



Past President Terry Allen introduced our featured speaker:

“**Brian Farrell** is as unique as the artists and projects he has collaborated with’. His education: a B. Mus. A. (Hons.) and a B. Ed. from Western University in London. Studies at Westminster Choir College in Princeton, Western Michigan University and an M.A. from San Diego State University.

He established Brian Farrell Music Inc. with a focus on vocal coaching, artistic mentorship and music workshops. He has served as a session instructor working with the casts of Broadway musicals and actors from TV and stage as well as renown Canadian artists. He has worked with singers such as Paul Brandt, Kiesza Reuben, Lindsay Ell and Theo Fleury. He also works with the Parkinson’s singing group of which our own George and Lois Adams are members. He’s founder of “Turntable Creative Class”, a performance showcase for artists and “The Reboot Lab”, a workshop to help musicians navigate the current business of music.

As Artistic Director of Revv52, he has established a unique fifty voice ensemble that “pushes the bounds of artistic performance”. In March 2016, this group performed a sold out performance at Carnegie Hall in New York. Their next program will be “EARCANDY – the music you can’t get out of your head”, January 25-27 at the Bella Theatre. Brian will also be hosting a Style and Song Workshop in February, and the Reboot Lab in March at the Sarah McLachlan School of Music in Vancouver.

Brian has also been a judge for the “Project Wild” in Calgary in which over \$450,000 was allocated to the artistic development of Alberta Musicians.

Brian began his presentation with the statement:
“Walk your Talk and Talk your Walk”

He illustrated this statement by drawing our attention to how it is that people walk. He showed us how people in New York, Los Angeles and Memphis walk. He suggested that we listen to how people talk, what they wear and how they wear it.

WHAT do they EAT! He spoke of his experiences at an eatery in Memphis and attending the Abyssinian Baptist Church in New York which features the “call and answer” traditions so common to much of gospel music.



Contact Info:

Email: Brian@brianfarrell.ca

Website: <http://www.brianfarrell.ca/>

January 11th 2018: Volume 63, Issue 25

Bulletin Chair: Bev Ostermann
Editor: Glenn Potter
Photographer: John Shield

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Brian moved into the concept of “groove”, illustrated by a quote from the positive psychology book “Flow”. He talked of how we often get up in the mornings and we really “feel good” and everything in the day moves forward in a very positive fashion, we’re in a “groove”. However, we often get up and look for a cup in the wrong cupboard! A very negative trend in our lives – how do we counter this influence. Music often has a very positive impact on our negative thought patterns. If you forget something - don’t remain seated to try to come up with the answer – get up and move around and the movement will help to stimulate the brain and we suddenly remember the detail we were looking for. While we may be forgetful due to dementia and not be able to remember our own names, it’s a well known fact that we can remember the songs we sang when we were fourteen.



Brian then related this stimuli to Parkinson’s. He illustrated this by going back to his walking examples – showing us the walking shuffle that is common to many Parkinson’s patients. He spoke of the research by Dr. Bin HU here in Calgary who has found that by using an i-pod and having the person listening to upbeat music, the Parkinson’s patient is able to move in a normal fashion. The music that people love can be used very effectively with Parkinson’s.

Using our 5 senses to relate to music is most important – You hear sounds – the strings in the Beatles song – Eleanor Rigby – came from the sounds used in the film “Psycho”. You can see sound – the grooves on a vinyl record or looking at a music score. You can smell sounds – the aroma of a new CD or vinyl record. The touching of a record or cd jacket is another part of our sensory perception. Finally, you’ll remember a great meal if you’re listening to music as you eat.

Returning to the concept of “Groove” – This is a very important factor in musical interpretation - to get to the essential meaning inside a song. To know what you’re saying is the most vital factor in musical performance. He told the story of one of his singers in a choir rehearsal who sang a short excerpt in a most meaningful way. He then asked her to sing it a couple of more times, each with a different interpretation and asked the choir to gauge the impact – finally asking her to return to the original and tell what it was that made her sing it in this manner.



