



Remarkable Relationships Dwayne Klassen

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Ron May introduced our speaker, Dwayne Klassen. Dwayne is an internationally recognized coach, author, and speaker on men, women, and relationship dynamics. He is the founder of the Champions Club Executive Coaching Program, and host of the Remarkable Man Show Podcast. As much as he's known as "The Coach For Men", he is also the creator of "The Remarkable Relationships Program", which provides ground-breaking mind-set coaching for singles and couples to get aligned with their core values, boundaries, and unconscious wounds for greater connection, deeper intimacy, and passion.

Dwayne noted that a romantic relationship is the most fulfilling, and that we need to understand that communication with your partner is important. He advised that while 97% of relationships fail, we can continue growing to being a better person in the next relationship.

He told us about his "perfect storm" which occurred for him in 2008, and continued over an 18 month period. Over this period, he discovered that his son wasn't actually his, his business floundered and failed, and his fiancé moved to eastern Canada to pursue other opportunities. As one might expect, his confidence was essentially destroyed, and he sought counselling assistance to help him find his way. This search was a difficult one, which created in Dwayne an opportunity to build a way for men to get the help they need to build stronger relationships.

He advises that the relationship between partners is a third entity in its own right. Yes, there are two partners but we should think of our relationship as a third entity. We should begin thinking about what we can do to improve this relationship, and to fuel it. He spoke of men's masculine energy and women's feminine energy, and how important it is to develop the ability to express one's energy in a genuine manner,



Guest Presenter
Dwayne Klassen

Dwayne is an author, speaker, and coach with a passion and expertise in relationship dynamics. Whether it's professional, romantic, or personal, relationships play a vital role in our success, well-being, and sense of connection.

In this engaging and informative talk you'll learn:

- ▶ You, them, and the 3rd entity
- ▶ The right energy matters
- ▶ Remarkable Relationships need this

JUNE 20TH

Rotary Club of Calgary Chinook

which will encourage your partner to do the same.

Dwayne suggested that anyone who would like to explore coaching options should go to their website at www.dwayneklassen.com



Joe Hooper thanked our speaker and noted that we had enjoyed his presentation. He advised Dwayne 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.

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



President Bev called our meeting to order at 12:15, welcoming all in attendance, followed by the singing of O Canada.

Bev noted that this will be the last formal meeting at which she will be at the podium. She thanked all members for their support and their confidence in her leadership to carry out her duties as our President.

We had 42 participants at our meeting today which included **9 guests and 33 Club members**. Our guests included speaker Dwayne Klassen, Vlad Sasarman (a Rotarian from BC who is relocating to Calgary and has applied for membership in Chinook), Kurt Kowalchuk, DGE, Josette Fraiman and Jeff Shaw (guests of Sharon Fraiman), Joanne Prystay, (Friend of Rotary and guest of Rhea), Karen Ekstrom (Michael Spears), Cindy Booth (Bev) and Lois (Neil).

Our **Indigenous Fact for the day** is about the difference between First Nations and Indigenous. The latter term is an all encompassing term that includes the aboriginal or First Peoples of Canada, whereas First Nations do not.

Bev thanked Jeff Shaw for attending and offered him and his family our most heartfelt condolences for the recent passing of his wife.

Bev thanked Paul for being our scribe today. She also thanked Garth Plunkett for being our greeter today, and for making everyone feel welcome. Garth introduced our guests and we serenaded everyone with our Welcome Song.

After lunch, 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. 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 also wish to thank both Hank and Neil for operating our payment system and seeing that we all pay for lunch.

She presented a **Rotary Fun Fact**. Apparently the world's largest Rotary Wheel (240 feet across) was built by a Club in Wilmington, NC in 1964, on the occasion of their 50th anniversary.

Club Business

- Bev noted that the incoming and existing Board Members had

a fun evening of business and fellowship at their **year ending meeting** last week.

- She also thanked Paul G, Dale P and Sydney Richmond for volunteering at **Rotary Challenger Park's Annual Family Day** to park cars and direct traffic.
- She then thanked Dave Wylie, Rhea Graham, Hank and Janet Popoff, and Neil Beatty for volunteering at **Calgary East's Pancake Breakfast** at Grant McEwen School.

- Anne Dale and Kurt Kowalchuk took the podium to present a **series of awards** to our members. Anne began by sharing with us a recent family crisis. She received a call from the hospital that her son had arrived at emergency with a fentanyl overdose and fearing the worst she headed out. With the excellent care provided by hospital staff, he survived and was recently discharged.

The awards then proceeded with Anne calling up **Pam Montgomery** and presenting her with a Paul Harris pin acknowledging a \$1,000 USD donation to the Rotary Foundation. This donation was made in her name by her Dad who is happy that she joined Chinook. Kurt then outlined the many ways that the Rotary Foundation helps the world; by helping in our fight against Polio, promoting peace, Disaster Response, welcoming new refugees to Canada and by funding various International service projects around the world.



Kurt called up **Rhea Graham** and awarded her with a crystal figure and pin for achieving the first level of Rotary's Major Donor Award (MDA).

He then called up **Hank and Janet Popoff** and presented them with the third level of MDA. Janet received a necklace and pin and Hank received a pin.



