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ONLINE MEETINGS: <https://bit.ly/2IKLIVc>

CLUB PRESIDENT: E. Chas Filipski, Jr.
DISTRICT GOVERNOR: Christine Rendell
RI PRESIDENT: Mark Daniel Maloney

RCCS WEBSITE: www.rotarycs.org

OFFICE ADDRESS:

Rotary Club of Calgary at Stampede Park
Suite 120, 200 Rivercrest Drive SE
Calgary AB T2C 2V5

ADMINISTRATOR: Kathyann Reginato

PHONE: 403 244 9788

EMAIL: kathyann@rotarycs.org

Terry Allen introduced today's speaker, **Brian Farrell**.

Your voice can make a difference in the world! Brian Farrell has worked over 35,000 hours with voices – from award-winning musicians to presenters.

Brian will share stories and anecdotes from a 40-year career as a musician, educator, artistic director and vocal coach.

His work with those with Parkinson's, neuroscientist and neurologists have motivated the writing of his book "Mind and Music: Tips and Lessons from the Guy in the Back Row".

He will speak about how you have 8 seconds to make an impression – about what you have to say and how you say it!

Your VOICE is your fingerprint of expression – it reveals your feelings, your health and your confidence.

Welcome Brian!

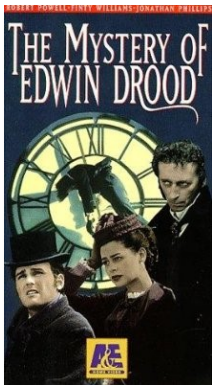
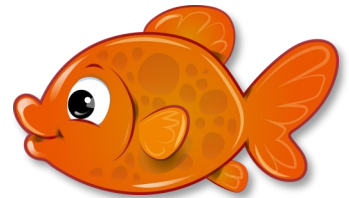


“Leading a life that embraces music enriches the sense of who we are. It allows us to find our heart and to be fearless!”

~BRIAN FARRELL

Brian Farrell started by offering his prayers for **Bob Brawn** ...

- **Find your Voice** ... so people will listen!
- In 8 seconds you make an impression; except if you are a goldfish – and then you have 9 seconds!
- In the year 2000 a study showed the attention span as 12 seconds and now it is 8 seconds...or 9 is you are a goldfish.



A few years ago Brian was teaching a class and the theme was British Comedy based on the mystery by Edwin Drood. Who else to help teach British comedy but Dudley Moore! As luck would have it Dudley was coming to Calgary to play at the Jubilee!

So, off Brian and the students went to observe a private practice. After the practice he had the opportunity to meet Dudley who was very gracious and spent the next 45 minutes talking with the kids – it was very special! One of those students is now an international artist!



There are Four foundations to Powerful Speaking:

H = Honesty (straight and clear)

A = Authenticity (be yourself)

I – Integrity (your word)

L = Love (well wishing)

Elton John Melody: **‘when are you going to come down? When are you going to land?’** is an excellent example of Prosody (patterns of rhythm/stress in your voice).

Brian shared many examples where shared of various artists putting their own interpretation to this melody.



3 things happen when you use your voice:

Breathing

- ⇒ Includes posture
- ⇒ Groove/rhythm
- ⇒ Flow in the moment
- ⇒ Pace
- ⇒ Talk your walk!

Dynamics

- ⇒ Venue and space
- ⇒ Environment

Prosody

- ⇒ Timbre – color of your voice (rich, warm, smooth, high)
- ⇒ Articulation (Sinatra was excellent at this) - gives meaning to the words sung
- ⇒ Register – vocals
- ⇒ The Senses – use the senses to tell the whole story. Smell can be smelled in song.



We practiced some of this and I can tell you that **Craig Stokke** does a mean **'doobie, doobie'**

Brian went on to say if you are a mentor then you already help others to find their voice. It's a way of living – we seek a signature voice so when we seek it is out voice and we find out who we are!

Glenn Potter said that O Canada will be sung quite differently after this presentation next week!

He thanked Brian for bringing the inner side to working vocally with people to us.

