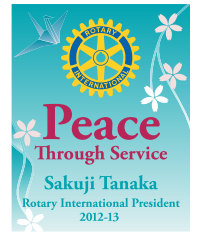




the Arch



August 7th, 2012
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THE OLYMPICS ... AN INSIDER'S VIEW

Diane Jones Konihowski

Bart introduced guest speaker Diane Jones-Konihowski, who has been involved in sports for over 45 years as a world class athlete, coach, official, volunteer, sport marketing specialist, fund raiser, administrator, panelist, commentator and columnist.

Diane represented Canada for 17 years in the pentathlon, was named to 3 Olympic teams, ranked No. 1 in the world, and won over 70 Canadian Championships. She was named Canada's Female Athlete of the Year twice and has been inducted into several Halls of Fame in Canada. She has been awarded the Order of Canada and will receive the Queen's Diamond Jubilee medal in September. She actually retired in 1984 but has been very busy volunteering for many charities, foundations, education projects and the like. She was born in Vancouver, grew up in Saskatoon where she earned a Bachelor of Education degree, and in 2002 was awarded an Honorary Doctorate of Laws degree from U of S and Brock University.



She made a very relaxed and informative, mostly extemporaneous, presentation which was very well received. She mentioned the current Canadian goal for the London Olympics is Top 12 which was set by the Canadian Olympic Committee. It is a very ambitious goal as we have only 277 athletes competing which is many less than many other countries. There are 205 countries with 11,000 athletes competing. We do much better in winter Olympics where 86 countries with 3,000 athletes compete. The federal government has increased funding for the Olympics and while there will never be enough, it is being targeted for best results. Some changes have been made this year including

adding a Nutritionist to help the athletes, and more Sports Psychologists to help with all health situations including the endemic sleep disorders that occur at such events often because of jet lag, dorm sleeping quarters and other dislocation problems. The competitors are better prepared than ever in the past due in part to the larger medical team on site.

She mentioned that "doping" is not uncommon and at least 6,000 tests will be done which will be retained for 8 years. Leaders are trying to instill pride in performance rather than doping to improve. Canada's standards of performance are tougher than international standards so our teams are smaller. Also 50% are first time competitors at this level. She says the athletes know who is on drugs. Also empty seats have always been a problem because of the initial distribution to I.O.C. staff

cont'd on page 4 ...

Rotary Club of Calgary Chinook

Chartered March 14th, 1977

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Meeting Minutes



July 31st, 2012

Scribe: Ed McLean

President Dave called the meeting to order promptly at 12:15 p.m. and with Betty at the piano we got under way in the usual manner.

At 12:35 Albert was asked to introduce the 2 visitors and 3 South Calgary Rotarians.

Sunshine Report — Jan Tollefson continues radiation treatment and will complete phase 1 shortly. Chuck Bury remains in hospital.

Stephen Pick was taking photos today for all members who think they look younger now than when the existing photo was taken.

Fran mentioned that last September Youth Exchange students worldwide were challenged to raise money to purchase one Shelter Box per District. Students in District 5360 decided to try for enough money for 5 or 6 Shelter Boxes. In February 2012, a dinner was hosted "Dinner with International Desserts" which was very successful and raised about \$20K. Some exchange students also approached their schools to help and whole student bodies became involved with the vision "Service Above Self" and fund raising continued throughout the school year. The total raised by District 5360 reached over \$25K, enough to buy 21 Shelter Boxes!! Another challenge will be issued for this year and our members are asked to encourage and support the students.

Paul reminded us the Alberta Kennel Club event is at Spruce Meadows August 3rd to 6th, i.e. this long weekend and we are required to drive people movers and attend at certain gates.

Dale mentioned Globalfest will help Shelter Box fund raising, and left on each table an order form for the Oneworld Festival events August 16th to 26th. Bring your order form to next week's meeting.

Our Brazil Exchange has been cancelled.

Monty won a fine skill prize at Monday's Senior Mens Golf

Classic. It was a portable wine holder with 2 bottles of wine which he asked for those interested to pay a toonie for a chance to win. 51 participated and Ron Hardie was the winner. The 50/50 draw was won by Anne.

Bart was SAA and related his experience in a grocery store recently. When he was ready to pay, the cashier told him "strip down and face me". Unfortunately after he had done that, he found out the payment card was what the cashier was referring to! Bart then fined a few folks including Perfect Attenders Harry and George who were not here last week to collect their Perfect Attendance pins. There were a few Good/Bad News Bucks including Jack Leuw who is back from Africa where the club project is now in the hands of government there.

Bart then introduced guest speaker Diane Jones-Konihowski, former Canadian Olympic Athlete.

