



The Weekly Westerner

Box 4572, Station C, Calgary, Alberta T2T 5N3
Grey Eagle Hotel, 3777 Grey Eagle Drive (Corner of 37 St SW and Glenmore Drive)
Mondays 12 noon - 1.30 pm

President: Terry Felton **President-Elect:** Ben Kormos **Past President:** Gail Williams
Secretary: Malcolm Harrison **Treasurer:** Karl Herzog
Directors: Tim Anderson, Judy Cochran, Marlene Doherty, Arien Knight, Chris Ritter,
Duncan Stanners

January 16, 2017 Edition: 50.24 Reporter: Judy Cochran Publisher: David Williams

Our first Monday Rotary meeting with a "normal" agenda (I ask, is anything normal about RCCW?!) was led by the cashier team of **Arien Knight** and **Malcolm Harrison**, with **Don Vokey** being trained by the master himself. **Kurt Schurer** was selling 50/50 tickets; the smiles, hugs and handshakes came from **Alex McFadden** and **Larry Doyle** as greeters.

Then the normalcy stops – for only a moment or two. As you enter the room, there is **Tony Knight** and **Shelley Dyson** in the finest strawberry accessories one could hope to don. They want everyone to sign up for our Strawberry Shortcake Campaign, with cake assembly on February 13 and delivery on February 14. Tony also is inviting everyone to come out to Mikkelsen House for a tour of the site of our future Rotary Atrium next Monday, January 23, at 11:30 am.



The second thing out of the ordinary was there on the big screen were **Hannah Shafiei** and her host parents skyping in from Italy. She is doing great! She and **Lori Mattei** had some conversation in Italian. Club members formed a long line and used our mother tongue to catch up on the news.

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Once the goodbyes were said to Hannah, **President Terry Felton** got the meeting back to normal at 12:10 pm. **Gerry Meek** stepped up for the singing of *O Canada*, and **Debbie Barry** gave the invocation.

The head table was introduced and consisted of our guest speaker, **John Brown** from the University of Calgary, Alex McFadden, **Ron Brookes**, **Gail Williams**, **Larry Doyle** and President Terry Felton.

Arien Knight introduced our guests, who included John Brown, guest speaker, **Cathy Freer-Leszinski** from the Downtown Club, **Joe Connelly** from Calgary South, and **Len Gieck**, guest of **Orlin McMillan**. Smiles came out as we sang the welcome song and thumped the table.

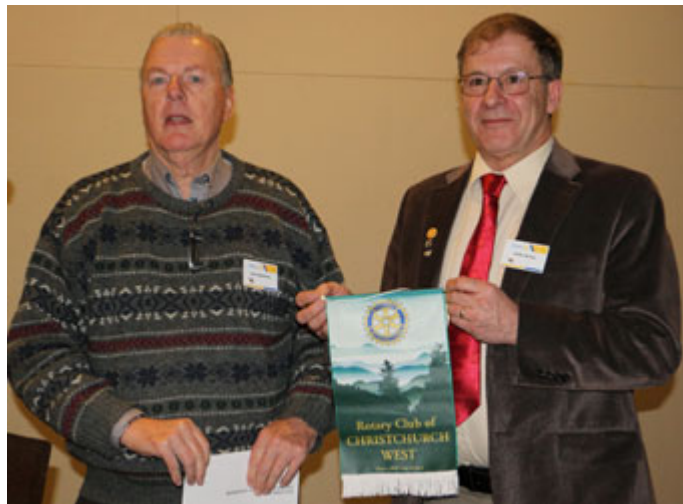
Don Campbell received his Paul Harris pin as he missed the event last week.

