

In This Issue

- 1 Speaker January 3rd
Kelly Falardeau
"Finding Inspiration"
- 2 Meeting Minutes January 3rd
- 3 Meeting Minutes January 3rd cont'd
Disclaimer
Skip the Depot Fundraiser
Volunteer!
- 4 Medical Mercy Clinic Renovation Project
- 5 What's Up!
Speaker January 3rd cont'd
Tonkinsons in Mexico
In Memoriam



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

Finding Inspiration

Kelly Falardeau



George introduced our speaker, Kelly Falardeau. Kelly is an International Motivational Speaker and Bestselling Author, well known throughout Canada, the United States, UK and Africa as an inspiration for building self-esteem and transforming thoughts into success. Kelly got started as a speaker because women were constantly telling her she needed to tell her story and inspire others. She was introduced to Janet Atwood and learned her passion was to inspire others. Janet took Kelly by the arm and told her that people will be inspired by your story of growing up as a burn survivor and succeeding against all odds.

Stemming from her journey through childhood as a burn survivor, Kelly developed an unparalleled level of positive self-esteem, igniting her reputation as a forward thinker and go-getter at a very young age. Gracefully leaping over obstacles that would easily defeat the average person, Kelly chose to share her perspective as a motivational speaker, inspiring people around the world to take control of their success.

Extending her insights to a broader population, Kelly has published three books that parallel her presentations called "No Risks, No Rewards", "Self-Esteem Doesn't Come in a Bottle", and "1000 Tips for Teenagers". Kelly received the "Fierce Woman of the Year Award" and earned distinction as one of the Top Ten Most Powerful and Influential Speakers, recipient of the Queen Elizabeth II Diamond Jubilee medal, and as a YWCA Woman of Distinction in 2013.

Kelly's life story has been produced into a documentary called "Still Beautiful" which was broadcasted on National TV.

Kelly's personal story started when she was three years old and joined her cousins in the farm yard of her home burning a pile of shingles. An errant spark suddenly set her dress on fire, and her young cousins ran to get help. By the time help became available, she had burns over 75% of her body. The doctors told her mom that she had a 50% chance of survival, and she spent 4 months in the hospital. Subsequently she did survive but it was a life filled with pain and surgeries as she grew, and more skin became available for additional grafting. She was scarred across her entire body and told us about being referred to in elementary school as the "scarface girl".

She describes her early life as being devastated, as she thought she faced a life without a marriage, without a family. The good news is that she did in fact get married and they have three lovely children, a girl and twin boys. A moving moment was when Kelly told us that she was so excited when her first child was a girl as she thought this child might show her what she (Kelly) would have looked like if she hadn't been so badly burned.

cont'd on page 5 ...

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



Past President George Van Schaick was chairing our meeting today and called it to order at 12:15, welcoming all participants and wishing everyone a Happy New Year, followed by the singing of O Canada. We had 5 guests today bringing our total to 30.

George introduced our **Indigenous Fact** for today which asks how many Indigenous tribes are there in Alberta? There are 45 First Nations in Alberta. As of October 2008, the Province is home to 13% of the total registered Indigenous status population in Canada. The most commonly spoken languages are Blackfoot, Cree, Chipewyan, Dene, Sarcee and Stoney (Lakota Sioux).



Michael Spears introduced our 5 **Guests**: Kelly Falardeau, who is our guest speaker today, Rod Storo (friend of Kelly), Jacob Gee and Mukul Varma (guests of Tammy), and Joy Chapman (guest of Michael Spears). Our guests were all welcomed with a reasonable version of our standard "Welcome to Rotary" song.

George thanked Paul for being our scribe, as well as Peter Bickham who was our greeter for today. He thanked Stephen and Anne for the great job they do in creating our e-Arch, and then

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 Al Holt who stepped in as our "at the door" payment person complete with a working credit card system.

Club Business

Birthdays & Anniversaries:

George announced our Birthdays for January commencing with Bruce Bohnet on the 7th, Jack Steen on the 12th, Dick Snel on the 24th, and George Van Schaick on the 30th. Our single spousal birthday in January is Maria Stemp on the 7th.

Our single Anniversary for January is our newest member, Pam Montgomery and her husband Mario, who are celebrating their 10th anniversary on the 4th. Congratulations and best wishes to all!



