

# Rotary Club of Calgary West (Where Rotary Works)

## The *Monthly* WESTERNER

Box 4572, Station C, Calgary, Alberta T2T 5N3  
Danish Canadian Club, Fridays 12:15 pm

**President:** Mike French **President-Elect:** Garfield Ganong

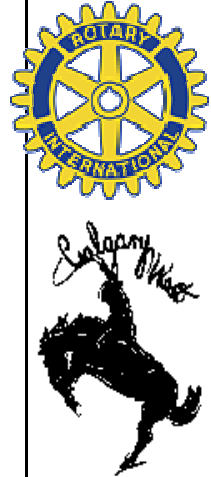
**Past President:** Chris Davis **Secretary:** George Edwards

**Treasurer:** Murray Hunter

**Directors:** Brent Barootes, Frank Burns, Stan Cichon, Marg Henschel,  
Bill Lawless, Brenda Sali

January Edition

Publisher: David Williams



**The mission of Calgary West is to uphold the ideals of Rotary in all avenues of service, with a focus on aiding the disadvantaged and developing the potential of youth, in Canada and internationally, in a spirit of fun and fellowship.**

### Mike's Mind

Happy New Year! Welcome to 2007 and another year of change at the Rotary Club of Calgary West – Where Rotary Works – and works very well thanks to each of you.

So I'll start the New Year by saying thank-you to each of you for your support, your hard work on behalf of Rotary and all those we serve. Calgary West is a great club and what each of you achieves on behalf of our club makes me extremely proud of our club.

I have received many wonderful compliments about our club and I don't hesitate to tell everyone that it is the strength and dedication of the members that makes our club great. So, keep it up, we're not finished yet!

So, what is to come?

We have laid the groundwork for most of our actions to come to fruition this year. Fundraisers are starting to roll, we have a formal gifting approval process in place to evaluate projects, and we continue to invite you to bring forward projects that you are eager to champion. We also have a membership development program that we will be asking your help to implement.

As well, we have our many other committees that

make our weekly meetings excel and our many other activities and interests shine. All thanks again to each of you for your involvement.

In addition, the board hopes that we have developed a better process for transitioning from year to year, as well as forward planning without inhibiting the incoming president. These processes, we believe, will allow incoming club presidents and boards to function right from the start of their term. Of course, these processes will depend on the willingness of future boards to adopt them. You'll hear more about these in the coming months.

January is Rotary Awareness month and I challenge each of you to discover more about Rotary and share your knowledge and enjoyment of Rotary with others.

I believe we have an exciting club, a club that focuses on those elements you indicated as your priorities at the last assembly, "Fun and Fellowship; Charity and Giving". I look forward to working together with each of you to achieve those aims over the balance of my year as a very proud president of The Rotary Club of Calgary West – Where Rotary Works – thanks to each of you.



### Howdy Partners

We enjoyed the company of our partners at several social events this past six months and at a few meetings, especially at our meeting of Hope and Remembrance. However, over the next while we have fewer social occasions at which we get together with our partners and friends, so I again suggest that you might want to bring them along to our meetings once in a while. I have suggested that the third Friday of each month would be a good day to focus on so that partners know that they won't be the only partner there; but, of course, you are welcome, nay encouraged, to bring your partner along whenever you wish and they are available to attend. It's an open invitation that I encourage and hope that you and your partner will accept.

Talking to a few partners at the Christmas Brunch, it sounds as though the impetus is building, so don't be left behind!

We'd also welcome their help and company delivering Strawberry Shortcakes on February 14<sup>th</sup>, the pleasure of their company at our Fireside on March 21<sup>st</sup> and their help and advice as we start to plan for our 40<sup>th</sup> anniversary celebration. Please enquire if your partner is available and willing to help us out with one or more of these events and let Frank Burns, Stan Beveridge or myself know.

Cheers,

Mike

## Brent's Club Management Update

The holidays have come and gone, and now onto New Year's resolutions!! The Rotary year is now halfway through, so I figured as much of an update as I can do would be appropriate.

The Foundation Committee (Sa'adat, Bob Hamshaw, John Rymes, and now Bill Quinney has joined the team) has been doing a great job promoting, not only the RI Foundation, but also the Calgary Rotary Clubs Foundation as well. I know they have more in place to promote and make an offer to our club members for the Calgary Rotary Clubs Foundation, but that will have to wait for next month. But with the drive they did for RI Foundation month in November, they are to be commended. By the end of November, our club through member donations added \$12,000 USD to RI Foundation since July 2006. So, after only five months we are only \$2000 behind the highest ever donation year from our club. Hey folks, let's exceed that goal and make contributions for another \$2000 to the RI Foundation and make this a banner year!!

