



RCCSP Weekly Bulletin March 24th 2022
Volume Number 67, Issue Number 33

Editor: Bev Ostermann

Photography: Paul Brick

Videography: Steve Mason / Jamie Moorhouse

Welcome to the March 24th 2022 meeting of the Rotary Club of Calgary at Stampede Park. I am the Club's President, Craig Stokke

Thank you for coming today Dr Fitzowich.

Have you ever watched an Olympic athlete run, row or ride across the finish line and thought to yourself, "you know, that doesn't look too hard"? If so, then you've likely never met an Olympian ... Obviously Olympians are born with physical gifts, but when you see the commitment an athlete has to make to their sport it is absolutely mind blowing.

While there are exceptions, the Olympic coaches I know tell me it's common for the top athletes in the world to invest four to eight years of *high-level* training in a sport before making an Olympic team. Then, once they get there, the athletes spend up to 40 hours a week training. Then there is 8 to 10 hours a night sleeping, making sure they're getting proper nutrition, attending physio, massage, and chiropractic appointments. Followed by daily naps and strategy sessions. In other words, training to be an Olympic athlete is much more than a full-time job... a very bad paying full-time job at that. Like anything in life, completing the race is the easy part. Getting to the starting line is the challenge.



I would ask that you join me for the singing of O Canada followed by Rotary Grace.

HEAD TABLE: Jim Fitzowich, Dr. Alex Fitzowich, Bill LeClair, Walter Flores, Mel Gibson

GUESTS: Brenda McKinley: introduced our guests. **President Craig:** I would like to extend a huge welcome to everyone in person and on Zoom! Let's sing the "**Welcome Song**"

RCCSP CLUB FUNDING: President Stokke: Ten days ago I sent an email to membership asking for your input and feedback on a proposed motion that the Board would be voting on today. The motion was in regards to Club funding. We received written feedback from over 25% of the membership, and I probably spoke to half the membership directly over the past few weeks. The feedback we received was overwhelmingly positive and in support of the proposal, and with that, your Board passed the motion this morning. This is an important step forward for our Club and I would like to thank everyone who took the time to have your thoughts and opinions heard.



Michel Zacharki: awarded \$140 to a guest in attendance today.



ARCHIVES: I would like to give a special shout-out to Stacey Johnson and his team at Print Three Calgary for scanning our Club History book; Manchester to Calgary South, 1955-2005. There were 500 books published and distributed and now, thanks to Stacey, we will have this legacy available forever. Also, a special thank you to Past President Terry Allan for everything he is doing to ensure our history and legacy are maintained.

ART FUNDRAISER: Bob Clark: We invite you to participate in our fundraiser which will recycle art pieces that are unused, unviewed and gathering dust. Simply drop unwanted art off at COOP and they will be collected and auctioned off in April, with all funds going to Rotary projects. Details are in the Bulletin.



CLASSIFICATION TALK: Pat Neuman gave her Classification Talk today



DISTRICT GRANTS: Jamie Moorhouse informs me that the District is still offering matching grants in support of the Ukraine crisis. This is a great opportunity to have your much needed donations matched dollar-for-dollar for this very unfortunate event. Thank you to everyone who has given.

Please see bulletin for more information

SERGEANT-AT-ARMS: Rudy Ruberto: generated a lot of laughter, along with some funds for Club coffers, with special emphasis on those who did not pre-register for the meeting despite Luanne's request from last week.



NEXT WEEK'S MEETING: We are back at Rotary House. Our speaker is Scott Rennie, CEO of Vault 4401. This should be yet another great meeting. If you have a friend or Rotarian from another club who may be interested please consider inviting them to our meeting. Please remember to register online for a meal by tomorrow am at 9:00 am. We will have sandwiches available until they are sold out. Thank you

LUNCH AT ROTARY HOUSE ON MARCH 31ST

Scott Rennie, CEO Vault 4401: Alberta Carbon Capture Industry

www.rotarystampedepark.com



Final words: As always, I finish by encouraging you to ask yourself:

What do you need from our Rotary Club this Week?

What does our Club and Community need from you this week?

And with that, our meeting is adjourned Thank you for coming. Have a great week!