Understanding the essential meaning in a song is artfully captured by many of our most treasured artists – Frank Sinatra, Bing Crosby to name only two. We all know of singers who perhaps don’t have the most appealing of voice qualities but the stories they tell in their poetry brings essential meaning to our lives and we remember.

We watch how people walk and we listen to how they talk.

Brain was thanked by **Glenn Potter** for taking us on a walking journey, but especially for his work with the Parkinson’s Choir which is much appreciated since Glenn too had a close friend and mentor who struggled with this disease and used his music as a source of therapy. He also thanked Brian for his work with the many children and adults he has worked with in his capacity as a Music Director.



President Bill added his thanks indicating that we will be presenting a cheque in Brian’s name to our Stay in School committee.

President Bill LeClair: Without his favourite Bell - **President Bill LeClair** was forced to call the meeting to order using the “dulcet tones” of his rich baritone voice! After forcing all the stand-ups to be seated he welcomed everyone to the Rotary Club of Calgary South meeting of Jan. 11th, 2018.

Today in History:

- Today is Sir John A. MacDonald day
- In 2007, J.K. Rowling finished the 7th and last Harry Potter novel in room 552 of the Balmoral Hotel in Edinburgh.

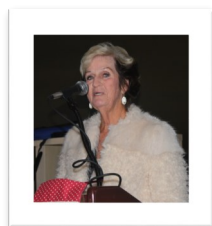
Our Joke: Concerned a husband who asked his wife what she liked best about him – his handsome face or his sexy body. She looked at him from head to toe and replied, “Your sense of humour!”

NEXT WEEKS MEETING: *President Bill announced that our meeting next week would also be held in the Grandstand Lunch Room*

Everyone was invited to join with **Lisa Fernandes** and our head table in the singing of “O Canada”, followed by Rotary Grace.

Head Table: Terry Allen, Dilan Perera, our speaker Brian Farrell, new member John Amonson, Corinne Wilkinson

Bulletin Editor: Glenn Potter **Bulletin Photographer:** John Shield



Visitors and Guests: Myrna Dube-Thompson introduced the following people: Our Guest Speaker, Brian Farrell, Visiting Rotarians: Bryden Horwood and Bill Lawless from Rotary Club of Calgary West, Bret Albers: Guest of Dilan Perera, Lynn Topp: Guest of Norm Legare, Norm Johnson: Guest of Jim Burns, Dee Dee Coutts and James McAra (Interfaith Foodbank Guests), John Lamming: Guest of Keith Davis, Maisa Piazza Costa: Our YEX Student and John Amonson who is being inducted into our club today.

50/50 Draw: Jim Cairns announced that the pot was \$179 - **Keith Davis**, continued the run of Past Presidents making off with the POT!

Calgary Interfaith Food Bank:

Corinne Wilkinson thanked the Club for our overwhelming support of the Calgary Food Bank. She mentioned that in all the years she’s coordinated our participation she has always been oversubscribed in the number of volunteers she’s requested for the shifts.

She introduced her two guests: **Dee Dee Coutts** and **James McAra** from the food bank and presented them with a cheque for \$5000. She indicated how we had stepped up at the last minute when another business had to cancel and how much they appreciated our commitment. They received a standing ovation for the work they do in our community.



Website Work: President **Bill** congratulated **Craig Stokke** in recognition for all the work he has done on our Website along with Kathyann. The club expressed their thanks with a large round of applause.

Please go to: www.rotarycs.org to see what has been done by Craig

Last Week's Meeting: Larry Kennedy's midyear Treasurer's report is on the Website and there is a link provided in this bulletin. **Mark Ambrose** from Small Grants also has a report is included in this bulletin.

Health and Wellness:

- **Lois Adam** is home but still very weak. Unfortunately she and **George** are not doing well.
- Please keep **Ben and Danusia Steblecki** in your thoughts and prayers. Their granddaughter Marissa, 5 yrs. old is having heart surgery today. They've had a tough time lately as another granddaughter had a non malignant brain tumour removed last fall.