Just a reminder for all club members. If you have something to submit to this monthly publication of the Westerner (a picture and

caption of a club member hard at work, or not, an article about something on a committee you are doing, kudos for a club member or anything else) please forward directly to me at [brent@partnershipgroup.ca](mailto:brent@partnershipgroup.ca). It is



your newsletter, so the more we can tell each other and record our activities and fun the better. I look forward to receiving your submissions!

The vocational committee continues to work forward with both our weekly "roving reporter" and our monthly Westerner submission from Pauline Evans on different club members. Keep up the great work folks.

Our environmental committee is working behind the scenes to try and move forward with their planned initiatives for the year. Be sure to read their report update this month.

The continuity committee has been working hard in preparing a report and list of recommendations for the club and long-term planning. Garfield, Bryden and the team reported to the board at the December meeting and we look forward to seeing the results and its pres-

entation to the club at the May assembly. In the meantime, an update article is in this edition of the Westerner.

assisting the committee in volunteer recruitment for deliveries. Rick heads up the Volunteer Committee for the club.

The Westerner weekly and monthly publications have improved dramatically over the past six months. David, congratulations: you have been doing a stellar job!!

And last but not least, didn't Margot and her committee do a great job with the September assembly?! Well just you wait to see what they have planned for the May assembly. Be sure to mark Wednesday, May 23, on your calendar for the date and location to be confirmed.

From a marketing and communications perspective, congratulations to Robyn Braley and his work with Strawberry Shortcakes and getting the message and profile out and all the work he has done with Calgary Co-op. Also on the topic of Strawberry Shortcakes, congratulations to Rick Dreja and his team who are

All the best to all club members and your families, and thank you for letting me serve you and the club for this last six months as a director of your board. All the best for 2007!

**Environmental Committee December Update**

We now have three guest speakers confirmed for the New Year.



On **January 12, 2007**, Dr Bill Cade, President of The University of Lethbridge, will talk to us about health and the environment.

On **February 16, 2007**, Karen Morrison, Waste Wise Community Outreach Program Coordinator for Clean Calgary Association, will tell us about the city's recycling programs and how they make use of the material we put into the green recycling bins.

Then, in **April**, Mark MacGillivray of The Green Party will talk to us about some of his party's initiatives for a greener Canada.

*As we are a new committee, your comments and suggestions would be appreciated.*

Ron Brookes

**Classifications at Rotary West**

Has your professional activity changed?



President Mike thinks we ought to give members a chance to change their classifications to reflect their current position in work.

Anyone interested in doing so should contact **Holland Berry**, chair of classifications

# Summary of December 11th Executive Board Meeting (Held at Lord Shaughnessy High School)

The meeting was attended by: Mike French, Chris Davis, Garfield Ganong, Frank Burns, Stan Cichon, Marg Henschel, Murray Hunter, Bill Lawless, Bryden Horwood, and George Edwards. Brent Barootes had out of town business commitments and sent his regrets.

## Business arising from previous meetings:

- The club has received the invoices for these two policies: Guarantee Company of North America (\$382) and Chubb Insurance Company of Canada (\$1147). Chubb is correcting information on our policy and when Vanguard Insurance receives the corrected policy it will be sent to us.
- Plans for Calgary West's 40<sup>th</sup> Anniversary were tabled until the January meeting.
- A donation was made to the Hearts and Hands project.
- The Integrity Awards committee announced that it has three nominees to consider. Integrity is emphasized, not solely community service.
- The decision regarding the Guatemala project will be discussed at the January meeting.

## Treasurer's Report

With only two weeks of transactions, there was nothing major to report

## Directors' Reports

### Fund Raising:

- The Strawberry Shortcakes committee has set a goal of selling 6000 cakes. This means that all members need to be involved. The committee needs drivers and co-pilots and it needs your support in selling (i.e. contact past clients and promote the project in any way you can).
  - ◇ Contract will be signed early in January.
  - ◇ There are three areas for accounting: budget, orders and collection.
  - ◇ Rotary International rejected our application for promotion funds.
- The Rotary Club of Calgary Sarcee (a club Calgary West sponsored) needs help with their major fund raiser, the Art Auction. The Board decided that we did not want the project but that we should help. The motion by Stan Cichon/Marg Henschel to support the Sarcee club passed.

## Activities

- Helen King is now the chair of the Housing Committee.
- A third person will help at the front and will introduce guests to members.

## Youth

Nothing to report.

## Gifting

The motion by Bill Lawless/Marg Henschel to donate \$5000 for the Add Your Light Databon training centre passed.

## Membership

- The board reluctantly accepted Jim Barnes' resignation. Jim is seldom in Calgary and this is the reason for the resignation.
- Committees will be encouraged to end their meetings prior to the regular meeting or hold them after the regular meeting so that all members can socialise.

