



Leukemia & Lymphoma Society of Canada

Erin Rooney

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Dale introduced our speaker from the Leukemia & Lymphoma Society of Canada, Erin Rooney. Erin thanked us for the opportunity to speak to us today and advised that her goal was to cover three areas: the organization, their Pillars of Support, and how we can get involved.

The Leukemia & Lymphoma Society® (LLS) is a global leader in the fight against blood cancer.

The LLS mission: Cure Leukemia, Lymphoma, Hodgkin's Disease and Myeloma, and improve the quality of life of patients and their families. LLS funds lifesaving blood cancer research around the world, provides free information and support services, and is the voice for all blood cancer patients seeking access to quality, affordable, coordinated care.



The Pillars of Support are Educational Resources, Funding Research and Advocacy. Collaboration with other Cancer Societies is essential as they can be more successful working together.

Blood cancer is unique, each patient's situation is unique. They cannot take a "one size fits all" approach.

The organization has Community Service Leads who represent their "boots on the ground" and who work directly with those who need support.

LLS also provides a good deal of written material to help those who have questions and concerns. They provide plain language fact sheets on numerous subjects including pain management and new research. They provide videos for viewing and host webcasts to inform any interested parties. All services are provided at no cost. They cover subjects such as "brain fog", "going back to work?", "dealing with fatigue".

Dealing with families can be very challenging so peer support is available at all levels. They can pair up people who have similar needs. Support groups are available for everyone and reduce isolation. Research stalled during COVID is back in action now.

They updated their website in 2021, and refer anyone interested in this area to check it out at www.bloodcancers.ca



For anyone who would like to get involved with this much needed charity, Erin provided several suggestions:

1. Being an ambassador — sharing about the work that they do here, how it impacts Canadians, and why it is important

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2022-2023 Officers and Directors

Bev Tonkinson, President
Anthony Tonkinson, President Elect
George Van Schaick, Past President
Dale Perret, Secretary
Al Holt, Treasurer

Stephen Pick, International Service
Dean White, Youth Service
Neil Beatty, Community Service
Bruce Bohnet, Club Service
Ted Wada, Club Operations
Anne Dale, Club Financial

RI President Jennifer Jones
Rotary Club of Windsor-Roseland, ON, Canada

District 5360 Governor Steve Leavitt
Rotary Club of Raymond

P.O. Box # 42041
Southland Crossing RPO
Calgary, Alberta T2J 7A6
info@chinookrotary.org
www.ChinookRotary.org



President Bev was back from a family trip to Mexico, and back behind the podium to chair our meeting today. It was called to order at 12:19 and Bev thanked everyone for attending today.

With a fairly large crowd in attendance, our singing of O Canada sounded great. Another thing that was great was seeing that we had 10 guests today (including our guest speaker), bringing our total to 31.

Bev introduced our **Indigenous Fact** for today which is about the Bow River. The name "Bow" refers to the reeds that grow along its banks and were used by the First Nations to make bows. First Nations peoples, including Piikani, Kainai and Siksika of the Blackfoot Confederacy, as well as Tsuut'ina and Nakoda, have inhabited the Bow River Basin for more than 10,000 years. The Nakoda were the only Nation to establish a fishery in the Bow River, while other groups used it to strategically drive the hunt for Bison.



Hank introduced our 10 guests: as Sharon was being inducted today, she had her parents (Haim and Josette) and friend Jeff as guests, and we had a visiting Rotarian (with her husband) from Brazil. We also appreciate Michael Spears, Bruce Bohnet and Rob Wolfson for bringing guests. All of our guests were welcomed with our standard "Welcome to Rotary" song.



Bev thanked Paul for being our scribe, as well as Hank and Bill Stemp who were our greeters for today. She thanked Stephen and Anne for the great job they do in creating our e-Arch, and then

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thanked Paul Hussey for his work in organizing our house committee, which sees that our meetings are set up properly with Greeters to welcome us. We also need to thank Neil and Anthony who stepped in as our "at the door" payment persons, complete with a working credit card system. Bev thanked George VS for chairing our Club meetings while she was on vacation, he did a great job.

April Birthdays:

Monty announced our two birthdays for April, Ian Burgess and Dale Perret, both sharing the same date, April 1st. We have three spousal birthdays during April: Ruth Wylie (1st), Patsy Steen (18th), and Connie Hussey (25th).



