

THE STANDARD

THE ROTARY CLUB OF CALGARY HERITAGE PARK



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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?



Meeting Highlights

A great meeting kicked off with President Martin welcoming everyone with a big "Okey Dokie!"

Lots of guests today as it was our Rotary 4 Way Test speech contest.

President Martin got things going a little early after breakfast because of the action packed agenda.

First up was Harry Kim with three mo-



Our greeters

tions for Community Service donations for club approval.

1st \$2,520 to The Mayfair Senior Centre to cover the cost of 1 year of the Pet Visitation Program. Twice a month a group of volunteers bring in pets for the enjoyment and delight of the senior centre residents. Motion passed.



Walter Zuk

2nd \$1,000. to the Calgary Neuropathy Association for the purchase of a new computer

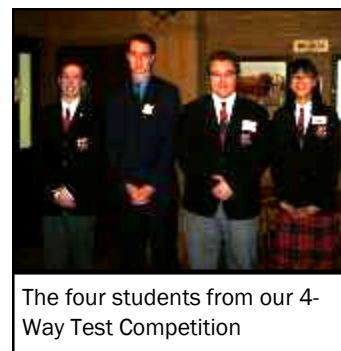
Guest Speakers: the 4-Way Test speeches

Three students from Juno Beach School and our out-bound exchange student Trevor Hlynski provided us with some wonderful and entertaining speeches using the Rotary 4 Way Test to emphasis their points. I think the real winners of this contest were the Rotarians that had to opportunity to listen to these amazing students and their presentations. The judges evaluated the presentations based on a strict criteria monitored by the chief judge David McKeown. After careful deliberation the judges chose our out going exchange student Trevor as the grand prize winner and he was presented with a cheque for \$100. See the complete text from their speeches at the end of the issue.

The other winners in order were:

Anneka - \$50. Brandon - \$50. Ken - \$25.

That wrapped up another action packed and fun meeting at Heritage Park.



The four students from our 4-Way Test Competition

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and printer. Motion Passed

3rd motion: \$4,000 to In From the Cold to sponsor Children and Family workshops. Motion passed

Next up was Bill Hope of Vocational Service with a motion to donate \$850. to St Joan of Arc School to cover the cost of busing students to the student conference at Our Lady of Leadership. The all day conference theme is "Social Justice". Motion passed.

Announcements

Golf Tournament - Brian Semeschuk gave an update on the tournament coming June 29th at River Spirit Golf Course. We are nearing a sell out but while many have committed we now need to get the money in.

Also looking for door prizes and golfer prizes so whatever you can donate would be appreciated.

President's Social – Bob Clark reminded us this fun event is coming June 11th and we have been moved to the Railway Café as our location since the club has outgrown Rancher's Hall. We are also looking for Rotarian's to proudly step up to Roast President Martin after his year at the helm.

Mark your calendars and contact Bob Clark to get your shot (good clean evil fun) at President Martin.



Three guests from Juno Academy

Heritage Park Family Fun Picnic – Saturday, May 15, 2010 at Garry Gray's house from 11:00 AM to 1:00 PM. Let Peter Harding know if you are coming, how many adults, how many kids and the ages of the kids that are coming with you.

Guest Speaker: 4-Way Test Speeches



SUNSHINE REPORT

David McKeown wished Happy Birthday to Helen Buchanan

Also wedding anniversary congratulations to:

Dennis and Beth Tillotson

Mark and June Rowe

David told an interesting and involved story about a woman and a man in a car accident and how the woman covered up her guilt of being a bad driver with feminine wiles and alcohol. I love a happy ending.



Happy Bucks

Just a few today because we were pressed for time.

Bob Clark happy about an art exhibit, Canadian hockey teams winning and hopefully the Flames will win next year.

Bob Burton happy about the three students coming for our speech contest and his fun week in Hawaii. Sad that he had to fly Air Canada.



Sheriff: Bill Hope

Bill Hope took very little time to fill the pot and empty our pockets with table by table quizzes on Rotary, Polio and Banff



50/50 JACK POT



Mark Rowe was in control of the deck. Zuzana had the lucky ticket number and a chance at the pot of about \$50. unfortunately Mark gave her the old double shuffle and Zuzana sadly drew the 4 of diamonds.