## Club Management

- A meeting with Centre West Campus is scheduled for January to discuss our website.
- The Board requests members to inform the secretary of changes for inclusion in our club roster and Rotary International records. The information will then be forwarded to Gordon Rodrigues.
- The club will again apply for Rotary International promotional funding for the year 2008.
- The final figures for the Foundation Month will be reported next month.
- The key topic of the meeting, the Continuity/Long Term Strategic Plan, was reviewed. Garfield Ganong introduced the document and turned the proceedings over to Bryden. Bryden Horwood facilitated the discussion.
- Further information on this topic available in the Continuity Report of the Westerner and more to be shared with the club in the coming months for input and feedback

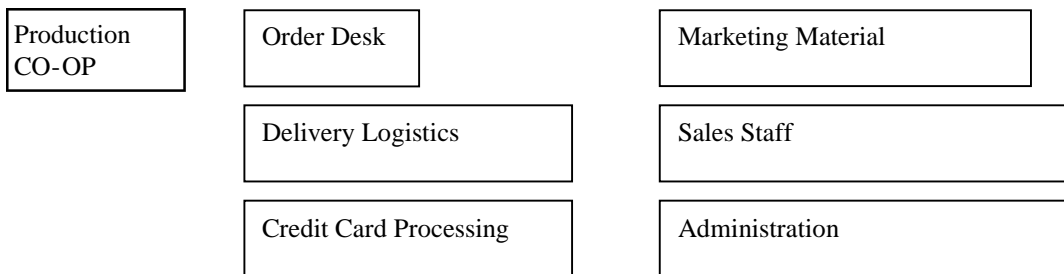
**The next meeting is on January 22<sup>nd</sup>, 2007, at Lord Shaughnessy and will start at 4:00 pm**

## Fund Raising - Stan Cichon Director

### **Strawberry Shortcakes: the evolution of a great idea to a great project.**

Last year's highly successful campaign highlighted the reality which said 4000 sales was the maximum for our club involvement (this year we expect to sell 6,000+). We rolled up our sleeves, walked the extra mile and we delivered! We also realized we could not sustain this type of work involvement from within Calgary West.

Beginning last March and continuing to date, Brent Barootes and his team have been searching for ways to expand the project and reduce our manpower. Calgary West has struck strategic partnerships with Calgary CO-OP, TigerTel UTR, Stampede Messenger & Express, Valentine Volvo and Unimark Creative Services.



This year our involvement will change from a complete operation (from pasture to plate) to one where we are the Marketing and Sales arm. We will still require a one day volunteer commitment from club members on the delivery side. Stay tuned and start dusting off your old client lists. February 14<sup>th</sup> will be a day when we show our love of our Calgary community.

#### Committee Structure

1.	Cam Wright	Chairman
2.	Crawford Caswell	Production
3.	Roger Joki	Delivery logistics
4.	Marie Rickard	TigerTel liaison (Order tabulations)
5.	Ron Brookes	Club Runner/Volunteer coordinator
6.	Brent Barootes	Stampede Messenger liaison
7.	Karl Herzog	Historical critique
8.	Robyn Braley	Marketing/Coop liaison
9.	Rick Dreja	Volunteer liaison/Volunteer Calgary

The Strawberry Shortcakes group has been actively meeting for over six weeks with a 2007 goal of selling 6000 cakes. Calgary West, with your determination we can and will meet our goal!

#### Critical club issues:

1. Cut off date for orders Feb. 7<sup>th</sup> 2007
2. Volunteer commitment one day:
  - a. Bundling cakes at Beddington
  - b. Drivers with co-pilots (50 + 50). Will contact Volunteer Calgary for assistance beyond club commitment (Rick Dreja)
3. Club members to promote sales (existing and new clients)
4. Team to promote sales to other Calgary Rotary Clubs

## Rotary Club of Calgary West Elects 2007-08 Board of Directors

On December 8, Calgary West elected three new directors, a treasurer and a president-elect to replace outgoing directors Frank Burns, Marg Henschel, Stan Cichon and Murray Hunter.

Congratulations to Marie Rickard, Garth Evans and Mike Reikie on being elected as in-coming directors and Derek McClary as treasurer, and welcome to the board of directors for the 2007/08 year. Returning directors include Brent Barootes, Bill Lawless, Brenda Sali and secretary George Edwards.

The club also made history on Dec. 8 with the election of Lynne Thornton as president-elect for the 2008-09 Rotary year. Lynne was the first woman member of our club and we are excited to have her commitment as the club's first woman president. Congratulations Lynne!

Here it is: only December 2006, half way

### Strategic Plan

The board of directors of Calgary West mandated the continuity committee to develop a longer term strategic plan (three to five years) for Calgary West that would be flexible, targeted specifically to Calgary West and that could be revisited each year and modified as the current president and board of directors see fit within the longer term framework.

