



## FRAN PORTER: WHEN THE SHIP HAS NO STABILIZERS

Past President Al Johnson, Fran Porter  
and President Murray Flegel



### INSIDE THIS BULLETIN

1. FRAN PORTER: WHEN THE SHIP HAS NO STABILIZERS
2. FRAN PORTER: WHEN THE SHIP HAS NO STABILIZERS
3. RCCS: CLUB NEWS
4. RCCS: CLUB NEWS
5. CALENDAR, HEALTH & TRANSPORTATION
6. CLUB ANNOUNCEMENTS
7. CLUB ANNOUNCEMENTS
8. ANNI'S ADVENTURES
9. WATERTON PEACE PARK
10. PARTNERS IN PRINT
11. HIKING CLUB
12. HIKING CLUB
13. ROSTER, ROTARY REMEMBERS AND CONTACT INFORMATION

Bulletin Chair: Bev Ostermann  
Editor: Bev Ostermann  
Photographer: Steve Mason

**Allan Johnson** introduced our Guest Speaker, **Fran Porter**. Born in Middlesex, England, **Fran** came to Canada with her parents and brother at the age of five. She met and married her husband **Andy** in Hamilton, where they both grew up, and they moved to Calgary because **Andy** is a geologist. **Fran** taught high school for 25 years in the Foothills School Division, just south of the city. They have a lovely daughter and the world's best granddaughter, **Jaimie**. **Jaimie** is the daughter of **Colleen**, **Fran** and **Andy's** younger daughter, who took her own life in 2010.

The book *When the Ship Has No Stabilizers* was written by **Fran** in an effort to come to grips with **Colleen's** untimely death. As a teacher she spent 25 years helping other children, but she could not help her own mentally ill daughter. The book chronicles **Colleen's** turbulent life and exposes with absolute honesty the anguish wrought by mental illness upon her family. Since its publication in 2014, it has several times made the Calgary best seller list, and has had an undreamed of impact in raising money towards helping those afflicted with the mental illness that **Colleen** had.

**Fran** brought a topic both sad and serious to our meeting. Her daughter suffered from what is now known to be Borderline Personality Disorder (BPD), a mental illness that caused her to be like a ship with no stabilizers, unable to keep herself stable and on a level course. She was not diagnosed with her illness until she was 15, although from birth she exhibited an exaggerated startle response, which is now recognized as an early indicator of probable mental illness.

Writing the book was difficult, but was a catharsis for **Fran** and **Andy**, and helped granddaughter **Jaimie** understand her mother's condition. Children tend to blame themselves for their parent's problems and the book helped overcome that misconception.

BPD is on the edge between neurosis and psychosis. Sufferers of the former generally recognize their problem and are distressed by their behaviour; those with the latter are not aware of their illness and blame the rest of the world for their problems.



## FRAN PORTER: WHEN THE SHIP HAS NO STABILIZERS

From an early age, **Colleen** was a difficult child, but it was not until the age of nine that **Fran** realized that she had a serious problem. A teacher asked her class to draw a picture of a pleasant memory, but **Colleen** responded with a scene of a gruesome car crash with dead bodies and blood. That led to many years of therapy, alternative schools, interaction with social services and the courts, living away from her family (who “abused” her), and on the street living. Drugs and dangerous behaviour started, together with suicide attempts as early as age 14. A teenage pregnancy followed. At age 16, she almost succeeded in a suicide attempt which led to an emergency doctor accusing her of being a “drama queen” and a cruel statement – “why don’t you just succeed and stop torturing your family?” This was indicative of the attitude toward the disease at that time – it was considered to be a choice, not an illness. BPD sufferers know that their conduct is frequently considered inappropriate, harmful, and even immoral. Their intellect tells them that. But they can’t get the part of their brain that controls their impulses and emotions to fall into line.

BPD sufferers live in a fantasy world in which they must get attention by any means. They usually present an outer façade of being perfectly poised and ‘together’, able to handle anything. The public persona has no relevance to the private hell they endure. Self-medication with drugs and alcohol is used to overcome the lack of endorphins and serotonins (the ‘feel good’ chemicals) that lead to feelings of emptiness and inadequacy. It is estimated that up to 2% of the population may be afflicted, and some estimate that a much larger percentage of the theatrical community could have some degree of the illness.