April Anniversaries: Neil and Lois Beatty on the 2nd (57th), George VS and Carol on the 27th (32nd), Albert Amaniampong and Laurinda on the 3rd (31st) and Bill and Maria Stemp on the 5th (21st).

Congratulations and best wishes to all!

Induction of Sharon Fraiman

Paul G introduced Sharon, noting that she was born and raised in Israel. She has two children, a daughter who is a manager at Earls while she completes her degree in psychology and anthropology, and a son who is a Court Sheriff downtown. Sharon was a special education teacher in Israel for 25 years and also worked for the Ministry of Education where she won a National award for her work. Sharon has three MAs in education, sociology, and special needs education.

She is currently the Western Region Director for CMDA (Canadian Magen David Adom), which is a Canadian registered charity



arranging humanitarian action for relief efforts all over the world. She is raising funds for medical equipment in the state of Israel and other areas in need. She has experience with Rotary in Calgary as a member of Calgary West and after attending a good number of meetings at Chinook, she has decided to join our team at Chinook.

Bob Montgomery then conducted the induction and everyone welcomed Sharon to our Club.

Club Business

Bev highlighted that we have made arrangements to host a **table at the Farmers' Market** on April 14th, 15th and 16th in order to attract new members and to communicate Rotary activities to our community. We require 8 volunteers each day to man the table (there are seats), and ask our members and friends to assist. Contact Paul to confirm a shift.

Bev asked everyone to take some time to consider potential sponsors for our upcoming **Ribfest Fundraiser** (in September). Bev will make the contact and follow up, but we need potential sponsor suggestions from anyone and everyone.

Bev thanked Rob for providing the premises for the regular PETS Rotary Training Day at the BNS facilities in downtown Calgary last Saturday. It was first class all the way.



Sunshine Report

Jim Thompson was in attendance so Bev asked him for an update on his new hip surgery. Jim advised that his hip is progressing well as he works through strengthening therapy. George VS reported that Pat is undergoing iron injections in order to build up his energy. We hope to see him again soon.

Member's Talk

This is where we ask a member to tell us something about themselves that we probably don't already know. This week's speaker was **Bill Stemp** who shared his educational background at Henry Wise Wood High School, University of Calgary and then getting his Law Degree from the University of Alberta. He noted that when he was 17 he thought he wanted to become an engineer, and his dad suggested that he call the Dean of Engineering to set up a meeting to discuss this potential career choice. Well he did just that, and discovered it was not the career he had thought it was. He chose law instead, and has enjoyed 45 years in this career so far. He became a patent lawyer but also does Estate law and some litigation. He is married to Maria and they have two children together, Lindsay, who is a first officer with an Airline, and Katy who lives in Oregon. They also have 4 grandchildren. He enjoys motorcycling, hiking and skiing.



Members Minutes

Rob noted that we had a small group (8) at Limericks last Thursday evening, however it was great fellowship with good food. He highlighted that this Thursday evening meeting during the last week of each month is, in fact, a regular meeting and it would be great if more of our members made an effort to attend. We changed our Club bylaws several years ago making this meeting part of our regular monthly meeting schedule.

Chase the Ace

Rob announced that our pot for the Ace of Spades is currently \$2,547. The daily ticket winner from last week was Monty who won the weekly prize of \$75, and picked the 4 of hearts.

This week's winner was Neil Beatty who earned \$81, and chose the 5 of diamonds. The good news (for the rest of us) is that they didn't pick the Ace of Spades so the pot continues to grow! You can play by sending \$20 to AI for the remaining two picks in April.

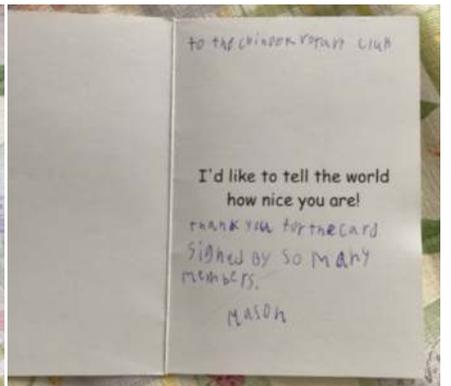


Sergeant at Arms

Hank Popoff was our Sergeant for this meeting and the good news (for us) is that he was under serious time constraints and only had time for a few fines. He fined those who were not wearing their pins or their name tags, and then fined those who have not volunteered (yet) for our new membership project at the Farmers Market on April 14th, 15th and 16th.



