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Please remember to provide this address to
anyone you deal with on behalf of RCCS

Toby Oswald-Felker started by saying that if you met Lana Asuchak in the process of coming in the room – you know she is an energy and stress expert.

Lana She takes people on a wellness journey. She has her Masters in exercise psychology, Phys Ed, is a certified speaker and coach. Lana loves fitness classes and has been teaching for more than 20 years. She is an instructor at MRU and believes our bodies are made to move. Move more in life, take action. Today's presentation focuses on stress – the confusion created when one's mind overrides the physical compulsion to choke the daylights out of someone who deserves it.

Lana started her presentation talking about her experience of jumping out of a perfectly good airplane 20 years ago for marks in her education program. She was super excited to have an adventure spending the morning learning how to jump out of an airplane. Back then you jumped alone, now it is done in tandem.

Helmet, goggles, jump shoot, harness on - I got this! Lana and three other students crawled into the small single engine plane realizing they won't be landing in this plane. One by one they jump, while the jump master has to pull the jump cord. Lana jumps and has perfect form and arch, but there's no shoot.

Where's my shoot? I am free falling. Jump master speeds by me. I am trying to remember how do I open my spare shoot?

Lana asked how many would find it terrifying? How many would love it? How many would feel both?



Lana is going to share three things today:

1. What is stress?
2. How do you view stress?
3. Stress busting strategies.

Stress definition: the stressor, anything real or imagined, that has potential to cause stress. Fight or flight, or excite and delight. What happens long term from this stress? It causes wear and tear on the body.

As an example, Lana held up a bottle of water. Hold it for a minute – not a problem. Hold it an hour, the arm gets tired. Hold it all day and you have to call an ambulance.

But if you manage the time, pick it up, and set it down on a regular basis, your arm can go much longer without feeling the stress.

One in four of us describe our day as highly stressful. This is dangerous as daily hassles are more detrimental to our long-term health.

A Type A person always takes on too many things as Lana does – teaching, living, learning, social life. As Type A's – is it killing us? Research shows that Type A is more prone to heart disease – but the good news is we will do whatever it takes to survive and get it back.

Lana asked the members to think about what a typical day looks like for each of us.

What are your two most satisfying activities? Answers were shouted out from the audience: waking up, eating, exercise, working, Rotary, sex, good joke

We then had to think of our two least satisfying activities: shaving, cleaning, paper work, driving in Calgary especially in winter.

Top four stressors according to research are:

1. Work – especially given current economy and the amount of time we devote to our work
2. Health – short-term health consequences, long term consequences go through your head, cardiovascular and cancer can be the result of too much stress
3. Relationships – work, friends, family, marriage
4. Money – only 50% of us have enough money to make ends meet. How many are worried about retiring?

How do we view stress:

1. See it as a negative – it is distress
2. See it as a positive – it is eustress.

Do you get fascinated or fearful, playful or painful, creative or shut down?

Failing is a tough pill to swallow.

We can learn to see failure in a new light – it can be the kind of stress that, in the right amount, motivates us.

Our body doesn't know the difference between a feel good stress or a terrified stress – are you panicked or amped up? Your body won't discern the type.



STRESS

learn to embrace stress and make stress your friend. Some key words to remember using
STRESS

S: Smile. A smile changes your negative brain chemistry. You can create your own word that starts with an “S” to replace “smile”. Hmmm, that word “sex” seemed to come from the audience again!

T: Thoughts. Think positive, don’t default to feeling negative. View anxiety as helpful – maybe it can even help you with your golf game.

R: Relaxation. How do you like to relax? Beaches, naps, mantras? Have a mantra for your stressful moments such as “I am calm” as you are driving the Deerfoot.

E: Energy. The magical source of energy is exercise. Use the frustration and adrenaline to fuel your body so you are fitter, faster and stronger in all areas of your life. Exercise increases your energy and makes you feel younger.

S: Supporter. Who do you have in your life? Pets, friends, family, coach. Supporters actually increase your “cuddle” hormone – a physical reaction in your body.

S: Savour the moment. Dance in the moment, experience life.

