

From Left to Right:

John Fitzsimmons,
Dr. Jackie Smith,
President Bill Le-
Clair and George
Deegan

"To the world you
may be just one
person, but to one
person you may be
the world."

-Brandt Snyder

theMomiverse.com



August 17th, 2017: Volume 63, Issue 5

Bulletin Chair: Bev Osterman
Editor: Carol Graham
Photographer: Paul Brick

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DID YOU KNOW?

All emails and website information links are "active" in this bulletin. All you have to do is click the blue link to be directed to whatever is that you are trying to go to. Try it!!!

HEALTH, WELLNESS, TRANSPORTATION

Contact Earl Huson at: (403) 686-0828 or: ehuslink@telusplanet.net if you know of anyone that is not well, that could use a visit or a ride to a Rotary Meeting

Dr. Jackie Smith has been an Assistant Professor in the Faculty of Nursing at the University of Calgary since July 2017. She also has a private nursing practice as an addiction and family wellness counsellor. Her previous role was the Director of Community Education and Research at the Alberta Adolescent Recovery Centre.

Jackie is a member of the Board of Directors for the Calgary Fetal Alcohol Network and sits on the advisory committee for Drug Free Kids Canada. Dr. Smith's doctoral research and clinical practice focuses on the impact of addiction on the family. She obtained her bachelor of Nursing Degree from the University of Calgary in 2009 and her PhD from the University of Calgary in 2015.

Jackie began today by saying Thank you for the opportunity to speak to you today about the impact of addiction on individuals, families, and communities. It is always a pleasure to be among Rotarians – I have a great respect for the humanitarian work you do internationally to advance goodwill and peace around the world. It is my privilege today to share with you aspects of my doctoral research which was an inquiry into the experiences of mothers who were supporting adolescent children through long term treatment for alcohol and drug addiction.

This inquiry opens up the opportunity for conversation as we see through the eyes of another how addiction and mental health weaves itself into individuals, families and communities stories.

I am a narrative inquiry researcher, which means I chose to investigate a phenomena that I have personally experienced.

Addiction, family and motherhood is a parade I have been in for many years. I am the adult child of a father who struggled with alcoholism and the mother of two daughters who my husband and I supported through long term treatment for their alcohol and drug addictions.

As such, my personal and practical knowledge is my portal into the world of addictions, addiction treatment, and narrative inquiry research with people who experience this same phenomena.

I saw the link between acts of storytelling and identity understanding that people become the authors of who they are and who they are becoming, making self an ongoing narrative construction rather than a fixed identity. As such, my goal as a researcher was to capture their experiences through the stories that they were living, reliving, telling, and retelling.

My dissertation became a story of my research with four women over a 1 year period.

“Here is who I am and here is how I became that way-but I am still becoming.”

(Hopkins, 1994)

I love this quote and referred to it throughout the research, understanding that our identities are not fixed and that experience is an ongoing shifting phenomenon.

As a narrative inquirer I began my research with a curiosity about how mothers were experiencing their child’s addiction and how that was shaping their identity.

For me, listening became a purposeful activity with narrative qualities when I not only listened to participants’ stories but also engaged with them in the interpretation of their experiences.

I created a RESEARCH BOARD- where I added their quotes, pictures, Haikus etc. before each group session which became a gathering space during our group meetings. We called it our co-created research board : a particular space designed to represent the women’s stories and it opened up an iterative space for further conversation. We need to provide a trusting and safe environment where they are listened to.

One of the participants wrote the following: “In a sense, through our conversations you were holding up the mirror for me when you posted my quotes and pictures and poems on the research board. You were showing me things that I said but couldn’t see, and then giving it back to me for reflection. This research experience has been amazing to me.” By making their stories accessible to one another, we came to understand the capacity of story to help us to learn from each other’s experiences.

I would now like to briefly introduce you briefly to each participant,

Mary: Mary’s story shows how addiction sometimes enters lives in the most unexpected ways. Mary married a man who later became addicted to drugs. Mary’s story became one of confusion & rejection. She told of a painful journey of a wife and mother who struggled to understand her husband & then later her son’s addictions. Mary began treatment embarrassed by her inability to fix the problem and too ashamed to ask for help. Yet her concluding story offered, a re-telling of shame and guilt, cast as a different awareness of addiction, and of herself as connected with support and prepared to continue with the emotional work that lies ahead.

