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John Charrett, Rotary Foundation

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Rotary Club of Ragusa, Italy

District 5360 Governor Manon Mitchell
Rotary Club of Calgary Downtown

Distress Center Calgary Emily Braun, Senior Development Officer



Our speaker was introduced by Dale Perret. Emily is a Senior Development Officer at Distress Centre Calgary where she's been part of the fund development team since October 2022. She chose to work in the non-profit area because she wanted a career where she could see the impact of her work every day, and know that what she was doing truly made a difference. In her role, she focuses on fundraising, donor relationships, and partnerships that help ensure DCC's services are always there when people need them most.



The team at Distress Centre Calgary (DCC) provides a variety of services, including 24-hour crisis support, professional counselling, youth peer support, and navigation and referrals through 211, and all at no cost. For over 50 years, Distress Centre has always been about helping people in need, and their mission is to provide compassionate, accessible crisis and navigation support that enhances the health, well-being and resiliency of individuals in distress. They strive to instill a sense of belonging and ensure everyone is heard and has a place to turn to in times of crisis. Service to others, excellence, volunteerism, integrity, collaboration, innovation and leadership are the heart of Distress Centre, and they take pride in being here for our community.

In Calgary there are a number of problems which DCC is dealing with:

- demand for Mental Health Care
- stress levels are significant
- suicides are high in Alberta
- loneliness is a concern
- one in five are concerned about affordable housing.

These issues lead to overlapping anxiety, and people continue to reach out to 911 emergency services, and visits to emergency rooms. DCC provides connection or navigation support and is one of the most successful crisis lines in Calgary. They ensure that you can get help when you need it. To provide context, when they began



in 1970 they made 5,500 connections, whereas in 2025 they made 45,000 connections (2nd busiest Centre in Canada). This shows the growing needs in our community. Their budget is \$14 million for 2026 which means community support is critical. Emily thanked our Club for our recent donation.

Moe Tynan thanked Emily 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.

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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
by Keith Wellon
Métis Settlements

The eight Alberta Métis Settlements are the only Government recognized Métis land base in Canada. Comprising 512,121 hectares, the settlements are located in east central and northern Alberta. They emerged from the activism of Métis

political leaders in the 1920's and 30's who were concerned about the social plight of landless Métis who struggled to feed their families. An earlier federally operated Métis settlement in Alberta, St. Paul des Metis, had been dissolved in 1909 for public homesteading after only 10 years of operation.

In 1932 the Metis Association of Alberta was formed from an earlier Metis political lobby. The new association lobbied the Alberta government to investigate the miserable living conditions of the province's Metis. Their efforts convinced the government to act. In 1938 the Alberta government passed the Metis Population Betterment Act which, based on the recommendations of the Ewing Commission, established a land base for the province's Metis.

Frustrated at the lack of self government in these settlements, a group of activists formed the Alberta Federation of Metis Settlements in 1975. After years of negotiations and the threat of legal action, their lobbying efforts were successfully realized in 1990 when the Alberta government passed the Metis Settlements Act, the Metis Settlements Accord Implementation Act, the Metis Settlements Land Protection Act, and the Constitution of Alberta Amendment Act. With this legislation, the Metis on the settlements were granted control of 512,121 hectares of land in 8 settlements.

Club Business

We had 26 attendees at our meeting today which included two



guests: guest speaker Emily Braun, and Gina Mele, guest of Bill Stemp. Moe introduced our guests who were welcomed with our Welcome to Rotary song.

Wayne thanked Paul G. for being our scribe today. He also thanked Moe Tynan and Rob Dempsey for being our greeters and for making everyone feel welcome. In addition we also wish to thank Hank for operating our payment system.



District Conference

Wayne reminded everyone about our District Conference in Red Deer which is happening from May 1 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 are hoping to reach 12 or more.

Birthdays and Anniversaries

Bev announced our Birthdays for March. We have 3 member birthdays this month:



Stephen Pick on March 9th, Pam Montgomery also on the 9th, and Garth Plunkett on the 28th.

We have one Spousal Birthday for March: Judy Thompson on March 7th.

We have no anniversaries during the month of March.

Anniversaries of Joining Rotary

Jim Thompson with 49 years of service

from March 14th, 1977

Vlad Sasarman with 24 years of service on March 27th
 Dale Perret with 18 years of service on March 18th

Congratulations and best wishes to all!



Member Minutes

• Upcoming Casino

Bruce Bohnet advised our members about our upcoming Casino being held this year on May 13 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 our club which is used in servicing our community projects to support those in need.

• Return to a Monthly Cribbage Evening

Bart Dailley

Bart asked our membership to consider joining in a monthly evening of dinner at the Legion, followed by a number of cribbage games. We are thinking of one evening per month, likely a Wednesday evening. He believes we need at least 12 players to make it work. He passed around a sign up sheet so kindly consider signing up for a fun night of fellowship. For those not attending today, simply contact Bart and he'll add your name (and hopefully your spouse's name) to the list.



