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The Power of Perception

Alvin Law



Rob Wolfson introduced our speaker today, Alvin Law, who is a motivational speaker, a member of the Professional Speakers Hall of Fame and an honorary Rotarian of the Rotary Club of Calgary East and the holder of a Paul Harris Fellowship.

Born with no arms as a result of the drug Thalidomide, Alvin Law challenges his audience members to examine their current perceptions of themselves, other people, and the world around them so they can overcome the same obstacles he was faced with — not how to live and function with no arms, but how to be a successful, compassionate, positive and engaged human being that leaves the world a better place than how they found it.



He began his presentation by noting that he was excited to be presenting his first gig of 2024. He went on to say that he had been previously scheduled on this date to be in Singapore making a presentation to a large group in that city. Unfortunately this event was cancelled at the last minute, which presented the opportunity to be with us today. He told us about an opportunity he had this past year to make a presentation to the Million Dollar Round Table in Nashville, Tennessee. This group was comprised of 6,500 successful insurance executives, and his 25 minute presentation was well received.



His presentation today is about the power of perception. He went on to provide three different impressions to our group today by initially wearing an expensive suit jacket, then taking off the jacket and presenting with a not tucked in shirt, and finally the perception he made when using his feet to drink from a mug of water, hold a brush to groom his scalp, or to hold a pair of drumsticks with his toes and successfully use them to play an actual drum performance. Three different impressions within

five minutes, all accurate. His point is that the initial impression, while often considered quite important, is not as important as the overall lasting impression.

He went on to tell us about being born on July 22, 1960 and how it happened that he was adopted by a local family who already had two sons, and

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President Elect Rob called our meeting to order at 12:15, welcoming all in attendance. He noted that our Rotary Theme is to “Create Hope in the World”, then led us in the singing of O Canada.

We had 35 participants at our meeting today, which included 5 guests: Lyla Stevens, Jeanette Holt, Karen Ekstrom and Gary Williamson (President of Rotary Centennial), and our guest speaker, Alvin

Law. Our guests were introduced by Hank and serenaded by our “Welcome to Rotary” verse.



Rob thanked Paul for being our scribe today. He also thanked Hank and Brennan Pell for being our greeters today and for making everyone feel welcome.

Club Business

Birthdays and Anniversaries

Dave Wylie announced our 4 **member birthdays** for January: Bruce Bohnet on the 7th, Jack Steen on the 12th, Dick Snell on the 24th, and George Van Schaick on the 30th. We have two **spousal birthdays** during January: Maria Stemp on the 7th, and Aida Trutan on the 20th.

We have a single **anniversary** this month: Vlad and Aida are celebrating their 30th on the 21st.

Congratulations and best wishes to all!

Sunshine Report



Pat had no news to report, however he asked the attendees if they had any and Dave Wylie rose to announce that George Van Schaick lost his mother in late December, as well as two aunts who also passed recently. Ruth Wiley lost her sister and 2 sister in laws. A tough holiday season for their families, and our condolences go out to all.

Good News / Bad News

Hank started us off by donating \$20 Happy Bucks for a wonderful

family Christmas season.

Al Holt donated Happy Bucks to celebrate having his family home for the holidays.

Neil was also happy as a planned several day re-modeling job was done in one day.

Pat Hutchinson highlighted that his granddaughter, who is a successful model, is currently doing a job for Birks and can be seen here in Calgary.

Ron May reported that Hank was giving him heck for wearing ski boots to a Rotary meeting, however lightened up when Ron explained that he had been shovelling snow all morning at his home in Bragg Creek.



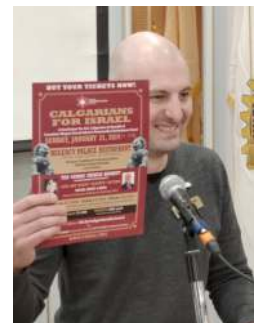
Minute Man Reports



Paul G read an email from our member in Pakistan, Syed Ahmed. Syed reports that he and his wife are still working in Pakistan ... he as a University teacher, and Fari preparing students to pass English language tests. They both wish all Chinookers a Merry Christmas and Happy New Year.

Rob reported on Calgary West’s 10th Annual Rotary/NSTEP Plant Sale. You can order many combinations of vegetable, tomato and flowers for pick up in May. Orders must be received prior to January 31st, 2024. If anyone would like to review the products on sale, simply advise Paul G and he will forward their order information to you by email.

Rob hopes everyone will attend the “Calgarians for Israel” fundraising dinner which will take place at the Regency Palace Restaurant on Sunday, January 21st, 2024 between 5pm and 9pm. It will include a 10 course Chinese Banquet, a Live and Silent Auction, and live entertainment. Tickets will be \$88 or \$1,260 per table. We are trying to fill a Chinook table of 8, so kindly reach out to Sharon.



Chase the Ace

Rob noted that as we had cancelled our regular meeting on December 19th, today’s draw would

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cover for that date. It turns out that Rob's name was drawn as today's winner so he won the day money (\$69) but chose the Queen of Spades, leaving the Ace for future winners. Our Club earned \$92. Our pot is \$561, and there are 45 cards remaining.

Rob noted that members who wish to play Chase the Ace are asked to send their funds by e-transfer to our treasurer. So to play in January, please send your \$20 (2 more draws this month) prior to January 15th.

