Rotary

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UNITE FOR GOOD

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Keith Wellon, President Elect
Rob Wolfson, Past President
Dale Perret, Secretary
Vlad Sasarman, Treasurer

Bev Tonkinson, International Service
Dean White, Youth Service
Ted Wada, Community Service
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RI President Francesco Arezzo
Rotary Club of Ragusa, Italy

District 5360 Governor Manon Mitchell
Rotary Club of Calgary Downtown

Calgary's Prostate Cancer Centre

Akash Asif, Fund Development Manager

Our speaker Akash Asif, who was joined by his associate Thomas Cwik, was introduced by Ted Wada (who is a prostate cancer survivor himself).

Akash holds Bachelor of Commerce, Bachelor of Science, and Master of Public Policy degrees from the University of Calgary. In his current role as Fund Development Manager at the Prostate Cancer Centre, he is passionate about engaging stakeholders and developing opportunities to drive the Prostate Cancer Centre's mission forward. When he's not working, Akash enjoys watching sports, including the Flames and the Raptors, as well as playing squash and tennis.

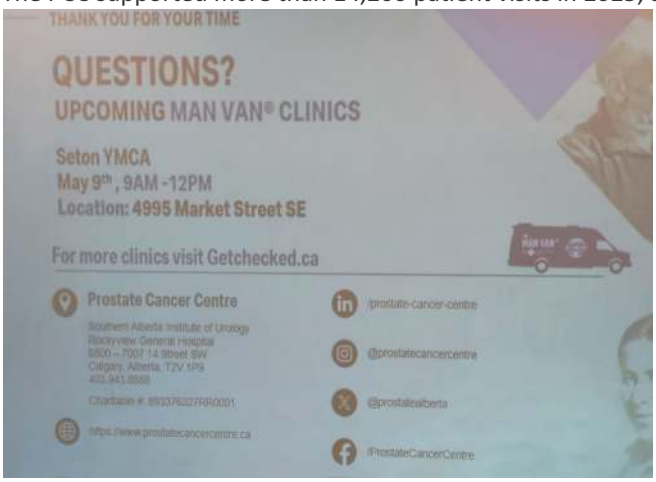
Akash confirmed that prostate cancer is the most common cancer among men. However, the good news is that it is highly treatable with early diagnosis. The PCC was established approximately 25 years ago, and is partnered with the Southern Alberta Institute of Urology. They are located at the Rockyview General Hospital.

The PCC provides numerous services, including their well-known "MAN VAN" which brings their services on the road, and enhances their availability:

- MAN VAN, providing mobile PSA testing and other health testing
- Nursing support, mental wellness, and research

The Prostate Cancer Centre (PCC) is reaching new heights across clinical care, research, and community engagement. From record breaking fundraising to expanded programs supporting men and their families, 2025 was defined by growth, innovation, and the unwavering support of our community.

The PCC supported more than 14,200 patient visits in 2025, an increase of over 2,000 visits compared to the previous year. Pre-habilitation programming saw a 70 percent increase in patients, supported by the introduction of Telehealth virtual assessments that allowed PCC to reach more rural Albertans.



The Rapid Access Clinic program continued to meet rising demand,

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Rotary
Club of Calgary Chinook

Meeting Minutes

March 17th, 2026

Scribe: Paul Gaudet

President Wayne called our meeting to order at 12:15, welcoming all in attendance and reminded everyone of Rotary's theme for this year, 'UNITE FOR GOOD'.

We had 28 attendees at our meeting today which included 6 guests: Guest Speaker Akash Asif, Thomas Cwik (guest of our Speaker), Lois Beatty, and Shael Gelfand (guest of Sharon). We also had two Rotarian guests: Bryce Weidman from the Rotary Club of Canmore, and Maxine Morrison from the Rotary Club of Calgary. Rob Dempsey introduced our guests who were welcomed with our 'Welcome to Rotary' song.

Wayne thanked Paul G. for being our scribe today. He also thanked all who help our meetings run smoothly each week. In addition we also wish to thank Neil and Hank for operating our payment system.