Photos courtesy Bev Tonkinson

cont'd on page 3 ...

The final award was presented to Alex Soutar as he has achieved a Paul Harris +7, noting that he has donated \$8,000 USD.

A **big thanks** to each of our award recipients, who have all supported the Rotary Foundation.



Rotary Minutes

Pam Montgomery told us about her **bursary presentation** at James Fowler School on Chinooks behalf, to a very talented young lady who plans on attending university next year.



Pam also took the opportunity to thank Bev for doing a great job and 'all the hugs' during her year as President.

Paul G reminded everyone about our **bottle collection project** at the Tonkinson residence on June 27th, and also about our **fellowship**



baseball event at Seaman Stadium on the evening of July 22nd. We hope our members consider participating in both events. Paul confirmed that we will be circulating our **Ribfest volunteer sign up sheet** in early July (Ribfest is on September 8th, 9th and 10th).

Pat Hutchinson told us that his wife is originally from Dauphin, Manitoba (location of recent **devastating bus crash**) and was in touch with family to discover who has been injured or killed.

Rhea spoke to us about a recent **Indigenous celebration** she had attended, and that she had been given the name of Rheabird. She offered a special poem to her Chinook friends:

*"Catch the Chinook Winds
Beneath your Rotary Wings
Explore, Dream. Discover"*

Rhea took the opportunity to **donate \$100 to Chinook Rotary** in honor of nurses as a way to show her gratitude to the Club and its members for her period as an active member. She has decided to join the East Club for the coming year to participate in their youth activities. It's great news that she is staying in Rotary, and she will be missed by her many friends at Chinook.



George K advised that we will be conducting another **Rotary education and recruitment event at the Heritage Farmers Market** in July (14th, 15th and 16th). Additional information will be available next week.

Dean advised that we need a volunteer to replace John Charrett who is stepping back from his excellent work with our Fairview Mentorship program. He thanked John for his great work over numerous years.

Bev confirmed that we plan on continuing to have our membership chair sit as a board member. Considering the importance of membership, such an association makes sense.

Sergeant at Arms

Our regular Sgt at Arms segment was postponed today for timing reasons.

Chase the Ace

As Rob was absent today (for good reason as he and Angela were attending their son's college graduation from Queens University), Anthony took over our Chase the Ace raffle. With 15 cards remaining, today's winner, Rob Wolfson, had his ticket chosen. As Rob was absent as noted, Anthony will contact him so he can choose a card. Our pot is over \$3,100 so be sure to buy your tickets for July (if its not awarded this week or next at Limericks).

Guest Speaker Presentation

Ron May introduced our speaker, Dwayne Klassen.

Dates to Remember

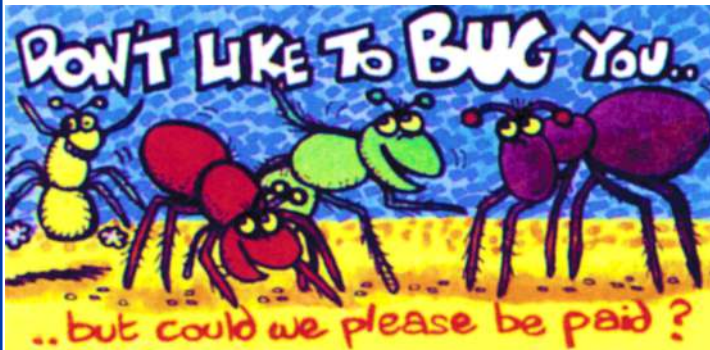
June 29th	Fellowship Meeting at Limericks, 5:30 to 7:00
June 30th	Rotary's year end, Bev's last day at the helm
July 4th	Next regular meeting, to be held at Anne Dale's business location, "My Sewing Room"

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 1:30.

