start @ 6:30 — contact Peter Bickham
November 10th	5–7pm @ Toppler Bowl, 7640 Fairmount Drive SE — 2 hrs bowling, shoe rentals and pizza — sign-up sheet will go around at meetings — contact Rob Wolfson
November 20th	Tom Higgins, former CFL Head Coach In Calgary, Edmonton and Montreal
November 22nd	Networking Night — @ Limericks, 5:30 - 7pm — contact Rob Wolfson Friends of Chinook Rotary Information Night Cribbage Club @ Horton Road Legion — rear dining room fellowship/food/drink @ 5:30, games start @ 6:30 — contact Peter Bickham

## Disease Prevention and Treatment Month

December 4th	Club Christmas Party
December 6th	Cribbage Club @ Horton Road Legion — location TBC fellowship/food/drink @ 5:30, games start @ 6:30 — contact Peter Bickham



# Waterton-Glacier International Peace Park Assembly

The annual Peace Park Assembly was held recently, and Bev and Anthony Tonkinson attended. Here is some history and some reasons to consider attending in September 2019.



On July 4th and 5th, 1931, Rotarians from Canada and the United States met in Waterton at the Prince of Wales Hotel for a goodwill meeting. While the organizers only expected a small gathering of Rotarians from both sides of the border, the response was enthusiastic ... the opportunity to stay in a first class hotel during the depression was a great luxury. Nearly 100 members from seven Rotary Clubs in Alberta, Saskatchewan and Montana participated. At dinner, the two-nation view from the hotel dining room was both



commanding and inspiring, and the diners could not help but reflect on the symbolic appropriateness of it all: the location, the date and the company in the room. During the program, W.O. Wight of the Cardston Club proposed, “why not establish some enduring monument of nature,

for instance, to the long-lasting relationship of peace and goodwill between two such great nations as Canada and the United States?” Thus the concept of a “Peace Park” was born.

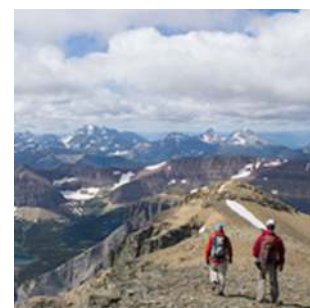
The Rotarians on both sides of the border successfully lobbied their respective politicians and in the short time of one year, the Governments of Canada and the United States approved the

establishment of the Waterton-Glacier International Peace Park, which was dedicated on June 18th, 1932. Each September, the Waterton-Glacier International Peace Park Association (WGIPPA) hosts a goodwill gathering at the Peace Park. In even years, Rotarians from over 150 clubs within four districts (5360, 5390, 5370 and 5080) meet on the U.S. side, and in odd years on the Canadian side.

The Waterton Glacier International Peace Park has been designated as a World Heritage site by UNESCO’s World Heritage Committee. The two parks are collectively the first IDA International Dark Sky Parks spanning both sides of an international border.

At a total of 4,606 km<sup>2</sup>, the parks share a number of distinctions, being the world’s first International Peace Park (1932), two UNESCO Biosphere Reserves, and a single UNESCO World Heritage Site. According to UNESCO, the parks offer “outstanding scenery,” and are “exceptionally rich in plant and mammal species as well as prairie, forest, and alpine and glacial features.”

Waterton and Glacier are home to very dark night skies, given their relative isolation and the rugged mountain terrain characterizing most of their territory. The management of both parks have come to recognize dark skies as a conservation priority, and have allocated resources to their interpretation and study.



with Birthdays and Anniversaries.

Tammy Truman has agreed to organize the Christmas Party again. While no other details have been confirmed, a date has been set for December 4th.

## Rob Wolfson, Club Operations

Rob thanked the following committee members in Club Operations:

George Van Schaik for photos, music and attendance; Pat Hutchinson for Sunshine; Bob Montgomery for Sargent at Arms; and David Irving for Scribes.

Rob reported that under the category of public relations, work continues on updating our club website with help from Dave Wylie, Stephen Pick and Dawn Rennie's son.

Anne Dale is working on social media ideas.

Rob commented on Membership. Current membership sits at 67 with a target of growing to 74 this year. It was later noted by President George that several members have not paid their dues, and their status is unknown at this time. There are several efforts underway to attract new members:

- Friends of Chinook Rotary
  - Thursday Networking meetings at Limericks
  - High profile speaker events such as Kelly Hrudey
  - Membership Mix and Mingle events (last year's event was quite successful)
  - Initiative to reach out to business, past guest speakers and various charities that Rotary has supported
- President George commented that Rob is one of our hardest working members.



## Ryan MacLean, Club Financial

Ryan commented on 4 areas:

- Spruce Meadows for which the club has provided parking services since 1979. At the club meeting on September 4th a huge list of replacement fundraising ideas was generated. Those ideas are being reviewed for viability and recommendations will be

made in near future

- Casino — waiting for next date to be announced
- Foundation Chairs are Bev and Anthony Tonkinson (these two names keeping popping up as hard working members)
- President George has had preliminary discussions with the president of Calgary South about a possible fund raising relationship with Chinook.

Ryan thanked Rob Wolfson and Tammy Truman for their support.

## 5-Pin Bowling & Pizza !!

**Saturday November 10th from 5 – 7pm**

Toppler Bowl, 7640 Fairmount Drive SE

**\$25 per person**

includes 2 hours of bowling, shoe rentals and pizza (drinks at own expense)

Sign-up sheet will go around at meetings beginning October 16th



## Arch Supporters

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)

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