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President: Al Hardstaff
Editor: Asha Paul

Reporter: Ernie Drew

The Standard

Rotary Club of Calgary Heritage Park

ROTARY DISTRICT 5360

FEBRUARY IS WORLD UNDERSTANDING MONTH



FOUR WAY TEST

In all things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

UPCOMING EVENT

INTEGRITY AWARDS

MARCH 7, 2005

MEETING HIGHLIGHTS

At our new temporary location, Rancher's Hall, President Al Hardstaff called the meeting to order at 7.00am. This was after Max Patel found out we were unable to access our Rotary Supplies at the Gunn Barn. Heritage Park is refurbishing the floor in Gunn Barn and it was not possible to get to the supplies. This,

however, did not cause President Al to blink, and he carried on in his usual fine manner. The meeting progressed without a hitch. After a few opening remarks, President Al asked David McKeown to lead the members and guests in the singing of O'Canada, which he did in his usual fine style. Raju Paul then offered grace. The visiting Rotarians included fellow Rotarians: Hans Tiedemann from Calgary South; Karl



Herzog from Calgary West and Austin Gerein from Flin Flon. The guests included Don Roang and David McMillan guests of Asha Paul; Arlene Weider and Joan McGregor, our guest speakers.

Once everyone had enjoyed the great breakfast, President Al gave us an outline of upcoming events and then asked the minute people to step forward. John Radamacher again mentioned they are looking for items for the "trinkets & trash or cash" project for the G. W. Skene program. Bob Clark said the "Neptune's Nautical Nite" evening on last Saturday was very successful.

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CALGARY HEALTH REGION



shared responsibility for improved health. It was established in 1995 and has experienced rapid growth and now serves over 1.1 million people. The expansion is expected to continue and they now operate with a \$1.8 billion

Guest Speakers Arlene Weider and Joan McGregor were with us today to speak to us about the Calgary Health Region. They did an excellent job of outlining the mission of the health region. The region is committed to excellence in providing an accessible, integrated, community-based health system that promotes

budget. The region includes all communities surrounding Calgary all the way out to Banff. They left us with the impression that the Calgary Health Region is at the leading edge as far as health regions go. A very good presentation which highlighted what the health region has to offer.

After a few questions, President Al thanked the speakers and closed the meeting.



MEETING HIGHLIGHTS

Continued from page 1.

Happy Bucks:

- Al Hardstaff had \$2 happy bucks for his two week vacation.
- Ernie Drew had \$38 happy bucks for the completion of 38 days of Radiation Treatment at the Tom Baker Center. He mentioned how great the facility and more important the people at the Centre. They are a world class organization and recognized that way around North America.

Sheriff:

Barry Mah was the sheriff this morning. He fined the following:

- Asha Paul for not meeting her guest at the door.
- Jamie Powell for being in RRSP harvest time and not

having time for the little one.

- Ernie Drew for being retired and still putting in 15 hour days. Should see Jamie for some retirement help.

- Max Patel for hogging and aver filling up his table with guests.

- Raju Paul, Peter Pallesen and Bob Clarke for not having a guest at their table.

President Al then said that if people felt their conscience directed them to pay for not having pins or badges, it is OK for them to contribute to the cause.



Show me the money!!

CELEBRATE ROTARY

April 9, 2005

Rotary's 100 Birthday Celebration
at the Round-Up Centre.

CASINO

April 25 & 26, 2005

50/50 DRAW

The virtual 50/50 was won by a virtual Rotarian who failed to pick the joker.

Internet make-up champion Garry Gray was not a participant.



SUNSHINE

Ernie Drew asked those who had a birthday or anniversary in the next week to please stand up and let everyone know.

John Radermacher stood up and advised all that he had a birthday on February 24: Raju Paul mentioned the anniversary of the Club is on February 23.



CHALLENGES SUBMITTED BY SCARIA JOSE

Instead of avoiding challenges, jump into them.
Enjoy the game.

The Japanese have always loved fresh fish. But the waters close to Japan have not held many fish for decades. So to feed the Japanese population, fishing boats got bigger and went farther than ever. The farther the fishermen went, the longer it took to bring in the fish. If the return trip took more than a few days, the fish were not fresh. The Japanese did not like the taste.

To solve this problem, fishing companies installed freezers on their boats. They would catch the fish and freeze them at sea. Freezers allowed the boats to go farther and stay longer. However, the Japanese could taste the difference between fresh and frozen and they did not like frozen fish. The frozen fish brought lower price.

So fishing companies installed fish tanks. They would catch the fish and stuff them in the tanks, fin to fin. After a little trashing around, the fish stopped moving. They were tired and dull, but alive.

Unfortunately, the Japanese could still taste the difference. Because the fish did not move for days, they lost their fresh-fish taste. The Japanese preferred the lively taste of fresh fish, not sluggish fish. So how did the Japanese fishing companies solve this problem? How do they get fresh-tasting fish to Japan?

