

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

February 20, 2009 Edition: 42.30 Reporter: Bill Tapuska Publisher: David Williams



Welcome to the very last meeting of the CWRC at La Joie du Vivre.

The smiling faces at the reception table belonged to **Kurt Schurer**, **Garfield Ganong**, and **Brian Wintonyk** on the 50/50. Despite their friendly outward appearance, they were scrupulous in collecting the entrance fees.

“Quick Draw” **Larry Doyle** pinned you with your badge before you could spot that the bar was open.

There were numerous “pre-meeting” committee meetings! Count them--- at five tables!!

The Strawberry Shortcake committee had their heads together no doubt enumerating the many successes of the recent campaign!

The Adventures in Citizenship committee was actively planning to select a student for this most prestigious Rotary award: a trip to Ottawa.

Another group was planning to initiate the Ambassadorial Scholar Award; an outstanding program of RI, long missing from our club!

A cheque signing committee, with the table covered with cheques, was furiously signing away our club’s financial resources, including **Marg Henschel** busy with an eraser and black marker pen, preparing a giant cheque for a special presentation.

And our overworked Venue Committee was preparing to make the final arrangements to say farewell to La Joie du Vivre and hello to the Holiday Inn on MacLeod Trail.

A very busy club indeed!!!

David Williams, no doubt late for one of these meetings, was seen hurriedly rushing in, but paused long enough to carefully perch his “Indiana Jones” hat on the coat rack. [**Editor’s Response:** No, I was not late for one of the meetings. I don’t do “late-for-meetings”! And my hat is not a fedora. It’s Australian, but I bought it in Jasper!]

One couldn't help but notice the long line-up at the bar. Maybe the last chance for a \$5 glass of wine had something to do with that! Our new digs will undoubtedly charge more!

A very friendly club ours is, evidenced by **Steve Rickard** planting a big smooch on **Helen King!** Helen, strangely enough, seemed to enjoy it!

President Lynne, sensing that things were getting out of hand, thankfully started the meeting a couple of minutes early. But the La Joie du Vivre gremlins were at work again in our microphone and President Lynne had to rely on natural acoustics to direct members to the buffet.

Anthem by **Don Axford** and invocation by Steve Rickard.

Stan Cichon, the sergeant-at-arms, desperately tried to instill a modicum of decorum, but to no avail! The usual chaotic rush to the buffet ensued and the Caesar salad, mushroom soup and pasta with meat sauce rapidly disappeared.

At 12:20, the head table was introduced (five women, and a token man!): **Carolyn Christison**, Marg Henschel, **Marie Rickard**, special guest **Kim Feist**, President Lynne and none other than **Walter Krawciw** of Rotary Foundation fame!

Larry Doyle did a commendable job introducing our ten visitors and guests, no slip ups, no mispronunciations, nothing here to write about.

Announcements

Ron Brooks reported on a successful SSC event. We sold 4300 cakes and raised about \$15,000. That was greeted by a rousing round of applause!

Marie Rickard announced a partners coffee party on Wednesday, May 6, at Lu Horwoods' home. See the information at the end of this bulletin.

Miguel Carlin, doing his best Pancho Gonzales impersonation, went on to greet us in something that resembled Spanish to wild applause (or was that laughter?) and then described how he and **Dan Doherty**, along with three counsellors, escorted a group of three boys and six girls to Mexico to build a home for a family.

Look for a slide presentation and talk on March 13 by the youthful participants on this unforgettable experience.

Bill Lawless announced another trip to Guatemala on Jan 10, 2010, to open a new building with 10 classrooms.

In thanks to La Joie du Vivre, a cheque of \$1000 was presented to "Servants Anonymous".

The date of the next Assembly has been set as May 27. Watch for time and place.

Clarence Buckley reported on his and **Evelyn's** trip to Guatemala. 150 stove installations were done, despite the unseasonably cold weather. Clarence was selling special coffee for \$10 per pound.

The District Peace Photo contest is underway. Contest details are available on www.rotarianpeacephoto.org. Contest closes March 13, 2009.

Motive Action Volunteer appreciation night is on Thursday evening at 6PM at the Kahonoff centre.
Contact **Karl Herzog** to attend.

No meeting next Friday in lieu of the President Lee's dinner and Integrity Awards.

Next meeting is March 6 at the Holiday Inn on MacLeod Trail!

Stan Cichon, the sergeant-at-arms, still smarting from being ignored at the buffet table rush, fined **Brent Barootes** \$20 for coming late and leaving early, but allowed Brent to announce that registrations at the district conference are now over 400. Others who caught his eye were Dan Doherty for "looking so good", everyone born since 1945 and everyone who uses email instead of personal phone calls.

Ticket No. 259 for \$36 was won by Clarence Buckley

GUEST SPEAKER

Marg Henschel introduced Kim Feist

Kim is with the Canadian Mental Health Association and spoke on youth mental health.

One out of five will experience mental illness during their lifetime. She defined mental illness as being a change in mood to affect a change in behaviour as well as anxiety disorders such as a fear of public speaking.

Mental illness still has a stigma attached, creating a fear to come forward to get treatment. Early prevention is important to increase the opportunity of curing.

10% to 20% of youths are affected by mental illness and stress. 5% of males and 12% of females will experience disorders before age 19.

Once depression is identified, it can be treated effectively.

Teen behaviour symptoms are: sadness, easily agitated, can't sleep, feeling worthless, hard to focus, loss of pleasure or interest, isolation, feeling of euphoria or extreme optimism, rapid speech, grades dropping.

Average time teens speak with parents for a total of 10 minutes per day. It's hard to detect a problem if there is no communication. Girls are more likely to come forward to ask for help.

Early intervention is the key to affecting a cure and breaking the stigma.

Marie Rickard expressed the thanks of the club and presented Kim with our Boltman.

Programs

February 27: No meeting.

March 6: Aging Population.

March 13: Teenagers in Mexico.

Partner's Coffee Party
Wednesday, May 6, 10 – noon
At the home of Lu Horwood
8907 Bayridge Drive SW, Calgary

Rotarian partners and friends welcome!

The **membership committee** would like to hold a **get together** with members and prospective members to provide information on Rotary and to enjoy each other's company. You will recall our objective this year is for each member on the committee to either personally commit to bringing a new member to the club and/or influence one of our members to bring in a new member. The goal is 10 net new members.

The agenda is as follows:

Date: March 5, 2009

Location: Ranchmans Club

Parking: Free parking in the underground

Venue: Mix and mingle and tell prospective members about our Rotary club. If he/she is interested, please invite them to our first Rotary luncheon at the Holiday Inn, March 6th.

Cost: \$25 per member to cover the cost of wine and nibbles. **No cost for our prospective guests.**

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.