MEETING LINK: <https://youtu.be/Mcx26fqk1oE>



DR. ALEX FITZOWICH: THE ROAD TO THE OLYMPICS

SPEAKER INTRODUCTION: P.E. Jim Fitzowich introduced his oldest son, **Dr. Alex Fitzowich**, who was asked to speak because of the Rotary curling group's interest in his experiences with Olympic training.

The Road to the Olympics

Dr. Fitzowich spoke to the long dedicated process that elite athletes must go through to be able to compete at the Olympic level, and his role in assisting them to reach their goal. Alex received a B. Kinesiology from U of C, where our own **Benno Nigg** mentored him, and a Doctorate in Sports Chiropractic from Palmer West College of Chiropractic in San Diego. This is recognized as the premier source of most of the chiropractors that work in all the major sports leagues.



As a sports chiropractor with the Calgary based ProActive Health Group, he has worked specifically with skeleton racers from Sweden, Australia and Austria, and was the team doctor for the Austrian skeleton team during 2021 IBSF World Cup events in Germany and the run-up to the Beijing Olympics.

He noted that part of his duties in Germany, in addition to the physical training, was to help coaches monitor the skeleton track and the athletes during their training runs to help them react to details in the track configuration and conditions. Every track is different and the specific details can influence sliders in different ways. Tracks are much bigger and more complicated than they appear, with high walls and sharp curves to increase speeds through sling shot effect. Every detail is meticulously monitored, from track geometry, to ice temperature and consistency, to location of the sun for each run.

Tracks can be compared to golf courses. Every course has par three holes, but every hole is different, within the course and between courses. Also, the attention to detail can be compared to that required in cross country skiing, with the change in wax requirements having profound effects upon results.

Daily and weekly training is required in the following areas. Athletes normally spend 2 days/week on movement and flexibility training, 2 days on weight training and 2 days on the track.

- * Explosive hip power
- * Jumping
- * Sprinting
- * Over speed work – priming the nervous system to decrease muscle reaction time
- * Strength to bodyweight ratio
- * Explosive movements
- * Sport specific training

Hips are a very specific area of concern for skeleton athletes, because their start position requires them to run and push off bent over and tilted to one side. Hip strength and flexibility are required for the explosive starts in the first 5 seconds of a race that can lead to seconds off their time for the race.

- * Work on the hips and lower body muscles include:
- * Mobilize joint capsule –flexion
- * Release hip flexors –extension
- * Release rectus femoris – knee extension and hip flexion



DR. ALEX FITZOWICH: THE ROAD TO THE OLYMPICS—Continued

Just before a race, the following areas are concentrated upon, to help in over speed reactions:

- *Prime foot flexors -stability and grip controlled by the bottom of the foot
- *Prime glutes, hamstrings, quads - fast twitch fibres
- *Release upper cervical spine -head position, which can affect brain functions and reaction times

The margins of victory at this level of competition are astonishingly small. One tenth of a second at the start of the race can translate into three tenths of a second at the bottom, which can mean a win. At the 2022 Beijing Olympics women's skeleton event there was less than 4 seconds between 1st and 20th, over 4 runs (or less than 1 second per run).

The Austrian athletes in the program did very well at the world Cup and improved their positions at the Olympics. The lone Australian woman in the program won gold at the World Cup and silver at the Olympics, the first Australian to medal in any of the sliding events. The goal of the program is to foster consistency, but to get peak performance when required.



SPEAKER THANKS: Neil Fraser thanked Alex for his presentation, noting that he has known him since high school days when he and Jim traded brags. He also noted that Alex is the same age as his dad was when he joined Rotary, so maybe somebody should follow up?

In Closing: President Craig: Alex, thank you for taking the time to visit us today. We are so very proud of your amazing accomplishments and successes. Obviously the apple doesn't fall far from the tree! In recognition of your time today, our Club will make a \$100 donation to the Calgary Rotary Clubs Foundation. This gift will help support our community. Thank you.