The Rotary Four-Way Test

By Trevor Hlynski

Good morning ladies and gentlemen, I am Trevor Hlynski, and today I will talk to you about a test we all know, and as people involved in Rotary, a test that we hold close to our hearts. Ladies and Gentlemen, the code I speak of is of course none other than the Rotary four-way test. As responsible Rotarians, all of you have taken your time to memorize it, just in case your ticket is drawn for the 50/50. But it is more than that, much more than that, something that we live our lives by each in every day. In this speech I will examine the pillars of the test, and how they relate to my recent trip to Peru.

Over spring break, I was lucky enough to go on a family vacation to the South American nation of Peru. Aside from seeing the Inca city of Machu Picchu, we explored the Amazon jungle, the islands of Lake Titicaca, and trekked through the Andes. I'd like to think that we travelled as responsible tourists and I think a good way to judge that and see if its true is to apply the four-way test to our vacation.

On the first leg of our trip, we flew into a small airport surrounded by dense rainforest, and took a boat up a muddy river, to a lodge run by local aboriginals. The Amazon is an incredible place, we hear tales about the biodiversity in the rainforest, but you need to be



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The Rotary Club of Calgary Heritage Park Announcements

June 11	President's Social
June 29	Golf Tournament

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there to truly understand the scale of it. While it is a location I where I would love to spend more time, I can't help but feel a little out of place, in such a pristine natural environment. Is it fair for tourists to go there? Is it fair that we go into the rainforest, bringing the cargo of our western lives, and potentially damaging the forest along the way? The lodge that we stayed at was certified for following all guidelines laid out by an international eco-tourism organization. The lodge was built using most local materials, and is most self-sufficient. The guides take careful precautions to avoid harming the nature we explore. Everywhere we go we still leave footprints, but I feel the increased level of respect for nature that a visitor leaves with is a great thing. The lodge allows the locals to make money while protecting their community while educating a limited of tourists, so it's fair to all involved.

Next on our vacation was Lake Titicaca, the second largest lake in South America, and the highest navigable lake in the world. The lake is a lot like the Waterton-Glacier national parks, as it is shared by Peru and Bolivia, something that is seen as a sign of goodwill and peace between the nations. While exploring the lake by boat, we stayed on an island populated entirely by people indigenous to the lake. Our host mother lived in a normal house by their standards, yet one we would see as very primitive. She cooked all of our meals over a fire in a tiny kitchen, perhaps half a meter wide, using mostly food she grew in her garden (meaning a lot of potatoes). Fortunata spoke no English, and we spoke little Spanish, so we had to be creative when it came to communicating with her. It is fairly easy to communicate that you like the food, or that you need el bano, but was more challenging to ask her if she needed help doing chores or talking to her about her family. In the end we managed to overcome all of the language barriers that we needed to, and gained valuable insights into what life is like for someone in that kind of environment. I feel that these experiences certainly go a long way towards building goodwill and better friendships across borders and between cultures.

The final frontier of our trip was the Andes, the legendary mountain range that was home to the mighty Inca Empire. Machu Picchu is certainly the most famous site in the Andes, and many people choose to hike the Inca Trail to see the sunrise over the city. Originally we too were supposed to join the 2000 people who are hiking this trail at any given time, but instead we did the 3 day Lares trek, a relatively unknown, but arguably better hike, because of the lack of tourists, and numerous local people along the trail.

The final pillar of the four-way test that we must consider when making decisions is whether it will be beneficial to all concerned. The Inca trail is comparable to a highway cutting through First Nations land, sure you may see where those people live, but you will learn little about who those people are and how they really live. The Lares trek that we did though was different, and was a cultural experience rather than a racetrack to Machu Picchu. The trail passes through many small Andean villages and farms, allowing us to interact with the people that live there. When we would meet people along the trail, or the kids who would come visit us at our campsites, we always gave something to them, stickers and skipping ropes to the kids, money in exchange for goods to the adults. And from them, we gained an insight into the way they lived, and a sense of belonging in their land. From them we also learned some Spanish, and in return we taught them some English, and the hokey pokey. Looking back on the hike, I do not feel as though we were intruding upon their land, but rather welcome guests, and that our trip was beneficial to both our lives and theirs, beneficial to all concerned.

