

Feldenkrais Dr. Ryan Hoffman



Bart introduced the speaker, Dr. Ryan Hoffman. Dr. Hoffman was born in Calgary and at an early age developed an interest in natural science taking a special interest in muscle contractions and other areas of Kinesiology. He studied at the University of Alberta, the University of California in San Diego, and at the Scripps Research Institute. He then completed four years of training for a Guild Certificate as a Feldenkrais Practitioner. Based in Calgary, he continues to research Natural Science and teaches Feldenkrais at the Kerby Centre.

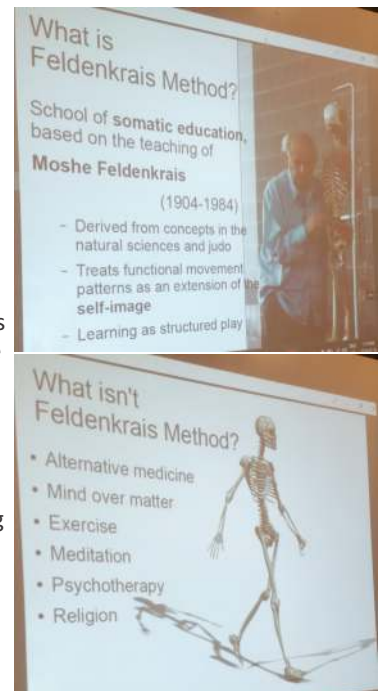
Dr. Hoffman spent some time on his academic studies at the various North America locations, and the background of the colleagues and professors with whom he was associated.

You may recall an email that President Paul sent to us about the definition of Feldenkrais in which he gave this; "It is a system of physical exercise that aims to improve human functioning by raising self awareness through movement". This system was developed by a man who gave it his name and based it on natural science and judo.

I will give you the notes that I took from his presentation, but I cannot give you a full explanation of the system as I do did not appreciate the connection between movements and self-image. He said the system treats functional movement patterns as an extension of self-image. It is a form of movement used "in hygiene education with analogous public health". (I hope the old folks at the Kerby Centre understand that.) He said that the "Feldenkrais Method is a martial art for everyday or specialized movement activities (desk work, playing the violin, any routine act)". One can learn the system through movement; the instructor gives verbal instructions to perform non-habitual movements. Try to make minimum effort to follow the instructions and if anything is uncomfortable, don't do it.

In my view, there are many different methods and ways to get exercise for the body and mind, and we ALL must select what works for us as an individual and WORK AT IT. There is no pill to improve our muscle tone or assist in keeping our minds sharp. For the latter, one can do crossword puzzles, sudokus or become a scribe for the ARCH. It appears that the Feldenkrais Method is designed to work on both the mind and the body at the same time. It may be less complicated when there is an instructor guiding you through the system but in the meantime, I will stick with trips to the Trico Centre, walks around the area, crossword puzzles, 5 and 6 star sudokus, and scribing for this publication when I can't convince others to do the task.

President Paul thanked the speaker in the usual way of presenting him with a Polio Plus certificate in his name.



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Ian and Garth Sabirsh welcomed us to the room, and President Paul got the meeting rolling with George Van leading us in the singing.



President Paul reminded us that our District Governor will be addressing us on July 30th, and he urged us to attend to support the DG who donates so much of her time and energy to the Rotary world during, before and after her year in office.

President Paul has information on a presentation that the Calgary Olympic Club is involved in entitled 'To Walk in Her Shoes'. See Paul for more details.

Garth S introduced the visitors and guests: our speaker Dr Ryan Hoffman and his support staff Jamie Tea, as well as Bryan Tarcect and Hans Piedemann both from the Calgary South Club. They were welcomed in our unique manner.



Rhea presented a report on her Youth Portfolio which is presented in a separate section.

Rob brought us up to date on the progress of the

Rotary RIBFEST YYC organisation.



Alex asked that we all pay up for the President's Dinner at McKenzie Meadows on July 19th, so that he will have a final count to give to the people at the golf course. By the time you read

this, there will be a putting champion crowned and we will have

enjoyed a great evening to honour Past President George.

Chase-The-Ace: Jim Thompson had the lucky ticket that won him the weekly pot, which was \$46., and gave him the chance to pull the Ace of Diamonds. Fortunately for the rest of us, Jim pulled the Ace of Spades.



Sargent-at-Arms:

Hank fined all who did not attend the Stampede as well as for other trumped-up misdemeanors.

Photos courtesy George Van Schaick

President's Dinner by David Irving

I am so late doing the notes for our last meeting that the President's Dinner has happened. It was the usual informal, friendly affair with MC Bart keeping things moving along after the cocktail hour and the putting contest passed. Faye Green won a dozen pink balls for scoring the most points for ladies, and coached Terry who won a cap for the most points for the men. Stephen was taking pictures and I hope will add to my notes.

