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New Year's Goals cont'd

January birthdays



2020-2021 Officers and Directors

George Van Schaick, President
Bev Tonkinson, President Elect
Rob Wolfson, Past President
Dale Perret, Secretary
Al Holt, Treasurer

Syed Ahmed, International Service
Dean White, Youth Service
Neil Beatty, Community Service
Bruce Bohnet, Club Service
Sandy Swan, Club Operations
Garth Plunkett, Club Financial

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District 5360 Governor Martin Parnell
Rotary Club of Cochrane

New Year's Goals Diane Stevenson, Life Coach

George introduced our guest speaker, Diane Stevenson, a life coach who provided us with information on how to choose resolutions for the new year, and how to improve our odds of achieving them. Diane has a diverse work background with the common trait of effectively dealing with people. She is married with four children and 11 grandchildren, and does her best to remain physically active with regular walking and kickboxing.



Diane began by thanking Michael Spears for setting up this opportunity to present to our Club. She has titled her presentation "How to Set Yourself up to Achieve Your Goals in 2022".

When you are setting goals, you must begin with a value check ... do these goals align with your values? Alignment is critical.

Steps to take when choosing goals:

- Brainstorm
 - write down ideas
 - keep writing
 - take a break, come back
 - write again
- Prioritize
 - break goals down into categories such as personal, business, bucket list, financial
 - set up the timing ... immediate, longer term

SMART (acronym) goals should be:

- Specific, Measurable, Achievable, Realistic, Timely

SHARP (an alternative acronym):

- Significant, Healthy, Action-oriented, Reachable, Purpose aligned

Diane referred to Rotary's "4 Way Test" and advised that these questions fit nicely into choosing goals: Is it the truth, Is it fair to all concerned, and so on.



Before setting a goal, you need to take stock of where you are now, and determine where you want to be when we get into 2023.

Once you have a goal(s) in mind, consider the following

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Rotary
Club of Calgary Chinook



January 4th, 2022

Scribe: Paul Gaudet



President George called our meeting to order at 12:02, welcoming all participants and wishing everyone a Happy New Year. We then proceeded with an audio only version of O Canada.

We had 26 members and two **guests** in attendance today: our guest speaker Diane Stevenson, and Karen Murray from Inclusion Alberta. It is also notable that Bev and Anthony were able to participate by ZOOM from their beach resort in Mexico. They looked to be enjoying the sun.

George noted that Paul is our **scribe**, and noted that today's e-Arch is number 80 ... can you believe it!? Special thanks to Stephen and Anne for designing and creating this wonderful electronic newsletter for the benefit of all our members.



George also **thanked Rob** for hosting our meetings during the first 6 months of our Rotary year, and for all the creativity and effort he routinely puts into our Club activity.

George proceeded to introduce our **guest speaker**, Diane Stevenson, a life coach, with information on how to choose resolutions for the new year, and how to improve our odds of achieving them.

Sunshine Report

George asked for any information on the health of our members. He reported that he has been advised by Dale Perret that her sister has recently passed away. Bob Montgomery advised that Gary Ladd's (former member) obituary was in the Herald today. Gary passed on Christmas Day. We offer our condolences to Dale and her family, as well as to Lise and her family.



Karen Murray (our representative with Inclusion Alberta) thanked all our members for our Club's donation to Inclusion Alberta during their successful fund raising campaign.

Rob then introduced our **Chase the Ace** segment by advising that today we are generating \$104 for our Club, with \$78 for the daily winner. There is \$615 in the Pot should the winner select the Ace of Spades. Neil Beatty won the daily prize and, with Rob counting,



selected the 6 of Hearts. The big pot continues to grow!

As Anthony and Bev are enjoying a winter vacation in Mexico, Rob stepped in and announced our **Birthdays and Anniversaries** for the month of January. Our member birthdays are: Bruce Bohnet (7th), Jack Steen (12th), Tom Sorenson (18th), Dick Snel (24th), and George Van Schaick (30th). We have two spousal birthdays: Mary Ellen Boone (2nd), and Maria Stemp (7th). Best wishes to all for a wonderful birthday. There are no member wedding anniversaries during January.