Calgary West Guests: "We'd like to recognize two guests from the Calgary West Club. They worked closely with us and were very instrumental in helping to set-up a District matching grant for a truck for the Calgary Community Kitchen.

Please recognize our special guests **Bill Lawless and Bryan Horwood.**" Bill Lawless wanted to highlight the information below:

Strawberry Short Cakes: **Bill Lawless**, visiting for the Calgary West Club, drew our attention of the handouts on our tables for a fundraiser for their club. "Delectable Strawberry Shortcakes" – delivered to your door on Valentines. To order go to www.calgarywestrotaryclub.org/strawberry.htm or call Marie at 403-244-7463. Surprise your staff! Impress your customers! or Treat your family! See Bulletin for more info



Sergeant at Arms: **John Fitzsimmons** once again picked the pockets of everyone in the room including our very slow to the draw 50/50 winner, **Past President Keith Davis**.

Too bad the lack of our plastic cups reverberating with our offerings was sadly muted by the use of the stand-in paper cup substitutes!

Have a Great Week Everyone.

See you at the Grandstand Clubhouse Next week!



New Member Induction: John Amonson

Dilan Perera introduced our newest member **John Amonson**. It is my pleasure to introduce John Amonson. I am confident John will be an excellent Rotarian and an excellent member of our club. John's application for membership was seconded by Penny Leckie who has known him for a long time. I have known John for at least a dozen years and would like to tell you a bit about him from both a personal and professional perspective.

On a personal level: John has lived in Calgary for 55 years, John has been married to Nancy for over 36 years. Nancy recently retired as a Registered Nurse who focused on Mental Health, throughout her career.

John and Nancy have raised two impressive children who are now in their thirties, and are now enjoying three young grandchildren, all living in Calgary.

John's volunteer activities over the years include: President of the Weasel Head Preservation society, Mentor for Uncles at Large, Director of Dentistry for All – with which he went on a project a few years ago to help provide dental services in a poor community in Guatemala, Director of Art Al-A-carte, Board Member of the Calgary Estate Planning Council, Past President of The Institute of Advanced Financial Planning

In addition, John is a fitness buff, an avid snow and water skier, a drummer in a yet-to-be-named band, and is in the middle of restoring a Benz 450sl and a BMW 325.

On a professional level; John's alphabet soup of qualifications include: B. Comm. From the U. of A., MBA from the U. of C., Chartered Financial Planner, R.F.P. (Registered Financial planner), TEP (Trust and Estate Practitioner). John started his career in the Trust industry. In 2000, John created his own firm Unbiased Financial Services Inc. John will tell you about the services of his firm in his Classification Speech, so I will leave the specifics for him to talk about.

One thing I will say is that John will have the distinction of being the member with the office nearest to our club house. His office is at the entry to Stampede Park beside the Cowboys Casino and the BMO Centre. In the spirit of full disclosure, John has been our Financial Planner for the last decade. He has a high level of expertise in his field and even more importantly, he is a man of principle and integrity.

The main reason I invited John to join our club is because he embodies the Four Way Test in his professional and personal life.

My fellow Rotarians and guests, I am pleased to introduce to you, **John Amonson**.

George Deegan was called upon to do the Induction Ceremony and **John Amonson** was inducted into the Club by **President Bill**



Treasurer's Mid Year Report: Due to Bulletin space we could not publish **Larry Kennedy's** complete report to the members. Here is the link to review the Report if you wish to do so:

<https://portal.clubrunner.ca/952/page/presentations-from-meetings>

Last week during the Mid Year State of the Union Address we were not able to provide the Members with the listing of Small Grants.