Sunshine Report:

George noted Ruth's return to our meetings after suffering a serious health issue, and how good it was to see her doing well and regaining her strength. He also updated Pat Hutchinson's health report, advising that Pat's pending surgery has been cancelled and that he has returned home on December 20th. He is recovering with increased medication support.

Slate of Directors for 2023/24:

We are still seeking volunteers to fill our open positions (2) of Director and President Elect. Please contact George if you are interested in joining our Board commencing in July, 2023.

Meal Update:

In order to organize our meeting meals into a workable format, we have decided to order 5 salads and the balance of the other meal choice. It would be helpful when you are confirming your attendance to George if you would also confirm your meal choice.

Larry Kwong Dinner Update:

This dinner is an annual event and is sponsored by the Rotary Club of Stampede Park. It is well known as a wonderful dinner and we already have a full table (of 10) Chinookers signed up, and are filling a second. It is held on January 27th at 6pm at Regency Palace on Centre Street. The cost is \$50 per person.

Member's Talk:



This item is a relatively new idea where we ask a member to tell us something about themselves that we probably don't already know. This week's speaker was Ted Wada and he told us a family story. Ted is of Japanese origin, and he told us that he left Japan in 1965 and didn't return for a long time. He had a younger brother who disappeared during these years, none of the family knew what had happened to him. The common thought the family shared was that he "must be dead or in jail". Well, 3 or 4 years ago Ted received a call from a nephew saying that the elusive brother had just contacted him. Ted was able to make contact and virtually after 50 years they were reunited. It seems that his brother had experienced a similar situation when Ted left Japan, he lost contact and assumed he was "either dead or in Jail". The good news is that the family is now reunited.

Members Minutes:

Paul highlighted our upcoming **bottle/can collection project** on Tuesday, January 24th at the Tonkinson residence in Bonavista. Bev has advised that it would be ok if anyone wished to drop off their collection anytime after January 18th, no later than the 24th. If anyone would like to have their bags picked up, kindly contact Paul and he'd be pleased to set it up.

Rob's Raffles:

Rob announced a number of \$20 winners from our **Flames Goal Raffle**: Dean White, Al Holt, Anthony Tonkinson, and Stephen Pick (I believe I may have missed a couple).





Rob then moved on to our **Chase the Ace** raffle, noting that \$116 would be going today to our Club. He noted that from July 1st to December 30th we have raised \$1,600 so far from this monthly raffle, well worth doing and lots of fun to play.



The pot for having your ticket chosen and then picking the Ace of Spades is currently \$968. The daily ticket winner (Tammy Truman) will earn \$87.

The good news (for the rest of us) is that she didn't pick the Ace, so the pot continues to grow!



Sergeant at Arms:



Tammy was our Sergeant today and was kind to us all with only a few finable offenses. She fined Michael for missing a few names when he introduced our guests, Al for wearing Joe Hooper's name tag, and anyone who neglected to circulate to welcome our guests to our meeting. Sadly this was a money raiser but a good reminder to us all.

Disclaimer

This product is meant for entertainment purposes only. Your mileage may vary. Do not try this at home. Void where prohibited. Some assembly required. For off-road use only. Slippery when wet. Batteries not included. Do not use while operating a motor vehicle, heavy equipment, Cherokee XJ, Wrangler TJ, Wrangler JK, or any Jeep vehicle, especially the newer Fiat ones. How-to videos may be too intense for some viewers and children under 30 years of age. Please remain seated until the 4x4 ride has come to a complete stop. Studies have shown viewing these videos causes increased cancer risks in laboratory test people. I am not a professional, I have no training, I'm not even particularly good at horse whispering. Don't believe everything that you know. Please keep your hands in the vehicle at all times. Do not tap on glass. Do not eat anything that has been on the floor for more than 3 days. Keep your hands to yourself. Not to be taken internally. Reproduction strictly prohibited. Driver does not carry cash. Objects in mirrors may be farther than they appear.

Speaker's Presentation:

George introduced our speaker, Kelly Falardeau, an International Motivational Speaker and Bestselling Author, well known throughout Canada, United States, UK and Africa as an inspiration for building self-esteem and transforming thoughts into success.

Dates to Remember:

January 10th	Pints at Peanuts
January 17th	Regular Meeting at Carriage House
January 18th	Board Meeting
January 18th - 24th	Bottle Drop-off
January 26th	Regular Networking Meeting
January 27th	Larry Kwong Dinner
January 31st	Pints at Peanuts

George 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 1:22pm.

