

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

March 20, 2009 Edition: 42.33 Reporter: Brent Barootes Publisher: David Williams



Please note that this coming Friday, March 27, we will be back at our old stomping grounds, the Danish Canadian Club, for lunch. (Our regular venue, Holiday Inn at MacLeod and 42<sup>nd</sup> is not available to us that week.) The GM of the Danish Canadian Club has ensured us a great meal and done in our “old family style” service! Be sure to come out for a great lunch and a great presentation on Prostate Cancer. If there are any special food need requests, please call Garth Evans before Thursday this week (March 26).

### Setting the Scene for Friday March 20

The first day of spring 2009! What a beautiful day with the sun shining, temperature to hit 12 degrees Celsius, people happy and another lunch of fellowship and good times. As for the past several weeks, **Bill Lawless** shamelessly collected our \$25 per person for lunch. This week it was worth it. Fantastic southern fried chicken, creamy mashed potatoes, mixed vegetables, salads and multiple pie options, including cherry, apple and lemon meringue. **Garth Evans**, followed by **David Williams**, happily collected cash for the 50/50 draw, and the pot of \$36.50 on this first day of spring was won by non other than **Ted Valentine**.

The room seemed very full (Bill Lawless reporting 55 for lunch) and it was great to see so many out. The meeting itself started six minutes late, but clearly ended on time. **Bill Tapuska** delivered an appropriate invocation touching on health, happiness and the first day of spring. **Marie Rickard** announced our guests (over 16 of them), while the club, less than jubilantly (we need a piano), chorused our welcome song.

Once again, our **Exchange Student Valerie** was not at the club to deliver her weekly update. Boy that girl must be studying hard (it being the Friday before Spring Break and all!!). By the time Valerie returns to us she will need a full program allocated to her absence from our weekly meetings just to cover off all of her happenings!

**Mike French** reminded us all one last time about the “new members” (that means prospective new members, member who have joined in the last two years and even more mature members who wish to mingle and learn more) event at the Ranchman’s Club this Thursday, March 26. **Mike Carlin** and others made the phone calls to also remind members to come, enjoy and bring a guest. The cost is \$25 per member and unlimited new prospective member guests are welcome! Be sure to attend this will be a fun and eventful evening.

This week the **sergeant-at-arms** must have been on cheap drugs or lost his mind. He fined members for wearing green or not wearing green on St Patrick's Day. He fined them for having a pin and not having a pin. He would have surely raised enough money that we would never have to do another casino fundraiser. But, alas, the festive and sunny day of the first day of spring must have affected him and he gave everyone a \$10 credit for the day. That wiped out all the revenue (except for the \$5 earned through Happy Bucks). Now that was a surprise.

The head table this week included our guest speaker **Bruce Lee** (no not the martial arts and film star as he is dead, but professional speaker, comedian and amateur singer); our own **Murray Hunter**, past club treasurer and Valentine Baby who was born on Valentine's Day many moons ago; Murray joined us in 2004 and introduced our guest speaker. **Dan Varvos**, who joined our club in 2001 and was the driving force behind the creation of the Eau Claire Rotary Club, thanked our guest speaker. **Jim Willson**, lawyer extraordinaire (is that not a contradiction of terms?) who joined the club in 1982 balanced out the other side of the head table along with **President Lynne Thornton** and **Mark Ferguson** who is currently our club director in charge of community service. Mark joined us in 2006.

President Lynne reported on the past presidents' annual dinner for the president-elect. She noted **Karl Herzog**, our incoming president for 2009-10, gained a great deal of wisdom and knowledge from the evening and the direction and support provided by the "elders" of our club.

Though **Chuck Morrison** was away in the sunny south, the update on sick and visiting was delivered by President Lynne. She noted that **Victoria Achilleo's** husband, **Stelios**, was not well and Victoria was tending to him, as well as running her shop in her new location in Banker's Hall. Staying on the Greek theme, **Vasile Douros'** wife, **Frances**, was not well, but is recovering and feeling much better. **Sharon**, partner to our own **Ron Jones**, is presently in hospital due to a reaction from a medication. **Verneil and Doug Martin**, as well as **Marmie Hess**, have been attending meetings at the Downtown Club due to proximity and an available ride to that venue each Tuesday. Lynne encouraged us all to reach out and touch these members and their families through cards, call and prayers to let them know they are in our thoughts even though they cannot make our meetings.

Marie Rickard announced our incoming exchange student this year will be from Brazil. Marie reminded people we need to secure host families for this student. If you can host (or know some one who could host and does not have to be a Rotarian) our student for a few months, please let Marie know as soon as possible.

**Orlin McMillan** reminded us all of our casino, which raises funds to be able to support local community and international projects, is on March 30-31 at Sam's Casino (Elbow River Casino) and he still needs a couple of people to cover late night count room shifts on both nights. If you can assist, please contact Orlin ASAP. The casino is this coming weekend.

### **Guest Speaker**

This week we were regaled once again by Bruce Lee who has spoken to our club in the past. Bruce came to us with the topic "Be Unreasonable and Extraordinary". He started out commenting on how "FANTASTIC" life can be when you take a different viewpoint on bad news. He cited the example of a traveller when told that his flight was cancelled and would not be rescheduled to leave for eight hours, he responded "Fantastic!" By taking a different viewpoint, this was fantastic news. He concluded that the flight was cancelled because the plane was not worthy of flight or for some other safety reason. As a result, he would sit in the lounge and drink, eat and be merry on the tab of the airline. To him, this was fantastic news. To others who could not see the silver lining as this passenger did, they had a term of eight hours of anger, misery and frustration.

Bruce led us to understand the need to deal with bad situations in new ways. He noted there were perfectionist and there were realists. Realists strive to reach new limits and to excel, while perfectionists seldom meet goals. He said, “Successful people are people who know what they want and take the action to get there.” Great advice! Bruce noted that the acronym SAM is a good plan for such success.

**S** – Set expectations, know what you want to achieve and set the expectations high.

**A**- Appreciation is key. Make sure those around you receive the recognition, praise and appreciation for the work they do.

**M** – Make a difference. He urged us to help others to achieve greatness, to “pass forward” opportunities and expectations and appreciation so that we are making a difference.

The session ended off with Bruce singing (he should stick to speaking and comedy) “High Hopes” and how this pertained to setting expectations, appreciating those around us and making a difference in our lives and those of others.

Dan Varvos presented Bruce with our famous Boltman.

### Upcoming Meetings

March 27	Gareth Morgan from the Prostate Cancer Institute ( <b>Meeting at Danish Canadian Club</b> )
April 3	<b>Gordon Branson:</b> Calgary Regional Partnership Draft Regional Plan. Downstairs in the Hunter Room..
<b>April 10</b>	<b>No meeting – Good Friday</b>
April 17	Four Way Speech Contest. Downstairs in the Hunter Room
April 24	<b>Meeting being held in conjunction with the District Conference. Meeting begins at 11:30 in Canmore at the Radisson Hotel and this will replace our regular weekly meeting.</b>
May 1	Peter McKenzie-Brown from Arthritis Society. Back in the Holiday Inn Ball Room.
May 8	Robin Knudsen from Olds Club on actual operation of micro-credit bank funded by our club
May 15	Leo Wieser and Becky Scott - Bleeding Art Industries - special effects for entertainment, movies, stage, TV
May 22	Pam Ison Reilander: STARS
<b>May 27</b>	<b>Club Assembly being held at the Danish Canadian Club</b>
<b>May 29</b>	<b>No meeting</b>

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.

Some reminders of where our charity donations go.