Recent research, however, has discovered that there is a definite neurological disorder or disturbances in the brain’s communication pathways that causes BPD. MRI observation has found differences in the brain function and neural pathways in those that are suffering. It has also been discovered that brain has the ability, or neuroplasticity, to self-heal and to redirect neural pathways to overcome the illness with proper treatment and therapy. *Dialectical behaviour therapy* (DBT) has been proven to actually change brain function to minimize activity in the parts of the brain that overreact to arousal. DBT teaches clients to calm down the overactive emotional areas of the brain and redirect the neural pathways. Hard evidence now exists showing how those neural pathways have changed after a mentally ill person has undergone DBT.

There are currently 3 DBT clinics in Calgary; one operated by AHS, which has a long waiting list, and another private clinic which has a significant cost which puts it out of reach of most BPD sufferers, who cannot hold jobs. The third is being established by McMan Youth, Family and Community Services. McMan was one of the organizations that tried to help **Colleen** over the years. Were it not for their efforts, **Colleen** would have been homeless and would have killed herself earlier than she did.

McMan’s dream is to establish an in-house, no waiting BDT clinic for the clients they deal with every day. They estimate that up to 40% of the troubled youth they service may suffer from BPD and would benefit from access to DBT. They need treatment the moment they request it or they will self-destruct before they get it. The cost to set up the clinic and train specialists is approximately \$50,000.

All of the proceeds from sale of “*When the Ship Has No Stabilizers*” are being dedicated to the McMan clinic. To date \$20,000 has been raised and more comes in from every book sold.

The advances in diagnostic capabilities and treatment availabilities have come too late to help Colleen, but hopefully will benefit other young victims and get them off the self-destructive path the illness drives them down.

**Penny Leckie** thanked **Fran**, noting that her story has presented a silver lining from a personal tragedy, and that is important for these stories be told to bring mental illness into the light. **President Murray** made a donation to the Stay In School Program in honour of our speaker.

*Editor Bev Ostermann’s Note: Dianne and I are acquainted with Fran and Andy, and we have read the book. It is a powerful and compelling and difficult telling of the terrible journey Colleen and her family went through. It is also a tale of hope.*





## RCCS: CLUB NEWS

**President Murray** opened this meeting with his usual **On this Date in History**:

- Honda Motor Company was formed in 1948
- The Tonight Show premiered on NBC in 1954
- The first Elvis Convention was held in 1969 (and no, **Murray** was not there).

**President Murray Flegel** opened the meeting by asking **Lisa Fernandes** to accompany us in the singing of O'Canada and Rotary Grace and then we welcomed **Greg Martin** back into our fold after his recent illness.

**Head Table: President Murray** introduced **Dick Shaw, Len Hamm, Larry Stein, Allan Johnson**, and our guest speaker, **Fran Porter**.

Our Bulletin Editor today is **Bev Ostermann** and our Photographer is **Steve Mason**



**Visitors: John Shield** welcomed our visitors and guests: Fran and Andy Porter, Chris Minke, Juliann Nasiti, Brenda McKinley, Maureen Hutchens, Melissa Best, Ted Stack, Anni Arvo and Darrel Ripley (Rotary Club of Edmonton West).



**Salvation Army Kettles: Dave Read** announced that the date for the Salvation Army Kettles will be December 5<sup>th</sup> and December 12<sup>th</sup> this year. Get your requests for shifts in early.



**50/50 Draw: Jack Haman** awarded the 50/50 draw to **Roxy Acheson**. Jack also mentioned that the New Members Auction Committee is looking to change its format and introduce some different fund raising options. **Bryan Walton** is soliciting suggestions.