Programmed Presentation

Rob Wolfson introduced our speaker today, Alvin Law, who is a motivational speaker, a member of the Professional Speakers Hall of Fame, and an honorary Rotarian of the Rotary Club of Calgary East and the holder of a Paul Harris Fellowship.

Dates to Remember

- January 16th Regular noon meeting at the Carriage House
Guest speaker will be Jeff Foss, our District Membership Director
- January 25th Evening meeting

Rob thanked everyone for attending today and asked all to stand and help close our meeting with a reading of Rotary's 4 Way Test.

Remember, "Create Hope in the World". Have a great Rotary week! Our meeting adjourned at 1:30pm.

Photos courtesy George Van Schaick

The Power of Perception

were prepared to raise Alvin as part of their family. He looks back on this situation today and realizes that it was the very best thing that could have happened. His birth parents were almost homeless, in their 50s, and basically were not capable of raising him. He was adopted and raised by Jack and Hilda Law, who taught him how to use his feet as hands and, in doing so, gave him the gift of freedom. He uses his story to challenge audiences to rewrite the negative stories they tell themselves, and inspire them to practice cultivating a more proactive and effective outlook on their lives — stop making excuses and start making choices. Law knows, and demonstrates, that attitude is not only about "thinking positive", but instead how we look at and interpret life overall. It is a skill that can be learned and must be practiced.



Law's mix of storytelling, musical performance, and down to earth humor, connect with his audience at an intimate, intense, and individual level. Over 7,500 organizations on five continents have used him to ignite, engage, and transform their people. In addition to being a professional speaker, Law is a trained broadcaster, fundraiser, award-winning musician, and the best selling author of "Alvin's Laws of Life: Five Steps to Successfully Overcome Anything". He has earned the designation of Certified Speaking Professional, an honour shared by less than 10% of professional speakers worldwide.



Michael Spears thanked Alvin for his excellent motivational presentation on the "Power of Perception".

I took a video of the meeting and have loaded it into my YouTube channel. Just use the link below. Enjoy the videos!

Part One :

1 - Calgary Chinook Rotary Jan 2024 part 1 - Alvin Law - Calgary AB (youtube.com)

Part Two :

2 - Calgary Chinook Rotary club January 2nd 2024 - part 2 - Alvin Law (youtube.com)

After you watch these, I invite you to click SUBSCRIBE on the channel and then feel free to check out my other videos. My channel started as a video letter to my kids. I have added a few more videos and I am happy to share them so that more kids can hear some good ideas. Please check out my videos, and add some comments and again, please 'LIKE', share and 'SUBSCRIBE'.

THANK YOU.
Michael S



Vocational Service Month

January 16th
January 25th

Jeff Ross, District Membership Director — Rotary Membership and Growth
Evening meeting — Location TBA

Peace and Conflict Prevention/Resolution Month

February 6th
February 20th

Jeromy Farkas — “Pathfinder” presentation
Kurt Kowalchuk, District Governor

Youth Service Month

May 4th - 5th

District 5360 Convention — Drumheller — www.discon5360.ca



Meeting @ The Legion December 12th



Photos courtesy Sharon Fraiman



International Service Update

The attached picture shows staff with a copy of the first cheque in payment of kits to Proinfancia from San Pedro de Macoris. Real activity is taking place!

Graham Boone



Thank You from Meals on Wheels

As a volunteer along with Bob, Neil, Hank, Wayne, and Dave, we have received a thanks from Meals on Wheels. Since it shares some information about their organization and efforts/successes during the past year it may be interesting for you all.

Dale Perret



As we close the book on another remarkable year, we want to take a moment to express our deepest gratitude for your continued support of Calgary Meals on Wheels. Your generosity has been a source of strength for our community, and your commitment to ensuring that none of our clients go hungry has made a lasting impact.

This year has presented its share of challenges, but thanks to donors like you, we've been able to adapt and overcome. Your contributions have enabled us to deliver nutritious meals to those who need it most, providing not just sustenance but also a lifeline of care and connection to our recipients.

“I really didn't know what I was going to do for food when it got too hard for me to cook my own meals, but then I found Calgary Meals on Wheels and now I don't worry anymore! Thank you so much for helping me.” – Magda, client

Your support in 2023 has helped us achieve:

- Over 1 million meals made and delivered for the second time in our 59-year history
- Over 5,000 Calgary kids supported with nutritious meals
- Exciting new partnerships and program expansions

Your dedication to our mission is truly inspiring, and we are excited to continue our journey together in the new year. As we welcome 2024, we are filled with hope and determination to expand our reach and make an even greater impact on the lives of those we serve.

Consider Leaving a Lasting Legacy:

As we start a new year, we also want to share an opportunity for you to make a lasting impact through planned giving. By including Calgary Meals on Wheels in your will, you can leave a legacy of compassion that will continue to nourish and support our community for generations to come. If you're interested in learning more about this meaningful gift option, please don't hesitate to reach out. Your thoughtful consideration of such a gift is deeply appreciated.

Happy New Year!

May the coming year bring you joy, prosperity, and fulfillment. We wish you and your loved ones a year filled with happiness, good health, and the warmth of community.

Once again, thank you for being an integral part of the Calgary Meals on Wheels family.

Karen McKeogh, Philanthropy and Communications Manager