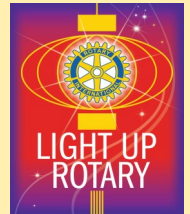




The Bulletin

Of
The Rotary Club of Calgary South



September 4, 2014

Volume 60, Issue 8

Chairman: Bev Ostermann

Editor: Sandy Dougall

Photographer: Norm Legare

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Rotary Club of Calgary South

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kathyann@rotarycs.org

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Sick to Death of the Silence



A compelling title to today's presentation by John Gulak and Cindy Radu. John and Cindy were introduced by Penny Leckie who had an interesting connection with the speakers.

Penny's and Cindy's paths crossed professionally many years ago, working with mutual clients and becoming friends. Penny spoke to us about Cindy's struggle with depression and her involvement in the book titled "Sick to Death of the Silence". Cindy partnered with John Gulak on the book project and it turns out that John and Penny went to High School in Lloydminster. John; a Corporate Lawyer is currently in-house counsel for a private group. John started out by giving us an overview of the Book which focuses on Mental Health

- ♦ What it is Mental illness about?
- ♦ What are we trying to achieve?
- ♦ Why is it important to talk about Mental Health?

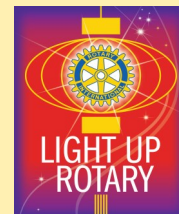
"Sick to Death of the Silence" is coffee table style book with compelling photographs that relay the personal story of 15 Calgarians with mental illness.

The individuals come from all backgrounds including a father dealing with a death of a young daughter from suicide, to a young registered nurse with 3 children and a bipolar disorder. John emphasized that it was not a clinical book but you will learn something about your fellow Calgarian's experiences.



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Sick to Death of the Silence - Continued

The book is intended to heal by storytelling. Silence, secrecy and shame played a part for those that are telling their story. All the stories were unique but had a common theme in doing their part in “normalizing” the discussion of Mental illness.

Mental illness is an important topic to discuss openly because one in five Canadians will experience mental health issues in their life time. Mental Illness is the leading cause of long term disability and the only way things will change is to talk about it. We talk openly about hip replacements and cataract surgery but lower our voice when talking about mental health issues. Having set the stage John turned things over to Cindy who spoke frankly and emotionally about her own experience with this disease. She told us about her first episode in 2002 and more recently her second episode which has led to her being on disability leave for almost a year. An experience with an attempted suicide by a friend in 2010 sparked Cindy to action to write a “Book”. She subsequently enlisted John and with encouragement from friends and family the project took legs. By this time Cindy was on the Board of Canadian Mental Health Association, Calgary, and had their support. A photographer was engaged (Cole Grey) and the stories of the individuals were gradually developed. Cindy left us with an overview of Mental Illness in our City and why dialogue was important particularly as adults talking to our children, nieces, nephews and grandchildren.

“My illness is part of who I am; it is my weakness and my strength. It is my deep desire that this book will open a refreshing new dialogue that is based not in ignorance and fear but in understanding and compassion”

Cindy received a standing ovation and both the speakers were thanked by Roselyn Jack. The cost of production for the book was funded by donations with proceeds from the sales going to the Canadian Mental Health Association. A representative was doing brisk sales at the end of the meeting.



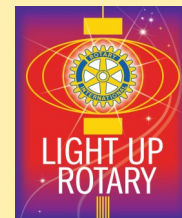
Rotary Polo for Polio Winners: Team "Brooks Brothers"

Rotary Rep: Stephen Cobb, team players left to right are: Ernesto Sarasibar, Fernando Pliego, Craig Nelson & Cledwyn Lewis.



The Bulletin

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The Rotary Club of Calgary South: News



President Al welcomed members and visitors to the meeting of The Rotary Club of Calgary South. The Head table today was made up of Cindy Radu and John Gulak (guest speakers), Roselyn Jack, Penny Leckie and Kevin Hayes.