This is a very complex process to teach and Brian makes it look easy!

Glenn instructed us all to go home and stand in front of a mirror and practice!



We are sad to report that prior to the meeting at Rotary House **Bob Brawn** collapsed. An ambulance was called and we thank everyone for their prayers for Bob. Bob has been discharged as of this bulletin posting and we wish him the best.

President Chas thanked Rotarians **Dana Hunter, Luanne Whitmarsh, Gail McDougall, Corrine Wilkinson and Gena Rotstein** for their compassionate, quick and competent response in helping Bob.



Good afternoon Rotarians and friends. My name is **Chas Filipski** and as Club President and on behalf of our membership I welcome you all to the **February 6th** meeting of the Rotary Club of Calgary **AT STAMPEDE PARK!** We started our meeting with a prayer for **Bob Brawn**....

This day in History (continuing with the musical theme of our guest speaker)

- 1945: **Bob Marley** was born
- 1950: **Natalie Cole** was born
- 1964: **Gord Downie** (Tragically Hip) was born

Please join Lisa Fernandes in the singing of the National Anthem followed by Rotary Grace and enjoy your lunch.

Head Table: **Terry Allen**, Past President: 2004/05, **Brian Farrell**, Guest Speaker and **Mike Vandezande, Dana Hunter** and **Glenn Potter**

Bulletin Editor: **Luanne Whitmarsh**

Photographer: **Paul Brick**



Health and Wellness

Bob Brawn – Bob was released from the hospital to his home.

Dan Dunlop – He now has a brace on his back. He can have visitors, but please call first.

Bonar Irving—recovering from back surgery

Jeannette King – is convalescing at Amica. Call her if you have time for a visit.

Gui Salazar – he is recovering. Also his son is in the hospital and he may like a call

Dorothea Schaab - was working a funeral at St Michael's today and went into a-fib. It can take up to 24 hours to halt this. If not then it' will be a visit to emerg to get cardioverted

Darlene Whitmore – her son is home and resting.



Guests: Jim Hutchens introduced our guests today

50/50 Draw: Clive Pringle was entertained by giving \$150.00 to **Jim Hutchens** (who needed a chair to be able to be shoulder-to-shoulder!)

Sergeant-At-Arms: John Fitzsimmons continued with the music theme and raked in some good dollars for our Club! Well done John!



By Laws: were sent to Active Members by email. Please reach out to the committee with your comments and questions, with the anticipation of completion in the March Board meeting.

Communications Plan: This started with **Toby Oswald-Felker** (who is on a leave of absence right now) and is now being picked up by **Nancy Spence**. Nancy will be working with **President Chas** and **Ted Stack** to complete the plan.



Social Committee Announcements: Darlene Whitmore reminded everyone that it's the last day to register for the **Larry Kwong Chinese New Year and Valentine's Day** events.

She ended with a quote from Audrey Hepburn:

Best thing to hold onto in life is each other.....



Farewell thought: **President Chas** said that anyone who needs to stay and collect their thoughts before leaving is welcome to stay.



Gena Rotstein recently attended the **Rotary Club of Metro Ottawa** and presented one of the old Calgary South Banners.



DINNER CLUB ARIZONA STYLE

Glen and Jeanette Richardson recently hosted Don and Donna Mintz, Kendall Bocking and Nicole Castle and Brett Albers and Carey-Ann Ramsay at their home for a Dinner Club Arizona style
Everyone had a great evening



SMALL GRANTS OUT AND ABOUT

Champion: Bev Ostermann
Organization: Between Friends
Cheque Amount: \$4,000.00
Cheque Presented To: Kim Presser, Mounira Chegade
(Development Officer : Organizations), Suzanne Jackett
(CEO) and Emily Furber



Champion: Steve Mason
Organization: Calgary Hospice
Cheque Amount: \$7,633.00
Cheque Presented To: Fiona McColl, Executive Director
Use of Funds: Fire Panel Replacement



