



# THE ARCH



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## IN THIS ISSUE

### 1 Speaker March 26th Shibanee Verma, Alzheimers Disease

Speaker April 2nd  
Kim McConnell, AdFarm

### 2 Meeting Minutes - March 26th Speaker March 26th - cont'd Janos' Journal, April 1st Greeter Schedule

### 3 Upcoming Events Meeting Minutes - April 2nd

### 4 This and That

- Speaker April 2nd - cont'd
- Fellowship Events
- Janos' Journal, April 8th
- Cash Cribbage Tournament

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## ALZHEIMERS DISEASE

### Shibanee Verma, Strategist in Health Care Space

Our intrepid Program Chair stepped forward and introduced our guest speaker for today. Shibanee Verma, B.A., B.Com., has been working with In Sync. for the past 10 years. The organization is a world wide health strategist that consults and advises Health Boards around the world. She, Shibanee, is most experienced in conditions like diabetes, pain, hypertension, Alzheimers, dementia and oncology.

She limited her discussion today to Alzheimers disease and how it affects the patient, as well as the family and care givers. The first point made was that the disease needed to be defined as one of a group of dementias, both as a disease affecting the patient, and its effects on the family and on the society around the patient.

She went to some length to discuss the plaques and (neurofibrillar) tangles that are thought to be at the base of the disease. She pointed out that this was not normal aging, but was of gradual onset. Indeed, one thesis is that the plaques begin forming some twenty years before the onset of symptoms. Early intervention may slow the slope of decline but to date there is no cure. Some medications do seem to help, but most of the major drug companies have to date been stymied in efforts to bring a major treatment drug to market.



*cont'd on page 2 ...*

## CANADA' BIGGEST EMPLOYER, ALBERTA'S #2 INDUSTRY

### Kim McConnell, AdFarm

Kim McConnell, founder and former CEO of Adfarm, one of the largest agricultural based marketing and communications firms active in North America, was introduced by Bart. Kim's singular focus on agriculture and food industries, since leaving the family mixed farm in Manitoba, has given him a unique, hands on perspective on the history and development of these somewhat understated and oftentimes underappreciated segments of the Canadian economy.

The agriculture and food trade in Canada constitutes 8% of GDP and employs more than 2.1 million people. Since WWII, when the family farm predominated, massive advances in technology, productivity and innovation have transformed agriculture into attractive investment and job opportunities and even enticing farm youth to return to farming.

Today, there are more than 205,000 registered farms in Alberta. Only about 30,000 are classified as active, and most production comes from about 5,000 farms which average more than 2,500 acres. These larger scale farm operations have taken advantage of significant advances in: land productivity; new and hardier crops; more effective and efficient fertilizers, water management and harvesting systems; reduced costs of crop production and livestock processing with equipment automation; more diversified markets for Agricultural products such as fuel, pharmaceuticals, car parts and industrial processes; branded consumer products like Maple Leaf and McCain's and growing export markets.



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## Rotary Club of Calgary Chinook

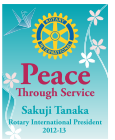
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# Meeting Minutes



March 26th, 2013

Scribe: Ian Burgess

President Dave called the meeting to order at 12:20 and promptly asked us to observe a two minute silence in memory of Norm Haines of the Heritage Club and previously of the Rotary Club of Calgary.

The next item on Dave's agenda was to have Gary Miller read the names of our visitors and guests. Included amongst our crowd of 69 were eight guests and four visiting Rotarians.



Gary then announced that there would be a draw for a chance to win a wishing well which he, Gary, had made.

The tickets went for \$ 5 a piece and a little later when the draw was held, the club was \$215 richer, and John Charrett had to find a place for a "Wishing Well" in his garden!

David Wartman stepped forward and gave an outline of where our World Community Service funds have been spent this past 8 months. The gist was that the budget of \$28,300 had been disbursed, except for \$3700 which will be spent before the year end.

Paul Gaudet was our lone Minute Man, but he was a long one. • Firstly he spoke for Norm Moro and reminded us that the final meeting of the Crib Challenge would be this Thursday, March 28 at Horton Road Legion at 5:30pm for food, and 6:30 pm for games. There would also be a cash cribbage tournament on April 6th with coffee at 9am and play at 10am.

## ALZHEIMERS DISEASE..... cont'd from page 1

She then suggested that we consider four points in our discussion or planning around Alzheimers. First is the "Head", second the "Heart", third the "Body" and finally the "Bonds".

Under "Head" comes what is the patient going through, including the thoughts and worries about what is going on. When it comes to the "Heart", fear is common to most patients. Then there is the "Body" and its changes, and their perception of the changes that are occurring slowly, but steadily. Finally there are the "Bonds", the social experiences and connections with others from family to physicians. These are all changing.