This strategic plan is meant to be a living management tool that will be used to sharpen focus and give consistent direction over a three to five year period of time. At the core of this strategic plan is a commonly shared vision of what success will look like in the future. It provides a detailed road map on how to attain that vision with specific strategies and tactics.

Information for the preparation of a draft strategic

through the current year, and we have our team in place for the next year which starts July 1<sup>st</sup>, 2007. I feel fortunate to have such a strong and capable team to work with and I know that the year will be exciting and rewarding for each of us.

Calgary West celebrates its 40<sup>th</sup> Anniversary in 2007 with the actual charter signed on June 9<sup>th</sup>. Working with President Mike, we will kick off celebrations on Friday, June 9<sup>th</sup>, and continue with some events throughout the year. Our club has a great history of service and fellowship and my goal is to highlight this in the coming year.

Thank you, again, for agreeing to serve the club and I look forward to working with each of you throughout a year of “**Service through Fellowship**”.

Garfield

plan was obtained from the planning process completed by the club several years ago, from information obtained through the 2005-06 club membership survey, through interviewing a number of past and future presidents and through informal discussions with club members.

Early in the new year, this draft plan will be presented to the club for comments and feedback with a goal of having the final plan approved by the club for implementation at the beginning of the 2007-08 Rotary year.

The continuity committee members are:

Mike French  
Chris Davis  
Bob Hamshaw  
Mike Carlin  
Bryden Horwood  
Garfield Ganong (Chairman)

## Getting to know you!

This month we will be getting to know **Don Axford**, our jovial piano player, and **Verneil Martin**, another of our very artistic members.

Don was inducted into the Rotary Club of Calgary West in 2001 with the classification of Clergy Anglican.

Don is a retired Anglican Minister who moved to Calgary from Stettler. It was in Stettler, at the St. George Anglican Church, that he oversaw his last ministry. The fourteen years that Don spent in Stettler were very busy: besides all the many responsibilities that go along with being a church minister, he still found time to be involved in the community. On Sunday mornings, he had a Radio Ministry, he was padre to the Legion, president of the Musical Festival and he served on the hospital board. In 1996, Don became president of the Stettler Rotary Club. In 1997, he was appointed to be one of District Governor Glen Baillie's representatives. Don really enjoyed Rotary in Stettler as it allowed him to meet people outside of his congregation.

Don has applied many of his musical and ministerial talents to Rotary. He leads us almost every meeting in the singing of our national anthem and the welcoming song that we sing to greet our guests and visiting Rotarians. Don, a very compassionate person who relates very easily to people, phones Rotarians that have missed a few meetings, takes care of sending cards and makes phone calls to our members that are experiencing health problems. He would like to remind members that he should be made aware of any problems that need his attention.

Don is a member of the Membership Committee under the heading of Caring.

Verneil was inducted into the Rotary Club of Calgary West in 1993 with the classification of Publisher.

In 1987, when her husband, Doug Martin, was District Governor, Verneil had the opportunity to put her publishing skills to good use by organizing and publishing two cook books: 'Among Friends', volumes one and two. These cook books made two million dollars for Rotary.

While living in Europe, Verneil became interested in art and design. Taking her interest further, she registered for courses in these subjects. The beautifully decorated tables that we got to admire at the Rotary Convention this year and at the Christmas party on the 17<sup>th</sup> of November, show how talented a designer Verneil is.

The Rotary Youth Exchange Program is another of Verneil's projects. For many years she has counseled both incoming and outgoing students for Calgary West Rotary Club, and she also assists the Calgary Rotary Club with their Youth Exchange Program. Verneil is also extremely involved in the selection process of choosing these students. All of Verneil's students remark how nice it is to hear a friendly, caring voice from Calgary when they are a long ways from home.

Verneil is a member of the Activities Committee under the heading Functions: Christmas Party.

Pauline Evans

## RI Foundation Update

### Cash to the Rotary Foundation

Canada's tax incentives for charitable donations are designed to make it easier for you to support your favourite charity - which, of course, is The Rotary Foundation. And a recent change in the May 2, 2006, federal budget has further improved the tax benefits for donating shares and certain other assets. How you structure your charitable donations can be as important as the amounts you give, both to the charity and to the donation's after-tax cost to you.

Both during your lifetime and on your death, you can donate property to a charity as an alternative to money. Such donations are called "gifts in kind" and can include property such as shares, artwork and real estate. Gifts in kind can also include more esoteric gifts like life insurance or a residual interest in real property.

Gifts in kind are normally valued at their fair market value. You use the same method to determine the value of the tax credit for a gift in kind as you do for a cash donation. Thus, the tax credit is generally worth about 46% of the value of the property, depending on your province. However, at the time of the donation, since you are deemed to have disposed of the property at its fair market value, you generally must recognize any capital gain or income that would result had you sold the property for that price.

