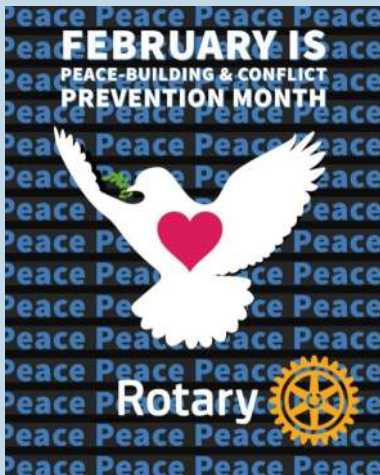




February 20th, 2024  
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## 2023-2024 Officers and Directors

Anthony Tonkinson, President  
Rob Wolfson, President Elect  
Bev Tonkinson, Past President  
Dale Perret, Secretary  
Vlad Sasarman, Treasurer

Pam Montgomery, International Service  
Dean White, Youth Service  
Ted Wada, Community Service  
Sharon Fraiman, Club Service  
Neil Beatty, Club Operations  
Paul Gaudet, Club Financial  
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District 5360 Governor Kurt Kowalchuk  
Rotary Club of Calgary Downtown

## Pacific Crest Trail Jeromy Farkas



George Kimura introduced today's guest speaker, Jeromy Farkas. Jeromy is a Canadian mentor, athlete and community mobilizer with over \$10 million in successful fundraising in the social, post-secondary and political sectors. He established a fundraiser via a successful 5,000 km solo run from Mexico to Canada. This run (subject of today's talk) raised nearly half a million of new operating funds for Big Brothers and Big Sisters, which is their most successful fundraising campaign to date.



In January 2023 he embarked on another fundraiser by climbing 25 consecutive peaks over 25 consecutive days, raising \$100,000 for medical care for (Calgary) homeless through the Alex community health center.



Jeromy is a certified wilderness first responder and search and rescue volunteer. He currently serves as the inaugural Chief Executive Officer of the Glenbow Ranch Park Foundation with the mission to protect and promote one of Alberta's newest provincial parks through engagement education, collaboration and conservation.

Jeromy thanked our Club for having him back as a speaker once again. He introduced his associate, Sarah Hughes, who is the Director of Development for Big Brothers and Big Sisters.

He recalled what he referred to as the worst night of his life, election night of 2021 when he lost big to our current Mayor. His humor came through however, when he said, "after Calgary voters told him to take a hike, that's exactly what he did". He partnered with Big Brothers and Big Sisters and established a very successful fundraiser by spending 5 months to run/walk/climb the Pacific Crest Trail from Mexico north to the Canadian border.

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President Anthony called our meeting to order at 12:15, welcoming all in attendance. Anthony noted that our Rotary Theme is to “Create Hope in the World”, then led us in the singing of O Canada.

We had 40 participants at our meeting today which included 7 **Guests**: Haim Fraiman, Lois Beatty, Sharon Bickham, Judy Thompson, Jeremy Farkas (Guest Speaker), his associate, Sarah

Hughes, and our honorary member Bruce Williams. It was good to also have 3 visiting Rotarians: Colin Pratt and David Townsend, both from the Sarcee Club, and Ralph Lundborg from the Calgary Club. Our guests were introduced by Dean White and serenaded by our “Welcome to Rotary” verse.



Anthony **thanked** Paul for being our scribe today. He also thanked Dean and Sharon for being our greeters today, and for making everyone feel welcome. He gave a special thanks to Rob for chairing our meetings while Anthony was enjoying his family holiday in Mexico. Anthony thanked Stephen and Anne for all they do for our Club, most notably the regular production of our e-Arch. He 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 also wish to thank both Neil and Hank for operating our payment system.

Anthony told us about a **fundraising event** which recently took place at Sydney Richmond’s Rotary Club in Mexico. Bev attended and assisted, and was pleased to accept a certificate on behalf of Chinook for supporting their efforts.