Hot Seats

- **Dan Doherty** promoted the film, *Poverty Inc*, showing at the Plaza on Wednesday, January 18, at 6 pm. This is being shown in partnership with Engineers Without Borders. It is a film that will challenge how we see poverty and how we send aid.
- Next is the upcoming 56th Annual District 5360/5370 Curling Bonspiel on February 23-26 in Calgary. See Dan if you are interested in participating. We may get two teams in this year – a lot of fun!!
- **Judy Cochran** stepped in for **Pat Romerman** to talk about Inclusion Alberta. This a Community Partnership with Rotary Clubs in District 5360/5370, Inclusion Alberta and Persons With Developmental Disabilities. It has helped find permanent employment for 600 special need workers.
- Tony Knight had more information on Mikkelsen House. There are seven Rotary Clubs in Calgary supporting the project, with more to join. To date there is \$525,000 in pledges, so we are over halfway to our goal of \$1 million. **Please let Tony know asap if you are interested in attending on January 23 at 11:30 am.**
- Tony once again donned his finest Easter bonnet, full of strawberries and ribbons. The campaign is well under way with a goal of 5,000 cakes being sold this year. You can buy cakes on line for \$7 each, with a minimum order of six. Or you can donate your cakes to Feed The Hungry, or you can simply make a donation. The cake assembly will be at St. Mary's Hall on February 13 (no regular meeting that day) and delivery is February 14. Volunteers are needed.

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- David Marshall** presented a banner he received from RC of Christchurch West (formerly RC of Kashmir). The earthquake in 2011 devastated the area. There are about 70 people in that club. David will send down our RCCW banner.



- Orlin McMillan made a cheque presentation to Arms Of Jesus. Len Gieck, a business partner, received the \$3,400 cheque. The funds will be used to build two homes in Guatemala. Len was thankful for the donation and said, last year, 12 homes were built housing 78 people.



Tim Anderson won \$55 in the **50/50** draw.

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Sergeant-at-Arms

Larry Doyle was the esteemed SAA. In keeping with our Jubilee Year format, he had Past-president **Chris Davis** answering a few questions (too many in Chris's opinion) concerning the 2005-06 Rotary year.

- What was the motto? Be On Time. [Editor's Note: Actually, it was "Better Late Than Never"!]
- What was the net membership change? Three members.
- How many are still members? Only one, Helen King.
- What was the momentous invention? The club's member roster.
- What is the significant thing about Canada that occurred at the RI level? The RI president that year, Wilf Wilkinson, was a Canadian – the first in 55 years.

Chris offered to pay the fines levied on himself **and** for his table for his many entertaining, but incorrect answers. For happy bucks, Alex McFadden got a \$1 credit as greeter. Larry fined himself \$1 for mixing up the two Dons. Judy Cochran reminded him he also mixed up her badge and Malcolm Harrison's. Another \$1 please, Larry. Malcolm should have been fined, too, as he actually put on Judy's badge!!!

Welcome back to **Paul Graham!**

Two new inductees were invited up to the front of the room: **Eduardo Watman** and **Bev Picard**, along with **Claude Massé**.



- Bev has a family of three boys and has lived in Calgary for the past 30 years. She currently manages property in the Mission area. She has given herself to many international causes such as Days for Girls, volunteering in an orphanage in Nepal, building homes in Mexico and stoves in

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Guatemala. She looks forward to forming new friendships and being of service to those who in need, both locally and internationally.

- Eduardo is originally from Argentina, where he worked as a physician for 20 years and a university professor. Coming to Canada in 2003 with his wife and two children, he continued in the medical field here. However, he has made a career change to follow his passion in real estate. His classification is Radiologist/Real Estate: a unique combination to say the least! He is a world traveller, loves sports, photography and the outdoors. He is grateful for the opportunity to join our club.

Gail Williams gave the charge. RCCW is a 'Can Do' club, and this is our 50th anniversary. **Marie Rickard** will be Bev's mentor and **David Williams** will be Eduardo's mentor; but so will everyone on their team and in the club. They are the newest members of Rotary and have 1.2 million friends in 35,000 clubs and 200 countries worldwide. Welcome and congratulations, Bev and Eduardo. Thank you, Claude for bringing these new members to Calgary West.

Guest Speaker

Alex McFadden introduced John Brown. He is currently Associate Dean of Research and Professor of Architecture in the Faculty of Environmental Design at the University of Calgary. He recently completed his PhD from the Royal Melbourne Institute of Technology. He has been teaching for the past twenty-five years.

Through Housebrand, he has designed over 250 new home and rebuilding projects. John's "Aging In Place Laneway Homes" research and design was recognized by the mayor's Urban Design Award in Housing Innovation in 2015.

This is thinking outside the box - literally. That "box" or house doesn't fit for every senior in every way. John looks at aging more as a staircase progression from the childhood to middle age to old age. He uses that same staircase model to show three stages of old age : *young-old* where there is a shifting lifestyle; then the *middle-old* with shifting ability, and finally the *oldest-old* encompassing shifting health.