District Conference

Bryce Weliman (RC of Canmore)

Bryce is the Chair of our upcoming District Conference in Red Deer, which is happening from May 1st to 3rd. The registration cost is $399. There is a 30% discount for first time attendees (no expiration). He noted that there is a great list of speakers, great entertainment, and great fellowship. We currently have 8 members from our Club who have registered, and we are hoping to reach 12 or more. We should also note that Bryce is Sandy Swan's son-in-law.

Rotary District 5360
Celebrate
District Conference 2026 / May 1-3
Register now and join in on the learning and fellowship!!

Birthdays and Anniversaries

Anthony Tonkinson

Anthony announced our birthdays for April. We have only the one **Member Birthday** this month, and that would be Dale Perret on April 1st.

Similarly we have one **Spousal Birthday** for April, Connie Hussey on April 25th.

We have 6 **Anniversaries** during the month of April: Neil and Lois Beatty celebrated their 60th on the 2nd, Keith and Glenda Wellon celebrate their 51st on the 26th, Rob Dempsey and Charli Holmlund celebrate their 47th on the 25th, George and Carol Van Schaick celebrate their 35th on the 27th, Albert Amaniampong and Laurinda celebrated their 34th on the 3rd, and Bill and Maria Stemp celebrated their 24th on the 5th.

April **Anniversaries of Joining Rotary**

Fred Jessee with 41 years of service from April 1st, 1985

Ron May with 29 years of service from April 1st, 1997.

Congratulations and best wishes to all!

Member Minutes

Millarville Racetrack

Rob Wolfson

Rob advised that he has been in touch with our contacts at the Millarville Racing and Agricultural Society, and that they are looking forward to having our members volunteer at their upcoming summer events. We will get additional information regarding dates (Canada Day Races for sure) and volunteer opportunities in the near future.

Upcoming Casino

President Wayne advised our members about our upcoming Casino being held this year on May 13th and 14th at the Elbow River Casino. We require volunteers to manage this very important fundraising opportunity for our club. Bruce and Joe Hooper organize this event and request that our members consider signing up for a shift during these two days. It is important to realize that this event (which is held every two years) provides approximately $70,000 for

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our club, which is used in servicing our community projects to support those in need.

Chase the Ace
Rob Wolfson
Paul Gaudet's ticket was drawn resulting in his winning $54 (with $72 to our Club). We have 38 cards left in our deck so the odds are getting better. Our next draw will be on April 21st for the $1,035 jackpot, as Paul didn't pick the Ace of Spades. Wayne encourages our membership to support this draw 2 or 3 times a month by transferring $10 per meeting to our Treasurer, or by paying at the door.

Sunshine Report
Wayne reported that Jim is experiencing an issue with arthritis which limits his ability to attend meetings.
Garth Plunkett is back from a brief trip to Mexico and is commencing his second round of medication. He attended our meeting today and looks great.
Lois Beatty also attended our meeting today and is also looking great.
Wayne sadly announced that John Charrett's brother has passed away from Parkinson's, and John is traveling to London for the funeral. He expects to be away for 4 weeks.

Good News / Bad News
Nothing new to report today.

Guest Speaker
Our guest speaker was Akash Asif, speaking on Calgary's Prostate Cancer Centre. He was joined by his associate, Thomas Cwik:

Dates to Remember

- We will be meeting at the Horton Road Legion for a casual lunch and fellowship on Tuesday, April 14th.
- The April Board meeting will be held at the Horton Road Legion next Wednesday, April 15th at 7pm.
- The next regular meeting will be on Tuesday, April 21st at noon at the Carriage House. Our speaker will be Richard Gotfield, a former MLA in Alberta.
- We are planning our Evening Fellowship Meeting (5:30 to 7pm) on Thursday, April 30th. Details to be provided.

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

Have a great Rotary week! Meeting adjourned at 1:10pm.

Photos courtesy George Van Schaick

Thank You George !!

MARK YOUR CALENDAR!

Friday, June 12th

We will be honouring Past President Rob Wolfson with our President's Dinner! The event/dinner will be casual and hosted at Bev and Anthony's home.

