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2025-2026 Officers and Directors

Wayne Wiebe, President
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
Neil Beatty, Club Service
Brennen Pell, Club Operations
Peter Bickham, Club Financial
Sharon Fraiman, Membership
John Charrett, Rotary Foundation

RI President Francesco Arezzo
Rotary Club of Ragusa, Italy

District 5360 Governor Manon Mitchell
Rotary Club of Calgary Downtown

Soft Landings ... Downsizing and Relocating Lynn Van Egmond, Owner and Founder



Our speaker was introduced by Bart Dailley. Lynn started up "Soft Landings" in 2007, offering specialized downsizing and relocation services exclusively for seniors. The company strives to make the process as stress-free as possible.



Lynn's presentation included many examples and ideas to help us in our de-cluttering and downsizing activities. The website outlines their services as follows:

- Senior Downsizing:
 - full service move
 - consultation and planning
 - packing, moving and unpacking
 - setting up your new home
 - selling, gifting, donations, and disposal
 - home cleanup
- Organization Assistance:
 - consultation and space planning
 - de-cluttering your belongings
 - selling, gifting, donations, and disposal of items
- Estate Clean-out:
 - managing the handling, clearing and removal of items with care
 - preparing the home for sale
- Estate Sale:
 - handling every aspect of an estate sale
 - zero commission structure

Further Details on Downsizing:

- Why downsize?
 - saving money ... smaller homes mean lower bills
 - staying safe ... avoid stairs, big yards, heavy chores
 - building community ... being closer to loved ones
 - staying healthy ... getting timely healthcare support
- How to start downsizing?
 - plan early ... start months ahead to avoid rushing
 - pick your next home ... choose a place that's safe, comfortable and fits your needs.

Compare small homes, retirement communities and assisted living. Consider location, amenities and financial factors. Obtain a floor plan to determine which belongings will fit in the new space.
- When is it time?
 - signs that it's time ... is your home too big or hard to maintain? Do you feel isolated or stressed about chores?



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P.O. Box # 78084
Calgary RPO Heritage
Calgary, Alberta T2H 2Y1
info@chinookrotary.org
www.ChinookRotary.org



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".

Indigenous Fact

(Wayne, standing in for Keith)

Indigenous Stone Medicine Wheels

According to the Royal Alberta Museum, a medicine wheel consists of at least two of the following three traits: a central stone cairn, one or more concentric stone circles, or two or more stone lines radiating outward from a central point. Using this definition, there are a total of 46 medicine wheels in Alberta. This is about 66% of all stone medicine wheels known.

How long ago stone medicine wheels were first created is not known, but some have been dated to 4000 BC, which is when the great Egyptian Pyramids were built. There are suggestions that the Bighorn Medicine Wheel in Wyoming, which is the largest and oldest, could be millions of years old. The original name for medicine wheels was "sacred circles" — the term medicine wheel was coined around 1900 by non-native Americans in response to the Bighorn Medicine Wheel, Wyoming.

Club Business

We had 41 attendees at our meeting today including 2 visiting Rotarians, 11 guests and 28 members. Our guests were introduced by Rob and welcomed by our enthusiastic rendition of "Welcome to Rotary".

Wayne thanked Rob Dempsey and Moe for being greeters and welcoming all who attended. He thanked Paul G. for being our scribe today, and also thanked everyone who helps our meetings run smoothly each week. In addition we also wish to thank Neil and Hank for operating our payment system.



Birthdays and Anniversaries

Bev Tonkinson

Bev announced our birthdays for June. We have two member birthdays this month including Joe Hooper on June 15th and Al Pettigrew on June 22nd. We have a single spousal birthday for June, Barb Plunkett on June 27th.

We have three anniversaries during the month of June: Peter and Sharon Bickham celebrated their 55th Anniversary on June 5th, Al and Jeanette Holt celebrate their 53rd today June 16th, and Anthony and Bev Tonkinson celebrate their 48th on June 17th.

June Anniversaries of joining Rotary:

Paul Gaudet	37 years of service from June 1st, 1989
Pat Hutchinson	32 years of service from June 1st, 1994
Albert Amaniampong	32 years of service from June 1st, 1994
Paul Hussey	31 years of service from June 1st, 1995
Janet Popoff	10 years of service from June 9th, 2016

Congratulations and best wishes to all!

Member Minutes

• Rotary Partnership with Inclusion Alberta

Copelan Manzer

Copelan attended our meeting today and provided a written report outlining what has been accomplished by their partnership with Rotary to find jobs for the disabled. Together we have created 332 jobs since inception of our partnership. This particular year we have added 35 jobs made up of 17 in Calgary, 11 in Red Deer and 7 in Foothills. Copelan is eager to assist Rotarians in finding the right candidate for any job opportunity they may have.

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• The Calgary Rotary Clubs Foundation

Rob Wolfson

Rob presented a check to our treasurer representing the annual interest payment disbursed by the Calgary Rotary Clubs Foundation to our Rotary Club, in the amount of \$14,514. He asked everyone to consider making either a monthly or a one time donation to this organization, so that our annual interest payment will continue to grow.



• Rotary Challenger Park Family Day

Paul Gaudet

Paul reported that the Rotary Challenger Park Family Day was being held this coming Saturday, June 20th, and that we have been asked to provide three volunteers to assist with their vehicle parking. We are pleased to advise that Dale, Paul and Sydney Richmond will attend and provide this service.