Jo: Jo’s narrative account tells the story of addiction as a multi-layered family experience. Complex experiences such as Jo’s, a woman who lived stories of parental addiction and sexual abuse throughout her childhood, show the emotional complexity of families who are experiencing addiction and how that experience is carried forward into parenting. Jo’s story helps to tell another story that contrasts with dominant narratives of motherhood and addiction. Seeing experiences through the eyes of another, through the living and telling of stories, makes that experience a useful source of knowledge.

Molly: Molly’s narrative account told the story of a woman who felt lost and silenced as a child, and of a woman in a continuous search of an identity. As a mother, Molly measured her worth based on her children’s successes or failures. She silently carried the shame of her family’s addiction and mental health issues until she entered treatment and began sharing her experiences. Molly’s story demonstrates how being able to speak is integral to self-understanding and the recovery of worth.

Esther: Esther's narrative account shows how addiction can influence families in multiple ways. Esther grew up in a home with an alcoholic father and a mentally ill mother. Her story teaches us that being a mother who later struggled with her own addiction and trying to support children who have addictions are experiences that are sometimes difficult to unravel. One of the ways that Esther unraveled her stories was through poetry as she wrote her way into & through some of her experiences.

Fast forward from my research- this past spring I was asked to teach a continuing ed class Faculty of Social Work on homelessness and addiction....this is when I had the opportunity to broaden my understanding and to experience addiction in new ways. Those of us who have the means are so privileged to be able to put our loved ones into treatment. When you don't have a support system you can't get the help you need. Maslow's Hierarchy of Needs is illustrative of this

My doctoral research demonstrates the impact of addiction and mental health on individuals and families across the life span.

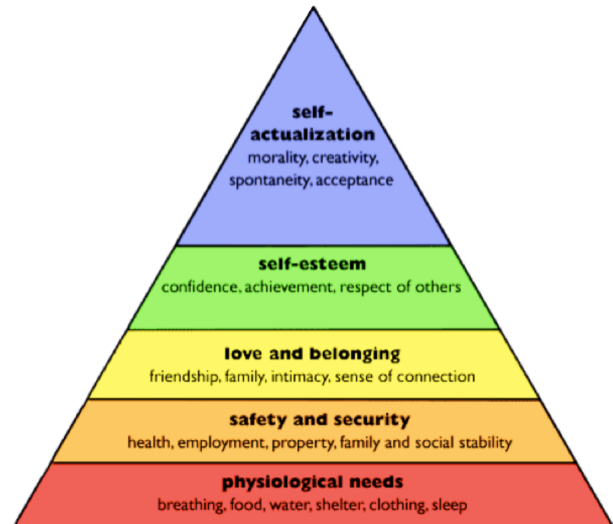
Although I realize that my doctoral research is not representative of every family who experiences addiction and mental health, what I do know is that in Canada , **1 in 5, people or approximately 7 million** , live with mental health and/or an addiction problem..... and they have stories too....(Centre for Addiction & Mental Health, 2012)

What is incredibly concerning is that those who seek help (which is only about 40%) report that they “often experience some of the **most deeply felt stigma** from front-line health care personnel” (Mental Health Commission of Canada MHCC, 2013)

Addiction is a worldwide phenomenon and we don't talk about it. It wasn't until addiction and mental health hit my family did I begin to understand the devastation and the bio, psycho, social impact on me and my family. The need to "numb" the pain becomes a need rather than a choice, then an obsession and craving that trumps all that was important. The addiction defies all logic and becomes chronic and progressive.

George Deegan thanked Dr. Smith for her great presentation and timely topic. He noted that most of us in the Club will be touched by this issue in our lives. He thanked her for her enlightenment on the topic and to keep up the good work.

President Bill added his thanks to Dr. Smith for a compelling presentation and that in gratitude the Club would contribute \$100 to our Stay in School Program in her name.



ADDICTION IS NOT A CRIME: CONSIDERING OUR ATTITUDES

On June 14, 2017 Calgary unveiled plans for its first supervised drug use site. Mayor Nenshi says he wishes a safe drug consumption site was not needed, but it is.