As a result of the 2006 federal budget, individuals and corporations who donate securities listed on prescribed stock exchanges, mutual funds and segregated funds of life insurance companies to charities (other than private foundations) on or after May 2, 2006, do not have to include any portion of the resulting capital gain in their income. For such donations made before that date, the donor had to include 25% of the resulting gain.

For assistance contact your financial advisor or a member of the Zone 22 Rotary Foundation Team.

Many Rotarians have expressed interest in making gifts of life insurance to The Rotary Foundation (Canada). There can be many advantages to both the Foundation and the donor, and this can be a very generous way of supporting *our* Foundation's work around the world.

**BUT**, before you go further, there are a number of things that you should be aware of, such as The Rotary Foundation's Gift Acceptance Policy.

At present, the Rotary Foundation will accept ownership of life insurance policies that meet the following criteria:

1. When/if the policy to be gifted is fully paid-up as of the date of the gift:
  - The policy must have a minimum face value of \$1,000;
  - The life expectancy of the insured must be less than 15 years on an actuarially determined basis;
  - The Foundation may liquidate the policy for cash value net of any policy loans insured must be less than 15 years on an actuarially de-termined basis;
  - The Foundation may liquidate the policy for cash value net of any policy loans or other charges.
  
2. When/if the policy to be gifted is not fully paid-up as of the date of the gift, and the donor requests that the Foundation make premium payments on their behalf:
  - The policy must have a minimum face value of \$5,000;

- The life expectancy of the insured must be less than 15 years on an actuarially determined basis;
- The Foundation may liquidate the policy for cash value net of any policy loans or other charges;
- The donor agrees to forward contributions to the Foundation in amounts equal to the cost of corresponding periodic premium payments;
- The amount of the periodic premium must be greater than \$200.

**3. When/if the policy to be gifted is not fully paid-up and the donor will pay future owed premiums directly to the insurance company until policy is fully paid-up:**

- The policy must have a minimum face value of \$1,000;
- The life expectancy of the insured must be less than 15 years on an actuarially determined basis;
- The Foundation may liquidate the policy for cash value net of any policy loans or other charges.

Only individual gifts of life insurance shall be accepted; individual insurance policies purchased by a group of individuals will not be accepted. The Rotary Foundation will not accept ownership of term life insurance policies.

The recognition that you receive from The Rotary Foundation depends on the type of policy that you are bequeathing.

If the donor is 70 years old and designates The Rotary Foundation as the irrevocable owner and sole beneficiary of a whole or universal **partially paid** life insurance policy, with a minimum face value of US\$10,000 the recognition that the donor receives is for the face value of the policy.

**Donor Recognition for a Partially Paid Policy:**

US\$1,000 to \$9,999 = Benefactor Recognition

US\$10,000 and above = Benefactor and Bequest Society

If the donor is 70 years old and designates The Rotary Foundation as the irrevocable owner and sole beneficiary of a whole or universal **fully paid** life insurance policy, with a minimum face value of US\$10,000 the recognition that the donor receives is for the face value of the policy.

**Donor Recognition for a Fully Paid Policy:**

US\$1,000 to \$9,999 = Benefactor Recognition

US\$10,000 and above = Major Donor Recognition

So, before you buy a new policy or designate the Foundation as the beneficiary of an existing policy, please take the time to contact Christine Johnson at TRF in Evanston (Christine.Johnson@rotary.org). She will step you through the process and ensure that your policy meets the acceptance guidelines. Christine will also contact TRF (Canada) and have a Canadian tax receipt issued.

A contribution of life insurance is just one of the many ways that you can support The Rotary Foundation. The Zone 22 Foundation team is standing by to help you explore others.

**PDG Ken Robinson, Major Gifts Advisor, Zone 22 East**

# Membership Matters



During the holiday season, as we celebrate with friends and family at varying social events, think of who within that group may like to attend our meeting and potentially become an active Rotarian in our club.

Think about each of the personality profiles. Whom do you know who resembles each of these profiles?

**Driver:** Time is an issue, active, wants to “cut to the chase,” leadership is the focus

**Expressive:** Drawn by values, social justice and ethics as a focus

**Amicable:** Looks for personal contact, fellowship is the main focus

**Analytical:** Likes the facts and statistics, focus is on accomplishments, “What have we done and what are we involved in?”

These are four types of people that may be interested in Rotary. These profiles may serve as a guideline to match personality type to prospective members’ -needs and the needs of our club.

**An interesting fact is Rotary Zone 22 membership has been dropping slightly and steadily since 2004.**

*Alex Coelho* has been ill for some time and is in need of your thoughts and prayers. A few phone calls from his Rotarian friends may lift his spirits.

As well, *Ray & Jill Huffman* have been struggling with ongoing health issues this past while and could use some of your cheer! For those of us that are newer members, Ray joined Rotary West in 1977. His wife, Jill, is the sister of Rotary West member Don Alexander.