Visitors: Clive Pringle: Clive introduced our Rotarian Guest Gary MacIntosh from Whiterock Peninsula, John Lamming a Rotary Peace Scholar (Guest of Keith Davis), Lydia Lytwyn and Robbie Schuett (Guests of Rick Scott), Jay Pavilich (Guest of our Speakers) and Jimmy Chiu (YEX Student from Taiwan).

Bridge: Don Taylor: Don reminded everyone that Bridge will be starting up. They meet twice a month for lunch and Bridge. Contact Don if you are interested.

Peace Park Assembly: Sept. 18 to 21: Remember to sign up. See **Earl Huson**.

Polio for Polio: Stephen Cobb: \$1200.00 was raised & the event was enjoyed by 8 of our Members. Thank you for the Support.

50/50 Draw: Jack Haman: Lynn Grant was the winner of \$153.00.

Sergeant At Arms: Dorothea Schaab: Dorothea lightened our pockets and enlightened our minds with Trivia on Days. 3 Members found out that today was "Late for Something Day" but nobody paid up for "Fight Procrastination Day". Tomorrow is "Newspaper Carrier Day" and lots of us paid for being a Carrier as a teen.



The Classification Talk of Kevin Hayes

Kevin gave one of the best classification speeches this Editor has ever heard. It was short and to the point!. No he is not Jason Krause and yes his age has brought the Club average down! Kevin is a Digital Media Strategist and explained he is involved in Internet Marketing through Social Media. Ask him about his line ...it

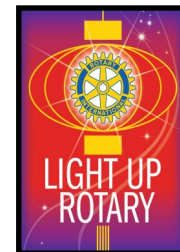
is like Teen Sex. Anyway Kevin you are also a much sought after TV "go to expert"..... I must be one of the few who saw you the other night on Alberta Primetime when I was channel surfing!

President Al closed the meeting on time reminding everyone to ***Light Up Rotary!***



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Calendar and Announcements



Calendar

SEPTEMBER 2014

- September 4 John Gulak: Sick to Death of the Silence
- **September 9** **Rotary South Board Meeting at BBB at 4:30 pm**
- September 11 Alida Visbach: Heritage Park's 50th Sep
- **September 14** **Terry Fox Run: Eau Claire Market (Ken Farn)**
- September 18 District Governor Garth Toomb's Visit
- September 25 Bob Child: LNG Exports

OCTOBER 2014

- October 2 Harry Saunders: City of Calgary Archivist
- October 9 Doug Hagedorn: Computer Screens for the Blind
- October 16 Oktoberfest (details to be announced)
- **October 22** **Ronald McDonald House (Dinner Prep mid afternoon to 7:00 pm, approx.)**
- October 23 Marie Ens: Cambodian Rescue
- October 30 Hallowe'en

NOVEMBER 2014

- November 6 Keys to Recovery
- **November 11** **Rotary Remembers: Carriage House**
- **November 13** **No Meeting due to the Rotary Remembers Meeting on November 11**
- November 20 Cleven Awards (possibly an evening meeting)
- November 27 To be announced

VISITATION COMMITTEE

If you know of anyone who is not well please contact Ed Whitaker: edwhit@spring-bank.ca or 403 249 2864. Ed would be more than happy to arrange a visit for anyone who would like one.

ROSTER: We are hoping to have updated contact information and Roster photos for everyone. Please send any contact information changes to kathyann@rotarycs.org. Did you know that you can update your own profile information through ClubRunner and it will be automatically available to everyone on the club that views our online Club Directory? go to: <http://portal.clubrunner.ca/952> and put in your login name and password. Go to the Member Area and under the box that says "My ClubRunner" you can click on "My Profile" and then make any changes that you need. If you are not comfortable to do this please send any contact information changes to: kathyann@rotarycs.org

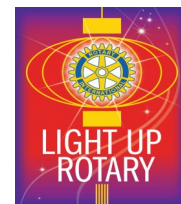


If you would like an updated photo please let Paul Brick know so that he can give a fresh look for the new Roster. We would like to have all this information in by the end of September so that we can begin producing the 2014/2015 Roster.
Thank you from: Bev Ostermann, Kathyann Reginato and Paul Brick



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82nd Waterton Glacier International Peace Park Assembly
September 18th – September 21st, 2014
Kalispell Montana

Rotarians & family members are invited to participate in the 82nd Waterton Glacier International Peace Park Assembly that will be held in Kalispell, Montana. The Rotary Clubs of Western Montana in the Flathead Valley have planned a very informative and entertaining program for all participants.