2016: 149 fentanyl-related deaths in Calgary
343 fentanyl-related deaths in Alberta

2017: 107 fentanyl-related deaths in Calgary (as of June)
241 fentanyl-related deaths in Alberta (as of June)

"We cannot arrest our way out of this crisis...addiction is not a crime...there are many issues at play, including homelessness and mental health."



President Bill opened the meeting by welcoming everyone to the Rotary Club of Calgary South for August 17th, 2017. He then commented on "this day in history":

- In 1896 George Washington Carmack rips some bark off a tree and writes "I name this Creek Bonanza." He then staked a gold claim in the Rabbit Creek tributary of the Klondike River thus starting the Klondike Gold rush;
- In 1903, Joe Pulitzer donates \$1M to Columbia University, thus beginning the Pulitzer Prize in literature;
- In 1957 for all of you sports fans: Richie Ashburn of the Philadelphia Phillies fouls and hits Alice Roth twice while at bat. The first time the foul ball breaks her nose and the second foul hits her while she is on the stretcher!



He then asked us to join Lisa Fernandes in the singing of O Canada and Rotary Grace.

Head Table: John Fitzsimmons, Dr. Jacqueline Smith (Guest Speaker), Sherry Austin, Past President, George Deegan, Past President and Gail McDougall, Former Director



Bulletin Editor: Carol Graham: President Bill noted (with some sadness) that **Carol** would not be Bulletin Editor again until next April. **Bulletin Photographer: Paul Brick**



Guests: Bill Sumner introduced Rick Istead (District Governor), Gail Williams (Calgary West), Darryl Repley (Edmonton West), Martin Harvey (Heritage Park), Erna Alukic (SIS Student), Bonnie Benjamin (Former YEX Student: 2011), Max Tilley (her Finance), Chad Hason (Guest of Keith Copithorne), Lucas Rasmussen (YEX Outbound Student), Alyssa da Silva (Luke's daughter), Francois Marechal (Guest of Luke), Christopher Delaney (Hugh's Son) and Dr. Jackie Smith our Guest Speaker)

Old Tyme Country Picnic: Keith Davis: Keith reported on the picnic held last Sunday. Between 175 to 200 people came and enjoyed the great food by our own **Michael Zacharki** (as always) and had great fun playing the various games. Thank you for all of your hard work on this! **President Bill** noted that 4 folding chairs were left at the picnic and **Ron Prokosch** has them.

Next Week's meeting at Riddell Library at Mount Royal University: Keith Davis and Michael Zacharki toured the library and it is an example of a "forward planned" Library, a remarkable building. **Michael** will be preparing the lunch which is a concession by MRU due to their respect for Michael as they have food suppliers. A tour will be provided to 15 people at a time. **Keith** suggested going on line for a map and advised that there is parking at the building. See Page 6 of the Bulletin.



Health and Wellness: Earl Huson reported that **Art Borzel** is recovering from his pacemaker installation and is on the road to recovery. We are all thinking of you Art!

Stay in School Report Cards and Student Transfers: Earl Huson asked all mentors to get the Report cards to him as soon as possible. He has received 11 out of 40 to date. As well, please let Earl know if your student has transferred to another school as he needs to know where they are attending for the 2017-18 school year.



Rotary Mattamy Greenway: Sherry Austin announced that Saturday September 2 (of the long weekend) is the official opening of the Rotary/Mattamy Greenway. There will be simultaneous celebrations in the 4 quadrants of the City. The S.W. (Glenmore) site will be where the major activities take place. Kathyann will be sending out a list of volunteer activities that you can become involved in. After the event is over there will be a pizza party for the volunteers at the Parks Foundation. Thanks to the contribution of the **Richardson family and Calgary South** there will be interactive Jumbotrons at all 4 sites. Details will be in the Bulletin. The Parks Foundation prepared a video celebrating the Greenway as part of "Canada 150" tribute which we viewed. Sherry also noted that **Kathy Demorest** is selling "Canada 150" pins.

Bonnie Benjamin-Former Exchange Student:

Bonnie came back to visit us after 6 years and noted that it felt like she never left. She was happy to show her fiancé Max what a great Club we have and thanked us for having her. **President Bill** noted the incredible legacy these young people create when they experience an exchange and that Bonnie's legacy was Shelter Box.