To keep the fish tasting fresh, the Japanese fishing companies still put the fish in the tanks. But now they add a small shark to

each tank. The shark eats a few fish, but most of the fish arrive in a very lively state. The fish are challenged.

As soon as you reach your goals, such as finding a wonderful mate, starting a successful company, paying off your debts or whatever, you might lose your passion. You don't need to work so hard so you relax.

Like the Japanese fish problem, the best solution is simple. A Management Guru observed it in the early 1950's. "Man thrives, oddly enough, only in the presence of a challenging environment."

The Benefits of Challenge

The more intelligent, persistent and competent you are, the more you enjoy a good problem. If your challenges are the correct size, and if you are steadily conquering those challenges, you are happy. You think of your challenges and get energized. You are excited to try new solutions. You have fun. You are alive!

Recommendations

Beat the heck out of challenges. If your challenges are too large or too numerous, do not give up. Failing makes you tired. Instead, reorganize. Find more determination, more knowledge, more help.

Don't create success and lie in it. You have resources, skills and abilities to make a difference. Put a shark in your tank and see how far you can really go!

PARTNER'S CORNER

Shirley Davis-Clark graciously hosted the meeting on Jan 12, 2005.

The group decided to contribute Toonies at each meeting for the Veterans' Food Bank.

The next meeting will be on March 16, 2005 and the book selection is

Under The Tuscan Sun

by Frances Mayes.

Hope to see you all then, Beth & Ida

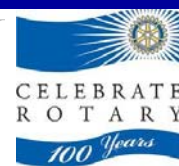
HAPPY 6TH ANNIVERSARY RCCHP

INTEGRITY AWARDS

Bill Hope announced Robert Shiell as our clubs recipient of the Integrity Award. The Awards will be held on March 7th at Stage West. Bill asked if anyone had any comments or objections to having Robert being the recipient of the award. No one had any objections. Tickets for the event are \$40.00 and program sponsorships are available at \$150.00.



ROTARY INTERNATIONAL CONVENTION CHICAGO, USA JUNE 2005



Register Now

CASINO SCHEDULE

IF YOU CANNOT MAKE YOUR SHIFT, PLEASE ARRANGE A REPLACEMENT.

MONDAY, APRIL 25, 2005

<u>CASH CAGE</u> 10:30 AM to 7:00 PM	<u>CASH CAGE</u> 6:15 PM to 3:30 PM
<u>GENERAL MANAGER</u> Barry Jarvis	<u>GENERAL MANAGER</u> Barry Jarvis
<u>ALTERNATE GM</u> Walter Zuk	<u>ALTERNATE GM</u> Walter Zuk
<u>BANKER</u> Peter Harding	<u>BANKER</u> Peter Harding
<u>CASHIERS</u> Martin Harvey David McKeown	<u>CASHIERS</u> Joan Bedard Bill Hope
<u>CHIP RUNNERS</u> Helen Buchanan Brian Morrison	<u>CHIP RUNNERS</u> Bob Clark Rick McLellan
<u>COUNT ROOM</u> 10:00 PM to 3:30 AM	
<u>ALTERNATE GM</u> —Walter Zuk	
<u>SUPERVISOR</u> —Asha Paul	
<u>COUNT ROOM STAFF</u>	
Raju Paul Garry Gray Max Patel	Steven Yu Ray Gosselin

TUESDAY, APRIL 26, 2005

<u>CASH CAGE</u> 10:30 AM to 7:00 PM	<u>CASH CAGE</u> 6:15 PM to 3:30 PM
<u>GENERAL MANAGER</u> Walter Zuk	<u>GENERAL MANAGER</u> Walter Zuk
<u>ALTERNATE GM</u> Barry Jarvis	<u>ALTERNATE GM</u> Barry Jarvis
<u>BANKER</u> Peter Harding	<u>BANKER</u> Peter Harding
<u>CASHIERS</u> Doug Hood Wynne Bjorgan	<u>CASHIERS</u> Al Hardstaff Din Peerani
<u>CHIP RUNNERS</u> Jamie Powell John Radermacher	<u>CHIP RUNNERS</u> Elaine Harding Ida Hardstaff
<u>COUNT ROOM</u> 10:00 PM to 3:30 AM	
<u>ALTERNATE GM</u> —Barry Jarvis	
<u>SUPERVISOR</u> —Asha Paul	
<u>COUNT ROOM STAFF</u>	
Harry Kim Robert Drew Dennis Tillotson	Jim Davis Betty Little

ROTARY CLUB OF CALGARY HERITAGE PARK

P.O. Box 30261 Chinook RPO Calgary, Alberta. T2H2V9

Phone: 403-221-8240. Fax: 403-221-8250. E-mail: rcchp@shaw.ca

WEAR YOUR ROTARY PIN