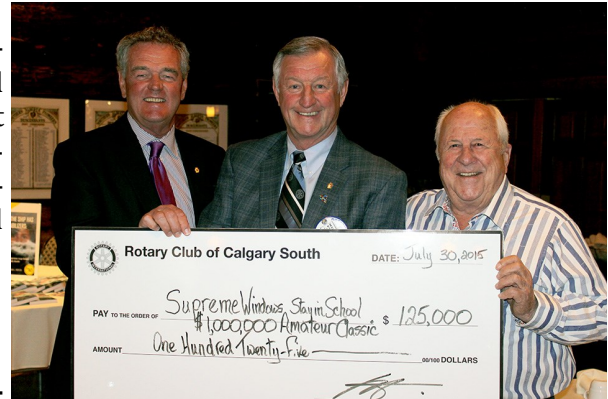
**Sergeant at Arms: Glenn Potter** fined a number of members because of their lack of knowledge about Yogi Berra, the recently deceased baseball legend.





## RCCS: CLUB NEWS

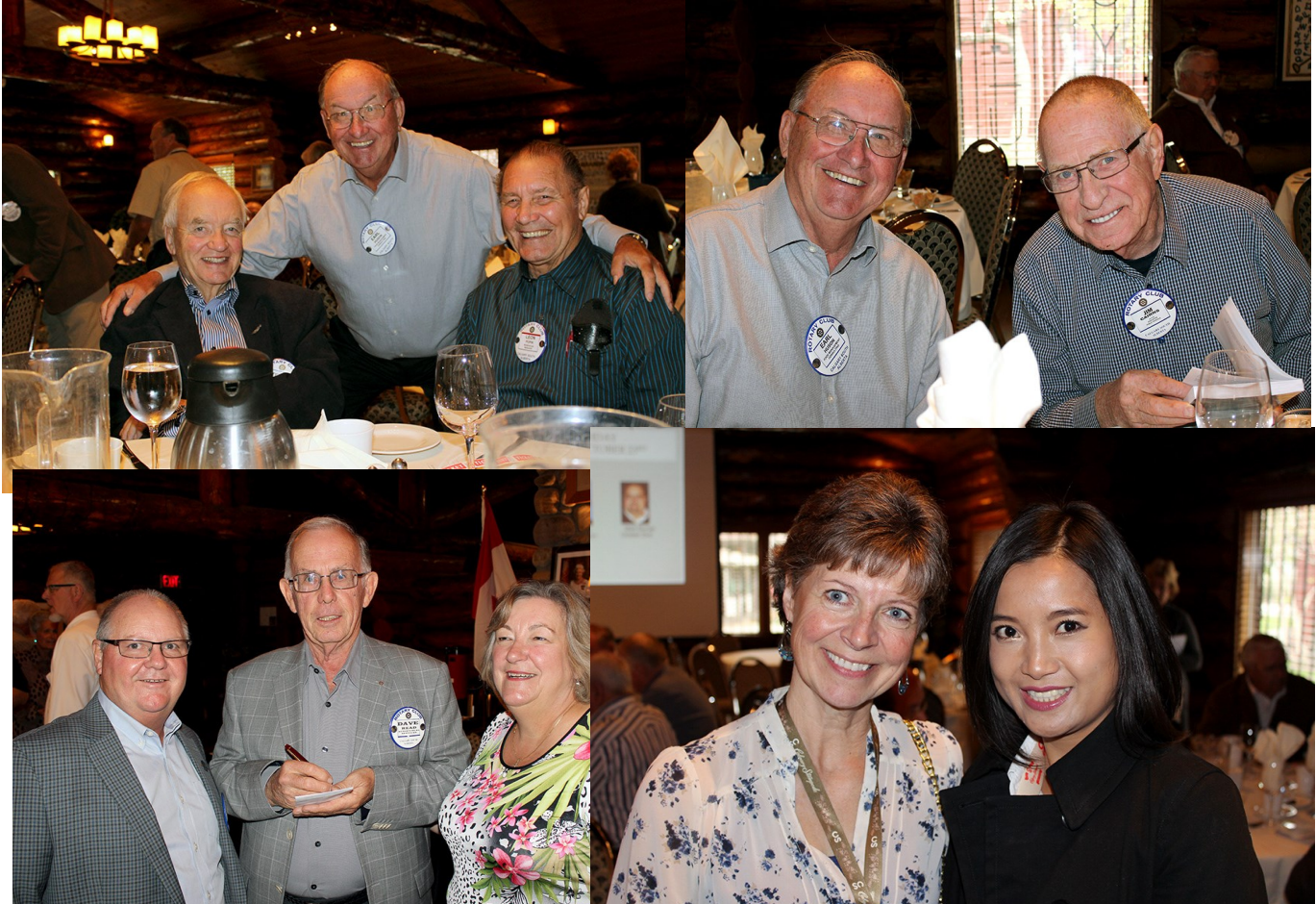
**Stay in School Golf Tournament:** Len Hamm recognized the SISP Golf Committee for another successful tournament and wished Gord Weicker good luck for next year. A total of \$125,000 was raised this year, and a symbolic cheque was presented to Larry Koper, as a representative of all of the teachers who are such an integral part of the Program.