Golf Opportunities: Tom Walton noted two opportunities: 6 spots open at Priddis next Tuesday and spots available at Si-rocco on August 29. See Bulletin for tee times etc... Please join

50/50 Draw: Michael Zacharki announced a pot of \$160.00. **Tony Fischer** was the lucky recipient (or maybe not since our Sergeant at Arms followed the draw!)

Sergeant at Arms: Jim Fitzowich noted that although **Dr. Penner** won the pot last week, upon conferring with Legal Counsel (**President Bill**) Jim concluded that he could not fine him retroactively. Plus we all love **Peter Penner!** The same sentiment was not applied to **Tony Fisher** however and after advising him of the tax implications, Jim suggested he would leave it to Tony's conscience to determine the amount to contribute. Sorry Tony-we giveth and then we taketh away! Lucky for **Don Mintz** that he was away and not having to contribute for a recent hole in one. **Charlie Gouldsbrough** took one for the team when Jim asked him to contribute \$20 for Don and collect from him! In honour of the guest speaker Jim asked all U of C graduates to stand and explain the slogan for the U of C. We all paid the \$5 fine! Good job Jim!



Looking sly

President Bill noted it was 1:29 pm and reminded us NOT to come to Rotary House next week as the meeting will be at Mount Royal University.

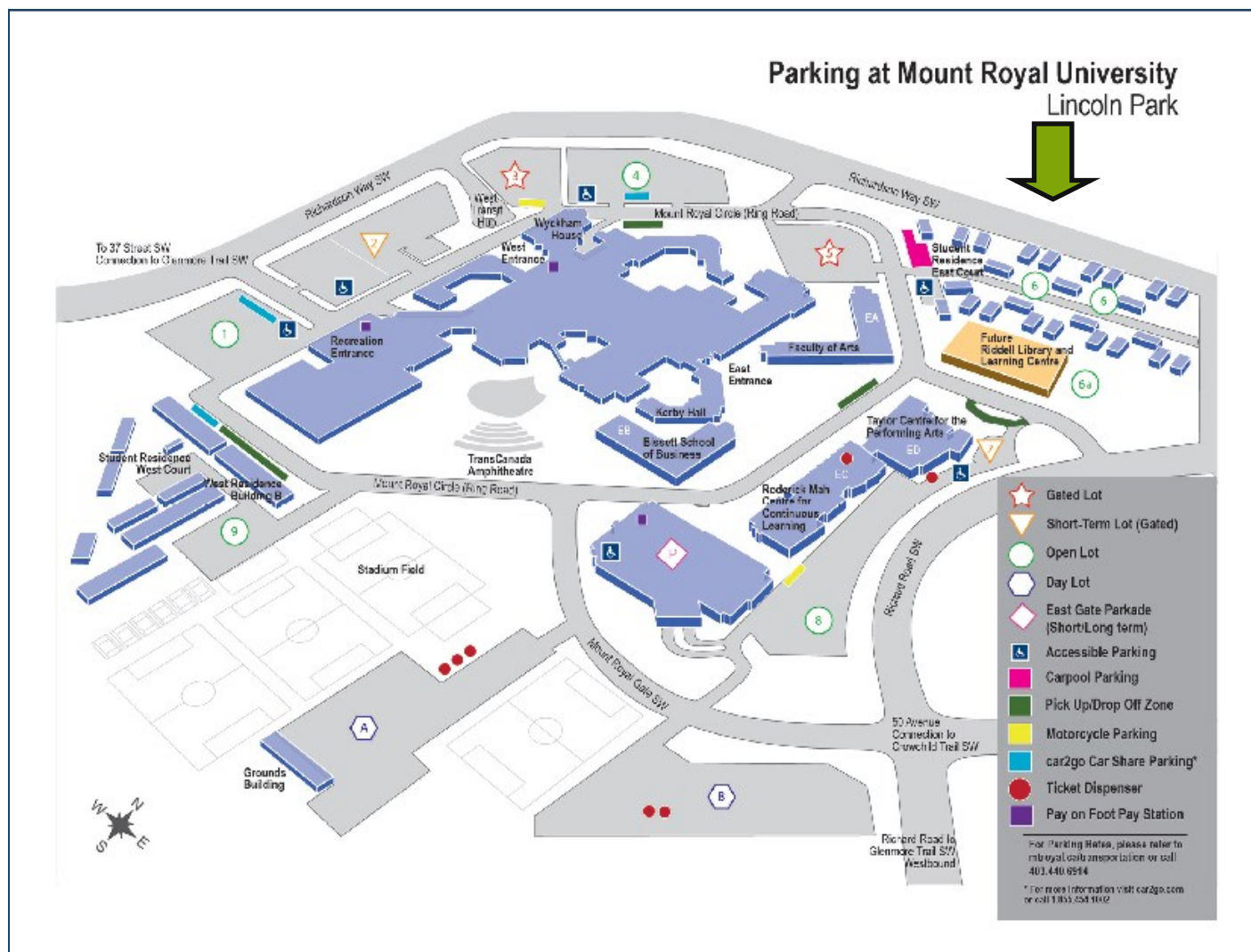


Have a great week

Here is a map of the Mount Royal University campus showing where the Riddell Library and Learning Centre is. Members are to be there by 11:45 am, parking in the lot available in front of the Library. There will be people present to direct them where to go. They will then take the elevator to the 4th floor, where they will enter an open area of the Library. Michael Zacharki will have lunch waiting for them. At approximately 12:30 PM, following lunch, we will be taken in groups of 15 for a tour of this absolutely spectacular new facility.

We will have two wheelchairs available if anyone needs one.

SUBMITTED BY: KEITH DAVIS



OLD TYME COUNTRY PICNIC, GOOD OLD FASHIONED FUN