*Roster Photo Shoot
.... nothing like
those
passport photo
sessions !!*



*Jack Leuw
.... back from
Malawi
under sad
circumstances,
with the closure
of Lifeline Malawi*

*Garth Sabirsh
and the
Parking Fund
Raiser poster
.... great progress!
but a way to
go yet
perhaps the dogs
will have
helped out!*



Greeters

August 7th	Cole Demorest and Ted Wada
August 14th	No Greeters - meeting at Nature Park
August 21st	TBA

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



Membership Month

August 7th	Glenda Standeven, Cancer Survivor
August 14th	Nature Park meeting
August 21st	Deb Tomlinson, Project Manager, Connect Family Sexual Abuse Network
August 28th	Bob Hartley, Coach of the Calgary Flames

New Generations Month

September 4th	Bob Jarvest, Whitby Ontario Rotarian, Overseer of Rotary Work in the DR
September 11th	Tom Higgins, Director of CFL Officials
September 14-16th	80th Waterton Glacier International Peace Park Assembly at the Hilton Garden Inn in Kalispell, Montana. Districts 5080, 5360, 5370 and 5390. The Hands Across the Border Ceremony will occur in Glacier Park.
September 18th	Club Assembly
September 25th	Darrel Janz, TV News Anchor

Vocational Service Month

October 2nd	Kevin Kaminski, Disabled Athlete
October 9th	District Governor visit
October 16th	Craig Hazle, Skyline Hikers

2012

Promote RI Convention Month

May 3rd to 5th	District 5360 Conference 2013 "Peace, Passion & Partnerships" in Lethbridge
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Rotary Fellowship Month

June 23rd to 26th	Rotary International Convention in Lisbon, Portugal
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The Olympics ... an Insider's View ... cont'd from page 1

and officials and to sponsors. This is a big money operation, since the 1988 Olympics here when a net of \$150 million was achieved, the first ever profitable Olympics. This is mostly because it is now a made for TV event. She answered many questions and at 1:30 p.m, President Dave thanked her and presented the usual Add Your Lite certificate.

Reminder !!

Rotary Nature Park Meeting next week (August 14th)

A sandwich lunch will be provided. Bring a folding chair if you seek comfort.

Meet at the main gazebo, and enjoy a park walk to see the ongoing changes (good and bad!) due to the ring road and interchange construction. Jim Thompson will be updating us on the Park status.

Canine Olympics





THIS AND THAT

Rotary International Convention, Lisbon



Rotarians from around the world gather each year to exchange great ideas, connect with old and new friends, have fun, and advance the work of Rotary. The 2013 RI Convention will take place in Lisbon, Portugal, 23-26 June.

From the bustling House of Friendship to breakout sessions to pre-convention meetings, the RI Convention is your way to connect with the family of Rotary.

Viva Lisbon!

Lisbon is an explorer's paradise.

The second-oldest European capital after Athens, the city was once home to great explorers like Vasco da Gama, Magellan, and Prince Henry the Navigator. At its peak, the city served as capital to an empire spanning several continents, from South America to Asia. That traditional of exploration is now captured in world-class museums and monuments, including the stunning Monument to the Discoveries.

Lisbon is also unique among European capitals. Located on the edge of the continent, it developed its own strong artistic heritage. Spared much of the devastation of World War II by the country's neutrality, the city has not undergone the massive post-war renovation typical in other European capitals. Many of its neighborhoods maintain a charmingly antiquated and medieval appearance.

The city is built on seven hills, each with a different personality. A tram ride to the top offers visitors breathtaking viewpoints. The mild, mostly sunny climate, makes the days seem longer, making it perfect for exploring. Experience the city's genuine and multifaceted neighborhoods, and become fascinated by an eclectic mix of sights and sounds.

Local attractions

Museums and monuments include the Jeronimos Monastery in Belem, a symbol of triumph, the Belem Tower, and the Monument to the Discoveries. Saint Georges Castle and the famous Alfama district offer some of the best views in town. And the Calouste Gulbenkian Museum hosts the oil tycoon's vast collection of art. If you like shopping, Lisbon's your place. Bargains abound. The greater Lisbon region also includes two UNESCO World Heritage sites, palaces, beaches, mountains, and other areas of historical interest within kilometers of the city center.

Nightlife and dining

An international city with a palate to match, Lisbon offers nearly every type of cuisine, but the "must eats" come from the sea. After dinner, take a stroll along the scenic waterfront, experience the soulful sounds of Fado music, or visit the Bairro Alto, an artsy, bohemian quarter of Lisbon known for its lively bars and restaurants.



**Rotary Club of
Calgary Chinook**

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