And last, practice three attitudes of gratitude every day. Lana’s gratitude today:

1. A mocha this morning
2. Being with us here to day
3. Spring has finally arrived

We then joined in with a fun rendition of “**STRESSBUSTERS**”

Earl Huson thanked Lana for the invaluable information, message, for her fun way of presenting it and for her important words. Earl asked her to come back again, and bring some stress, because “these guys need it!”.

President Ken presented \$100 to Stay in School in Lana’s name.

He also presented her with Peter’s book, suggesting that in between all her teaching, coaching and de-stressing, she would enjoy a book about a life well lived.



STRESSBUSTERS

Welcome to the Rotary Club of Calgary South. My name is **Ken Farn**. Please join Lisa Fernandes and your head table in the singing of O Canada followed by Rotary Grace.

Head Table: Toby Oswald-Felker , Lana Asuchak, Earl Huson, Lynn Grant and Kathy Demorest

Bulletin Editor: Corinne Wilkinson

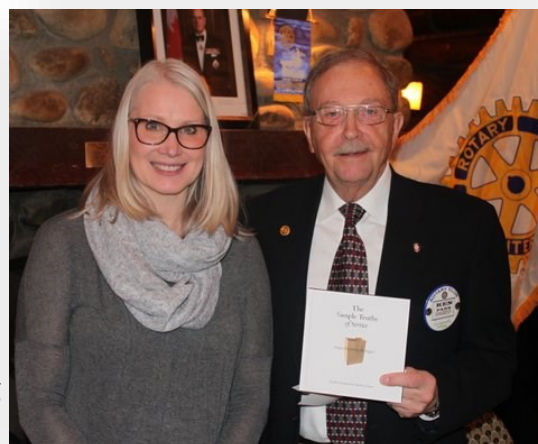
Bulletin Photographer: John Shield

Guests: Major Guy Simms (always looking sharp in uniform) introduced Lana Asuchak (Guest Speaker), Jane Audet (Rotary Calgary East), Don Whalen (Guest: Dana Hunter), Evangeline (Guest: Sam Switzer), Carla Hamarsnes (Inclusion Alberta), Pablo (YEX Student) and Ogden (our four legged friend). President Ken acknowledged that Ogden always wags his tail when we sing the welcome song – it must make him happy. President Ken said that Pablo was in Lake Louise this week with a number of our members, not only is he an all-star football player, he also owns the world record for the most number of summersaults one can take on a ski hill with his snowboard firmly attached.



Dream Home Minute: Craig Stokke: Last week we discussed importance of treating our dream home like a big business. The key component to success is our people – those being our volunteers. Rotarians are encouraged to participate in the early rostering starting on May 4 as this provides a one-week advance before we open it to our other partner organizations. Members are also encouraged to expand our volunteer pool. If you have friends who are the right people – outgoing and engaging – invite them to be a ticket seller. If they are more conservative, a printer booth shift may be more fun for them. All shifts are equally important – let's fill them, thank you for the support.

Inclusion Alberta: Carla Hamarsnes: (letter appears further in Bulletin): Last month Mike Colborne was a guest speaker at our club talking about the organization "Inclusion Alberta". Carla is here today to present a token of appreciation on behalf of one of our members. Since hearing Mike's presentation, **Luanne Whitmarsh** opened a 10 hour a week cleaning job for a new employee from Inclusion Alberta. Carla said her client is ecstatic to have a job and they can't get the smile off her face! Her new job has been life changing. Carla brought greetings & a gift for Calgary South Rotary for getting involved, and asked anyone else who may be interested in hiring someone is welcome to contact her. **Hans Tiedemann** is our Committee Chair from our club. Carla congratulated South Calgary for embracing the partnership with the presentation of a book to President Ken.





New Members Celebration: Kathy Demorest: This week Kathy is sporting a beautiful hat instead of a feather boa. She opened with a huge thank you to the membership committee and all members for welcoming her to our club as she is having a ball building new friendships. Ticket sales are going great for the New Member Celebration and it is going to be so fun and a night to remember. Please bring your spouse and families. Lots of surprises in store, amazing live auction items (especially for the ladies)). Men if you are smart, you'll want to buy them for your ladies! The committee is still looking for auction items – they will pick them up at your homes, or whatever is required to make it easy for members. Tickets will continue to be sold on Thursdays during luncheons.