The highlights that follow are still in the process of being finalized, more detail is expected to follow.

Thursday, September 18th : Early Check in for those who may be planning on Golf or other activities on September 19th

Friday, September 19th :

8:30 Golf at Buffalo Hill course, please see the registration information

9:30 - 3:00 Tour of Bigfork or shopping in Kalispell.

4:00 - 9:00 Tentative plans for a boat cruise on Flathead Lake to the Lutheran Camp for a BBQ.

(More information to follow) Buses will be available to take the participants back to the hotel at the end of the evening.

Saturday, September 20th

7:30 Buffet Breakfast – with presentations by the Park Superintendents

9:30 - 10:15 General Assembly – Speakers to be announced

10:15 - 11:00 Peace Scholar presentations

11:00 - 12:00 Presentations

12:00 - 1:45 Lunch and special presentation

2:00 - 3:00 Dr. Dan Fagre – Glacier Park

3:30 - 4:30 Tours

5:30 - 9:00 Banquet and special presentations

Sunday, September 21st

7:30 - Breakfast Buffet and Speaker

11:00 - Hands Across the Border Ceremony - At the Apgar Campground

Registration Information

Please go to the District 5360 Website to Register

Please note when registering a spouse or partner other than a Rotarian, a second registration is required. When putting in the Add-Ons on the second page put the number in the box and then click outside the box to get the sub-total.

Hotel Information

The Host Hotel is the Hilton Garden Inn in Kalispell. The rate for the conference is \$119.00 per room. Call the hotel at 1-406-756-4500 and request the Waterton- Glacier International Peace Park rate. This rate is only available by direct contact with the hotel.

Jimmy's Jottings



After a 20 hours flight. I am now standing at Canada. My first impression of Canadian is friendly. I met lot's of people at the airport. I also met Daniel. He is now at Taiwan and it looks like he is having a good Time. The first month in Canada. I went to lots of place I never been before.

The first few weeks I was living at New Brighton with Len and Suz. I like them a lot. Then I am now staying with Ron. These days I've been to lots of place and meet other exchange students in Calgary. I went to the Global Fest with Len on the first weekend. Then I've been to the Johnston canyon and the view there is Really beautiful.

The first day of school is very funny. While I go in to my Classroom for TA. A boy say " Welcome to

the best TA in the whole school." Then the teacher said "Just go back to your seat, are you a five year old boy." He answer " No. I am six." I have my first PE class in Canada, it is very tired. And I really like my Computer Application class. We'll have to hand on four project.

I really enjoy my days in Canada.

Hope that I will have a good year in Canada, and hope that my English will be better than before.

Jimmy

ROTARY MATTAMY GREENWAY

Glen Godlonton was out biking last week with his very cute son, Harrison Godlonton and Glen and Harrison ran across this sign for the Rotary / Mattamy Greenway and wanted to share it with the club. Sherry Austin and the Rotary Club of Calgary South are proud of this green space and it is so nice to see a picture of a Rotary Member and his son utilizing the facilities

DOUBLE TROUBLE

Congratulations to Michael and Susan Ruttan on the birth of their twin daughters, Isabelle and Katherine on August 28th.

