

Rotary Club of Calgary West
(A Year of Rotary Fun and Fellowship)

The Weekly WESTERNER

Box 4572, Station C, Calgary, Alberta T2T 5N3, La Joie de Vivre, Fridays 12:15 pm

President: Lynne Thornton **President-Elect:** Karl Herzog

Past President: Garfield Ganong **Secretary:** Ron Morrison

Treasurer: Mike French

Directors: Stan Beveridge, Garth Evans, Mark Ferguson, Margot McDermott,
Marie Rickard, Jim Walker

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On this warm, windy, overcast Friday, in the absence of **President Lynne**, suffering with pneumonia, President-elect **Karl Herzog** called the meeting to order at 12.15 pm.

The meeting, attended by approximately 50 people, started with *O Canada*.

The invocation was recited by **Tim Anderson**.

The lunch consisted of roast ham, vegetables, potatoes and veggie soup.

HEAD TABLE

Today's head table was graced by **Walter Krawciw**, **Garfield Ganong**, **Sa'adat Keshavjee**, **Mike Carlin** and our speaker, **Barry Lindemann**.

Chuck Morrison introduced our nine guests, highlighted by our youngest ever Paul Harris recipient, **Brooklyn Barootes**, who was on her way to Hawaii this afternoon.

Announcements and Acknowledgements

Strawberry Shortcakes and Valentine's Day: **Ron Brookes** announced that we are on our way to a great program, but would like to see your orders and your participation in driving shortcakes on that day.

Integrity Awards Dinner: Sa'adat Keshavjee reminded all members of the February 24th event, when RI President DK Lee is going to be in attendance. As this is an all clubs make up event, he urged all members to try and attend. Tickets are \$75.00 each and **Bill Tapuska** will have tickets.

Rotary District Curling Bonspiel: **Dan Doherty** announced that we need curlers for the Lacombe Bonspiel February 19th and 20th. **Grant Ritchie** will receive your names, if you are interested to curl.

Club meetings venue update: Karl Herzog reported that the venue for our future meetings is to be moved to the Holiday Inn, Macleod Trail at 42nd some time in March. Stay tuned for more information.

District Conference Lunch: This will be hosted by our club. All members are encouraged to attend this event in Canmore.

50-50 Draw: Won by **Crawford Caswell**. Crawford keeps winning! Well done!

Sergeant-at-Arms: Brent Barootes, off to Hawaii today, fined all members that had not ordered Strawberry Shortcake this year.

GUEST SPEAKER BARRY LINDEMANN AND MITCH RAVVIN TALK ABOUT LIFE OF PARAPLEGICS AND QUADROPLEGICS IN ALBERTA

Garfield Ganong introduced Barry Lindemann, graduate of the University of Calgary, who was paralyzed after a diving accident seventeen years ago. Both Barry and Mitch are with the Calgary Paraplegic Association and presented a PowerPoint presentation, a short movie clip and a presentation.

Highlights:

- He has a special respect and connection with Rotary as he has been involved with Rotary Challenger Park
- Their mission is to provide the means for a paraplegic to become independent
- Their agencies include:
 - Information services for patients from the hospital on
 - Community Development: Services with and for the community to develop greater synergies and understanding
 - Peer Group Support systems and conferences for their members and for the families of those connected
 - Liaison with building owner who may be able to assist with affordable housing and retrofits
 - Vocational Support to enable the clients to re-enter the community and the work force through work with the city and major corporations
 - Aboriginal services for the communities in the reserves
 - Home adaptation programs for those who need to retrofit homes to affect family members
 - Information seminars for continuous information and professional and personal development
 - Social programs to bring members together and enable them to enjoy a fuller life barrier-free
 - If one is in this position, Alberta is a great place to be living as the support here is probably the best they have seen!

Several questions were asked about what we can do. Barry suggested we may offer peer support to their clients to take them grocery shopping, to meet them and play cards or just to offer camaraderie.

The presentation was very informative and left us all with a greater understanding of people in that position.

Walter Krawciw thanked Barry and presented him with a Boltman.

Next Meetings:

February 6th: Jennifer Sundsten on her visit to Costa Rica with microcredit

February 13th: No meeting as we are ALL working on Strawberry Shortcake delivery.

Feb 20th: Kim Feist on Adolescent Depression

February 27th: Meeting Rescheduled to Feb 24th (Integrity Awards Dinner) as an all clubs event

The meeting adjourned at 1.30 pm

Our exchange student to Brazil, Emily Rose, has a blog site: <http://Emily-exchange-to-brasil.blogspot.com>. If you just click on this Website address, you will go straight to it. Marie Rickard has told me that Emily updates this site regularly, so please visit it every so often.