**Octoberfest:** Maureen Hutchens, on behalf of the Partners, invited everybody to their Octoberfest to be held on October 23<sup>rd</sup>. See the Bulletin for details. Tickets will be on sale at the next two meetings.

**Dinner Club:** There are still openings for at least 4 more couples. Contact Paul Brick if you wish to participate.

## SOCIALIZING AT ROTARY





## 2015 RCCS: CALENDAR, HEALTH AND TRANSPORTATION

### OCTOBER 2015

Oct 1 Trish Lund: Alberta Guide Dogs

Oct 8 Senator Scott Tannas

**Oct 12 & 13 Cowboys Casino: Contact Bill Sumner to volunteer**

Oct 15 Nareesa Karmali: Adventures in Citizenship

Oct 22 Erin Hutchinson: Aspen Family Homes

**Oct 23 Partners Oktoberfest: 6:00 pm: Pinebrook Golf & Country Club**

Oct 29 Patty Kilgallon: Children's Cottage

### NOVEMBER 2015

Nov 5 Peggy Schroder: Rotary In Panama

**Nov 11 Rotary Remembers at the Carriage House**

**Nov 12 NO MEETING DUE TO ROTARY REMEMBERS NOV 11**

Nov 19 Cleven Awards Luncheon

Nov 26 Drop Inn Centre Workshop Plant Tour



### DECEMBER 2015

Dec 3 Karen Olivier: Closer To Home Family Services

**Dec 10 Christmas Luncheon: Canyon Meadows Golf & Country Club**

Dec 17 Christmas Social

**Dec 24 NO MEETING DUE TO CHRISTMAS**

**Dec 31 NO MEETING DUE TO NEW YEAR'S EVE**



### JANUARY 2016

Jan 7 Mid Year State of the Union Address

Jan 14 To be announced

Jan 21 Robbie Burns Day

Jan 28 To be announced

### JANUARY 2016

Feb 4 Honorable Brian Jeans: Leader of the Opposition

**Feb 11 Valentine's Day Luncheon: Willow Park Golf & Country Club**

Feb 18 To be announced



**HEALTH AND WELLNESS:** Contact Ed Whitaker at: (403) 249-2864 or email him at: [edwhit@spring-bank.ca](mailto:edwhit@spring-bank.ca) if you know of anyone that is not well or is there anyone you know that could use a visit.



**TRANSPORTATION:** Contact Gui Salazar at: (403) 875 5146 (Cell) or (403) 281 9719 (Home) if you know of anyone that may need a ride to meetings



## RCCS: ANNOUNCEMENTS

### FEED THE HUNGRY



Friday October 9th we will prepare and serve the evening meal at Ronald McDonald house. Harry Pelton needs about 6 volunteers

Sunday Dec 6 we will prepare and serve the evening meal for Feed the Hungry

## The Calgary Rotary Clubs **FOUNDATION**

### ***OCTOBER IS CRCF MONTH***

The Rotary Club of Calgary South wants to remind you that October is CRCF (Calgary Rotary Clubs Foundation) Month.

This is our own Club Foundation where annual proceeds go directly toward local charities chosen by our Club. Our objective is to build a capital fund that will provide enduring support for our community service activities.

This year our goal is \$100,000 and we need your help to meet this target. Committee members will be available at meetings with credit card machines.