Photos courtesy George Van Schaick

'Skip the Depot' Fundraiser

**SAVE your
EMPTY!**

BOTTLE DRIVE

Members and Friends, drop off your bottles/cans in
Tonkinsons' driveway on

January 18th to 24th !

The address is **12119 Lake Louise Way SE**, in the community of
Lake Bonavista. (phone # 403 271 4026)

Please put your bottles in plastic bags ... the bigger the better!
Consider reaching out to family, friends and neighbours to
increase your collection!

If you have bottles but not the means to deliver them, please
contact Paul G and we will try to arrange pick up. Any members
who can help pick up bottles for delivery to Tonkinsons'
driveway, please advise Paul.

**Special thanks to Bev and Anthony for once again hosting
the pick up site at their home.**

Volunteer !!

Our Club has taken on a Community Service Project of serving
dinner at the Mustard Seed, 7025 - 44th Street SE
Wednesday, January 25th from 6pm to 8pm

Available volunteers confirm by contacting Wayne on either his
cell 403-975-2807, or by email wayne2k@gmail.com

Medical Mercy Renovated TB Clinic, Ukraine

Medical Mercy has completed the insulation of the exterior walls of the TB Clinic in Kovel, Ukraine. This was done in spite of the ongoing war. The building is now warm and comfortable for patients, visitors and employees. The **Chinook Club, with the help of the District**, provided \$ 9,700 for the materials used in the project.

Graham Boone

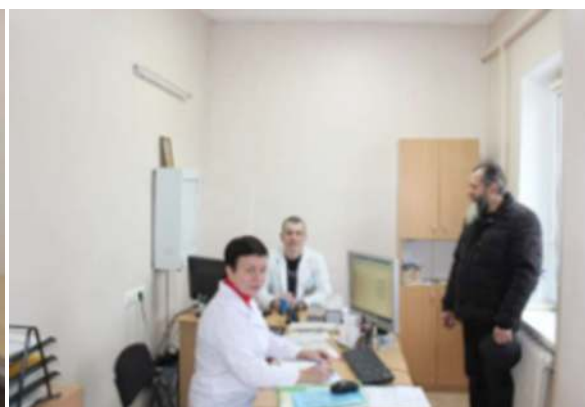
Exterior renovations of Kovel T.B. Treatment Centre Project, monitored and overseen by Dr. Vitali Vityk, MMC Ukraine onsite manager.



Side of building with Dr. V. Vityk and 2 staff doctors at entrance vestibule.



Close-up of entrance vestibule and windows into Registration and record keeping offices.



Medical staff, proud of their newly renovated Centre, modern, clean, and insulated to keep warm. For the first time in years, it's warm in the Registration area, and warm in the doctors' office.