The dinner will be catered by a company that specializes in events like this, and we are hopeful that the cost will not exceed $50/couple. Bring your own beverage.

Let's have 100% attendance to honour Rob's service, not only for serving 2 terms as President, but also as District Governor Elect for District 5360.
Rob is the first District Governor from Calgary Chinook, which will be celebrating our 50th Anniversary in 2027.

Annual 'Calgary Reads' Book Sale

It's time once again for us to assist the Rotary Club of Calgary's Book Sale by helping to park the vehicles which attend this extremely successful event. We are well paid for our services and the funds raised are important to our Community Service efforts.

It takes place each year in early May on the site of the Calgary Curling Club, just off Memorial Drive. This year the event commences on May 7th and runs for over a week. Our services however are only required on

Thursday May 7th, Friday the 8th, Saturday the 9th and Sunday (Mother's Day) the 10th.

We ask everyone to select a shift or two (or more) and join us. We will be providing specific location and project information shortly.

If you have questions or concerns, contact Keith Wellon or Neil Beatty as they are our co-ordinators for this project.

What's Up !!

Environmental Month

April 21st	Doug Pippus — Fly Fishing in Alberta
April 30th	Evening Fellowship Meeting — 5:30-7pm

Youth Service Month

May 1st - 3rd	District 5360 Conference 2026 in Red Deer
May 5th	Rob Dempsey
May 13th & 14th	Casino volunteers needed — Elbow River Casino
May 19th	Jay McNeil, President, Stampeders

Rotary Fellowships Month

June 12th	President's Dinner honouring Rob Wolfson, a catered dinner at Tonkinsons'
June 16th	Lynn Van Egmond, Founder of Soft Landings (downsizing and relocating)

Calgary's Prostate Cancer Centre

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with nursing staff supporting more than twice as many patients through phone triage compared to the previous year. PCC also enhanced its Bone Health Program by introducing onsite visits with a rheumatologist for patients undergoing ADT therapy, further strengthening comprehensive care.

Mental Wellness Services also expanded significantly. The team completed 621 wellness checks in 2025, while couples' counseling appointments doubled compared to 2024. Wellness assessments increased by 83 percent, underscoring the growing need for integrated mental health support alongside medical care.

Research remained a cornerstone of PCC's mission. In 2025, they supported 300 active research patients across 24 clinical trials. Seven new studies were launched, including a bladder cancer study that welcomed PCC's first female patient.

Early detection efforts through the "MAN VAN" program continued to save lives. The team conducted 253 clinics across Alberta, travelling more than 40,000 kilometers over the year. Out of 7,874 men who received a PSA (Prostate-Specific Antigen) test, 675 of those indicated an elevated result. One standout moment was the Bret Hart Day Clinic at Sunridge Mall, where fans lined up around the block to meet their wrestling hero and prioritize their health, with 203 men tested in a single day. The MAN VAN's next scheduled event will be at the Seton YMCA on May 9th (9am - 12pm).

Every achievement was made possible by the generosity of donors, volunteers, patients, and supporters. Together, our community continues to support the PCC in being able to provide wrap-around care for Alberta men and their families experiencing a prostate cancer diagnosis.

For additional information, their website is
www.prostatecancercentre.ca
and their contact number is 403-943-8888.

Neil Beatty, also a prostate cancer survivor, thanked Akash for his presentation and advised him that we would be making a donation to Rotary's Polio Plus in appreciation for his presenting to us today. Neil went on to describe the excellent service and caring that he has experienced at the Centre.

Casino Volunteers

We are booked for our casino on **May 13th and 14th, 2026** at **Elbow River Casino**. ***Please volunteer !!***

This is Chinook Rotary's major project to raise money for our charitable commitments.

Sign up now! Contact Bruce Bohnet or Joe Hooper.

Rotarians Meet Up

Rotarians got together in Pipis Restaurant in Puerto Vallarta on March 27th. Sharon is Lila's daughter and beside her, is her husband Marty.

Bev Tonkinson