The Rotary Club of Calgary South's second annual Old Tyme Country Picnic, held August 13th at Bob and Carol Brawn's Bow River Ranch, was another outstanding success. More than 175 children, teenagers, adults, grandparents, great grandparents showed up to chow down on a feast of hamburgers, hot dogs, sausages, salads and all the trimmings. And when the eating was done, the games were on!

Egg-on-the-spoon races, sack races, tugs-of-war, horseshoes and Frisbee competitions filled the picnic area with the sounds of children's squeals and laughter, bolstered by the encouraging shouts of extended family members and friends, many providing 'expert guidance' on how to win the race. But so many races took place and organizers ran out of trophies to present, although every participant in every event got a medal pendant for taking part, proving to all that it was the effort, and not just the result, which was most important. Numerous races also occurred featuring parents and grandparents, as well as a tug-of-war or two.

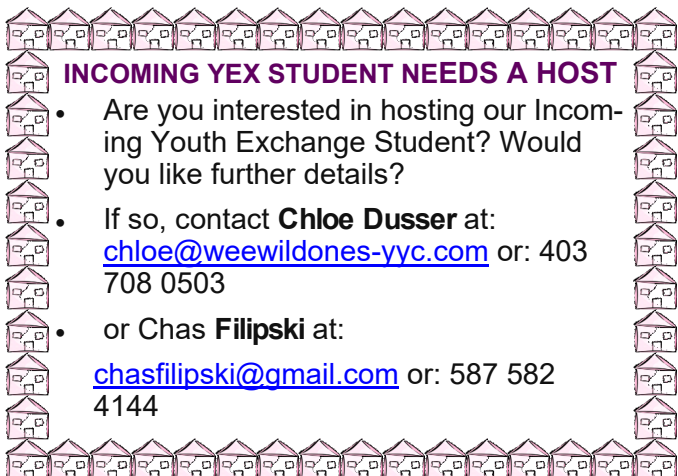
The picnic was the result of months of work by the Old Tyme Picnic Committee, which is a sub-committee of the club's highly-successful Social Committee.

Submitted by: Keith Davis, Photos by: Steve Mason



Please find the link to more Photos from the Picnic on the weekend below:

<https://portal.clubrunner.ca/952/PhotoAlbums/2017-old-tyme-country-picnic>



INCOMING YEX STUDENT NEEDS A HOST

- Are you interested in hosting our Incoming Youth Exchange Student? Would you like further details?
- If so, contact **Chloe Dusser** at:
chloe@weewildones-yyc.com or: 403 708 0503
- or Chas **Filipski** at:
chasfilipski@gmail.com or: 587 582 4144



Please remember to circulate your written reports directly to other Board members no less than 3 days before the meeting. We would appreciate all of the Committee Chair's cooperation to allow this to happen



NEXT BOARD MEETING: Aug 21st



September 22nd to 24th, 2017 Waterton National Park
www.watertonglacierpeacepark.org

Registration for the Assembly at by clicking this link:

<https://www.crsadmin.com/EventPortal/Registrations/PublicFill/EventPublicFill.aspx?evtid=9e048d03-7526-472e-99c1-a3e9d8410aa9>

If you are having trouble accessing the registration form contact Terry Allen at tgallen1@telus.net and I will send you the link .