Hank switched to **Good News/Bad News** and noted that he has been a member of the Chinook Club for 14 years and was happy to donate \$14 to celebrate. He then reported that Bruce Williams' grandson, for whom we recently signed a get well card, was so pleased with our card that he has returned a thank you card of his own. Hank rounded his donation up to \$25 in recognition.



Speaker's Presentation

Dale introduced our speaker from the Leukemia & Lymphoma Society of Canada, Erin Rooney.

2. Entering a team (Corporate, Friends & Family) and doing some fundraising to participate in the event on October 21, 2023 — register after April 26th at www.lightthenight.ca
3. Join the Executive Leadership Committee volunteer group who function as key connectors and leaders for the Light The Night campaign. The first meeting is April 20th and folks can email Erin if they'd like to attend that meeting in order to learn more about the role and responsibilities.
4. Introduce a corporate contact to Erin so that they can learn more about how to get involved themselves.



Erin wrapped up her presentation by telling us about one of their major fundraising projects, "Light the Night". After three years of having to carry out the event virtually, they are pleased to be able to hold it in person, on October 21st, 2023.

I have taken this paragraph from their website www.lightthenight.ca which describes this event:

"When you or someone you love hears the words, "You have cancer", it's one of the darkest moments in your life.

Light The Night is more than Canada's largest annual fundraising event dedicated to the blood cancer community. More than a way to raise more than \$6,000,000 for critical research, community programs, and advocacy for all 137 types of blood cancers. More than a celebration of our many donors, supporters, volunteers, and loved ones lost.

At Light The Night, the blood cancer community comes together. United as one nation from coast to coast. To shine a light for the blood cancer community and show those affected by a blood cancer that they are not alone.

Join us as we light the night in triumph over the darkness of cancer. Together, we'll shine a light toward a future without blood cancers."

Neil thanked Erin for her informative Presentation and told her that in appreciation, our Club would be making a donation to Polio Plus, Rotary's Project to eliminate Polio from our world.



Light The Night
Calgary

Mark your Calendars!

April 26th – Light The Night 2023 Website/Registration Launch

Corporate, Friends & Family and Individual Participants

Honoured Hero Survivors
Honoured Remembered Hero

Raise \$100 for a lantern

Join Us: Saturday
October 21st 2023

LEUKEMIA & LYMPHOMA SOCIETY OF CANADA | LIGHT THE NIGHT

Golf Fellowship Event



USCGFR GOLF AT NIAGARA FALLS!



The 33rd USCGFR GOLF CHAMPIONSHIP will be held **September 17 - 20, 2023** in spectacular Niagara Falls, Ontario.

Three great courses at Legends-On-The-Niagara will host the tournament.

You don't want to miss this special experience in a unique setting.

Schedule of Events

The classic Crowne Plaza Niagara Falls - Fallsview will be the headquarters hotel.



Competition will take place on the Ussher's Creek, Battlefield, and Whirlpool Golf Courses, all part of the spectacular Niagara Parks System.

Non-Golfers will have options for sightseeing, shopping and winery tours while golfers are busy on the course. There will be a Hospitality Suite available each afternoon.



To complete your entry in the tournament, go to

www.uscgfr.com/page-1862576

Save the date now and invite your best golfing companions. The Rotary hospitality and fellowship can't be beat!



President Bev called our meeting to order at 12:17, welcoming all in attendance, followed by the singing of O Canada. We had 31 participants at our meeting today which was made up of 7 guests and 24 Club members. Our **guest speaker** was Elaine Wilson, Senior Director of CUPS. Our **guests** included a new member prospect (Cindy Booth) who was encouraged to attend our meeting as a result of our event at the Farmers' Market

on the past weekend. Our newest member, Sharon Fraiman, brought her work associate, Jeff Shaw, and Rob brought Correne Komarnicki who provides social media support for Ribfest. Ruth Wylie also joined us.