Tax receipts will be issued by our Club.

## **BE A CALGARY SOUTH BENEFACTOR!**





## RCCS: ANNOUNCEMENTS

### SALVATION ARMY KETTLES

Rotary Club of Calgary South has agreed to do Salvation Army Kettle shifts. They all will be at Chinook Centre, Dec 5th and Dec 12th. The shifts are only 2 hours in duration and begin at 10am for both Saturdays. Please call or email me if you can do one or more shifts. I like to have all shifts filled by Nov 21st. Thanks for your continued support.

Dave Read [nread@telusplanet.net](mailto:nread@telusplanet.net) or 403 271 5856



### Small Grants Committee Question



**We are looking for some new applicants to engage with the Small Grants Committee. Are any of our members aware of a worthy organization that could possibly use some assistance from us?**

**Contact Bill LeClair at: [leclair@calgarylaw.com](mailto:leclair@calgarylaw.com) and he will walk you through the process.**

### TERRY FOX RUN

**Thank you to everyone that was able to come out and support the Terry Fox Run.**

**Your time and commitment is appreciated**





## ANNI'S ADVENTURES: ISSUE 1 AND 2

This is my third week in here and I've already done so many things and have met so many awesome people. I lived with Len and Susie for a while and I just had amazing time with them. Len has taken me bicycling, golfing, eating, hiking and last Saturday we were white water rafting with four other exchange students and Daniel. We had so much fun and it was a great opportunity to get to know each other a little bit. We also jumped from the cliff to a cold river and believe or not it was so much fun and exciting! Maybe we were little bit freezing after but it is just a little side effect. I was also watching the fireworks in the Globalfest with another exchange student! They were the most amazing fireworks I've ever seen.

Susie and Len are wonderful people and I'm so lucky that I got to live with them. And hopefully I see them a lot despite that I don't live with them anymore because I just moved to another great family. Susan and Paul Brick and Jasper (their cute dog) have taken me with open arms and I know that we will have good time with each other.



My school is starting on Tuesday and I'm really looking forward to it. My year in here doesn't count academically so when I go back to Finland I have still two years left in high school. So I decided to enjoy and took all the fun classes. After all this is a culture experience, so for my opinion it isn't so important to study like crazy a whole year. So I have lots of sports and things like that. But don't worry I'm also going to study English and hopefully French and maybe something else like that also. As you might know I play ringette. My try outs are coming on next weekend and hopefully I manage well in it! So wish me luck!

Anyway, I have really enjoyed in here and I've already got so many new experiences! (I tasted s'mores for the first time in my life and they were sooo good!) And I also was for the first time in Tim Horton's with Ron a while ago and now I've been there with other people too but anyway, I'm totally a fan of Tim's now.)

Looking forward to our coming adventures in Canada!



Hi everyone! I've been here now about 6 weeks and I've had just an amazing time here! I met all the other exchange students' a couple of weeks ago and we have become so good friends with them. First day when we all met each other we went to the Pincher creek and stayed there couple of nights. We had a tour in Hutterite colony and in mines and we actually went inside of one windmill. In the nights we sat by the campfire and singed and danced and ate s'mores and marshmallows (I just love them.) After Pincher creek we went to the Waterton and you probably know almost all about that so I'm not going to explain all the things that happened. But we also went horseback riding and hiking and seeing that little beautiful town. I really liked that weekend, especially because we could spend time with all the exchange students.



The next weekend after Waterton we went to Kananaskis with our counsellors! The place was named "Camp Cadicasu". It was an orientation weekend and we sat and listened so much about D's and B's and all that. But we also had some fun when we had Olympics and campfire.

This week I got to the A-team I ringette!!! I am so happy about that and I'm really looking forward to play with my teammates. They seem so nice girls. You Rotarians are very wel-

come to see my games sometimes.

In addition to my ringette practices on this weekend, I spent little bit of money in Chinook with my friend Sara, who is from Spain and lives in Okotoks. After a sleepover in her house we also saw our friend Alice from Italy, living in Calgary. Chinook is just great.

Greetings from a happy girl from Finland!