## Club Business

### Casino News

Bruce Bohnet announced that we have received confirmation from AGLC that our next Casino will be held on August 26th and 27th. So mark the dates and be prepared to sign up for a shift when Bruce comes calling.



### Paul Harris Pin Presentation



Paul G presented Bob Montgomery with his fourth PHF Pin in recognition of his cumulative contribution of more than \$4,000 USD to the Rotary Foundation. It is through such generosity that Rotary makes dreams a reality, both here at home and around the world.

### Birthdays and Anniversaries

Tammy Truman announced our **Birthdays** for February: Pat Hutchinson on the 20th, Vlad Sasarman on the 22nd, and Sharon Fraiman on the 27th. We had no anniversaries, nor spousal birthdays during February.



Our report also highlighted the **Rotary Anniversaries** of Bruce Bohnet (38 yrs), Neil Beatty (19 yrs), George VS (18 yrs), Dean White (8 yrs), and Sharon Fraiman (5 yrs). Congratulations and best wishes to all!

### New Member Classification Talk by Keith Wellon



Keith introduces himself proudly as a Newfie, but then tells us that he was actually born near Claresholm, Alberta as his Dad was being trained as a military pilot. They did move to NFLD shortly thereafter.

Keith told us that his business career breaks down into 4 parts, each of them approximately 10 years. The first part was in Calgary with Imperial Oil, the next part with a window manufacturing plant, the

third with the electric power industry, and lastly with an industrial construction company. When COVID effectively slowed down most construction projects, Keith decided it would be the right time to retire so they could enjoy family time and extended travel.

Keith has been married to Brenda, a registered nurse, for 47 years and they have two children, each with two grandchildren. Their son's family lives in the Cayman Islands, and their daughter's family is in Newfoundland so travel is definitely called for.

Keith has been active during his career with a number of community service organizations including Kiwanis and the Drop In Centre. Keith wrapped up by thanking Pat Hutchinson as his Rotary sponsor.

### Chase the Ace

Rob noted that our previous draw was held at our last evening meeting, and Sandy Swan was the winner. As she and Jim are enjoying their winter visit to Mexico, Rob checked her choice which was not the Ace. She did win \$69 as the weekly draw prize.

We then proceeded with today's draw and it was Bob Montgomery who was the winner. He also missed the Ace, but did win the weekly prize of \$72 and our Club earned \$96. Our pot is expected to be over \$800 for our next meeting.



winners to announce shortly. Thanks to Rob for creating the Pool and to everyone who contributed by purchasing a square.

### Sunshine Report

Pat reported that he had tried to check in with a number of our members, however he couldn't reach Harry Nazarchuk nor John McBean. He did chat with Al Pettigrew who is doing well. He spoke with Dick Snel and it was great to see him at our meeting.



### Good News / Bad News

Bob Montgomery was excited to announce the birth of his third great grandson.



Graham Boone announced that he was stepping down as chair of the Club International Committee. He will stay on the Committee going forward to assist his replacement.

Lois Beatty advised that her brother has been discharged from the hospital which is good news for the family.

### Guest Speaker

George Kimura introduced today's guest speaker, Jeromy Farkas.

### Dates to Remember

- February 13th Lager at the Legion. Celebrate Valentine's Day!
- February 20th Regular meeting at the Carriage House
- February 21st February Board Meeting
- February 29th Evening meeting at The Pointe

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

Remember, "Create Hope in the World". Have a great Rotary week! Our meeting adjourned at 1:30.

*Photos courtesy George Van Schaick and Sharon Fraiman*

## Pacific Crest Trail

Jeromy then proceeded to tell us about his trip over the Pacific Crest Trail. He described one of the worst parts of his trip, when he felt responsible for pushing the group of travellers along a mountain trail until they became stuck, unable to go backwards or forward to safety. Jeromy felt responsible and he also felt shame as well as fear. However, they managed to work their way out of the situation and went on to conquer their goals and regain their confidence.

He was amazed by what he referred to as "travel angels", which are individuals who live close to the trail and make it their practice to keep an eye open for the travellers and provide assistance wherever they can. The trip was an experience where you really found out about yourself ... you learned to face your fears and push through them to find a way through.