Champion: Bev Ostermann
Organization: Helping Hands
Cheque Amount: \$1,455.00
Cheque Presented To: Matt Hagal, Executive Director
Use of Funds: for Volunteer Equipment



Champion: Stan Cichon
Organization: Calgary Women's Emergency Shelter
Cheque Amount: \$14,000.00
Cheque Presented To: Veronica Lawrence
Use of Funds: Build a Security Fence



SMALL GRANTS OUT AND ABOUT

Champion: Wendy Giuffre
Organization: Sagesse
Cheque Amount: \$15,000.00
Cheque Presented To: Carrie McManus, Programs Director
Use of Funds: To enhance Direct Service Programs



Champion: Wendy Giuffre
Organization: Brenda Stafford Society for the Prevention of Domestic Violence
Cheque Amount: \$7500.00
Cheque Presented To: Jorge Torres
Use of Funds: Enhancement to Client Outreach Program to access services for transition to independent housing

Champion: Keith Davis
Organization: Community Kitchen Program of Calgary
Cheque Amount: \$8,056.66
Cheque Presented To: Sundae Nordin, CEO
Use of Funds: to purchase a commercial-sized convection oven. The oven is a critical piece of equipment for the volunteer-run charity



Champion: Dana Hunter
Organization: The Alex (Community Health Centre)
Cheque Amount: \$12,000.00
Cheque Presented To: Joy Bowen-Eyret, CEO (also pictured: Ms. Amanda Warren, Dana Hunter's Step-Daughter studying Social Work)
Use of Funds: to support interior build out of new mobile medical clinic

St. Mary's High School presents: Anne Frank: A History for Today, a travelling exhibition teaching students & community about Anne Frank & WWII. **We invite you to join us for a special evening tour and discussion of the exhibit.**

Date: Thursday, February 20 Time: 7:00 pm Location: St. Mary's High School Please RSVP by: lisa.rich@cssd.ab.ca.

Anne Frank: A History for Today

anne frank house



**Where: St. Mary's High School
Theatre and Learning Commons**

Date: February 9 - March 6 2020

**General Viewing: Feb 13th, 2 tours: 9:30 - 11:00am and
1:00 - 2:30pm, Times may be subject to change.**

For school booking information:
Sheryl Fernando
Secondary Social Studies Consultant
sheryl.fernando@cssd.ab.ca
(403) 500- 2855



Photo courtesy to Photo collection of the Anne Frank Stichting (Amsterdam)

ROTARY PARTNERS BOOK CLUB
Meeting at CALGARY GOLF AND COUNTRY CLUB
February 24, 2020 (a week later due to Family Day)

Please be there at 9:30 am. Please email janetopp@shaw.ca by Thursday, February 20TH so we can reserve you a spot. We are anxious to hear about the books you have read this past month! Please remember to return the books you have borrowed.

Submitted by: Jane Topp and Maureen Hutchens

PROJECT RESEARCH

Champion: Linda Tattersall
Organization: Carewest Innovative Health Care (Sarcee)
Cheque Amount: \$7,500.00
Cheque presented to: David Sawatzky, Director of Operations
Use of Funds: *Replacement 30 dining room chairs. They are working on improving the common seating / socializing areas for their facility.*



Champion: Denise MacLeod
Organization: Ups & Downs Association (Calgary Down Syndrome Assoc.)
Cheque Amount: \$7,500.00
Cheque presented to: Adam Long, Executive Director
Use of Funds: To support a 12-week cooking workshop for 18+ adults on food preparation, cooking skills & importance of food safety to give confidence to cook independently. The funds are an inspiration for families to continue to journey to a life without limitation.