*Marmie Hess* is mending well from some respiratory stress and wishes everyone all the best. *Marmie* plans on being at our meetings in the New Year

If you do have information of our members in need of care/attention please **contact Don Ax-ford** to make the information known to club members at the regular meetings as well.



A Christmas card signed on your behalf by the board of directors has been sent to the following individuals expressing Christmas cheer and wishes for a happy New Year from all of us at Rotary West.

*Madeleine Sharlow*  
*Bette Williams*  
*Babe Webb*

*Ruth Rogers*  
*Una Jenkyns*  
*Dorie Jones*  
*Joan Mackasey*



Not wanting to take the role of the Grinch, but if we take a close look at the attendance profile for Calgary Rotary West, we find that 25 members, or 28% of the membership, are not meeting the expected minimum attendance of 60 %.

**Rotary International states this 60% attendance should be at your home club. The above percentage also includes makeup meetings at other clubs. 22 of the 25 members are below 50%. The attendance period covered is from July 1<sup>st</sup> to December 12, 2006.**

**Let's make one of our New Year's resolutions to improve our attendance at Friday meetings and attending other clubs, or use online makeup opportunities.**



Congratulations to **Mike French** and **Gordon Rodriques** who have 100% attendance! Gold stars for you gentlemen!!!!

## **Club Services - Marg Henschel**

This has been a wonderful year for Calgary West. We had many very successful functions and groups.

### **Golfing**

This group had a good time and the fellowship was even better. Thanks to Larry Doyle for arranging all the tee times and coordinating the golfers.

### **Winers**

The winers have not been too active for the past couple of years. However, Bill Quinney says rumor has it, that Ray Falk is in a partnership in a store in Cochrane that teaches people how to make wine. Perhaps the group can add some new members that have an interest in making their own wine, and Ray could be of assistance in this area.

### **Bridge**

Another group that is enjoying the fun and fellowship of meeting in the homes of other Calgary West Rotarians. They have met three times this fall and had four tables at the Christmas bridge night. Two new couples have been added and Larry says things are going along swimmingly. Thanks again, Larry, for setting up this club.

### **Dinner Club**

There are many groups and some have started their entertaining and others will begin in the new year. Each year it gets better and better as more join in. Thanks to Lynne Thornton and Marie Rickard for the groups.

**The Fall BBQ** on September 22<sup>nd</sup> was a very successful event run by the team of Jim Willson, Bill Tapuska, Clarence Buckley and Don Bateman. The decorating

committee of Eileen DeFreitas and Jane Beveridge provided a wonderful fall theme. Thanks for all your work. You created an ambiance that was magic.

### **Christmas Ball**

This was a beautiful soiree in an elegant setting. Thanks to Verneil Martin and Vasilie Douros who coordinated this event. Of course, the decorations helped to add to the mood of the evening. Verneil always does a masterful job.

### **House**

Jim Barnes has resigned as chair of this committee. However, I would like to thank him for getting it up and running. Helen King has taken over and will be contacting many of you to assist in the smooth running of the front desk. Thanks to all who have helped in some capacity.

### **Programs**

Thank you to Bryden Horwood for the great job of coordinating the programs. The committee is working diligently to provide an entertaining and informative line up.

### **Sergeant at Arms Committee**

Chris Davis has gathered a group of entertaining and wise individuals to roast or toast us each week. Thanks to you and your great group.

### **President's Ball**

Chris Davis is going to chair this function. Let's have a sell out for this event. More information will be forthcoming.

Thanks to all the people who share the responsibility of making the club run so successfully.

## New Year, New Rotary Goals?

January is the traditional time to set (and sometimes already break?) new resolutions and new goals. While it has the potential to be a frustrating venture into self-defeat, it can also be a wonderful fresh start to accomplishing what's really important in our lives. So what makes the difference, and how can I use successful goal setting to my advantage as a Rotarian?

There are lots of great pointers to effective goal setting from learning to set SMART (Specific, Measurable, Attainable, Realistic, Tangible) goals to making sure you write them down (the 3% that write out their goals often accomplish more than the other 97% combined). But from personal experience in the last few years, I believe there's an even more crucial component to your effective goal-setting in 2007 – one we should be doing anyway, every year, not knowing what tomorrow holds.

Stephen Covey, in his book "The Seven Habits of Highly Effective People", suggests that when we approach anything significant, something we are going to invest our time in, we do so "with the end in mind". It's from that compelling end result that we set effective goals to be "successful". In business, this is often called a Mission Statement: it defines "what success is" so we'll know when we've reached it and what goals to set to achieve it. A Mission Statement is designed so we can say NO to many good things that don't contribute directly to our definition of success and YES to the ones that do. This last statement is often the difference between you being in control of your life versus that familiar feeling of life controlling you – just reacting, rather than be-

ing proactive. It's the real essence of time management.