## Mentoring Fairview Students @ Capstone February 9th



## Lager @ The Legion February 13th



### **Things to Ponder ??**

Why is it that writers write, but fingers don't fing? ... Grocers don't groce, and hammers don't ham? ... If the plural of tooth is teeth, why isn't the plural of booth, beeth? ... One goose, 2 geese. So one moose, 2 meese? ... One index, 2 indices? Doesn't it seem crazy that you can make amends, but not one amend? ... If you have a bunch of odds and ends, and get rid of all but one of them, what do you call it?

If teachers taught, why didn't preachers praught? ... If a vegetarian eats vegetables, what does a humanitarian eat? ... Sometimes I think all the English speakers should be committed to an asylum for the verbally insane! ... In what language do people recite at a play and play at a recital? ... Ship by truck and send cargo by ship? ... Have noses that run, and feet that smell?

### Peace and Conflict Prevention/Resolution Month

February 20th  
February 29th

Bart Dailley — "History" or "Semantics" & International Service Report  
Evening meeting @ The Pointe, 5:30 - 7pm

### Water and Sanitation Month

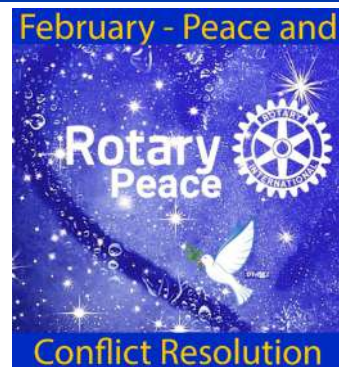
March 5th  
March 12th  
March 14th  
March 19th

Kathy Urquhart, Executive Director — Special Olympics Alberta  
Kurt Kowalchuk, District Governor  
Chinook Rotary Poker Night @ the Deerfoot Casino  
Dan McLean, City Councillor, Ward 13

### Maternal and Child Health Month

April 2nd

Rabbi Glickman — Recent Travel to Israel



## Pacific Crest Trail

... cont'd from page 3

The desert part of the trip was all about new friendships, and learning to stick to their goals. Next came the Sierra mountain range, which rose to approximately 15,000 feet. This area was particularly wild and unknown. In these situations, he learned that having a good friend close by made all the difference. You would be cold, wet and exhausted day after day, and with the encouragement and assistance of the group, anything was possible.

Northern California was what he called a mind test with long hard days. A lot of self-doubt, and lots of time to consider what you were experiencing. As they proceeded north, they went through Oregon which he referred to as the promised land, and then the state of Washington as they neared the end of their trip at the Canadian border. They felt like they were being reborn. Mile 2,361 is the northern terminus of the trail, at the US/Canada border. There was a book which was available to the individuals who completed the trail, and Jeromy told us that he wrote a brief quotation, which was given to him by a friend shortly after the (Calgary) election, which said, "don't take no for an answer".

Jeromy wrapped up his presentation by expressing something he learned from this experience: "To go fast, go alone. To go far, go with friends". Jeromy opened the floor to questions which revealed an interesting point ... when they began their journey, 3/4s of the travellers were men. When they finished their journey, 3/4s were women. Speaks well of the staying power of women. Ron May thanked Jeromy and presented him with our Certificate outlining our donation to Polio Plus in appreciation of his participation today.



## Chinook Rotary Poker Night

Chinook Rotary is putting on a "Chinook Rotary Poker Night".

This event is a tournament with **\$10,000 in cash prizes**, and will raise money for Chinook Rotary education programs.

The event is held at the **Deerfoot Casino** and they will run all tables with their dealers.

**Tickets are \$225 which include food and a good time.**

There is a webpage on the Chinook Rotary website for more information/ tickets, or use the QR code for tickets.

This event is open to all.



**We hope you will join us and spread the word to all Texas Hold'em enthusiasts !!**

# POKER NIGHT

## TEXAS HOLD'EM



**Thursday March 14th**  
**Deerfoot Casino**