Our **Indigenous Fact** for the day was about education. To say that all indigenous peoples receive free post secondary education funding is misleading because it implies that all indigenous peoples are eligible for funding. This is not the case as only status Indians, Inuit and Métis are eligible.



Bev thanked Paul for being our scribe today. She also thanked Alex and Paul H (our greeters today) for making everyone feel welcome. Alex introduced our guests and we provided them with a hearty version of our welcome song.

Bev called us back to order and thanked Stephen and Anne for all they do for our



Club, most notably the regular production of our e-arch which is important for those members who cannot attend the meeting.

She also thanked Paul H and his volunteers for ensuring that our meeting room is set up and ready for our meetings each day. In addition we should also thank both Hank and Anthony for operating our payment system and allowing us all to pay for lunch, good job guys.



Bev presented a **Rotary Fact**, pointing out that Pope Frances was an Honorary member of the Rotary Club of Buenos Aires, and Past President (of the US) Donald Trump was a Past President of the Rotary Club of New York.

Club Business

- Syed is still in Pakistan working with the hearing impaired, and is also teaching Audiology at a local University.
- We are still in need of a President Elect to follow in Anthony's footsteps.
- Bev updated us on our three-day Rotary recruitment and communication project at the **Farmers' Market**. Lots of information was shared, and we had several folks show interest during our hosting. Bev thanked each of our volunteers for assisting: Bev and Anthony, Hank and Janet, Paul G, George K, Neil, Tammy, Bob and Pam, Garth P, Garth S, Rob, Dean, Graham, Wayne, and Dale. All volunteered to carry out this interesting project. My apologies if I missed a name.
- We are now working on setting up for a successful **Ribfest** in September, and we are asking everyone to review their contacts and consider if they could be potential sponsors for this event. We have first class sponsor information which Bev would be pleased to forward to anyone you suggest. Remember, "it takes a community to carry out a successful fund raising event".
- Remember that our **next evening meeting** will be next week, on Thursday, April 27th. Rob will provide details shortly (most likely at Limericks from 5:30 to 7:30).

Photos courtesy George Van Schaick

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Sunshine Report

Anthony reported that he recently ran into Fred Jessee who is 96 years young, and is doing quite well. He looks forward to attending one of our meetings in the near future.

Rotary Minutes

- Bev asked Sharon (our newest member) to tell us about the Gala Event supporting "MDA Canada" which is taking place at the Carriage House on Sunday, May 28th. Sharon represents this charity in Western Canada and told us about this fundraising event. They are presenting varied types of entertainment including classical violin, Bravo Circus performance, an Elvis performance by



Adam Fitzpatrick (you'll remember his excellent work from our own Christmas Party), as well as other wonderful performances and interesting speakers. The price is \$125 per person. Bev advised that she would be attending if she wasn't attending our International Conference in Australia. Please contact Sharon for further details. MDA raises funds for the purchase and supply of medical equipment for Israel and other areas of the world which are in need.

- Jim Thompson took a minute to tell us about his son Gavin who is a senior executive for Canada Goose. This had all of us lining up for a discount on our next Parka.

Sergeant at Arms



Dave Wylie stood in for George Kimura as our Sergeant for this meeting, and began by advising our guests that visitors are exempt from any fines. He then proceeded with a potential fine for Stephen for all the Internet time he was using up during their recent roadtrip to Utah, but cancelled it as everyone appreciated the pictures he had provided on Facebook. Dave

fined everyone who didn't know where "Little Mountain" was located in Alberta (not sure if anyone knew and I still don't). He wrapped up by asking a few tables to provide info on countries for which Rotary had provided service. Our group did quite well however, which unfortunately reduced the fines.



Good News / Bad News

The single good news item for today was provided by Al Holt who donated \$20 to announce that his son Steve is visiting. Steve is the RCMP officer who was formerly a member of the "Musical Ride" and more recently a member of the security detail

responsible for the protection of our Prime Minister and subsequently for the PM's wife. Talk about high profile jobs!

Chase the Ace

Rob presented our Chase the Ace raffle, having our guest speaker pick a card to identify today's winner ... Anne Dale. Anne is currently travelling in Europe with Rhea, so Rob will contact her so she can choose a card. We are now down to 20 cards remaining and a pot of \$2,715. If Anne doesn't pick the Ace of Spades, her daily prize will be \$87 (more importantly, the Club earned \$160).