Social Committee Overview: Toby Oswald-Felker: Toby brought party hats for all the committee members to proudly wear! Toby reminded us that social events are an integral part of the fun and spirit of our club. The social committee has a basic philosophy : keep ticket prices reasonable, but not at the cost of the quality of the event. The committee evaluates all events and looks to constantly improve venues, food & entertainment to ensure events are fun and offer an opportunity for fellowship. Each event provides an opportunity to interact with club members and is largely what brings our tremendous spirit to Rotary House. The committee also introduced pop up events: they are more last minute, for smaller groups, more unique & are definitely a lot of fun. Toby provided a survey on the tables of different types of pop up events and asked members to check off types they would be interested in. As an example, she and Arnie recently took a cooking class and said it was a great evening. Toby announced the Social Committee's events for the year, wearing a hat for every announcement!

Cowboy Hat: President's Hoe Down : Acadia Rec Centre: Friday, May 26. We have a comedian/ magician coming, and are rearranging tables to make it more comfortable. Our very own band "The Fog" will be there, as well as a photo booth. Plan to come to celebrate President Ken!

Golf Visor: Invermere Golf weekend : June 2-4: Not just a golf weekend, there's something for everybody. Adding more fun to the event, making it more reasonable cost at \$150. Start thinking about attending as registration will open the middle of April.

Cowboy Hat again: Dream home Kick Off Party: July 6: Ranchmans. Lunch will include a fiddler, Stamped Royalty and a few more surprises. We invite our volunteers to come for free to thank them in advance for all the work they do. Please remember, it is up to you to invite your own volunteers.

Summer Hat: Old Tyme Country Picnic.: Sunday, August 13: This was a new event last year that turned out extremely well and we are extending the time. There will be face painting, sack races, prizes. Cost is very reasonable: \$10. Plan on loads of fun for the whole family.

President Ken thanked Toby & committee for updating the members and said that you can always tell the passion of someone when they are willing to swap out hats and not be worried about their hair!

Sergeant-At-Arms: Lynn Grant:

- Anyone wearing a goofy hat today.... pay \$2
- Anyone on **Kathy's** committee who did NOT wear their hat and feathers owes \$2
- Stampede AGM meeting – Lynn had privilege to sit with **Larry, Bryan** and **Bill**. At that meeting, Bill felt cheated that Larry and Bryan ate all the dessert. Larry and Bryan owe \$2.
- **Bill Sumner**: we have a rule that we cannot fine a fellow Sergeant of Arms. It's something we do! \$5 fine to Bill for trying to bribe **John Fitzsimmons** for storing of his shirt.
- **John Labun**: what day is it? John: International Water Day? No – it is National Puppy Day. John owes \$5 since he didn't know that it was a day to celebrate Ogden.
- **Terry McDonough** – at the Stampede AGM his son, Steve McDonough was re-elected for a two year term, and was appointed Second Vice Chair of Calgary Stampede Board. Worth \$10 or \$20 – the proud dad decides what he will pay.
- Everyone sitting with our proud dad joins in the happiness by contributing \$2 each.
- Everyone wearing a rotary pin, stand. Most of the room stood – all owed \$2!



President Ken said the last fine was like the budget that came out last week – a few surprises.

50/50 Draw: Jim Hutchens provided us with a famous Jim Hutchens joke (we love them!): One of our members **Lynn Grant**, when he was younger, got off the bus and walked to work. He had to pass a pet shop every day and the shop had a parrot (as opposed to a pirate) outside. Everyday the parrot spoke to Lynn: "hey you are ugly". Lynn was shocked and sadly this went on for weeks. Finally Lynn went in the store and spoke to the manager. "Every day I walk past your parrot, it says I am ugly." The Manager apologized and said he would correct the situation. The next day as Lynn walked by, the parrot said nothing. Lynn was stunned, so he walked back and looked the parrot in the eye. Just as Lynn was going to say something, the parrot looked at him and said "YOU KNOW!"