THANK YOU
Dr. Fitzowich



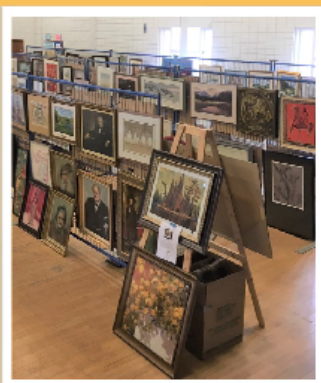
- The new edition of the Club Handbook is now available on the Club website.
- Budgets for the 2021-22 Club Service fund and the Charity Fund are now posted on the website

NEW MEMBER PROPOSAL

SJOERT ZUIDHOF has been proposed for active membership as a transferring Rotarian from the Rotary Club of Calgary at Fish Creek Park to the Rotary Club of Calgary at Stampede Park as sponsored by Luanne Whitmarsh and Seconded by Jamie Moorhouse with a proposed Classification of **DAIRY VETERINARIAN / CONSULTANT**

SJOERT ZUIDHOF'S membership has been approved by the Board of Directors on the basis of the recommendation of the Membership Qualification Committee subject to completion of a formal application, communication of his name and proposed classification to the membership.

If any Member objects to **SJOERT ZUIDHOF** joining our Club or to his proposed classification an objection must be filed in writing with the Club Secretary, **Luanne Whitmarsh** by email to: secretary@rotarycs.org prior to March 31st, 2022



Second Chance Art Sale

Acadia Rec Complex

240 90 Ave SE

Apr 22 : 4pm-8pm

Apr 23 : 9am - 4pm

Second Chance Art Sale 2022

UNTIL
APRIL 3
DONATE AT

CO-OP

Auburn Bay
Crowfoot
Macleod Tr
Oakridge
Richmond Rd
Shawnessy
Village Square



bit.ly/secondchanceartsale



rotaryartsale@gmail.com





UCALGARY ROTARACT CLUB TRIVIA NIGHT

The UCalgary Rotaract Club will be hosting a trivia night via Zoom

Friday April 1st at 7pm

We would like to see as many Rotarians come to our event as possible!

All we would ask is for participants to donate \$5 to the Rotary Foundation's Water, Sanitation, and Hygiene (WASH) initiative (more info to be provided at the event).

Thank you!

Danny Vera, UCalgary
Rotaract Club
Co-president

YOU'RE INVITED TO:

UCALGARY ROTARACT TRIVIA NIGHT



April 1st, 2022 | 7:00 PM to 8:30 PM | Zoom

**DONATIONS GO TO THE ROTARY
FOUNDATION'S WATER, SANITATION, AND
HYGIENE FUND (WASH) TO IMPROVE
ACCESS TO CLEAN DRINKING WATER TO
COMMUNITIES IN NEED!**

Registration link: (or use QR code on right):

<https://us02web.zoom.us/meeting/register/tZcud-CsrDgrG9N4flB2A7XhjQKmNyU8eySW>

Register at:

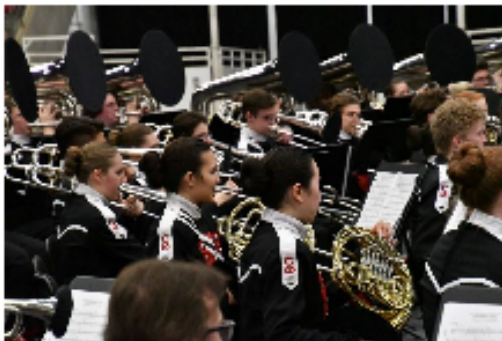




SUBMITTED BY: MARK AMBROSE



Kicking off the year with a community celebration!



The Calgary Stampede Showband know how to put on a show, and on Friday, March 11, they delivered a musical spectacle to kick off the year with extra pizzazz! The Alberta International Band Festivals (AIBF) Showcase featured performances from the Calgary Round-Up Band and Calgary Stetson Show Band as well as the Young Canadians. Stampede Showband performed songs to an audience of parents, donors and enthusiastic fans, including a special tribute piece titled *Prayer for Ukraine*. We'd like to extend a special thanks to our Foundation donors who joined us for this special event. We hope the show left you with a smile on your face the whole drive home!

The Calgary Stampede Showband is a premiere performance ensemble with youth aged 16 to 21 from Calgary and the surrounding area. With over 200 annual performances, the program offers diverse opportunities to develop performance, musicianship, interpersonal, and leadership skills.

Earlier this year, the Showband received a generous gift of \$50,000 from the Rotary Club of Calgary at Stampede Park for performance training, education, and wellness sessions, as well as providing much needed uniforms for the Showband Colour Guard.