Hope is a major consideration and needs to be supported. The family is usually the most impacted, and the ones who need most to be encouraged and helped and offered what hope there is. Under the heading of "Bonds", we need to maintain connections with the patient and family and ensure that "Help" is not just a concept, but is really there and is recognized as being available. More, it should be accepted as a necessary part of the long term support of the patient with Alzheimer's and their family. In the realm of "Hope" it should be noted that there is 'joy' in caring for the patient, but we need to be aware that it is there and recognize it when it occurs or is available.

Harry Nazarchuk made the presentation of the award certificate for a microloan to purchase a biosands water filter. He made sure the certificate was, appropriately, a little damp when he gave it to Shibanee.

The meeting was adjourned a little late by President Dave, with a little plug for our April 2nd speaker, Kim McConnell.

- Paul then got down to business and asked for the club to fill up the parking spots for the 13th and 14th of April. These were at Spruce meadows for the Horticultural Show.
- Finally he reminded us that Rosebud Theatre trip was on April 27th and the bus still had room for four more!

The President had a guest draw and Orion won the 50/50 draw. That magnanimous individual returned the whole pot to the club.

Paul then put on his third or fourth hat as Sergeant at Arms. He noted that the turn out at the Fairview School had set a record. He then went on to tell a tale out of school and Ron May, past-principal of Fairview was the butt of the "tale". Paul also noted that March 22nd was World Water Day and drew a little more money from our wells (pockets).

Our intrepid Program Chair stepped forward and introduced our guest speaker for today.

*Bart Dailley and his daughter and grandchild who attended the meeting with him.*



## JANOS' JOURNAL

APRIL 1ST, 2013

My Hungarian Dinner was a success. I got a lot of positive feedback. (I hope they were not saying it only because they were being polite.) I would like to thank everyone for coming again, and I hope they all had a good experience about the Hungarian kitchen. (I would recommend going out to a Hungarian restaurant just to make the decision sure though. I heard that there is one in Calgary. I bet it is good although I haven't been there before.)

On last Thursday I went down to Raymond to visit Jan, and get to know his new family. From there we went to Castle Mountain to go skiing with your new outbound (Wendy), two other exchange students (Fredrick and Jan), my previous host sister, and probably future outbound (Jillian), and some of Wendy's friends from school. I got home Tuesday afternoon. It was an amazing experience. I only managed to hit half of the trees, when we were skiing in the forest. I know it's not good enough. Next time I will try harder and hit them all. Lost one of my poles during a chair ride up the mountain (found it afterwards), made some bigger jumps. And after around 20 tries, managed to go through the easiest ramp without falling (after my big success a 4 year old little girl did it without any trouble so... Yeah...). It was really fun though.

Hope everyone had a really good week, and a good Rotary meeting.

## Greeters

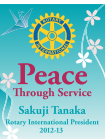
April 9th Hank Popoff and Garth Sabirsh

April 16th Will Schmidt and Stephen Pick

If you are unable to GREET on your assigned day, please contact Barry Korpatnisky so he can get a replacement ... 403-278-8982



# Upcoming Events



## Magazine Month

April 9th  
April 13th - 14th  
April 16th  
April 23rd  
April 27th  
April 29th - 30th

Harry Sanders, Calgary Historian Laureate  
Parking for the Horticultural Show at Spruce Meadows  
Deanna Thompson, Alberta Animal Rescue Crew Society  
New Generations / Youth Night  
Fellowship Event: Rosebud Theatre – lunch and play  
Casino @ 'Calgary Casino' — contact Joe Hooper for info



## Promote RI Convention Month

May 3rd to 5th  
May 7th  
May 11th  
May 14th  
May 21st  
May 28th

District 5360 Conference 2013 "Peace, Passion & Partnerships" in Lethbridge  
John Hufnagel, Head Coach and GM, Calgary Stampers  
President's Ball @ Willow Park Golf Club  
Wendy Fleming, Outbound Exchange Student  
Challenger Park meeting  
Spruce Meadows Dinner

## Rotary Fellowship Month

June 4th  
June 5th - 9th  
June 11th  
June 18th  
June 23rd - 26th  
June 25th

Joe Hooper, Spruce Meadows Preparations  
Parking @ Spruce Meadows for "The National"  
Steve Allan, PDG, Calgary Poverty Reduction Initiative  
Janos Takats, Exchange Student  
Rotary International Convention in Lisbon, Portugal  
Assembly ... Passing of the Torch



## April 2nd, 2013

Scribe: John McBean

Members and guests were greeted by Dale Perret and Lou Pomerance.

President Dave called the meeting to order precisely at 12:15, followed by the National Anthem and Rotary grace.

Lou introduced seven visiting Rotarians and guests, including four members of South Calgary Rotary Club. The assembled responded with our robust song and crude cup rattling hand slam to the tables.

Bev Tonkinson reminded us of a number of milestones in life that signify our coming of age, or, as some might say, steps to becoming an Old Fart. She then introduced members and spouses celebrating birthdays and anniversaries during the month of April, being:

**Birthdays:** John Beatty, Ian Burgess, Dick French, Al Imler, Norm Moro, Dale Perret, Dan Scrivens, David Wartman, Marg Zankl, Anne Davidson, Cam Colclough, Donna Leuw, Patsy Steen and Ruth Wylie.