TORONTO 2018: RI CONVENTION

If you are contemplating attending the RI Convention in Toronto next June, it is not too early to register. Around 10,000 persons are already registered and the hotel rooms are filling up fast. Of the 22 hotels on the RI list which are within 2 miles of the Convention Centre, 14 are already sold out

Go to: <http://www.riconvention.org/en/toronto> (by clicking this link) to register and reserve a hotel



Bonar Irving has arranged a Rotary Golf game at Priddis Greens. There will be 4 tee times We still have space for 6 players. Our hosts will be **Bonar Irving, Norm Legare, Greg Martin and Earl Huson.**

Date. Tuesday August 22 Times 3:00 pm, 3:08 pm, 3:15 pm and 3:22 pm

We have picked Tuesday because the green fees are \$30.00 lower on Tuesdays. Also, there are spots available at Sirocco on August 29th

If you wish to play, please get back to Tom Walton **ASAP** at: tewalton@shaw.ca so I can re-serve your spot.

Fellow Rotarians: I thought you might like a more detailed update regarding the September 2 Opening of the Rotary/Mattamy Greenway. Our Club have played such a pivotal role in the creation of the Greenway and this is a great time to celebrate your contribution to our community. Please find a description of the event and the various activities happening at each site. This information is also highlighted on the special website created by the Parks Foundation at: www.greenway150.com

Remember all four locations of this Celebration welcome you, your club members, families, neighbours, friends and colleagues. Just think of all the people from all walks of life that will enjoy in perpetuity this incredible resource. I look forward to seeing you all there! All four sites will be connected with huge interactive screens thanks to donations from our Rotary Club and the Richardson Family. Have a wonderful time!

Sherry

ONE BIG CELEBRATION, FOUR LOCATIONS!

To celebrate the progress on the Rotary/Mattamy Greenway Parks Foundation Calgary will host events in each quadrant of the city. The 4 events will be virtually connected by giant screens from Collosovision. All attendees at all locations will sing Happy Birthday to Canada simultaneously together.

SW: SOUTH GLENMORE PARK: VARIETY PARK: GREEN SPACE ACROSS FROM WATER PARK 8415 24 ST SW

- Family BBQ by Rotary Club of Calgary Downtown. Snacks & drinks by Superstore
- Band: BAILEY & the BOYS: Entertainment Managed by BlueBirdMovingArts (@BlueCollarDance)
- Still Dance and Acro Artist Group ThreeLeftFeet and Face painting by amandamazingart
- Roving Stilt & Circus Artists greenfools (unicycle, juggling and more...), Fun family activities by Open Streets: Fender Generator and Pedal Power Tower. Electricity education information included. Mini Pennyfarthing Rubber Chicken Bike Skills Course and Bouncy Castle
- Call of the Wetland info tent – Discover how you can monitor amphibians in Calgary's wetlands
- Canada 150 birthday celebration tent & photo booth. Enjoy a cookie and sing happy birthday to Canada with us
- Greenway150 medal presentation area. Receive a commemorative medal for participating in the Greenway150 Summer Challenge. Medals sponsored by Park N Play Design.

SE – MAHOGANY PARK: INTERSECTION BETWEEN MAHOGANY BLVD AND MARQUIS GREEN

- Family BBQ by Rotary Club of Calgary East. Snacks & drinks by Superstore
- Entertainment Managed by BlueBirdMovingArts.Com (@BlueCollarDance)
- Interactive, family friendly impactful and fun Drum Groups. axecalgary and Face painting by amandamazingart
- Roving Stilt & Circus Artists greenfools (unicycle, juggling and more...)
- Fun family activities by Open Streets: Bike powers bubble making machine.
- Custom Greenway Magnet Making Craft Table and Bouncy Castle
- Canada 150 birthday celebration tent & photo booth. Enjoy a cookie and sing happy birthday to Canada with us.
- Greenway150 medal presentation area. Receive a commemorative medal for participating in the Greenway150 Summer Challenge. Medals sponsored by Park N Play Design.