Please see chart below for details. If you have any questions, please contact Mark Ambrose: Chair: Small Grants Committee

Charity	2017-2018 Champion	2017-2018 Ask	Committee Debate
Alberta Health Services - Surgery & Womens Health	S. Smith	10,000	0
Association Rehab of Brain Injured	S. Cichon	9,500	9,500
Between Friends	C. Graham	9,400	6,100
Boots for Kids	B. Burt	2,500	2,500
Bowfort School			
Brown Baggin for Calgary Kids	D. Dunlop	10,000	6,400
Calgary Pregnancy Care Centre	B. Brewster	10,000	10,000
Calgary Womans Emergency Centre	S. Cichon	9,000	9,000
Camp Carmangy	D. Gass	9,400	5,000
Career & Technology Centre	D. Young	5,000	0
Children's Cottage	S. Mason	6,600	6,600
Children's Link	D. Gass	5,000	0
Deaf & Hear Alberta	B. Burt	5,000	0
Father Lacombe	K. Davis	7,500	7,500
Independent Living Resource Centre	S. Mason	2,000	2,000
Integrated Equine	T. Ing	2,500	2,500
Providence	P. Jackson	8,000	8,000
SARP Southern Alberta Renal Program	B. Targett	9,600	9,600
Simon House Recovery House	B. Benning	10,000	8,340
Sonshine Community	L. Grant	3,000	0
Soup Sisters	T. Oswald-Felker	7,500	10,000
Sunnyside Hilhurst Community	K. Davis	6,000	5,300
Youth Unlimited Calgary	E. Huson	7,300	5,500
Totals		154,800	113,840

PLEASE NOTE: JANUARY 18 2018: NEXT WEEK'S MEETING will be at the Grandstand ClubHouse at Stampede Park again. The repair of pipes at Rotary House should be resolved by late next week. Here is a Map to assist you, if needed. Please park in LOT 5



For more information on the Calgary Stampede please visit:
calgarystampede.com

Rotary
Calgary South
SOCIAL COMMITTEE



新年快樂

LARRY KWONG CHINESE NEW YEAR DINNER

Friday, February 2nd, 2018

Regency Palace Restaurant
335 Centre Street South

CELEBRATE THE YEAR OF THE DOG!

MENU:

Grilled Pork Dumplings and Spring Rolls
Mushroom Egg Drop Soup/Steamed Rice
Ginger Beef
Kung Pao Chicken
Beef and Broccoli
Stir Fried Pea Pods and Shrimp
Salt and Pepper Mixed Seafood
Rice Noodles with Beef in Soya Sauce
Mango Pudding

Cocktails: 6:00 PM

Entertainment: 6:30 PM

Dinner: 7:00 PM

\$50/person. Tables seat 10.

Tickets go on sale December 15th.

Space is limited, so book your tickets early!
Payment required at time of placing ticket order.
Order tickets online through Clubrunner at:

<http://portal.clubrunner.ca/952/Event/larry-kwong-chinese-new-year-dinner-1>

If you can't do this email Toby at: toby@shawlink.ca

RONALD McDONALD HOUSE AND MUSTARD SEED VOLUNTEERS NEEDED:

RONALD MCDONALD HOUSE:

Monday February 5th Dinner Prep: Six volunteers required from 3 to 7 pm.

Thursday March 1st Dinner Prep: Six Volunteers required from 3 to 7 pm.

MUSTARD SEED:

Monday April 30th. Afternoon Meal Prep and Serving (20 Volunteers Needed)

Monday May 28th: Afternoon Meal Prep and Serving (20 Volunteers Needed)

Harry Pelton: Cell: [\(403\) 585 - 2625](tel:4035852625) / Home: [\(403\) 244 - 9140](tel:4032449140)



Strawberry Shortcakes Valentine's Fundraiser 2018

Celebrate Valentine's Day with a treat for your friends, family and co-workers. Acknowledge someone you love. Bring a little bit of sweetness into someone's life.

On Valentine's Day Wednesday, February 14, 2018. Rotarians from Calgary West will be delivering delicious home-style strawberry shortcakes to businesses and homes in Calgary and Airdrie. There is a minimum purchase of 6 cakes ordered to receive free delivery! At \$7.00 per cake, this makes an affordable and fun gift for all.

To order online, go to www.calgarywestrotaryclub.org/strawberry.htm. We look forward to serving you.

