

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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At our club meeting at La Joie De Vivre in Inglewood on this warm, snowy and overcast Friday, President **Lynne Thornton** in a beautiful red suit (complete with a befeater style Ho Ho Ho hat) called the meeting to order at 12.15 pm. After *O Canada*, the invocation was recited by **Helen King** reminding us all about those less fortunate than us, especially at this time of year.

HEAD TABLE: On the “sterling and gorgeous” all-women head table today with President Lynne Thornton were **Evelyn Buckley**, keynote speaker **Annette Stanley**, **Carolyn Leece- Christensen**, **Marie Rickard** and Helen King.

Kurt Schurer introduced our eight guests from as far away as Wales and as close at Calgary South.

Lunch was enjoyable: chicken pot pie, rice, vegetables, salads, tomato soup and dessert of fresh fruit and cake.

NOMINATIONS AND ELECTIONS OF NEW BOARD MEMBERS was presented by Past President **Garfield Ganong** and President-elect **Karl Herzog**. The following four members retire July 1st, 2009, and special thanks to them for their outstanding service the past two years: Marie Rickard, **Gath Evans**, **Mark Ferguson** and **Mike French**.

The following four members will serve for a two year term ending July 1st, 2011: **Ron Brookes**, **Bryden Horwood**, **Bernie Ward** and **Bill Lawless (treasurer)**.

President-elect: Karl announced that **Sa’adat Keshavjee** will serve as our club president for the year commencing July 1st, 2010.

Announcements and acknowledgements

Socks and Mittens: **Murray Hunter** announced that socks, mittens, underwear and sweaters would be welcome for Alpha House. Please bring your contributions in to the club next week. The mittens can be used but the other items will need to be new.

Salvation Army Kettle: **Chuck Morrison** thanked all members that served the thirty-hour volunteer campaign and specially acknowledged Lynne Thornton who took on five separate shifts. Thanks Lynne!

Casino Season: Dan Varvos announced that we are participating in two casinos in January and that members(and partners) are encouraged to sign up. The dates are (Motive Action) January 11th and 12th, 2009; (Habitat for Humanity) January 21st and 22nd, 2009.

Christmas Brunch: Bill Tapuska reminded us of the Christmas brunch at Pinebrook Golf and Country Club on Sunday, December 21st. A few tickets are still available and the event is very well subscribed. Entertainment through our own **Eileen DeFreitas** and a 35-person team called “The Rhythm of the Rockies”.

Strawberry Shortcakes and Valentine’s Day: Bernie Ward announced that he is already enlisting drivers and navigators for the big event in February. Please sign up soon. This may be a great opportunity for us to seek out volunteers who could become potential new Rotarians. Think about this! (From your membership team.)

Sergeant-at-Arms: Jim Walker in a very eloquent style explained the protocols of the SAA and fined those who did not greet a guest today. He also fined those who did not wear their Rotary pin. A great deal of fun was had!

GUEST SPEAKER ANNETTE STANLEY TALKS ABOUT FORGIVENESS AND LETTING GO

Evelyn Buckley introduced Annette Stanley, a motivational speaker, a nurse graduate, a Canadian who studied in the USA and a woman who is inspiring and rides her motorcycle.

The Highlights:

- Annette started by talking about prison: the prison within our minds which is encased in ‘grudges, gripes and grief’. She then talked about her life and the experience that surrounded the murder of her brother and how she had to deal with it. How she sought an answer and how she got the message and some of the answers. She elaborated on love and compassion.
- Tough things happen to people, but it is how we deal with or respond to them that makes the difference.
- We have CHOICES: To be happy, to be liberated; to grow regardless of circumstances; to shed unhappy past experiences.
- We have power to overcome the tough stuff; our pent-up emotions create negative signals that hurt those people closest to us that may wish to help us. Getting to acceptance of the situation liberates us.
- Forgiveness is a powerful tool that liberates us. She talked about the scriptures that talk of forgiving people “because they know not what they do” and “forgive them as I have forgiven you...”.
- She urged, encouraged and challenged us to “let go” of those things that weigh us down.

The presentation was most inspiring and left us all with something to think about.

Carolyn Leece- Christensen thanked Annette and presented her with a Boltman.

Next Meeting: Note change of Venue

December 19th we meet at the Holiday Inn on McLeod Trail at 42nd Avenue. The program will be a Christmas Special with Bart Daley. Lunch will be \$25.00 as we try this potential new venue.

There will be no meetings on December 26th and January 2nd, 2009.

January 9th we are back at Joie de Vivre.

The meeting ended at 1.30 pm.

Future Programmes

Dec 19: Bart Dailley: Special Christmas Presentation

Jan 9: Lost Boys of Sudan

Jan 16: Dr. Leonard Waverman, Dean Haskayne School of Business

Jan 23: Robbie Burns Special Presentation - Bob Kerr.