NE: CITYSCAPE MUSIC PARK: INTERSECTION BY CITYSCAPE DRIVE & CITYSCAPE GATE

- Food truck (beef hotdog, fries, or poutine + pop/water). Ice cream truck and Snacks & drinks by Superstore
- Young Bhangara dance troops (@YoungBhangara)
- Fun family activities by Open Streets: Bike powers bubble making machine.
- Custom Greenway Magnet Making Craft Table.
- Canada 150 birthday celebration tent & photo booth. Enjoy a cookie and sing happy birthday to Canada with us.
- Greenway150 medal presentation area. Receive a commemorative medal for participating in the Greenway150 Summer Challenge. Medals sponsored by Park N Play Design.

NW: SHOULDICE PARK PICNIC AREA: BY TENNIS & BASKETBALL COURTS: 4900 MONSERRAT DR NW

- Family BBQ by Rotary Club of Calgary North. Snacks & drinks by Superstore
- Entertainment Managed by BlueBirdMovingArts (@BlueCollarDance): Performing DJBassBus bassbus(@BassBus)
- Face painting by amandamazingart, Roving Stilt & Circus Artists greenfools, (unicycle, juggling and more...)
- Fun family activities by Open Streets: Bike powers bubble making machine.
- Mini Pennyfarthing Rubber Chicken Bike Skills Course and Bouncy Castle
- Canada 150 birthday celebration tent & photo booth. Enjoy a cookie and sing happy birthday to Canada with us.
- Greenway150 medal presentation area. Receive a commemorative medal for participating in the Greenway150 Summer Challenge. Medals sponsored by Park N Play Design.



Six of us hiked to Deer Ridge in beautiful weather on August 16th. Again there were butterflies and I was able to get a picture of the Speyeria Callippe which is one of the Fritillary family. The inclines provided some tough climbing but we were rewarded with a view during lunch. We found this new flower which I think is a wild Bachelor Button (cornflower). The numbers of flowers are reduced compared to previous weeks. After this short hike we got a look at Sibbald lake across from a camp. All the water levels are down right now in comparison to where they were in the spring.

SUBMITTED BY: PAT FAN





I want to thank all of the artistic face painters who volunteered at our south Calgary family picnic and to those who jumped in to share their talents at the last minute. Well done !

Wendy Miles Copithorne



Calgary South Rotary Partners' Annual Membership Coffee Party

Thursday, September 14, 2017 at 9:30 A.M.
Calgary Winter Club (Skyline West Room)
4611 - 14 Street N.W.
Tickets: \$20.00 (full breakfast)

Book Sale: Bring your donated books to the Coffee Party and we request "novels" only. Books will be sold for \$3.00 (hardcover) and \$2.00 (paperback). Bring change please. Proceeds to go to "It's a Crime Not to Read".

Guests Welcome

Membership Fees: \$35.00

RSVP by September 5 to Millie Huson
403-686-0828 or ehuslink@telusplanet.net
Send payment to: Donna Kennedy
37 Mahogany Manor SE, Calgary AB T3M 0Y3
payable to "Calgary South Rotary Partners"