Champion: Denise MacLeod
Organization: Inn From the Cold
Cheque Amount: \$4,300.00
Cheque presented to: Tim McGowan, Fund Development Associate
Use of Funds: *Replace washer & dryer with a heavy duty washer & dryer. Appliances are used daily by clients. The need for donated laundry soap would be much appreciated as well and can be dropped off at any time.*



DATE	EVENT	LOCATION
Feb 13	Valentine's Day Luncheon with Partners	Rotary House
Feb 20	Jen Davies: Stigma Roots: Cannabis: from Roots to (Stock) Tips	Rotary House
Feb 27	Ken Keelor: Calgary Co-op	Rotary House
Mar 5	Jeff Davison: New Arena Deal	Rotary House
Mar 12	St. Patrick's Day Celebration	Rotary House
Mar 12	Wine Club: Chas Filipski's House: Theme is Italian	Chas' House
Mar 19	Glen Street: CEO Street Characters	Rotary House
Mar 26	Bob Wiens: Colombia Projects Update	Rotary House
Apr 2	Gus Yaki: Alberta Southern Prairie Orthinology	Rotary House
Apr 9	Tom Leppard: Field of Crosses	Rotary House
Apr 16	Alberta Health Minister: Tyler Shandro	Rotary House
Apr 22	Partners Spring Luncheon	
Apr 23	Calgary Philharmonic (CPO) Presentation	BLUE ROOM
Apr 27	Wine Club: Brett Albers	Brett's House
Apr 30	Bethany Atrium Tour	Bethany Riverview
May 7	Stuart Cullum: Olds College	Rotary House
May 14	Annual St. Mary's 4 Way Test	Rotary House
May 22	President Chas' Cocktail Social	Lazy S: Grandstand
May 21	Annual Stay In School Luncheon	TBA
May 28	Annual Dream Home Kick off	Rotary House
May 29	Invermere Golf and Social Weekend (May 29 to May 31/20)	Invermere
June 4	Annual Stampede Board Presentation	BLUE ROOM
June 11	U of C Vet School Offsite Tour	U of C
June 18	Annual Charity Day Presentations	Rotary House
June 25	Changing of the Guard, Large Grants and WCS	Rotary House
July 2	Annual Dream Home Kickoff Party	Heritage Park



HEALTH, WELLNESS AND TRANSPORATION COMMITTEE

Hugh Delany will be your contact for Health and Wellness during February: Cell **403 819 4872** or:
hughdelaney02@gmail.com

RCCSP 2019 2020 Officers and Directors

President: E. Chas Filipski, Jr.

chasfilipski@gmail.com

Past President: Ron Prokosch

rprokosch@prokoschgroup.com

President-Elect: Penny Leckie

penny@taxtherapist.ca

Club Secretary: Larry Stein

larry.stein@shaw.ca

Treasurer: Don Mintz

treasurer@rotarycs.org /
donmintz@shaw.ca

Partners President: Denise MacLeod

denisemacleod67@gmail.com

Club Service Operations: Bryan Walton

walton.skyranch@gmail.com

Club Service Membership & Social: Gena Rotstein

gena@genarotstein.com

Club Service Ways & Means: David Young

dsy39@yahoo.com

Community Service Local: Michael Ruttan

mike.ruttan@mnp.ca

Community Service Ways & Means: Ted Stack

ehtedstack@gmail.com

International & Vocational Service: Jamie Moorhouse jamie@talkinglightmedia.com

Youth Service: Dorothea Schaab

schaabd@telus.net

ClubRunner Mobile App The key to connect to your Club and District on the go!

- **View an UP TO DATE Member Directory**
- **Call, Text or Email** Club Members directly from your device
- View your **Attendance**
- View Upcoming **Events**
- **Connect** with Members from other Rotary Clubs in the District
- **Download** ClubRunner APP from the Apple App Store or Google Play
- Type 'ClubRunner' in **Search** Bar of the App Store or Google Play
- ClubRunner APP is compatible with all versions of the **iPhone**, iPad and iPod Touch sets that have iOS 8.0 or later and versions of **Android** that are 4.0.3 or better.
- You will need your Club Login and Password



View this link for more a more detailed tutorial:

<https://site.clubrunner.ca/Page/clubrunner-mobile-app-now-available>

Many Rotarians at **The Rotary Club of Calgary at Stampede Park** use this invaluable APP. It keeps you in touch with all of your Club Members at the touch of a button on your SmartPhone. Contact **Kathyann Reginato** if you need assistance