This generous contribution will support Showband members in the development of interpersonal and leadership skills, as well as their musicianship. **Thank you to the Rotary Club of Calgary at Stampede Park** for continuing to nurture and support the creativity of these members of the community.

[DONATE NOW](#)



Hello District 5360 Rotarians:

The conflict in Ukraine and the refugee crisis it has created has us all wondering what can we do?

What is Rotary Doing?

The Rotary Foundation has adjusted its Disaster Response Fund (DRF) to increase and expedite support for relief efforts in the Ukraine and surrounding Districts. Until April 30, 2022 all donations to the DRF go directly towards Ukrainian crisis aid. This aid is being done by various Rotary clubs in and around the Ukraine. They are on the ground dealing with the issues as they arise and are in the best position to quickly react and get the right help to the right place.

Donating to the Disaster Response Fund is their suggested method of support.

What is District 5360 doing?

Effective immediately until April 15, 2022 the first \$30,000 of donations to the Disaster Response Fund made by Rotarians in District 5360 will be matched 1:1 by District funds.

This gives us an opportunity to deliver \$60,000 to the relief efforts in Ukraine.

What can you or your club do?

You can [make your donation here](#) or by going to myrotary.org clicking Donate and choosing Disaster response Fund.

Your donation to the Disaster Response Fund is recognized with Paul Harris points and counts towards PHF, PHS, Major Donor and Arch Klumph awards.

Clubs are able to donate to the Disaster Response Fund as well. To send a cheque simply use the attached form. Contact us if your club would prefer to wire transfer the funds.

Please don't hesitate to reach out to me with any questions, comments, or concerns.

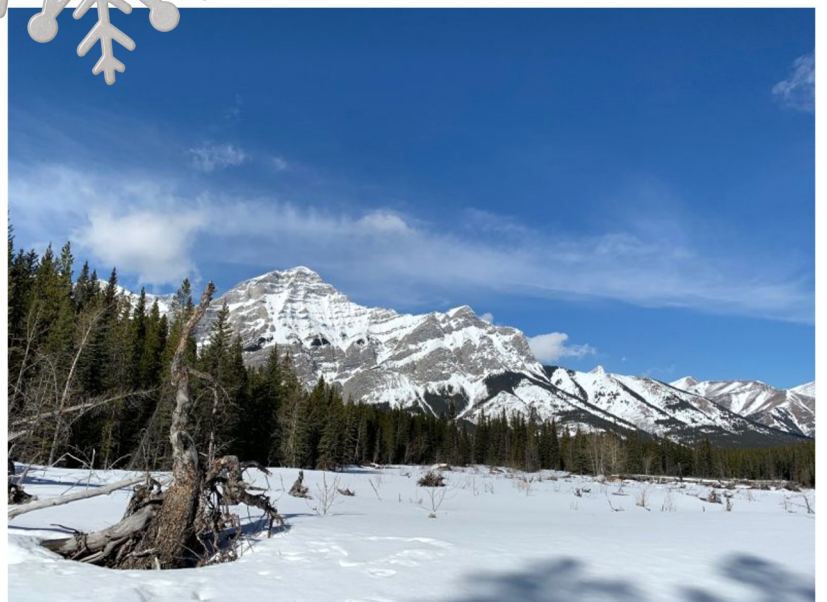
Thank you all.

JAMIE MOORHOUSE, District Foundation Chair

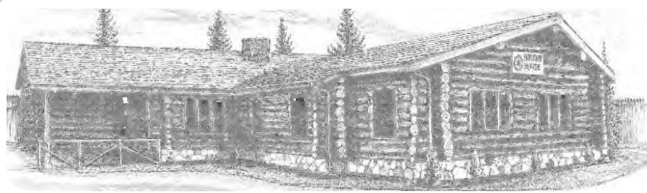
Rotary Club of Calgary at Stampede Park
C: (403)-819-7397
rotaryjamie@gmail.com



HIKING CLUB: Ten hikers set out on a gorgeous, warm day to Evan Thomas Waterfalls. The snow on the mountains contrasting the stunning blue sky was breathtaking. The trail took us past the creek and rugged cliffs. If you veered from the trail you sunk about 3 feet. We had lunch against a wind break of boulders and fallen logs. There were lots of ice surfaces to use the Dollar Store sleds to slide on, including the frozen waterfall. The kids and some adults took advantage and had lots of laughs. **SUBMITTED BY PAT FARN**