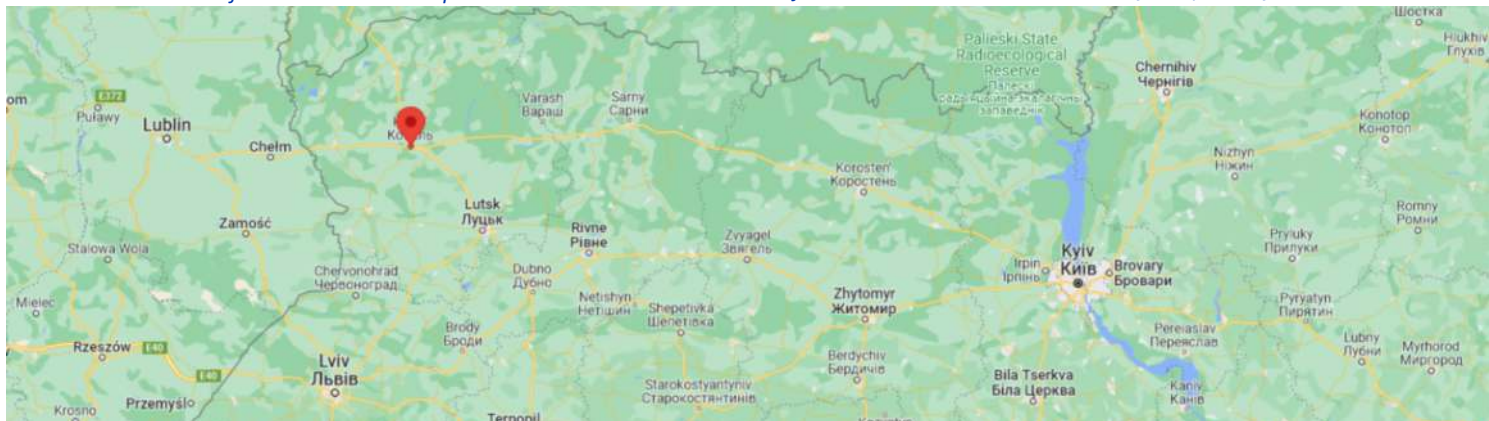
Detailed views of exterior workmanship



Entrance to furnace room



View of completed, full exterior renovations



Vocational Service Month

January 17th
January 18th - 24th
January 25th
January 26th
January 27th

Elaine Wilson, Senior Director Operations, Calgary Urban Project Society
Bottle Drive — drop you beverage containers off at Bev & Anthony's — 12119 Lake Louise Way SE
Dinner service at the Mustard Seed — 6-8pm — contact Wayne Wiebe
Evening Networking meeting
Larry Kwong Annual Memorial Chinese New Year Dinner, sponsored by the Rotary Club of Stampede Park
6pm, Regency Palace Restaurant, 328 Centre Street S, \$50pp — contact Bev Tonkinson
Pints @ Peanuts

Peace and Conflict Prevention/Resolution Month

February 7th
February 21st

Lisa Despas, Citizen Services Specialist — Service Canada Community Outreach Program
Kourtney Penner, City Councillor Ward 11

Water and Sanitation Month

March 7th

Mason Trafford, Commercial Director, Cavalry FC

Maternal and Child Health Month

April 4th

Erin Rooney, Fund Development Director, The Leukemia & Lymphoma Society of Canada



Finding Inspiration

... cont'd from page 1

Kelly says that when we have a tragedy in our life, we have two choices — we can see it as a tragic event, or perhaps find a way to see it as a gift. She shares her life story and inspires people to love who they are, no matter what they face. She has taken the word “ugly” and used the letters to mean “unique gorgeous lovable you”. She teaches young people that they don't have to be perfect or flawless.

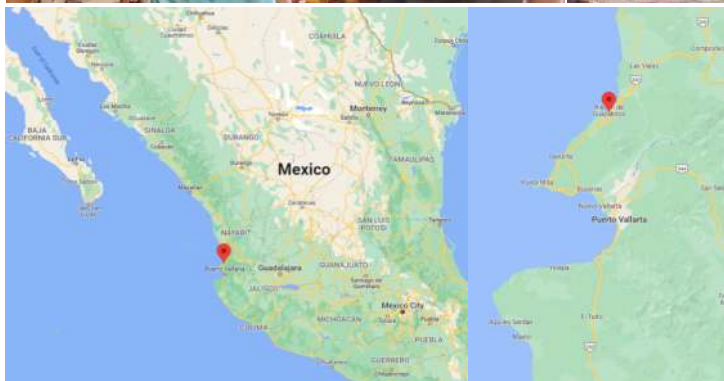
Kelly and her daughter travelled to Africa to speak about burn safety. She points out that there are many more sources of fire in their society due to the extensive use of candles. She also noted that firefighters in that area did not enjoy the appreciation which they do in our society, which is a shame.

She told us about new laser technology developed in Edmonton which has really helped her reduce some of her scar tissue. Apparently they can remove small parts of a scar and normal skin can develop in its place. Kelly has been having it done every 2 months for the past 4 years, and it has been a big help reducing her scars.

Kelly had copies of one of her books for sale, and also a number of her “Blankets for Burned Kids” for sale as a fundraiser for her speaking activities. She thanked us for asking her to speak today. George thanked her on behalf of our Club for both her time and her inspiration. He told her of Rotary's project to eliminate Polio from our world, and that we would be making a donation to this cause in appreciation of her presentation today.

Tonkinsons in Mexico

Visiting the Guayobitis Club with Sydney Richmond



In Memoriam

We regret to inform members of the passing of two past members of the Club.

Al Brown

Al was a member of the Club from 1996 through 2008, and served as Club President in the 2004/04 year. Our condolences to his wife Irene and family.

Don McLean

Don was a member of the Club from 1993 through 2019. He left the Club to move to Ontario to be closer to family. Our condolences to his wife Margaret and family.

In Memoriam