So, here's my question: What's your personal Mission Statement? In other words, what do you want to accomplish in your life? What's your definition of success as a parent, a spouse, a friend, an employee – or a Rotarian? It's a really tough exercise to define in measurable terms what success is, but if we don't we'll risk losing a huge amount of our focus in time, energy and passion. I know you are a Rotarian for a reason, and that everyone of us might well have a different definition of success in 2007. But what's your personal Mission Statement for your life, and your involvement in the Rotary Club of Calgary West in 2007? Frankly, being a Rotarian should be one of our short-term goals to achieving long-term "success" in our overall lives.

You will be surprised, and encouraged, if you start by even just taking the time to answer (and write down) your definition of success for your Rotary life in 2007 and then set SMART goals to reach them. Yes, it takes some work, but you're most probably going to invest time in Rotary this year anyway – I'm just suggesting you work smart as well as hard towards the activities that will mean personal success for you.

Remember that story of the two woodsmen who were in competition to cut down the most trees in two hours? Like the tortoise and the hare, the woodman that mysteriously got a late start ended up winning in the end - because he had taken the time at the beginning to sharpen his axe!



Doug Chisholm

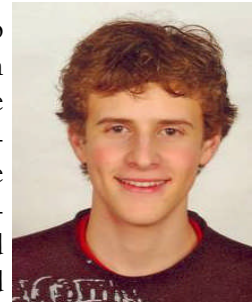
## Monthly Report to the Rotary Club of Calgary West

I am still enjoying my exchange year absolutely so far. As you know I moved to the Steve and Marie Rickard two weeks ago and I'm really satisfied with how it's been going there. My last days with my previous family were fairly awkward because I've changed families for the first time. It was still a good farewell and I will go visit them around Christmas in order to wish them a merry Christmas. My host sister is at the moment in Red Deer College, their other daughter lives with her boyfriend, and a son that lives some blocks away with his wife. They will all come together for their annual Christmas party though.

I was happy how well my presentation about Switzerland and I worked out on November 17. I was fairly nervous when I had to eat at the head table and see how many people attended the meeting. Fortunately I got a lot of good feedbacks. Just two weeks later I was lucky enough to even win the 50/50 joker.

I recently have backed up from some of the exchange students in order to spend some more time with friends of mine from school and especially with Canadians. I still meet the Dutch exchange student, Martin, regularly. Other than that I went to the Christmas party with roughly 10 other exchange students and Rotex at the Calgary Golf & Country Club. I also didn't mind that we had to spruce up and wear a suit. Since most of the exchange students weren't so much in the mood for dancing we had conversations and took pictures together instead. As I already told you at a meeting Winterfest was on December 1<sup>st</sup> to 3<sup>rd</sup>. On Friday we all didn't have to go to school but go curling to meet Rotex and the other inbounds. It was surprisingly a lot of fun and I am looking forward to do it again. Afterwards we went to the U of C in order to skate on the Olympic Oval. Even though that was a lot of fun we had to leave the Oval an hour later. Following we had a tour thru the Olympic Hall of Fame at COP. We even saw some races from

the Bobsledding world cup (including the Swiss team). In the evening we went to the Flames game at the Saddledome. The Columbus Blue Jackets led for about 30 minutes until the Flames scored twice in a row for the lead and victory. The Dutch guy



crashed at my place where we fell asleep at 5am that morning after we played 20 frames of pool and thus went crazy. Since we had to get up at about 9 am the next morning we were dead tired but still took the next bus downtown and then the Ctrain to the McMahon stadium. We spent Saturday at a cabin where we played lots of games such as "Capture the Flag". The fun part was of course to tackle other players. At 5 pm we had to go to the Rotex Multicultural Banquet with the bus. All inbounds had to hold a presentation in front of approximately 100 people. I didn't know what to do until about two minutes before I had to enter the stage. I eventually yodelled for about one minute. I basically just made stuff up so it turned out really peculiar but I had a pretty big applause from the audience and I didn't mind that everyone was laughing. Afterwards we went back to the cabin and we all had fun talking and listening to music in groups. At about 12:30 we split up in groups and had a chat with one of the Rotex. Everyone again didn't sleep for long at all.

School is going really well but I'm trying to improve my grades right now in order to go to a University here in Canada. I have therefore already had 2 talks with the school guidance counsellor. I am spending fairly much time with friends after school and on the weekends. So concluded I am having a blast here in Calgary.

Fabio Magistris

## Happy New Year to the Rotary Club of Calgary West!

I thought I would take the opportunity to update you about my exchange in Hungary, and specifically the holidays in Hungary, because 'tis the season. While I am writing this for the January Westerner newsletter, due to publication submission dates it is still just prior to Christmas both here in Hungary and back at home!