Rob advised that there will be three picks in May so kindly send \$30 to Al Holt prior to the first meeting in May. (This of course assumes that Anne doesn't choose the Ace. If she does then there might be a slight delay in establishing our next draw contest (TBD)).

Rob also reported on our final "Buy a Second Raffle", based on the time of the final Flames' goal for home games. He presented \$20 prizes to George K (held as he is absent today), Dean White, George VS, and of course it is important to note that this pool raised \$480 for the Club. Special thanks to Rob for all he does to help raise money for our Club in his "Pool Boy" role!



Dean White introduced today's speaker, Elaine Wilson, Senior Director for CUPS.

Dates to Remember

April 27th	evening meeting, details forthcoming
May 2nd	regular meeting at the Carriage House
May 5th, 6th	District Conference in Lethbridge
May 9th	Lager and lunch at the Legion at noon
May 10th	Board Meeting
May 16th	regular meeting at the Carriage House
May 27th-30th	RI Convention in Melbourne Australia
May 28th	CMDA Gala

Bev thanked everyone for attending today and asked all to stand and help close our meeting with a reading of our 4 Way Test.

Remember ... "Imagine a world that deserves our best."

Our meeting adjourned at 1:22pm.

Speaker April 18th - Elaine Wilson, CUPS



Dean White introduced our speaker, Elaine Wilson, Senior Director for CUPS. Elaine has been with CUPS (off and on) since 2008 when she started as an outreach nurse, and has worked in various roles since, including Director of Health Services. In addition she has worked in Eastern Africa on various health initiatives, as well as with First Nations and Inuit Health in Atlantic Canada. She is passionate about working towards health equity for all

populations, and believes this is achievable through intentional collaboration and engagement from all levels of community, partners and Government.

Elaine began her presentation by noting a very interesting connection with Rotary. In 2010 she was awarded a Rotary Ambassadorial Scholarship to study in Scotland, and as a result she spent a full year (besides studying) getting to see Scotland and attending many Rotary meetings, and getting to see firsthand all the great things Rotary does.



CUPS has been serving Calgary for over 30 years, growing over that time to its current 150 employees seeing over 10,000 individuals each year.

They identify four separate yet integrated areas of service:

- CUPS provides free health care and mental health services for adults, children and families in Calgary. These services include Primary Care Health Service such as check-ups, diagnosis, treatment, screening and education. The Mental Health services include counseling, medication support and addictions counseling.
- CUPS takes a two-generation approach to developmental support, with services for both children and parents in Calgary. Their Child Development Centre provides full-day preschool, kindergarten and development programs for children aged three

to six. The family development centre sets goals for your family and provides information, support and development resources.

- CUPS offers crisis support, housing subsidies and other economic support services for Calgarians. There is a Crisis Intervention Fund providing one time funding to cover housing costs. They also offer a graduated rent subsidy program which can provide ongoing assistance with the rent and also offer virtual tax clinics for those needing help filing their taxes.
- CUPS provides social and emotional support. You can find community programs and skill building opportunities for adults and families.

In 2012 CUPS moved to 10th and 10th, where they took over a large building and are slowly growing their operations to ultimately fill it with more community services. Their latest expansion, which is designed to increase their clinic and mental health space, is scheduled for completion this month.

Funding for this extremely important and diverse operation is split 50-50 between the major levels of Government and their own public fundraising sources.

Elaine's email address is elainew@cupscalgary.com and she would be pleased to respond to any questions any of our members might have.

Rob thanked our speaker by noting that our Club has supported CUPS for many years, and hope to help further through our Ribfest fundraising event. He advised her that as a thank you for presenting to us today we will be making a donation to Rotary's Polio Plus program in our effort to eradicate Polio from our world.



33 years been helping Calgarians
the adversity of trauma and poverty and poverty

1987: Health Care, Emergency Services, Homelessness
2002: The World Bank, Health Services, Community Support
2007: Health Care, Emergency Services, Homelessness
2017: Health Care, Emergency Services, Homelessness
2022: Health Care, Emergency Services, Homelessness

Calgarian Canadian families live with the adverse effects of poverty and trauma, and to see their children in Canada with diverse abilities and who are experiencing the roughest life, our Brain Science to inform our innovative Integrated Care approach to improve their lives and well-being.