Rob requested that anyone who has a birthday or anniversary in February to please send pictures (to Rob) so he can highlight them at our first meeting in February.

We did have a number of **Rotary Anniversaries** (the date the member joined Rotary): Anthony joined on the 1st, 1987, Garth Sabirsh on the 8th, 2008, Michael Spears on the 9th, 2018, Bob Montgomery on the 11th, 1996, and Sandy Swan on the 15th, 1992.

George thanked both Rob and Bev for all the work they do each month to prepare and present this enjoyable segment.

Sergeant at Arms

Rob presented a series of cartoons with a holiday theme, complete with background music which brought smiles and chuckles around the room.

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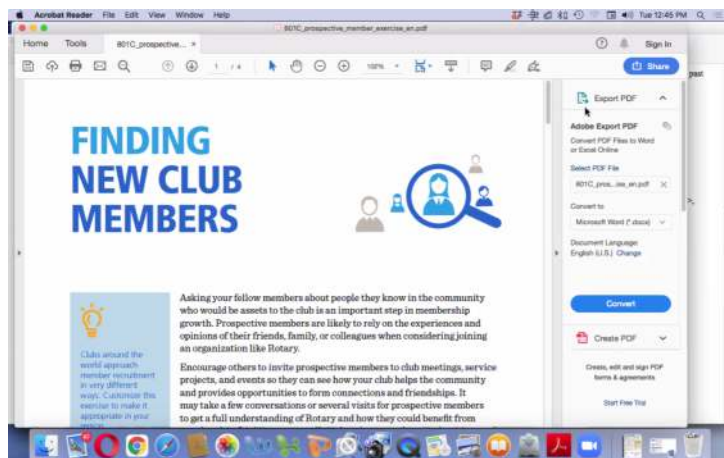
The irony for mankind is that a computer program asks a human to prove that they're not a robot.

BREAKING NEWS
Local man addicted to brake fluid says he can stop anytime he wants....



A new year means a new chapter. I hope 2022 is an incredible part of your story.

George introduced a “**Membership Development**” tool (available in our learning centre) which was identified by Rhea Graham and adopted for use by our membership committee. He reviewed it briefly and advised that he would be sending it to our members for their consideration and use. Rob highlighted the changes recently made to our meeting schedule (changing from noon meetings each Tuesday to a three meeting schedule per month; two at noon during weeks one and three, and one evening meeting in week four). These changes were made to make our schedule easier to participate in for potential new members, and we need to reach out to people in our lives and invite them to join us. As Rob puts it “our membership numbers are going in the wrong direction”, and we must try to reverse this trend.



George called for any **Good News / Bad News** comments and Al jumped in to tell Neil, who had just won the Chase the Ace daily prize, that his cheque had already been cut. Ian suggested that we consider some sort of interim arrangement for potential new



members, allowing them to attend for a while before making a final decision to join. People are so busy these days that they resist quick decisions.

Bev (participating from Mexico) announced that she and Anthony have arranged with Sandy and Jim Swan to get together for a visit at Guadalajara, and that they were looking forward to getting together.

Rob advised that our informal Christmas Dinner at the McKenzie Meadows Golf Club, held on December 22nd, went very well. It provided great fellowship and excellent food and hospitality from the Golf Club staff. Rob thanked everyone who was able to attend.

Our next two meetings will be on Tuesday, January 18th, at noon and on the evening of Thursday, January 27th. These meetings will both be on ZOOM as we anticipate the current COVID variant will be discouraging in-person meetings for a while. The speaker for our meeting on the 18th will be from Habitat for Humanity, and our evening meeting on the 27th will include a presentation by Dr. Mattu, from the Fish Creek Club, speaking about his “Third Academy”.

George thanked everyone for attending today and offered best wishes to all. Meeting adjourned at 12:56pm.

New Year's Goals

... cont'd from page 1

points to be better prepared:

1. Obstacles — what obstacles could hold you back, are they controllable?
2. Resourcefulness and Solutions — what resources can you use?
3. What are the benefits of achieving your goal?
4. What are the costs of reaching your goal, of not achieving it?
5. Action steps — a vision without action is deception.
6. Calendar and milestones — calendars clarify time lines, milestones clarify targets.
7. Energy management — the level is a personal choice.
8. Accountability — accountability accelerates results. Find a person to check your progress.
9. Hire a Coach — this will assist in setting and achieving your goals. It is always the client that leads the way.