Deliveries this year will be on Valentine's Day, Wednesday February 14, 2018

Deadline to Order: Thursday, February 8, 2018

Funds raised by ***Valentine's 2018 Strawberry Shortcakes*** will be used to support the charitable projects of the Rotary Club of Calgary West including Rotary Bethany Partnership, Homes of Hope, Hearts and Hands Foundation, Children's Cottage, Art a la Carte, The Food Bank, MotiveAction, Feed The Hungry, I Can For Kids, The Doorway, Malawi Girls Education, Polio Eradication, Microcredit Programs Honduras, Rotary Challenger Park, Meals on Wheels, Veteran's Food Bank, Brown Bagging For Kids, Youth Partnerships, Shelterbox, Habitat For Humanity and more.

We have been involved in community service for over 50 years!

Marie Rickard, Strawberry Shortcake Committee



THE BULLETIN of The Rotary Club of Calgary South

Thank you from Major Guy Simms: Salvation Army



**THE SALVATION ARMY
GLENMORE TEMPLE**

921 68th Avenue SW Calgary AB T2V 0N7
Tel: (403) 253-1700
Fax: (403) 253-8024
Website: www.glenmoretemple.com

Giving Hope Today

RECEIVED JAN 10 2017

January 3, 2018

Rotary Club of Calgary South
L103C – 9705 Horton Rd. SW
Calgary, AB
T2V 2X5

Dear Friends,

Thank you so much for your donation to The Salvation Army Glenmore Temple. We have attached a receipt in the amount of \$5,000.00 for your records.

We are grateful for the generosity of good people like you that support us in our work and ministry. Without such support, we could not continue doing our work in an effective manner. Please be assured that your contribution is properly accounted for and used to support our ongoing ministries.

Again, please accept our deep appreciation for your gift.

May God richly bless you!

Yours sincerely,

Guy Simms
(Major)

GS/jp

William and Catherine Booth
Founders

André Cox
General

Susan McMillan
Territorial Commander



THE BULLETIN of The Rotary Club of Calgary South

Thank you Letter from SAIT: Scholarships and Bursaries



RECEIVED JAN 5 - 2017

Southern Alberta
Institute of Technology
Alumni and Development
1301 - 16 Ave. NW
Calgary, AB T2M 0L4
Canada
T 403.284.7010
F 403.284.7171
sait.ca

December 20, 2017

Dave Marchant
Chair, Scholarships and Bursaries
Rotary Club of Calgary South
Riverbend Atrium One
Suite 200, 120 Rivercrest Drive SE
Calgary, AB T2V 2X5

Dear Mr. Marchant,

Thank you for supporting student success at the Southern Alberta Institute of Technology. Since 1916, SAIT has been a leader in applied education and your generosity has improved the lives of our students on campus and in our communities. I am pleased to let you know that the recipients for the Rotary Club of Calgary South Award have been selected in recognition of their achievements during SAIT's 2017/18 academic year, and included are thank you notes from them.

Kenneth Waldhauser	Professional Cooking
Kelly-ann Linton	Hospitality Management
Ioanna Volikas	Hospitality Management
Jaclyn Allan	Hospitality Management
Darian Pestell	Professional Cooking
Ryan Hedding	Professional Cooking

This past year, we gave over \$5.6 million in student awards to more than 4,000 deserving students. By supporting SAIT, you are giving our students an opportunity to launch onto the global stage as entrepreneurs, leaders, and community builders. Thank you for helping us deliver career-ready graduates to industry and action-based learning experiences to our students.