Bart selected the table to go to the buffet by asking questions on sports. We had the Montgomerys at our table and Bob correctly answered Al McNeil as the first coach of the Calgary Flames when the team moved from Atlanta to our city. We were the second table to the feast. The Golf Course did their usual fine job of providing lots of quality food and too many desserts.

President Paul introduced PP George. George grew up in Raymond, and according to Tom Sorenson, was a very short but fast basketball player. He attended SAIT and went to work in the construction industry. With a partner, they started their own

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New Rotary Year Begins

July 23rd
July 30th

Shigenobu Koayashi, Consul General of Japan
Christine Rendell, District Governor

Membership and New Club Development Month

August 6th
August 13th
August 20th
August 27th

Alexandra Kushliak — AHS Greensleeve Project
Rotary Nature Park meeting
Fairview School Educational Partnership
Fellowship Agenda

Basic Education and Literacy Month

September 3rd
September 10th
September 17th
September 24th
September 28th & 29th

Stephanie Doll, Executive Director, Leighton Art Centre
Rotary works projects
Irene Herremans — School Solar projects in Mexico
Strategic Plan review
Casino Fundraiser @ Calgary Casino — contact Bruce Bohnet or Joe Hooper to sign up

Economic and Community Development Month

October 1st
October 3rd

Dr. Kathryn Schneider — U of C Concussion Studies
FUN Casino Night Fundraiser @ the Carriage House Inn



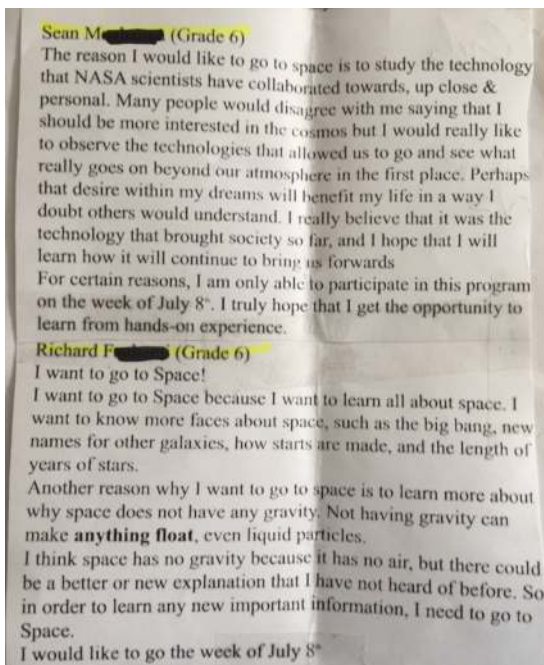
Space Camp

by Rhea Graham

Twenty-two years ago when Chinook Club member and volunteer Ron May was principal at Fairview School SE Calgary, Chinook Club engaged in an Educational Partnership with Fairview School. Students participate annually with RYPEN (a leadership development camp) and a Mentorship Program.

Two years ago, our Club member and volunteer Dean White (founder and CEO of Roots 2 STEM) partnered with the school, and now students also have an opportunity to participate in Roots 2 STEM's annual Space Camp and Engineering Expo. This year 8 of our mentoring students are attending the camp. 5 students are sponsored by a bursary from our Chinook Club Society, and 3 by a Star Trek Club!

Bursary students wrote an essay as to why they wanted to attend.



Congratulations!

Rotary
Club of Calgary Chinook 

June 4th, 2019

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Margaret Southern,
C/o Spruce Meadows
18011 Spruce Meadows Way S. W.
Calgary, Alberta, T2X 4B7


Dear Margaret,

We were delighted to see the recent announcement in the Calgary Herald that you are to be awarded an Honorary Doctor of Laws from Mount Royal University. This honor is being presented to you for your outstanding achievements and community service.

The Rotary Club of Calgary Chinook is proud to congratulate you for your service and extra proud that you have been an honorary member of our Rotary Club since 2001. Our members strive to make a positive contribution to our community and you provide a wonderful example to us all.

Yours truly,


George Kimura
President,
Rotary Club of Calgary Chinook


Paul Gaudet
President Elect,
Rotary Club of Calgary Chinook

Chartered March 14th, 1977

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Rotary International motto this year "Rotary Connects the World", and in Chinook Club we include SPACE!

construction company from which he has now retired. Terry Green brought him into our Club in 1993. He was President of our Club once before but courageously took on the job again this past year. George thanked his Board, Secretary Paul, Treasurer Al and all who contributed to his year in office.

Past President Alex thanked Past President George for his contribution to our Club over the year.

Past President George announced that Charter Member and Honourary Life Member Tom Sorenson was selected to be the Club's Rotarian of the Year. Congratulations to you Tom from all of your fellow Club members.

After the serious stuff was over, Bart entertained us with many of his one-liners that helped our digestion with the laughter they created.

After more visiting we headed off into the wet night with our wives behind the wheels.



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