There is an ecological movement of aging that interacts with the environment, and that is housing. Resilience is the capacity of an ecological system to adapt to stress. So add to our staircase functional resilience for the young-old, emotional resilience for the middle-old, and physical resilience for the oldest-old. This may encompass physical and/or cognitive issues, chronic disease and terminal illness.

The models showing personal competence against the years of age have the typical house being limiting, even detrimental, to ability early on in one's life span. What John's model proposes is extending and/or postponing independent living as one ages. He wants smart houses that will augment their world and augment independence.



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But how? is the question. For that there isn't just one answer. John uses the example of eye glasses. They are not considered a medical device, and they come in many different styles and colors and shapes of frames. One chooses based on how they look. They are a part of ourselves, and we should choose houses in the same way. After an occupational therapist has been into a home and installed grab bars and other aids everywhere, what do we say? The person who lives here is not doing as well, they are sick. Back to the eye glasses: nobody knows our prescription, nor should they. It is a private matter; the same with one's home.

The Laneway House is part of the next generation of "aging in place" housing. In Canada, every day 10,000 people turn 70 years of age. The need is clearly there as our population ages. There is design functionality that combines mass customization and even digital monitoring and sensory devices. This allows the home to be adaptable to meet the changing levels of one's physical and cognitive needs. All the while maintaining the domestic aspect of the home and extending the independence of the person living there.

This home is only 450 square feet, prefabricated, temporary and adaptable. Your doctor prescribes this type of housing and the house could be placed on your lot, your family's lot, or a friend's lot using the laneway access or a crane. The proximity to the main house provides both privacy and adjacency. It is portable and leased. At the end, the unit would be taken away and redeployed. The unit is fine-tuned and customized to the resident's changing profile as they age.

Most of the medical paraphernalia is out of sight in modular walls. We do not need to make houses for the elderly look like a hospital. Some of the features include hand rails on the cabinetry, and under-mount lighting for those nightly trips to the bathroom. There are hidden sensory devices that can measure how much the patient is walking, or can take the patient's weight to detect rapid weight gain/loss, or automatically turn off the stove for a dementia patient.

The bathroom has a privacy area with a sliding door for the toilet and shower. It also boasts a common area where medical needs can be taken care of by the patient themselves or, when required, by a care giver. This maintains the patient's dignity. The bedroom also has a full medical wall that can be adjusted to different medical modules to end of life.

John has been working on this project for four years with colleagues in environmental design, the Cummings School of Medicine, W2IC, a systems research and innovation team at U of C and the Calgary Zone of Alberta Health Services. Testing of the prototype will commence this spring. The City of Calgary has given approval to the prototype. Data will be collected over a three-month period from the residents, their families, the health care team, neighbours and the community. The data will be used to assess, not only the medical effectiveness, but the functionality of the home and the impact on the neighbourhood and community. This has potential in a rural setting, a flotilla of units outside a care facility, and for those just out of hospital needing stop-gap care.

Who knows, one day you or I may be living in a Laneway House! None of us are getting any younger, as Ron Brookes pointed out in thanking our speaker. The world famous Boltman was presented, and in our Jubilee year he is wearing a gold hat.



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The meeting was adjourned at 1:35pm.

Coming Events

January: Vocational Service Month	
2	No Meeting
9	50th Anniversary Programme - TBA
16	John Brown, University of Calgary
23	The Bethany Project field trip. Evelyn Buckley, Speaker
30	Rotary Employment Partnership - Inclusion Alberta
February: World Understanding Month	
6	Economic and Community Development – Ken Montgomery
13-14	Strawberry Shortcakes: preparation and delivery
20	No Meeting. Family Day
27	Tom Hickerson U of C, Curator Davidson Papers
March: Literacy Month	
6	Team Meeting
13	Michael Chiasson: Youth Motivational Speaker
20	Lieutenant Governor Lois Mitchell
27	Manning Innovation Awards (Tentative)
April: Maternal and Child Health Month	
3	Vimy Ridge Centennial
10	Evening Meeting: Spring Assembly
17	Easter Monday. No Meeting
24	Field Trip to Rotary Challenger Park

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May: Youth Service Month	
1	TBA
8	TBA
15	TBA
22	No Meeting: Victoria Day
29	David Poulson: Author and Radio Announcer