Yours sincerely,

Donna Lambert, Student Awards Manager
Alumni and Development
403.284.8064 donna.lambert@sait.ca

JANUARY 2018

Jan 18: Maisa Piazza Costa: YEX At ClubHouse

Jan 25: Robbie Burns Day

FEBRUARY 2018

Feb 1: Jeannie Everett: New Alberta Curriculum

Feb 2: Larry Kwong Chinese New Year Dinner

Feb 5: Ronald McDonald House Dinner Prep (need 6 volunteers)

Feb 8: Valentine's Day Luncheon

Feb 15: Dick Shaw: Rotary Profile

Feb 22: Brett Endres: Virtual Construction

MARCH 2018

March 1: Mirette Dube: Simulation for Life

March 1: Ronald McDonald House Dinner Prep (need 6 volunteers)

March 8: Nancy Mannix: Palix Foundation

March 15: St. Patrick's Day

March 22: Art Borzel: Rotary Profile

March 29: To Be Determined

APRIL 2018

April 5: Ken Farn: Rotary Bethany Update

April 12: David Docherty: Mount Royal University

April 19: New Member Celebration Evening Meeting

April 26: Terry McDonough (Deceased): Rotary Profile

April 30: Mustard Seed Dinner Prep (need 20 volunteers)

MAY 2018

May 3: Dream Home Registration Kick off

May 10: St. Mary's 4 Way Test Contest

May 17: Copithorne Family History

May 24: Stay In School Luncheon: Carriage House Inn

May 25: President's Party: Acadia Rec Centre

May 28: Mustard Seed Dinner Prep (need 20 volunteers)

May 31: To Be Determined

JUNE 2018

June 7: To Be Determined

June 14: Stampede President Presentation

June 21: Charity Day Presentation

June 28: Changing of the Guard, WCS and Large Grants Presentation

June 28: TBA

Health, Wellness & Transportation:

Contact Don O'Dwyer at: dpowdye@hotmail.com or: if you know of anyone that is not well, that could use a visit or a ride to a Rotary Meeting.

Don O'Dwyer: Chair: Health Wellness and Transportation Committee



We want to remind you that The ClubRunner Mobile App is available for download! The ClubRunner Mobile App is your key to connect to your ClubRunner website on the go! Completely, free to download and use, this app will let you access the key info you need while you're on the go. Password protected just like your website, the ClubRunner Mobile app allows you to view your member directory, contact your members and executives, learn more about your upcoming events and speakers, view your meeting details and track your attendance statistics, right from your smartphone or tablet!

Download the app from the Apple App Store or from Google Play, simply type in 'ClubRunner' in the search bar. The mobile app is compatible with all versions of the iPhone, iPad and iPod Touch sets that have iOS 8.0 or later and with versions of Android that are 4.0.3 or better.

Please click on this link to learn more: <https://youtu.be/HaKrBA0ItEY>

REMEMBER TO "REFRESH" YOUR SCREEN WHEN YOU ENTER BY HITTING THE ARROW BUTTONS AT THE TOP OF THE APP.

Rotary Club of Calgary South

Suite 120, 200 Rivercrest Drive SE
Calgary AB T2C 2V5
(403) 244 9788

Contact: Kathyann Reginato email: kathyann@rotarycs.org Visit us at: www.rotarycs.org

2017 2018 Club Officers

President: Bill LeClair:
President-Elect: Ron Prokosch:
Past President: Ken Farn:
Club Secretary: Don Bacon:
Treasurer: Larry Kennedy:
Partners President: Karen Grant:

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donbacon@shaw.ca
treasurer@rotarycs.org
lkgrant@shaw.ca

2017 2018 Directors

District 5360 Representative: Sherry Austin
Club Service: Operations: Steve Mason
Club Service: Membership and Social: Glen Godlonton
Club Service: Ways & Means: Gordon Weicker
Community Service: Jim Hutchens
Community Service: Ways & Means: Dana Hunter
International & Vocational Service: Kevin MacLeod
Youth Service: Stacey Johnson

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sjohnson@printthree.ab.ca

Other Important Contacts

Audit Treasury and Finance Chair: Don Mintz
Dream Home Chair: Craig Stokke
Health Wellness & Transportation Chair: Don O'Dwyer
Large Grants Chair: Bob Brawn
Small Grants Chair: Mark Ambrose
Social Committee Chair: Toby Oswald-Felker
Stay In School Scholarship Program Chair: Bill Sumner
Programs and Tours Chair: Jim Fitzowich
World Community Service Chair: Jamie Moorhouse

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