For me, all these experiences came together to form a truly remarkable picture, one in which we can journey to other lands, interact with different people, and return with a new view of our world, without forgetting our core values as laid out in the four way test. All of us continue to use the four-way test for going about our daily lives, and I will certainly use it as a guide on my exchange to India next year. I'd like to close with a quote by Abraham Lincoln, "And in the end it is not the years in your life that count, but rather the life in your years.", thank you very much ladies and gentlemen.

We are constantly meeting and interacting with people. We make new relationships, and strengthen the ones we already have. But this occurrence is becoming less and less, as more of our relationships are breaking down and failing. Conflict in a relationship is virtually inevitable. In itself, conflict isn't a problem; how it's handled, however, can bring people together or tear them apart. Poor communication skills, disagreements and misunderstandings can be a source of anger and distance. Many say that conflict resolution through communication is the key to a healthy and successful relationship, whether it is with a love interest, or a co-worker, or friend. In order to test this contention, I will use the Rotary 4-way test, which provides guidance for the things we think, say, and do. This test is composed of 4 questions that we should ask ourselves. Is it the TRUTH? Is it FAIR to all concerned? Will it build GOODWILL and BETTER FRIENDSHIPS? Will it be BENEFICIAL to all concerned? I believe, when we apply the 4-way test, we will see that it is not so much the communication that is important, but rather, we will see the importance of GOOD, EFFECTIVE communication.

“Is it the TRUTH?” – If this question is not properly answered, then the questions that follow lose their validity. It is better to always be honest, no matter how hard it may be, because then you will know that the people in your life are not there because of the lies you have told, but because they want to be there. A relationship of any kind that is based on lies is completely meaningless. Sure, you might attract a few people with fabricated stories, but what is that worth? Is it worth losing yourself over? Although it is believed that lying can save a relationship, this is truly not the case. If you have to lie to hide something, or to make things seem better, then the relationship has already fallen apart because it does not have that solid foundation that a relationship with honest bonds has.

“Is it FAIR to all concerned?”— When something is fair, it is free from bias, dishonesty, or injustice. I once heard someone say, “People may not remember exactly what you did, or what you said, but they will always remember how you made them feel”. This is definitely true with our relationships with other people. When discussing a conflict with another person, regardless of who they are or what they mean to you, you should always be open to what is being presented. That is the only way to be fair to the other party, while maintaining your own opinion. Listening, and considering all points of view, are two skills that can be constantly developed to help us achieve fair and balanced communication. People often *think* they're listening; but really, they are thinking about what they're going to say once the other person stops talking. Truly effective communication goes both ways. You must be able to listen to be able to speak with fairness.

“Will it build GOODWILL and BETTER FRIENDSHIPS?” – Never in my life have I experienced a situation where good communication between people has not brought goodwill and better friendships. Goodwill is the willingness to help others. It is the willingness to live selflessly, for the wellbeing of those around us. It is the “giving” instead of the “taking” in a relationship. A friendship is an in-depth relationship, but also a relaxed one. Friendships combine trust, support, loyalty, understanding, and empathy. The great thing about friends is that you can always be yourself around them. You know they are there because of you, and not who you pretend to be. Sometimes it is very difficult to make friends at certain times, but once you overcome those obstacles, the result is truly great. You have a strong connection to someone, and a bond that cannot be broken.

“Will it be BENEFICIAL to all concerned?” – The first step in achieving better communication is to take a look at yourself first. People often tend to turn to the other party for the blame when things are not running smoothly. They automatically start pointing out what the other is doing or not doing. It is important that you take responsibility for your own actions and communication efforts first, before you can point anything out about the other. It is very easy to see other people's mistakes, but when it comes to looking at ourselves, it is much harder to accept criticism, even from ourselves- because no one wants to be wrong. This practice can be beneficial to all, because you can avoid conflicts and biased judgments. Communication is not about who is right or wrong, but instead about helping each other see things from each other's perspective, (so we can avoid any misunderstanding that will cause unneeded arguments and tensions.)