Improving Quality of Life with Integrated Care and Collaboration

Integrated Care is our approach at CUPS, that means we provide collaborative, coordinated, trauma-informed, and holistic services and supports to clients, based on individual needs and strengths.

Service Fragmentation → Integrated Care

- Service fragmentation, gaps and redundancies
- Health, continuity and coordination problems
- Misdiagnosed cases
- Lack of client consistency
- Inefficient use of resources
- Fragmented outcomes

Integrated quality of care (including client experience)

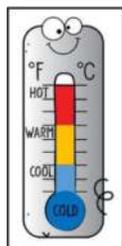
• System efficiency and increased use of resources

Health

- Primary Care
- Integrated Opioid Agonist Treatment
- Liver Clinic
- Prenatal and Women's Health
- Connect 2 Care and CAPP
- Vaccine Clinic
- Specialists

2021-2022

Over 5000 individuals accessed CUPS health services
Close to 30,000 visits
379 individuals connected to OAT
2474 outreach visits to shelters
1384 individuals received COVID-19 vaccines



Official Canadian Temperature Conversion Chart

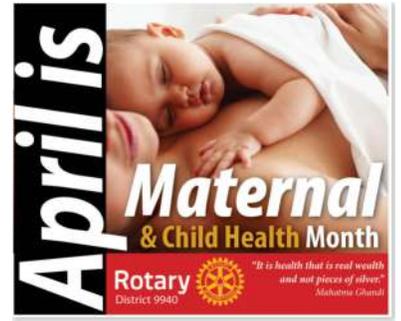
- | | | | |
|----------------|--|-----------------|---|
| 50° F (10° C) | Californians shiver uncontrollably. | 0° F (-17.9° C) | New York City landlords finally turn on the heat. |
| 35° F (1.6° C) | Canadians plant gardens. | -60° F (-51° C) | Canadians have the last cook-out of the season. |
| 32° F (0° C) | Italian Cars won't start. | | Santa Claus abandons the North Pole. |
| | Canadians drive with the windows down. | | Canadian Girl Guides sell cookies door-to-door. |
| | American water freezes. | | |
| | Canadian water gets thicker. | | |

Maternal and Child Health Month

April 27th Evening Networking Meeting — Rob will provide details

Youth Service Month

May 2nd Dean White, Roots2STEM
 May 5-6th DisCon 2023 in Lethbridge — registration fee \$350
 May 12th - 22nd Calgary Reads Big Book Sale — could be fun to volunteer as a group
 May 16th John Hufnagel, Calgary Stampeders
 May 19th Fairview School mentoring at Roots2STEM, volunteers needed
 May 25th Fairview School mentoring at Roots2STEM, volunteers needed
 May 27th - 31st Rotary International Convention in Melbourne Australia



Rotary Fellowships Month

June 6th Helen Tubrett, Acadia Food Pantry
 June 18th 23rd Anniversary of the official dedication of our Nature Park in Fish Creek Provincial Park
 June 20th Dwayne Klassen, Motivational Speaker and Life Coach



New Rotary Year Begins

July 4th On location with Anne Dale @ "My Sewing Room" — Charity Work

Membership and New Club Development Month

August 8th Meeting at Rotary Park, Jim Thompson and District Governor Kurt Kowalchuk

Meeting Minutes ... cont'd from page 3

Dates to Remember

April 11th Lager at the Legion (noon to 2)
 April 13, 14, 15th Membership Drive at the Farmers' Market
 April 18th Regular Meeting at the Carriage House
 May 5th, 6th District Conference in Lethbridge

Bev thanked everyone for participating today and closed with a group reading of Rotary's "4 Way Test".

Remember ... "Imagine a world that deserves our best."

Meeting adjourned at 1:35pm.



Recruitment at the Farmers' Market



THANKS TO ALL MEMBERS WHO WORKED THE TABLE!

Hope you enjoyed some of the amazing vendors at the Food Court when volunteering there!

"What is the value of the life of one child saved? No one will ever know, but if the child were our own, the price tag would be marked: Not for Sale - this life is invaluable."

James L. Bomar Jr. 1979-80




Rotary
District 9940



APRIL MATERNAL AND CHILD HEALTH Month

TAKE ACTION: Join a Project