



The Weekly Westerner

Box 4572, Station C, Calgary, Alberta T2T 5N3
Holiday Inn, McLeod Trail, Fridays 12:15 pm

President: Grant Ritchie **President-Elect:** Don Bateman

Past President: Sa'adat Keshavjee **Secretary:** Brian Wintonyk

Treasurer: Des DeFreitas

Directors: Dick Brown, Frank Burns, Marnie Cardell, Mike Carlin,
Murray Hunter, Duncan Stanners

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The Beginning

It could have been a CFL awards dinner from seeing all the helmets and jerseys. Thanks to **Ted Valentine** and his huge supply of gear.

Last meeting in MOvember, according to **Dan Doherty**, **Mike Carlin** and **Duncan Stanners**, with their fundraising for prostate cancer. Thanks guys for raising awareness and funds towards cures for cancer.

The head table included introducer **Bill Tapuska**, thanker Ted Valentine, **Clarence Buckley**, DG **Mike French**, guest speaker **Pat MacDonald** and, of course, President **Grant Ritchie**.

Janet Slemko provided invocation and **Malcolm Harrison** introduced visitors and guests.

Guests of club members

Kim Carnish (guest of **Amy Weatherall**); **Gail Williams** (guest of **Jim Willson**)

Out of Town Rotarians

Ron Leigh (Osoyoos, BC, and former member of Calgary West) and **Jennifer Miller** (Fargo Moorhead, Fargo North Dakota)

Visiting Rotarians

Ron Bower and **Terry McDonough** (Calgary South)

Jordan Katz (Calgary Crowchild)

Announcements

Jennifer Miller from the Rotary Club of Fargo, ND, exchanged a banner with President Grant. Jordan Katz of Calgary Crowchild invited support for their new fundraiser – selling Christmas trees. More info by email to christmastreesrotarycrowchild@gmail.com. Or get more info at <http://www.calgarycrowchild.org>



Our Christmas party was November 26 at the Elks Club. And here we have a NEWS FLASH FROM MALCOLM HARRISON:

About 50 people attended, with President Grant acting as MC.

The food was excellent: butternut squash soup, a cucumber wrap salad, roast strip loin of beef in a merlot demi-glaze. Dessert was bourbon laced creme brule.

Des DeFreitas led us all in Xmas carols and as usual changed the script from the song sheets.

The band was a 15 piece playing big band music and one polka. Grant led off the dancing.

Thanks **Victoria Achilleos, Helen King** and **Carolyn Christison** for organizing.

Wreaths are our joint fundraiser with CNIB. We import live wreaths from the Maritimes and deliver. Last practical time to order is November 30.

Malcolm Harrison reminded everyone to update their email by informing **Secretary Brian Wintonyk**. When available Malcolm asks that we rotate through the front table of the meeting – selling lunch tickets and 50/50, and greeting – three separate tasks that get us in touch with all people attending. And if you would like to help with Salvation Army Kettles, on December 3 or 10 please also contact Malcolm.

Sergeant-at-Arms Ted Valentine chose football trivia to extract funds from almost everyone. Did you know the Stamps won the Grey Cup six times, first in 1948 by overcoming Ottawa, and in 2008 by beating the Alouettes? He ended with the Stamps fight song played through (on the computer) and then sung by those attending. We do enjoy singing!

Guest Speaker

Bill Tapuska introduced Pat MacDonald, noting that Pat started with the University of Alberta as defensive end. He played briefly with New Orleans Saints, Carolina Panthers, Seattle Seahawks, and Winnipeg Blue Bombers. His fondest memories (so far) of football were playing for the Grey Cup winners, Calgary in 2008 and Montreal in 2010. He circulated the rings as proof. His positions were as a defensive end and on specialty plays. In this past season he was volunteer coach of the University of Calgary Dinos.

Pat spoke of experiences as a player. One experience was needing to bulk up to play defence – moving from a usual 240 lbs to 300. And then having the uncertainty and anxiety of playing/not playing. High levels of emotions. When not on the field, players are expected to help others on the sidelines. He stressed that football is fun, violent and short-lived.

He mentioned he has had seven concussions, and veteran players often have more. On the team, acceptance is the attitude towards injuries. Getting into the NFL is partly politics and being very, very good. The American high schools and colleges have vastly better training and sponsor/fan support. Equipment is getting better, and, at the same time, the level of violence is increasing due to larger players, the need to win and the football culture.



Families of players suffer from what football leaves. Time away, high level of testosterone, peers that are a bad psychological pool, violence at “play” that comes home. Training that is incompatible with normal society. Hhmmm, not all glory.

Peer support is now more common among players and sometimes from former players. Why are there so few Canadian quarterbacks in the CFL? There is a need for better coaching, and playing earlier. In the US, the number of players and teams is more than proportionally larger than Canada. The university level needs support – financial, coaching, lower tuition, time to play and sponsors and fans.

Sport fosters teamwork, competition, self reliance and motivation. These traits are helpful for everyone.

Ted Valentine thanked Pat, and presented him with a memento of the occasion, a Boltman. Ted (according to unconfirmed sources) has held season tickets to the Calgary Stampeders for over 50 years.

November is Foundation Month. YOU ASKED:

Q1: What is the latest I can donate and get a 2011 tax receipt?

A1: Mailing time means the meeting on December 16.

Q2: Should I give to the Calgary Rotary Clubs Foundation or The Rotary Foundation?

A2: Both are very worthy and achieve our Rotary goals in different ways. Best to share your goals with a member of the Foundations Committee for a response focused on your preferences.

Q3: Is there a matching program?

A3: Calgary West has increased the recognition for Paul Harris Fellow donations by matching donations with Foundation Recognition Points of up to \$200 per year per member or family member.

Q4: What is the exchange rate for TRF donations?

A4: The rate is posted for a month. November was 1:1. We will announce the December rate when known.

Coming Events

Rotary Family Month	
December 2	Bill and Maxine Lawless: Guatemala
December 9	RYLA Presentation: Report from participants
December 16	Special Christmas programme
December 18	Rotary Family Christmas Brunch, Pinebrook Golf Club
December 23	Meeting Cancelled
December 30	Happy New Year – Special Program