## 83rd Waterton-Glacier International Peace Park Assembly



The 83rd Waterton-Glacier International Peace Park Assembly was held 10 days ago from September 11th through September 13th at Waterton Lakes National Park. This year's Conference was hosted by this year's Waterton Glacier International Peace Park Association President our very

own Terry Allen. In fact, Terry and his wife Sharon organized and chaired most of our weekend events. A great conference with an excellent program, thank you Terry and Sharon.

The registration was good with 150 Rotarians and guests, 18 exchange students and 5 Rotaract members hosted our exchange students. Ron Prokosch was responsible to and for the exchange students and their program. Calgary South had 23 members and partners attend to support Terry, which including President Murray and President Elect Ken. Anni our exchange student attended as well, great representation from our Club. A great time was had by all as we enjoyed very good weather, good company, good programs, good fellowship and good learning for a pleasant 3 days.

Friday was a recreational day which included golf, hikes, a boat tour, etc.. We all enjoyed a special Bar B.Q. prepared and served by Michael Zacharki and his wife Anna. Later in the evening we were entertained by Jim Van Leeuwen and Sid Marty with great music and banter.

On Saturday we enjoyed some very good learning programs which included Glacier and Waterton Park updates by the respective Park Superintendents. We enjoyed



presentations on the Crown of the Continent, International Peace Parks / a global perspective, Putting Peace Parks in Context / transboundary conservation, and Hands Across the Borders / an international workshop. Our Saturday evening dinner and keynote speaker was Travis Plaited Hair of the White Buffalo Society.

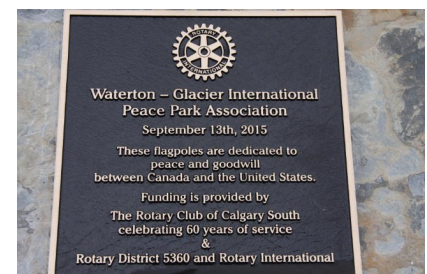
On Friday we held a Board meeting and on Saturday we held our annual AGM to transact our Association business requirements..

Sunday was another excellent day where we enjoyed a Waterton Biosphere Reserve presentation and a non-denominational service focused on the theme of Peace and the Environment. We then moved to the front of the Community Centre in Waterton for a new Flag Pole dedication and the Hands Across the Border ceremony which is always very emotional and a highlight of our weekend. Calgary South was a big part of the 3 new



flag poles in Waterton.

Hopefully we will have as many of our members attend next year's Assembly in Glacier Park Montana, middle of September.





## PARTNERS IN PRINT



### CALGARY SOUTH ROTARY PARTNERS OKTOBERFEST FRIDAY OCTOBER 23, 2015

PINEBROOK GOLF AND COUNTRY CLUB  
166 PINEBROOK WAY SW, CALGARY

WONDERFUL GERMAN BUFFET  
COCKTAILS AT 6.00 PM  
DINNER AT 7.00 PM  
DANCING TO DJ "HURRICANE HOLLYWOOD"

***COST \$65.00 PER PERSON***

"You may pay for your tickets at the Rotary Club of Calgary South Meetings on October 1st and October 8th

**CHEQUES MADE PAYABLE TO CALGARY SOUTH ROTARY PARTNERS**



### PARTNER MEMBERSHIP DUES

It is that time of year again when Calgary South Rotary Partners memberships are due. Your membership pays for expenses in our club such as Sunshine committee, donations in memory of deceased members, Sarcee bingo and Rose Tea, complementary meals for our guest speakers and our Rotary exchange student at our functions and adding the touches that make our events fun. The cost is \$35 per year. This allows you to vote on all matters regarding the Calgary South Rotary Partners.

Due to a technology change with the TD bank we are advised that all cheques must be made out exactly to "Calgary South Rotary Partners". They will be returned for changing and initialing if the club's name is altered in any way because the new technology scanner will not recognize any other name. If you are paying at a function, there is a stamp that can be used to get it correct.