• Humorous Lines

Bart Dailley

Bart took to the podium to provide us with the funny side to many of today's world situations (we have included a few examples):

- Trump started the war with Iran in return for his not being awarded the Nobel Peace Prize
- The President of Mexico says "Hey Canada, take a load off, come holiday in Puerto Vallarta"
- The United States Department of Justice, in an effort to save time, ink and paper has asked all American politicians whose name is not in the Epstein files to please identify themselves
- In sports, hockey writers in Toronto are suggesting that the Leafs might not win the Stanley Cup this year

• Rotary Curling Bonspiel

Bruce Bohnet

Bruce announced that one of our Club's curling teams will be off to Yellowknife in a few days to attend the 2026 Rotary Curling Bonspiel being held in that city. The members of this team are skip George Kimura, third Bruce Bohnet, second Paul Gaudet and first either Brad or Cheryl Wellcome (from the Heritage Park Club). They have a team of 5 Rotarians.

• Paul Harris Fellowship Presentation

John Charrett

John reported on the importance of the work funded around the world through the Rotary Foundation and the resulting

importance of donating to assist in these efforts. He presented a Paul Harris Pin (+3) to Rob Wolfson which means that Rob has donated a minimum of \$4,000 USD to the Foundation.



• Calgary Reads

Keith Wellon reported that this project is returning to the Calgary Curling Club in May, and we will be asked to assist with their parking requirements. Further details to be provided shortly.

• Rotary Learning Centre Webinar

Rob advised that he will be hosting an introduction to Rotary's Learning Centre by way of a zoom meeting for one hour (7pm to 8pm) on the evening of Tuesday, March 24th. This presentation is aimed at newer members however would be useful to all.



Sargeant at Arms

Bob Montgomery

Bob noted that we have decided to change the name of "fines" to "donations" in order to make all the chosen members feel better.

He advised that Stephen and Anne have decided that the time has come for them to step back from producing our e-Arch for our meetings, after 25 years of doing an excellent and award winning job. Bob suggested we should make a donation in appreciation of their service.

He continued with a number of humorous lines which put a smile on everyone's face. Job well done.

Chase the Ace

Keith Wellon's ticket was drawn resulting in his winning \$75 (with \$100 to our Club). We have 40 cards left in our deck so the odds are getting better. Keith didn't pick the Ace of Spades. Our next draw will be on March 17th for the \$897 jackpot. 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 began by welcoming back Bill Stemp who is recovering from a recent illness.

George reported that Jim is experiencing a great deal of ankle pain which limits his ability to attend meetings. He hopes to return shortly.

Joe reported that Garth has completed his first round of treatment and now has a full month off before starting the next round.

Chinese New Year Dinner February 26th

Photos courtesy George Van Schaick and Sharon Fraiman



Water, Sanitation and Hygiene Month

March 17th Charlotte Holmlund — Ujamaa Grandmas, Grandmothers to Grandmothers Campaign
 March 26th Evening meeting @ Limerick's Pub, 7304 Mcleod Trail — 5:30 - 7pm

Environmental Month

April 7th Thomas Cell — Prostate Cancer
 April 21st Richard Gotfield

Youth Service Month

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



Meeting Minutes

... cont'd from page 3

Neil reports that Lois is recovering from a fall and is still experiencing a great deal of pain.

Good News / Bad News

• Bill Stemp thanked everyone for their kind best wishes' following his recent illness. It's great to see him back at our meeting.



• Hank announced that it is the 17th anniversary of his joining Chinook Rotary (51 years in Rotary). We are fortunate that he chose our Club 17 years ago.

• Anthony told us about enjoying a week of skiing at Panorama, and notably that their 2 year old grandchild was on skis for the first time. Wow!

Guest Speaker

Dale Perret introduced our speaker, Emily Braun, Senior Development Officer at the

Distress Center Calgary.

Dates to Remember

- We will be meeting at the Horton Road Legion for a casual lunch and fellowship on Tuesday, March 10th.
- Our next regular meeting will be on Tuesday, March 17th at noon at the Carriage House. Our speaker will be Asif Abdul who

will be giving us a presentation about affordable homes.

- We are planning our evening fellowship meeting (5:30 to 7pm) on Thursday, March 26th. 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. Meeting adjourned at 1:30pm. Have a great Rotary week!

Photos courtesy George Van Schaick

Evening Fellowship February 26th



Casino Volunteers

We are booked for our casino on **May 13th and 14th, 2026** at **Elbow River Casino**. Please block these times in your calendar so you can volunteer.



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

Sign up now!
 Contact
 Bruce Bohnet or
 Joe Hooper.

Chinook Rotary Cribbage Club

We are resurrecting the Cribbage Club and we are looking for players.

We play one Wednesday night per month at the Legion on Horton Road, beginning April 1st.

Arrive around 5:30 and buy dinner. The Legion is giving us the space at no charge on the understanding that the vast majority of us will spend money on food and drink before hand.

Eat at 530, cribbage at 6:30 to no later than 9.
 Call or email Bart.