When I ask myself these 4 questions and try to apply them to my life, I notice that they all have the same underlying value: selflessness. NEVER, does the 4-way test ask ME, to look at how something will benefit ME. Instead, it teaches us not to live WITH other people, but how to live FOR people. The Rotary Club's guiding principle supports this. SERVICE Above Self. In the great words of George Bernard Shaw, "The problem with communication is the illusion that it has been accomplished". If we all lived FOR others, we would have relationships stronger than ever. We would be able to be ourselves, and not hide ANY aspect of our lives. We could support each other with stronger bonds, and we could interact with clear-cut confidence, because living for others, could change how we communicate altogether. Thank you,

Anneke.

Brandon

Rotary 4-way test

Hello, today I will connect the 4-way test into my personal life to show how this test can be used as a useful life tool. Is it the truth? Pretty simple concept telling the truth, and still people everyday fail to understand and implement it. By telling the truth someone can avoid unwanted outcomes and can actually ease stress on oneself because by telling the truth, fake stories don't have to be remembered, making it easier on the mind. This can be something as simple as wanting to impress the cute girl or guy next to you. It can start out "harmless" enough but can snowball into some huge charade and by then their not getting to know you, their getting to know your fantasy person. For example someone can say they're a millionaire entrepreneur who's come to finish high school, while afterwards moving to the Bahamas into their three million dollar home. By doing this they look immature, like a liar and a generally untrustworthy person. Doing things such as this is seen as morally wrong by many and offensive by more.

Is it fair to all concerned? Amazingly enough, for many people this question never crosses their minds. As some people may say it's because nowadays we are in a "me" generation. Meaning that we as a society are in it for ourselves and are basically saying snooze you loose. This may not seem fair but it is becoming more apparent. Even I have noticed a change for the worse with some people. An example of this is as simple as finding litter and not littering yourself. If you're walking around the city and you see garbage on the ground, take three seconds out of your day, pick it up and throw it out. If you walk right by a piece of garbage on the ground and don't pick it up its just as bad as littering yourself. This is unfair because people want to take pride in their community but when people litter it looks dirty and makes it hard to feel pride in ones community. If something as simple as picking up a piece of garbage is done even by a teen in front of a young impressionable kid he sees that wow even teenagers do it maybe I should and that just might motivate kids to do something good for someone else also.

Will it build goodwill and better friendships? Now looking back to the mention of this slowly becoming a largely "me" based generation many people don't think about how people will feel with their decisions whether they are large or small outcomes. A relatively small outcome can be when someone rips into a parking lot with a large vehicle and takes up two lanes when it parks. Now not only are people either nervous or angry that you ripped into a parking lot but someone who is in just as big of a hurry may need to park close to wherever you are for a possible emergency and if they cant park close because your in two spots its most likely going to infuriate them. It is as simple as taking ten seconds to back out and fix the way your vehicle is parked. Doing this is a prime example of creating goodwill even though the person you helped will probably never know what you did, and that's when you know you have done a good deed. Another example is put yourself in another person's shoes and walk into a store. How does one feel if their asking for directions if someone says to you I don't know and leaves it at that and doesn't find someone that may be able to help its irritating and goes completely opposite of creating goodwill.

Will it be beneficial to all concerned? Again, some people never stop to think about what effect their day to day decisions are on some people while others do but take it lightly. An excellent example of such a decision is if you for instance have a dog and are walking it at a dog park. Well what do you do if you find glass while you're walking your dog? If you pick it up and throw it in the garbage its beneficial to everyone because your saving who knows how

many people hardship by having their furry friend step on glass shards and getting hurt. Maybe not that day, but who knows maybe the next day a dog steps on the glass causing a pricy trip to the vet and possibly the pet hospital. Going back to the definition of the store if you need to find something quickly and the employees are no help and you need to get home to your sick child it can make you antsy, nervous and ultimately angry that no one is helping. Because not helping may be beneficial to them but they aren't thinking about this point in the four way test which means it's not at all beneficial to all.