• Okotoks Dawgs baseball game

George Kimura

George reported that he and Paul have arranged for an opportunity for our members and guests to attend a baseball game on Thursday, July 30 at Seaman Stadium in Okotoks. The Dawgs will be playing the Sylvan Lake Gulls on this date. The cost will be \$50 per person, which will include the standard baseball meal

comprised of either a hotdog or cheeseburger with a bag of chips and soda. A third option of having a steak sandwich served with Caesar salad and garlic bread is available for an additional \$10 per person. We have rented the first baseline patio for the game, which has proven to be the most popular location over the years. In order to secure a ticket for this event, kindly e-transfer \$50 per person to Paul at gaudetco@shaw.ca. We will request your meal choice shortly.

• Millarville Racetrack

Rob Wolfson

We are still looking for help at Millarville for their Canada Day Races on July 1st. All shifts are eligible for an honorarium of \$15/hr/person. Please reply to Rob if you can help on either:

1. 1 more for parking from 9:30am-1:00pm
2. 4 additional volunteers to help with greeting and scanning tickets at the gate — shifts are 9:00am - 11:45am (need 2), and 11:30am - 2:00pm(need 4)
3. volunteers are welcome to stay and enjoy the festivities after their shift is over. Will send details closer to the shift date.



• Chase the Ace

Rob Wolfson

George Van Schaick's ticket was drawn resulting in his winning \$72 (with \$96 to our Club). We have 33 cards left in our deck so the odds are getting better. Our next draw will be on July 7th for the next chance to win the \$1,395 jackpot. Wayne encourages our membership to support this draw 2 or three times a month by transferring \$10 per draw to our Treasurer, or by paying at the door. There will be two draws in July so get your \$20 off to Vlad soon.



Induction of New Members



Wayne announced the Induction of our two newest members, Shael Gelfand and Nick Crowston.

President Wayne began by introducing our two new inductees, starting with Shael Gelfand. Now semi-retired, Shael has more than 40 years experience as a journalist, communicator, marketer, media advisor and talent coach. He worked at

CTV Calgary for 17 years. He used this experience to establish Peak Communicators (Alberta) Ltd. in 2003. The company provides public relations services to a wide variety of clients. He is also an active volunteer and supports a variety of youth focused community organizations. He recently has joined the Field Of Crosses Board of Directors. He is a native Calgarian, holds a Bachelor of Arts Degree in history from the University of Calgary, and a Diploma of Applied Arts from the Southern Alberta Institute of Technology.



Nick Crowston is an entrepreneur, business leader, coach, and community volunteer, who believes that meaningful success is built through service, leadership, and investing in people. He currently serves as Vice President of Corporate Services at SWAT Projects, where he oversees human resources, health, safety, and environment, procurement, document control, and administrative services. SWAT projects represents Nick's fourth entrepreneurial venture, reflecting a long-standing passion for building businesses and creating exceptional workplace cultures. He is deeply committed to community involvement, and recently completed his term as a Vice President of his daughter's middle school Parent Council. He is also an active football and flag football coach, enjoying opportunities to mentor and encourage young athletes from both on and off the field. Nick is interested in joining Rotary as he begins



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Maternal and Child Health Month

July 1st Parking for the Millarville Canada Day Races — contact Rob to sign up
 July 7th President Wayne Wiebe — Year End Report
 Keith Wellon — Plans and Goals for 2026-2027
 July 21st Sheldon Smithen's Antiques

Membership and New Club Development Month

August 18th Annual Picnic in our Nature Park

Basic Education and Literacy Month

September 1st Joel Cowley, CEO Calgary Exhibition and Stampede — 20 Year Plan

2027

Water, Sanitation and Hygiene Month

March 15th Chinook Rotary's 50th Anniversary Party !!!



Meeting Minutes

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a new chapter in Calgary's Canyon Meadows community. He is seeking opportunities to serve alongside others who share a commitment to community impact. He looks forward to contributing his experience while learning from fellow Rotarians, and supporting projects that make a meaningful difference locally and beyond. Nick has been married to his wife Jody for 18 years and together they are raising their two daughters, Clair (14) and René (11). Family is at the center of everything he does and continues to be his greatest source of motivation and purpose.

Our two new members were then inducted by Bob Montgomery and welcomed by all.



• Sunshine Report

It was great to see Jim Thompson and Judy at our meeting today.

• Good News / Bad News

Tammy reported on the success of her recent "Gutsy Walk" to help raise funds for Crohns and Colitis Canada. They raised \$132,000, a great success. Tammy also announced that she has been asked to join their National Board. A big congratulations to Tammy!



Guest Speaker

Our speaker today was Lynn Van Egmond, owner and founder of "Soft Landings", who was introduced by Bart Dailley.

Dates to Remember

- We will be meeting at the Horton Road Legion for a casual lunch and fellowship on Tuesday, June 23rd.
- Our final Board Meeting for this fiscal year will be held at the

Legion on Thursday, June 25th. Both the existing Board as well as the incoming Board will attend.

- Our next regular meeting will be on Tuesday, July 7th at noon at the Carriage House. At this meeting President Wayne will begin the meeting, after which it will be turned over to our new President Keith, who will outline his goals for the coming year.

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 1:30.

Photos courtesy George Van Schaick

Soft Landings

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- life changes ... loss of a partner or license. A medical diagnosis that makes daily tasks harder
- avoiding a crisis ... move before an illness or accident forces the decision
- Going through belongings
 - sort your items ... create a sorting system; keep, give away, donate, sell, dispose. Keep things that are integral to your routine or well-being. Ask yourself if the item fits in your new home, or if the item is too old or worn out to be moved?
 - involve others ... ask family, friends, or hire professionals.

Don't hesitate to contact "Soft Landings" on their website:

www.seniorsdownsizing.ca

or give them a call at 403-589-2745

Joe Hooper thanked Lynn for her presentation and advised her that we would be making a donation to Rotary's Polio Plus in appreciation for her presenting to us today.