Annual Dues

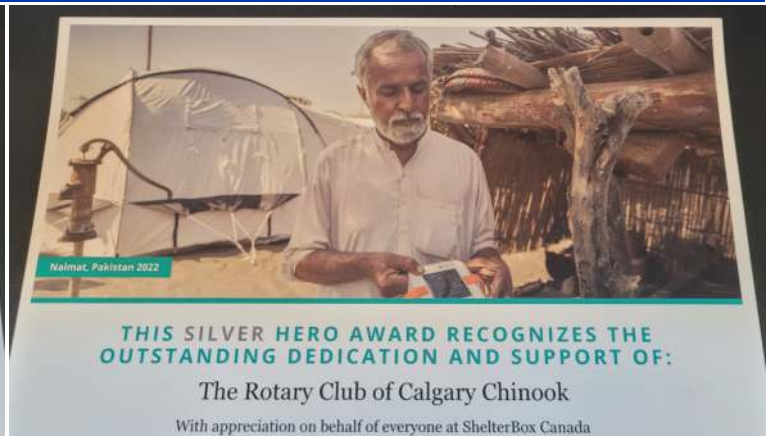


Chinook Rotary Annual Dues
\$300 due now

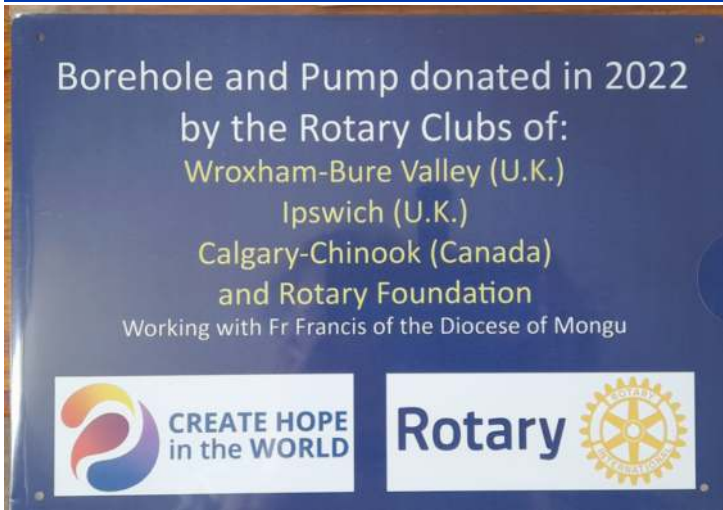
If you have not yet paid your dues,
please do so ASAP.

You can easily do so by cheque or
credit card at the meeting check-in desk
or by e-transfer to info@chinookrotary.org

Pay \$300 now ...
or wait and pay \$350!



Site Plaque



We supported the drilling of a borehole close to the Kambule Provincial STEM Secondary school at Mongu, Zambia to provide all the boys and staff with clean water. Drilling was successfully completed. We provided the Wroxham Bure Valley Rotary Club in the United Kingdom with 1,500£ to help them carry out this very successful drilling.



Farmers Market Weekend

We have arranged for the use of the Farmers' Market table (as we did in April), so we can introduce Rotary, and our Club specifically, to the shoppers and vendors at the market. We can also hand out our Ribfest cards to assist in marketing that exciting project. We have current information handouts highlighting the activities and support offered by our Club.

July 14th, 15th, 16th

The Market hours are from 9am to 5pm each day of this three-day event, and our shifts will be only two hours long with two volunteers per shift.

This is a fun activity where you can enjoy fellowship and the market itself. A great opportunity for grabbing tasty lunch or dinner, and do some shopping at local vendors. At the very worst, there will be many people who will learn a little more about Rotary, and at the best, perhaps we can find some prospective new members.

Please contact Paul at gaudetco@shaw.ca or 403 278 1029 and he will add your name into the shift you choose.



Rotary's Areas of Focus

						
PEACEBUILDING AND CONFLICT PREVENTION	DISEASE PREVENTION AND TREATMENT	WATER, SANITATION, AND HYGIENE	MATERNAL AND CHILD HEALTH	BASIC EDUCATION AND LITERACY	COMMUNITY ECONOMIC DEVELOPMENT	ENVIRONMENT

2022/23 and 2023/24 Board Meeting & Social June 14th



Limericks Meeting June 29th



Past Presidents' Meeting June 15th





New Rotary Year Begins

July 4th
 July 14th, 15th, 16th
 July 18th
 July 22nd

On location with Anne Dale @ "My Sewing Room" — Charity Work
 Rotary Education and Recruitment Event at the Heritage Farmers Market — volunteer!!
 Passing of the Gavel and Introduction of the New Board
 Fellowship Baseball Game at Seaman Stadium in Okotoks — contact Paul G or George K

Membership and New Club Development Month

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

Basic Education and Literacy Month

September 4th Matthew Janz, Annual Giving and Stewardship Coordinator at Pacekids
 September 8th, 9th, 10th Ribfest !!!!



Nature Park Pedestrian Bridge



Here is a shot of the pedestrian bridge now spanning the Bow River, linking Chaparral with the Nature Park. It is in the final finish stage, adding railings and safety features, then anchor sites on both sides of the river. Soon to be in use by pedestrians and cyclists ... a handsome addition to our park setting. View it on August 8th, when we celebrate our 23rd Anniversary of the park opening, with our annual picnic meeting there. *Jim*



Dawgs Baseball

Fellowship Baseball Game at Seaman Stadium in Okotoks on July 22nd.



The cost is \$40 per person which includes the entry fee and a burger or hot dog meal. You can choose a steak sandwich for an extra \$5 per person. If you would prefer a seat in the "bowl" rather than staying on the patio (which has seating), then there is a \$10 per person additional cost for an assigned seat in the bowl.

Check your schedule and consider joining our group if you enjoy fellowship and baseball! We ask that you forward your payment to Paul at the latest two weeks prior to the event. If you have any questions or concerns please contact Paul G or George K.

Rotary Tidbit


You will find Rotary and Rotarians everywhere!

This is Henry walking along the North Saskatchewan River in Prince Albert, Saskatchewan.

As Henry says, "It makes you proud to be a Rotarian".

Janet Popoff





Rotary

JULY IS LEADERSHIP MONTH

"IF YOUR ACTIONS INSPIRE OTHERS TO DREAM MORE, LEARN MORE, DO MORE AND BECOME MORE, YOU ARE A LEADER."
- JOHN QUINCY ADAMS