**Anniversaries:** Albert and Laurinda-21 years, Neil and Lois-47 years, Gord and Mary-54 years, Dave and Phyllis-39 years, Bill and Maria-11 years, and George and May-22 years.

**Joined Chinook Rotary:** Albert-8 years, Terry-13 years, Ron Hardie-19 years, Fred-28 years, Jack Leuw-7 years, Norm-35 years and William Schmidt-15 years.

Dale reminded us that a celebration of our involvement with youth will be an evening meeting of the club Tuesday, April 23 at the Carriage House. Spouses, partners and guests are invited to join us.

Norm announced that the winner of the Lew Reid trophy for cribbage, at the tournament at the Horton legion on March 14, was ineligible to win, by reason of not being a member of the Chinook

Rotary Club. A gracious Mary Billings then requested that Gord be given the award in her stead. And it was done.

Dave Wylie is in the process of organizing the annual president's (ball?) which will be held at the Willow Park Golf Cub on May 11th.

Parking at Spruce Meadows April 13 and 14 for the horticultural show is fast approaching. If you can, please sign up for a shift-or two.

45 members and spouses have already signed up for the afternoon of theatre at Rosebud on April 27. There are still 10 tickets left which can be reserved by calling Paul.

Winner of the 50:50 draw was Ian, who promptly remitted a % to the SAA kitty.

The Sergeant at Arms, Geoff Evans, challenged Lou's handling of the Visiting Rotarians and Guests file. After a heated, but jovial exchange, Joe Levy came to Lou's rescue with a sizeable donation to the SAA pot. And Gord volunteered a donation (to pay for the brass plaque with his name on it to be fixed to the crib trophy won by his wife?).

The guest speaker was introduced by Bart and thanked by Dale.

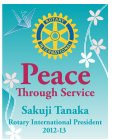
President Dave ended the meeting a little after 1:30.







# THIS AND THAT



## CANADA' BIGGEST EMPLOYER ALBERTA'S #2 INDUSTRY... *cont'd from page 1*

Currently, Canada exports about 50% of its agricultural products. Wheat, followed by canola, is Canada's leading and largely untapped crop with many historical markets around the world and others to be reached out to. Kim expects that by the year 2020, Canada will be one of just 6 countries in the world with the capability to satisfy domestic demand for agricultural and food products, and able to serve increasing global demands.

Despite industry successes in improving productivity, quality control, encouraging innovation and increasing export markets, the industry has its challenges, including:

- shortage of people with the new skills required
- the regulatory environment (Fed/Provincial/local) not keeping pace
- lack of public awareness
- insufficient Government "nurturing" – develop export markets, encourage research

In concluding his presentation, Kim felt that Canadians should be resolutely proud of their agricultural and food industry as a top global player.

Dale Perret thanked the speaker by presenting him a certificate confirming that a bio sand filter would be given to a family in the Dominican Republic in his name.

## Fellowship Events

### Potluck Dinner, Red Deer Lake Church



The evening was a great success ... everyone in attendance enjoyed an evening of fellowship, food and fun.

### Rosebud Theatre and Lunch

April 27th

As of April 2nd, there were still some tickets left for this event ... join us and ride the bus to Rosebud, and enjoy the theatre performance and lunch. Contact Paul Gaudet.

## JANOS' JOURNAL

APRIL 8TH, 2013

Last weekend I went dog sledding with a couple of other exchange students (Jan, and Lise) and Laura and Rick Istead. It was an amazing trip! We had lunch at a restaurant in Canmore before the big event. Walked around the stores, bought some chocolate insects, and a couple of other sweets in a candy store. When we were all loaded up we went for their headquarters from where they brought us and the other participants into the mountain with a wan. There we got our guide who was a really funny guy with some great stories. We helped feeding the dogs, pet them, and were travelling at the back of the sled. Unfortunately I couldn't get the pictures from Rick yet. As soon as I get them I will send it to the Arch.

On Sunday we went to an amazing Easter brunch with Ian Burgess, and his family. Ate as much as I could, so it was a little bit hard to move. His grandkids are really funny. We played some "basketball" with them, had a little brawling game, and they were not successful stealing my strawberries. I'm really grateful for them for bringing me there. I really enjoyed it.



Hope everyone is fine!

## Cash Cribbage Tournament

The tournament was held Saturday, April 6th at the Horton Road Legion. All twenty who entered, attended and had a good day of fellowship. Ron May was talked out of hibernation in Bragg Creek to join our exclusive club and take our money. Other winners were: Joe Hooper, Mary Billings, Liz Senger, John McBean and Lorraine Moro. Janos our exchange student attended and mixed very well with our members. That was the windup for this season.



Norm Moro

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