Rotary
Club of Calgary at Stampede Park



PARTNERS in PRINT



**Rotary Partners
Spring Luncheon**

Save the Date

Friday, April 22, 2022
Location: The Glencoe Club
636 - 29 Avenue SW
Time: 11:30am
Cost: \$ 45.00 per person

**INVITATION AND FURTHER DETAILS WILL BE
SENT OUT APRIL 1, 2022**



SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Calendar of Events

LUNCH AT ROTARY HOUSE ON MARCH 31ST

Scott Rennie, CEO Vault 4401: Alberta Carbon Capture Industry

www.rotarystampedepark.com



LUNCH AT ROTARY HOUSE ON APRIL 7TH

Rollie Cyr: Calgary Flames

www.rotarystampedepark.com



LUNCH AT ROTARY HOUSE ON APRIL 14TH

Neil Edwards, CEO: Honens International Piano Competition

www.rotarystampedepark.com



LUNCH AT THE "BLUE ROOM" AT STAMPEDE PARK ON APRIL 21ST

Don Bacon: Rotary Profile

www.rotarystampedepark.com



ROTARY PARTNERS SPRING LUNCHEON ON APRIL 22ND

The Glencoe Club

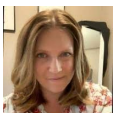
See Bulletin for more information



LUNCH AT ROTARY HOUSE ON APRIL 28TH

Janelle Wakaruk: OWNcancer

www.rotarystampedepark.com



LUNCH AT ROTARY HOUSE ON MAY 5TH

St Mary's School Annual 4 Way Test Contest

www.rotarystampedepark.com



LUNCH AT ROTARY HOUSE ON MAY 12TH

Annual Dream Home Kickoff

www.rotarystampedepark.com



LUNCH ON MAY 19TH

STAY IN SCHOOL ANNUAL LUNCHEON



LUNCH AT ROTARY HOUSE ON MAY 26TH

OFFSITE Meeting: U of C School of Veterinary Medicine

Dean Renate Weller



LUNCH ON JUNE 2ND

Annual Stampede Board Presentation





ROTARY CLUB OF CALGARY AT STAMPEDE PARK GRANTS

REMINDER to our Committees: there are GRANTS AVAILABLE



A limited number of small grants supporting **youth programs, scholarships and Community Development projects** are available from our District. Deadline for applications is **May 1st**.

Connect with Bob Wiens for details or help accessing forms: rwwiens@gmail.com 403-922-9723

SKIPTHEDEPOT FUNDRAISING: Download the SkipTheDepot App



Download SkipTheDepot from the [App Store](#) or [Google Play](#) or visit our web app. Share your sign-up link with friends, family, and potential donors

You book a pickup time and the depot will come to your home or office and pick up your recycles (including old electronics and clothing) <https://skipthedepot.com/locations/calgary-recycling>

VOLUNTEERING OPPORTUNITY !!!



Volunteers are required. Click on [Sign Up](#) to view available slots and book yourself directly online.

Monday April 4th:	5:00 pm to 8:00 pm
Tuesday May 17th:	1:00 pm to 4:00 pm
Monday June 13th:	5:00 pm to 8:00 pm
Tuesday July 12th:	1:00 pm to 4:00 pm
Monday September 12th:	5:00 pm to 8:00 pm
Tuesday October 18th:	1:00 pm to 4:00 pm
Monday November 21st:	5:00 pm to 8:00 pm
Tuesday December 6th:	1:00 pm to 4:00 pm

Earl Huson (403) 686-0828/ ehuslink@telusplanet.net Ken Farn: (403) 560-6770/ kgfarn@telusplant.net

THANKS FOR VOLUNTEERING !!!

2021/2022 BOARD OF DIRECTORS

President
President-Elect
Past President
Club Secretary
Treasurer
Partners President
Community Service Local/Int'l Director
Fundraising Director
Member Experience Director
Meeting and Events Director
Membership and Recruitment Director
Operations Director
Youth Service

Craig Stokke
Jim Fitzowich
Penny Leckie
Luanne Whitmarsh
Don Mintz
Rhonda Yaskowich
Don Taylor
Mark Ambrose
Wendy Giuffre
Myrna Dube-Thompson
Tony Fisher
Stan Cichon
Walter Flores