George thanked Diane for presenting to us today, and advised her that in appreciation we would be making a donation to Polio Plus, Rotary's program to eradicate polio from our world.

Values Check

Do Your Goals
Align With Your Values?
Alignment is Critical When It
Comes to Achievement

Brainstorm

Write Down Anything That Comes
To Mind That You Would
Like To Do or Achieve

Prioritize

Break Your Notes into Personal, Business, Immediate, Future, Fun Things, Bucket List, etc

S.M.A.R.T. Goals

Specific
Measurable
Achievable
Realistic
Timed (Timely)

S.H.A.R.P. Goals

S – Specific
H – Healthy
A – Action Oriented
R – Reachable
P – Purpose Aligned

When you set goals, do you use the Rotary Four Way Test?
Of the things we think, say or do:

1. It is 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?

Before you set a goal either personal or for your business, you need to take stock of where you are now and determine where you want to be when we get to 2023.

What is something you have always wanted to do?
Is this the year? What would it take to do it?

Step 1

GOAL

What is your Goal?
Is It A BHAG?

Step 2

OBSTACLES

What Obstacles Could Hold You Back?

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Vocational Service Month

** All January meetings will be via ZOOM **

January 18th

Jorges Torres — Habitat for Humanity

January 27th

Dixon's Networking Night, 7 - 8:30pm

Speaker: Dr. Lal Mattu, Calgary Fish Creek — Third Academy

Peace and Conflict Prevention/Resolution Month

February 1st

Danielle Murphy and Lori Wilson — Kerby Center

February 15th

"Skip the Depot" Bottle Drive — drop your empties @ Tonkinsons'

Water and Sanitation Month

March 22nd

Richard Moxley, Debt Counsellor and Author

Maternal and Child Health Month

April 27th

FunDrive Fundraising Project Delivery Date — collect gently used clothing and other items!


FunDrive


We have begun bagging 'gently used' clothing and other items for our Spring Delivery Date — April 27th — to Value Village. We need some sort of space where we can collect these large bags as they accumulate over the next few months?

*Any ideas or suggestions?
Contact Paul G.*

New Year's Goals

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<p>Step 5</p> <h3>COSTS</h3> <p>Count The Costs</p>	<p>Step 6</p> <h3>ACTION</h3> <p>A Vision Without Action is Deception</p>	<p>Step 3</p> <h3>RESOURCEFULNESS & SOLUTIONS</h3> <p>What Resources and Solutions Do You Have?</p>	<p>Step 4</p> <h3>BENEFITS</h3> <p>Motivation. Meaning. Rewards</p>
<p>Step 7</p> <h3>CALENDAR & MILESTONES</h3> <p>Calendars Clarify Time, While Milestones Clarify Targets</p>	<p>Step 8</p> <h3>FLOW - PEAK MENTAL & EMOTIONAL STATE</h3> <p>How We Think and Feel Drives Performance</p>	<p>Step 9</p> <h3>ENERGY MANAGEMENT</h3> <p>Energy Management Also Looks Like SELF-CARE</p>	<p>Step 10</p> <h3>ACCOUNTABILITY</h3> <p>Accountability Accelerates Results</p>
<p>Step 11</p> <h3>HIRE A COACH</h3> <p>A Good Coach Will Assist You in Setting and Achieving Your Goals</p>	<p> Diane Stevenson It's YOUR Life Coaching itsyourlifecoachingca@gmail.com 403-606-6672</p>		



My new acronym for FAMILY

Friendship
Affection
Memories
Intelligence
Language
YAHOO!

Rhea Graham



January Birthdays





BRUCE BOHNET
JAN 07



JACK STEEN
JAN 12



TOM SORENSON
JAN 16



DICK SNEL
JAN 24



President George - Jan 30th

Happy Birthday to someone who deserves to be treasured.



After all, fossils of your era are hard to find.