I appreciate you taking time to hear me speak and hope I leave you with nothing missed. Thank you.

Ken

The Things We Think, Say or Do

The Rotary 4-way Test asks four questions: Is it the truth? Is it fair to all concerned? Will it build good will and better friendships?

So why should we use the 4-way test in our lives?

Well for starters, it's so much harder to remember the lies you've told, then to remember the truth.

Why be fair at all times? – is it because karma will always come up when you least expect it or at the most inopportune moment. Also because we are all afraid of that one terrifying phrase parents always say to us... “We’re not mad... But we’re disappointed”.

Why wouldn't we want to have better friendships? – Friends are there for you, for everything you need. (burying your hamster, spending your money, helping you move, and telling you that your hair looks good when it really doesn't, and that yes, those pants do make you look fat).

Is it beneficial to all concerned? That's a tough question to answer. Sometimes making a situation beneficial to all involved can require a sacrifice. Like during a hockey game, the Flames are down 2-0 (no shock there), it's the middle of the 2nd period, Jarome Iginla looks along the bench, to see his players' heads down. Jarome jumps off the bench, and onto the ice. He hustles to the play, disregards the puck, goes straight to the man, and levels him! The crowd goes wild, the players on the bench with their heads down, hear the crash against the boards, and start to cheer and scream along with the crowd, the player that just got hit, gets up and wants to fight Iggy. They drop their gloves and start to brawl... A left by Jarome, a right, upper cut... Miss! Iggy is smoked by a right, he's still standing!? Jarome one more punch, fakes with his left, draws back with his right, BAM! Hits him right in the kisser! Lecavalier is down! During that fight, the crowd, the bench, the coach, even the water boy, cheer and scream and wallop, to award their captain with his captainesque heroics... now even if the Flames don't win this game, and everyone might not remember the score or the stats, but they will remember the hit and fight that sparked the Flames to give them life in this game again. Now you're all probably wondering how and why this is relevant to being beneficial to all. The way I look at it is, if the captain of the team doesn't step up, he could lose his captaincy, if the flames lose the game the fans might not want to come to future games or start to worry about not making playoffs, the coach could be concerned about his job in the organization, also the players could be on the chopping block for a trade. That is how this is beneficial to all... except for the guy that got punched. Jarome's sacrifice benefitted more than just himself, he was able to tailor his actions to benefit as many as possible.

It occurs to me that these four questions remind me about kindergarten. As we all remember, kindergarten teaches

us to share everything, play fair, don't hit people, put things back where you found them, clean up your own mess, don't take things that aren't yours, say you're sorry when you hurt somebody and don't lie. Everyone has those great memories of kindergarten, like sharing snacks with the kid that brings the best treats. The teacher's favorite game – how quickly can you put back the most art supplies? Need more kindergarten stories.

Some of the most influential people in our life time, have come up with the most simplest, but most powerful phrases in recent memory. Ghandi said "Be the change you want to see in the world". Going back to lying and being truthful towards people and everyone around you, my dear friend Will Smith said, "Telling a lie is like seeing a ghost, it comes back to haunt you".

Telling the truth, is hard for anybody, even the most true and purest people. My Junior High School Math teacher once told me (I was in trouble for telling a lie at school), she said, "If you always tell the truth, you know that the people in your life aren't there because of the lies you have told, but because they want to be there".

My family is not famous, or has not done anything great or amazing, well except for me being born, but one of the most influential people in my life, is my mom. She is very wise, very intuitive. She can always give me advice with the slightest of ease. With all of her life lessons and rants towards me, one thing has been glued into my mind. "If you treat people fairly in life, they will do the same to you. That is peace".

Through all that I said, I think the 4-way test is a great way to improve relationships with your family and friends. These 4 rules can improve not just relationships with friends and family members, it could help me become stronger at school and at school activities, for example my school Interact club. These rules could be used to decide programs to help the community and even the world. Thank you for your time and have a great day.