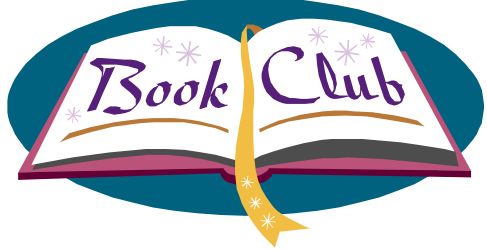
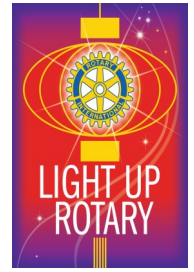
We can't wait for a photo from the Ruttan's





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Partners in Print



I am pleased to be your new Chairperson for 2014-2015. Our first meeting will take place on Monday, September 15th at 10:00 am at my home located at:
172 Douglas Woods Drive SE. Please let me know if you need a ride and I will attempt to arrange that. RSVP to Arlene Flegel at a.flegel@shaw.ca. Looking forward to seeing each of you. ... Arlene

Don't forget to RSVP:

CALGARY SOUTH ROTARY PARTNERS'
Annual Membership Coffee Party
to introduce the upcoming year ... *Women and Our Health*

September 18, 2014 at 10:00 am (\$25.00 for brunch)
Calgary Golf and Country Club (50 Avenue west of Elbow Drive SW)

RSVP to Carol Cairns by Sep 10 (cairnsjandc@shaw.ca or 403.288.3873). Please RSVP as soon as possible, this assists us in finalizing attendance with the Country Club.

Program includes:

Annual Book Sale (with proceeds to "It's a Crime Not to Read")
as well, there will be sign-up sheets for Activity Groups

Membership Fee: \$35 payable to Calgary South Rotary Partners.

Mail to Donna Kennedy
(37 Mahogany Manor SE T3M 0Y3), or you can pay at the door.

Book Sale: you may donate up to ten books for the sale. Books will be sold for \$3 (hardcover), and \$2 (paperback).

Audio books are also welcome.

Transportation: parking on-site is at a premium, please carpool if at all possible.

If you require a ride, contact Maureen Watson (maureen@shaw.ca or 403.246.0497)



The Partners conducted their first Board Meeting of the year with Linda Legare at the helm.

Linda looks pretty comfortable with the gavel. Thank you to Mary McPhee for opening up her home to us for the Board Meeting.



HIKERS:

For information on hiking please contact Constance Jackson at: (403) 931-4018



Lunch Bunch: Well it is that time of the year when our thoughts turn to all the fun Partners activities. With that in mind I want to tell you about the up coming year for lunch bunch. This year's theme is all about International cuisine. Calgary's food scene has changed so much and I thought it would be fun to take advantage of what our city has to offer. Sign up is at the Partner's brunch on September 18th and there will be a sheet for you to put your name on the list. Unfortunately I will be in Newfoundland and will not be there; if you are like me and are unable to attend, please email me and let me know if you want to be on the list for this activity. In the email

please include your name, home phone, cell phone and email address. We meet every third Thursday of the month. This year I hope to include one or two meetings that will be either a Saturday lunch or in the evening so that we might enjoy the company of the women who either work or have kids and can't do lunch during the week. Our first get together is on October 16th at 11:30 at Scopa which is Italian. A complete list of dates and locations will be available at the first meeting. Susan Brick.

Rotary Ride for Ronald McDonald House



A House is made with walls and beams...

A Home is built with hope and dreams...

Join us Saturday, Sept. 6, 2014

Registration 9:00 am Ride starts 10:00 am

Meet at Olds Walmart Parking Lot

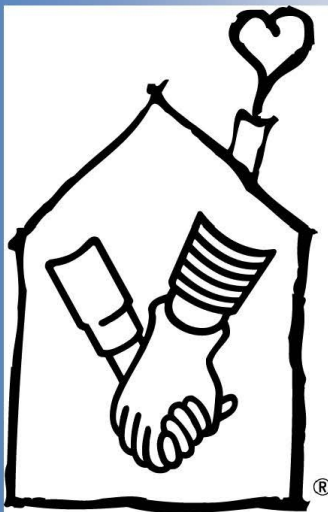
Riding from Olds, Alberta to Wayne, Alberta

To Register or Donate on-line:

www.RotaryRideForRonald.com

For more information contact: Dave Hogarth 403-994-0054

Thank You for helping give sick children what they need the most.....their families.



Ronald McDonald House
SOUTHERN ALBERTA



Ronald McDonald House
CENTRAL ALBERTA