Well, first I want to say that right now we are at some of the coldest weather I have had here, it was -4 this morning. Yep, that is cold. And there is no snow. So it doesn't really look like Christmas. But the town has been dressed up a bit. Because the roads are narrower here, the main highway has these huge Christmas light shapes across it, it is a big metal frame, with strings of lights made into the shape of stars and stuff. It's festive, but I have never seen anything like it at home. On a relative note, I think this is generally something popular in Europe because they had even bigger street lights in Vienna. That is something cool and festive I got to do last weekend, go to Vienna for the day with all the exchange students. There were Christmas tree stands everywhere, and Christmas markets, which are really cool, and sell a variety of interesting home-crafted objects as well as hot drinks that are special for this time of year. They had a lot of different kinds of punch, and I enjoyed some warm eggnog, that while being not at all like Dairyland's eggnog you can buy in a store back home, was still really good. They have the Christmas markets in Budapest as well at the major squares, but instead of selling punch they sell hot wine and Christmas tea. It's also delicious.

A lot of the traditions I am finding are different here, especially Santa Clause. Santa Clause is called Mikulás in Hungary, which is actually St. Nick instead of Santa, and he doesn't come on Christmas Eve! Instead he came on December 6<sup>th</sup>, because that is Mikulás' name day. Name days are like saints days, and it's like a second birthday. Everyone in Hungary has a name day, so you have to name your children from a set list of names. To say this has caused some repetition in the names is an understatement. Traditionally, children polish their boots and put them by the window before go-

ing to bed on December 5, and then when they wake up Mikulás will have come!

However, due to my age, and my host sister's age, I just got my chocolates and presents on December 5th. I also got chocolates from one of my host grandmothers, and one of my friends. I've included a picture of what I got. However, what Mikulás wears is even different, while it is still red and white, his outfit looks more like that of a bishop than Santa. However, he still has a beard! I was invited over to my Hungarian teacher's house on the Wednesday night, because she has a young daughter, and together with her friends who also have young children about the same age, they get together every Mikulás at someone's house and have Mikulás come and visit. It was really fun, the kids were so excited, and when Mikulás came, first he tested them to see if they knew this song or that, and then handed out presents.



Some other differences I have noticed are that there are no house lights like back home. Instead people put small things in the windows, like small wooden candelabras, or angels and stars. And they have these things for Advent. It is a wreath that lies on the table and has four candles on it, and as far as I can understand you light a candle every Sunday before Christmas. So at the moment three candles have been lit.

What do I not know yet, and am looking forward to? The Christmas tree. I know they have them, but I read somewhere that traditionally the tree isn't decorated until December 24th, and small children aren't present, instead one or two adults, and then they tell the children that Baby Jesus brought the tree. However, I am not 100% sure of this. And I don't know what people eat for Christmas dinner, I know turkey is typical, but I don't know what else is going to be baked or anything.

So that is my Christmas update, a short, and not complete look at Christmas in Hungary.

Boldog Karácsonyt! (Happy Christmas being the literal translation.)

Essya Chikmoroff

# Calendar of Events

## January – Rotary Awareness Month

January 19 | Partners Welcome

## February – World Understanding Month

February 14 | Strawberry Shortcake Deliveries

February 16 | Partners welcome

February 23 | Rotary's 102nd Anniversary

## March - Literacy Month

March 12 - 18 | World Rotaract Week

March 16 | Partners welcome

March 21 | Fireside

## April - Magazine Month

April 20 | Partners welcome

## May - Membership Awareness Month (Unofficial)

May 11 - 13 | RYLA

May 18 | Partners welcome

May 23 | Spring Assembly

May 25 | No meeting

May 25 - 27 | Rotary District Conference - Red Deer

## June - Rotary Fellowship Month

June 14 - 20 | Rotary International Convention - Salt Lake City

June 27 | President's Ball—TBC

In the days of the private British railway companies, Sir Thomas Beecham, a very famous orchestra conductor, was travelling to an important concert in a first-class non-smoking compartment. Soon after the train had left the station, an expensive looking lady in the corner opposite leaned forward, opened her handbag and said, "You will not object if I smoke?"

Sir Thomas, with great courtesy replied, "No, madam, and you will not object if I am sick."

Greatly offended, the lady said, "I do not think you know who I am. I have some influence on this line; I am one of the directors' wives."

And Sir Thomas said, "Madam, if you were the director's only wife, I should still be sick."

A speaker extolling the evils of drink exemplified his reasons by showing his audience a live worm placed in a glass of water and another live worm placed in a glass of whisky.

Half an hour later he showed off the two glasses. The worm in the water was wriggling strongly, but the worm in the whisky was as dead as a door nail.

He turned to his audience and said, "Now, what is the moral of this demonstration?"

A reply came quickly. "If you don't want to get worms, drink whisky."