AUGUST 2017

Aug 21: Board Meeting

Aug 24: Mount Royal University Library Tour: See Page 6 for Map

Aug 31: Paul Siska: Returning YEX Student

SEPTEMBER 2017

Sept 2: Rotary Mattamy Greenway Celebration: See Page 9 for more info

Sept 7: TBA

Sept 14: Partners Annual Membership Coffee Party: See Page 11

Mac Logan: City of Calgary Transport

Sept 18: Board Meeting

Sept 21: General John de Chastelaine: Peace Day

Sept 22-24 Waterton Peace Park Assembly: See Page 8

Sept 25: Dinner Service: Drop In Center (5:45-7:00 pm) Volunteers needed

Sept 28: CRCF Presentation

OCTOBER 2017

Oct 5: Paul McIntyre-Royston: Calgary Library

Oct 12: Artistic Director: Alberta Ballet

Oct 16: Board Meeting

Oct 19: Ken Keelor: Calgary Co-op

Oct 26: District Governor's Visit

NOVEMBER 2017

Nov 2: Amarock Society

Nov 9: No Meeting re: Rotary Remembers

Nov 11: Rotary Remembers: Carriage House Inn

Nov 12: Feed The Hungry: 125 Volunteers Needed

Nov 16: Rotary Foundation Presentation

Nov 20: Board Meeting

Nov 23: TBA

Nov 30: Reid Henry: C-Space Plant Tour

DECEMBER 2017

Dec 7: Sundae Nordin: Calgary Community Kitchen

Dec 14: Christmas Luncheon

Dec 18: Board Meeting

Dec 21: Cleven Awards and Christmas Social

Dec 28: No Meeting re: Christmas

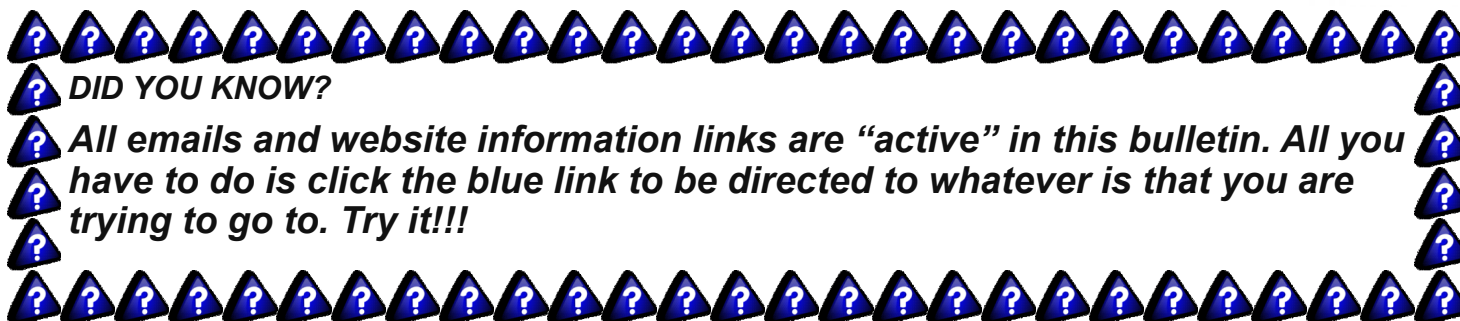
JANUARY 2018

Jan 4: Mid-Year State of the Union Address

Jan 11: Brian Farrell: REVV52

Jan 18: Robbie Burns Day

Jan 25: TBA



DID YOU KNOW?

All emails and website information links are “active” in this bulletin. All you have to do is click the blue link to be directed to whatever is that you are trying to go to. Try it!!!

Rotary Club of Calgary South

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Calgary AB T2C 2V5
(403) 244 9788

Office Manager: Kathyann Reginato email: kathyann@rotarycs.org

Visit us at: www.rotarycs.org

2017 2018 Club Officers

President: Bill LeClair:	leclair@calgarylaw.com
President-Elect: Ron Prokosch:	rprokosch@prokoschgroup.com
Past President: Ken Farn:	kgfarn@telusplanet.net
Club Secretary: Don Bacon:	donbacon@shaw.ca
Treasurer: Larry Kennedy:	treasurer@rotarycs.org
Partners President: Karen Grant:	lkgrant@shaw.ca

2017 2018 Directors

District 5360 Representative: Sherry Austin	srains@shaw.ca
Club Service: Operations: Steve Mason	steve@talkinglightmedia.com
Club Service: Membership and Social: Glen Godlonton	glen@godlonton.com
Club Service: Ways & Means: Jack Haman	hamanj@telus.net
Community Service: Jim Hutchens	jmh_calgary@hotmail.com
Community Service: Ways & Means: Dana Hunter	drmuir@shaw.ca
International & Vocational Service: Kevin MacLeod	kmacleod@moneyadvisor.ca
Youth Service: Stacey Johnson	sjohnson@printthree.ab.ca

Other Important Contacts

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Health Wellness & Transportation Chair: Don O'Dwyer	dpodwyer@hotmail.com
Large Grants Chair: Bob Brawn	bbrawn@telus.net
Small Grants Chair: Mark Ambrose	markambrose@shaw.ca
Programs and Tours Chair: Jim Fitzowich	jfitzowi@telusplanet.net