

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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## Setting the Scene

WOW, a new venue. This was our first official meeting at our new home, the **Holiday Inn on MacLeod and 42<sup>nd</sup> Ave.** The spacious room was delightful with lots of room for mingling, sitting at tables and administration area.

**Carolyn Christison** greeted all (except **Robyn Braley** and **Mike Carlin** who whooshed past her without a nod) with a warm welcome, a hug and their badge. In their new found spot, **Bill Lawless** took our payment for lunch (now \$25), while **Stan Beveridge** solicited folks for the ever popular 50/50 draw. The \$43 was won by **Garth Evans**.

**Don Alexander** is to be commended, with support from **David and Rachel Williams**, for bringing all of our “stuff” over from La Joie de Vivre. Don, over the last 22 months, has carted our flags, poles, banners, badges, cash box and other paraphernalia from our home at the Danish Canadian Club, to our home at **Sam’s Place**, The Elbow River Casino, to some other restaurant location, then La Joie de Vivre (our home for six or so months) and finally to our nesting ground at the Holiday Inn. Hopefully these gypsies have found a secure location and Don can rest easy for a while! Well done Don and thank you!

David Williams is also to be congratulated, not just for helping Don, but last month [Thursday, February 26], he was awarded Canadian Citizenship. Welcome (like you aren’t already a Canadian in our minds) to our “cultural mosaic”!

Carolyn finally got to introduce our guests (after **President Lynne** forgot about her and the introductions - and was not even fined for forgetting - what a wonderful sergeant-at-arms!). We had several guests, one of which was **Robin**, the President of the Olds Club, who was with us to accept a check for \$5,000 presented by **Bill Lawless** from our club to their micro credit project through Medic Canada (a \$50,000 undertaking) overseas. This is the second time we have partnered with Olds for such a World Community Service project. The Olds president also brought us fantastic news as well about one of our past members. **Doug Chisholm** is doing very well. Doug took a leave of absence from our club while recovering due to health issues. He then moved on to join the Olds Club, which was closer to his home. He is the incoming president now for the Rotary Club of Olds. We are so happy to hear he is doing well.

It was great to also see many of our club members back from their own ailments or travel. Many have been absent for quite a while. To mention a few, welcome back and great to see you **Sam Switzer**, **Marmie Hess**, **Ed Aboussafy** and **Robyn Braley**. To those of you who were south (read Mexico),

welcome back, and to those returning from health issues, welcome back as well. We are all so glad to see you healthy, happy and safe.

**Mike French** spoke to us about membership and the importance of retention (membership theme for 2009-10 year) of new members and our responsibility to ensure new members are welcomed and active. Also, Mike spoke of the several events, such as the upcoming Ranchman's Club evening on March 26, as a great way to introduce new members to our club, as well as engage existing younger members. Be sure to attend at least one of these functions this year and bring along a prospective new member and someone you have sponsored into the club in the last three years.

**Steve Rickard** reminded us of the District Peace Photo Contest being sponsored by our club. Get your shots in before March 15 to be eligible to win the \$1500 prize money. The winners will be announced at the District Conference on April 24-26 weekend in Canmore with all pictures being shown at the District Governor's Ball on April 25.

**Don Axford** on behalf of himself and **Marie Rickard** announced they have selected one of two fine young gentlemen as our candidate for the annual Adventures in Citizenship program. Don wouldn't tell us who the winner is since the boys themselves had not yet been told. Stay tuned this coming Friday for the winner's name!

**Brent Barootes** delivered the invocation. For a change (a sigh of relief from the crowd) he did not regale the club with his bilingual prowess and deliver the blessing in Latin. Instead, he delivered a thought of peace, a prayer and blessing written by none other than Dr Seuss, the same grace and bedtime prayer his daughter Brooklyn recites daily.

Our head table was blessed with Past-president and Director of Membership, **Stan Beveridge** (our 50/50 ticket seller), our guest speaker **John Ashby**, Chair of the Program Committee **Charles Buchannan**, new member in 2008 **Brian Stalwick** and our club's newest Canadian citizen David Williams. And of course, our ever cheerful and vibrant club president Lynne Thornton centred the head table.

**Valerie**, our inbound exchange student, gave us her update. She visited Golden, BC, this past week with a school buddy and snow shoed, boarded (that means skied on one ski sort of thing like a slalom water ski for those members of the club who thought it meant boarded as in "stayed over" like in "room and board!"). She spent most of the time outdoors. She also noted she spent this past weekend working on school studies! Well done, Valerie!

President Lynne announced that our own **Grant Ritchie** and **Dan Doherty** were part of the winning **SENIORS** team at a Glencoe Club Curling Bonspiel. Well done **old boys**!

The sergeant-at-arms, meek, mild and quiet as he is, was able to dispel the myth that our club has a \$2 limit per person per week. That is not true and he proved it! Enough said.

**Our Guest Speaker – John Ashby**  
Stan Beveridge introduced our speaker.

John gave a very fitting talk to our club. It was on aging and how to deal with it. John is the Founding Director of the Alzheimer Innovation Institute and a Certified Senior Advisor. John brought us detailed information about the aging population and how Certified Senior Advisors can assist all of us through this process in dealing with finance, retirement, needs and issues.

It was interesting to learn that the average life expectancy in 1900 was 47 years. In 2000, it was 77 years. We have a “bonus” of 30 years. And today it is estimated that the average life expectancy is over 80. We have over 33 years more of life than our grandparents and in some cases parents. In fact 2/3 of all the people in history who lived to be over 65 are presently still living. With this increased life term or “bonus” years we have new challenges, such as how to spend the time, our residency, our cost of living longer to ourselves, our families and government!

John also noted that 82% of all seniors are plagued with some sort of chronic illness. No, not cancer or heart attacks. As he noted, these kill us. But diabetes, arthritis, physical immobility, dementia, etc, are chronic factors that don't kill us, just take away our independence as we “celebrate” those extra 30+ years we now have over our ancestors.

There are other factors as well. In 2000, only 8% of seniors still had a mortgage. It is expected that by next year (just 10 years later) almost 65% of seniors will have mortgages still. So how do we cope with these changing time issues?

John noted that 70% of all boomers still have kids at home. 12% of these also have parents living with them, and 23% support their parents. These are truly changing times from what our predecessors experienced. John spoke of preparing for these issues and situations early and that Certified Senior Advisors (CSAs) can help.

Charles Buchanan thanked John, and presented him with our world-famous Boltman.

### **Upcoming Meetings**

March 13	Boys and Girls Club of Calgary reports on their Mexico trip with us
March 20	Bruce Lee – A past speaker and a very entertaining presenter. This will be fun, interactive and educational. The meeting will be downstairs in the Hunter Room
March 27	A proposed exciting field trip outside of the venue. Stay tuned for details.
April 3	Downstairs in the Hunter Room. Speaker and subject to be confirmed.
<b>April 10</b>	<b>No meeting – Good Friday</b>
April 17	Downstairs in the Hunter Room. Four Way Speech Contest
April 24	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.
May 1	Back in the Holiday Inn Ball Room. Speaker and subject to be confirmed.
May 29	Club Assembly being held at the Danish Canadian Club

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.