Please send your cheque for membership dues to:

37 Mahogany Manor S.E. Calgary T3M 0Y3, the home of our treasurer Donna Kennedy.





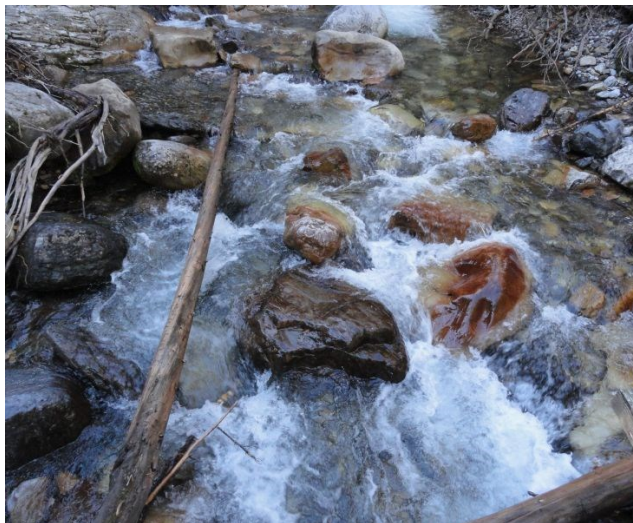
## HIKING CLUB

September 23rd's hike, with seven of us going to Galatea Creek, was special because it was the inaugural trip for Barb's brand new Subaru!



What could be more beautiful than fall colours, a clear blue sky and warm temperatures

I took many pictures of Galatea creek but most showed debris from the flood. I love this picture with the multi-coloured rocks. As we climbed we were rewarded with views of the layered mountains.







## HIKING CLUB

We lunched on a log looking out on Lillian Lake.  
The view was spectacular with the trees reflected in the green lake.



There were three curious chipmunks but  
this fellow was particularly bold.



Some of our group went on the see Galatea  
Lakes which are a deep blue colour.

Some just put one foot in front of the other to  
get down from our 1613 foot climb.

Coming down we noticed this "P" tree which I  
dubbed my personal tree.



## CONTACT INFO

### ROSTER UPDATES

Hello everyone. Bev Ostermann is requesting that you remember to provide any changes to your contact information for the upcoming Roster.

Please either log in to club runner and edit your profile or if you do not know how to do this please contact Kathyann Reginato at: [kathyann@rotarycs.org](mailto:kathyann@rotarycs.org) in order to have these changes made as soon

**ROTARY**

**REMEMBERS**

**WEDNESDAY**

**NOVEMBER 11<sup>TH</sup> 2015**



**Remembrance Day Services  
will take place at 10:45 am at  
The Carriage House Inn at:  
9030 Macleod Trail South  
Calgary, AB T2H 0M4**

### Contact Us

Administrator: Kathyann Reginato  
Rotary Club of Calgary South  
L103C, 9705 Horton Road SW  
Calgary AB T2V 2X5  
(403) 244-9788  
[kathyann@rotarycs.org](mailto:kathyann@rotarycs.org)

Visit us at: [www.rotarycs.org](http://www.rotarycs.org)

#### 2015-2016 Club Officers

**President:** Murray Flegel  
**President-Elect:** Ken Farn  
**Past President:** Allan Johnson  
**Secretary:** Ted Rowsell  
**Treasurer:** Larry Kennedy  
**Partners President:** Maureen Watson

#### 2015-2016 Directors

##### **Club Membership & Foundations**

Luanne Whitmarsh

Email: [luannew@kerbycentre.com](mailto:luannew@kerbycentre.com)

##### **Club Service: Operations**

Glenn Potter

Email: [agpotter@telusplanet.net](mailto:agpotter@telusplanet.net)

##### **Club Service: Ways & Means**

Bryan Walton

Email: [bwalton@cattlefeeders.ca](mailto:bwalton@cattlefeeders.ca)

##### **Community Service**

Gail McDougall

Email: [gailmcdougall@comcast.net](mailto:gailmcdougall@comcast.net)

##### **Community Service (Ways & Means)**

Charlie Gouldsbrough

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##### **International Foundation & Vocational Service**

Neill Magee

Email: [nmagee@arrow.ca](mailto:nmagee@arrow.ca)

##### **Youth Service**

Craig Stokke