Winner of our 50/50 is Assistant Governor Jane! She never wins at her club so Jim suggested she should come and join ours instead.



The meeting was adjourned by President Farn for today



Rotary
Calgary South

THE 2017 PRESIDENT'S HOEDOWN

Save the date:

Friday, May 26th

Plan to attend President Ken's "President's Hoedown" as he moseys on into the "Past Presidents" list of our Club. The theme is Western, and the dress is Western Formal/Casual (no tuxedos unless worn with blue jeans and boots).

Experience the Magic!

Enjoy the hilariously entertaining magic of Atsushi Ono, a world-famous magician who promises to bring his special magic and humour to our annual party and who is guaranteed to keep the evening lively.

And dance to the music of Murray Flegel and "The Fog".

And come hungry, as our own chef Michael Zacharki and his team of volunteers will repeat their culinary magic with a mouth-watering offering of western favourites.

We'll be back at the ARC (Acadia Recreation Centre), so dust off your hat, polish your boots and plan to join us.

Tickets can be purchased individually, or as tables of 8.

More details to come!





New! Improved! Something for Everyone!

2017 Invermere Getaway Weekend

Our annual Windermere Valley Getaway Weekend is coming up fast. Our dates this year are:

June 2nd, 3rd and 4th 2017

And changes are underway. This year the activities will be centered at Copper Point Golf Club, Invermere's most luxurious and breathtaking golf and dining facility. The theme of this year's event will be "Something for Every Person and Every Budget" and will include dining, hiking, shopping, sight-seeing or just socializing and relaxing.

Activities include our traditional Friday evening mixer, with dinner on Saturday and lots more.

Costs are:

\$150 per person for the entire golf/dining package

(including carts) excluding accommodations,

or

\$85 per person for those who choose not to golf

Tickets will go on sale soon, so start your planning now.

More details to come!





February 12, 2017

Dear President Ken Farn,

Since 2011 Rotarians and Rotary members from District 5360 have been working in Partnership with Inclusion Alberta and Persons with Development Disabilities (a department within the Human Services provincial government) to create genuine and meaningful employment opportunities for people with developmental disabilities.

For people with and without disabilities, a good job helps to give purpose to life and affirms a valued place in society. The jobs created through this partnership have given dozens of people with developmental disabilities an opportunity for a career, to make a contribution, earn an income and be valued as community members.

The Rotary Club of Calgary South is an active contributor to the Partnership. One of your members, Luanne Whitmarsh has recently hired a person with a developmental disability to work at the Kerby Centre. This commitment to inclusive hiring leads to life changing opportunities for people like Susan, who is thrilled to be contributing to the Kerby Centre in her maintenance positions. With the commitment of Rotarians such as Luanne, Rotary Clubs and their members, have directly and personally made a powerful and wonderful difference in the lives of individuals with developmental disabilities.

The Frank Devlyn Award, is awarded to clubs in which 5% or greater of the membership have created or found jobs for people with developmental disabilities. The Rotary Club of Calgary South is on its way to receiving this award.

On behalf of the Calgary Employment Partnership Steering Committee we congratulate the Rotary Club of Calgary South for embracing this partnership and contributing to strengthening the community by helping to welcome people with developmental disabilities into the fullness of community life.

Yours in Rotary

Al McMillan
Chair, Rotary Employment Partnership Committee

Mike Colborne
Chair, Rotary Employment Partnership Committee
cc. Hans Tiedemann
Luanne Whitmarsh



WATCH THURSDAY ROTARY CLUB OF CALGARY SOUTH MEETINGS LIVE

If you are out of town or unable to attend a Thursday meeting, click on this link to watch on the web:

<http://ustre.am/1yHc9>

We are running this on a trial basis over the next number of weeks and appreciate your feedback!

Send your comments to steve@talkinglightmedia.com

Fellow Rotarians,

On behalf of YouthLink, The Calgary Police Interpretive Centre, I send my most sincere and gracious thank you to the Large Grants Committee and the Board of Calgary South Rotary for your commitment to building the Calgary South Rotary Courtroom/Theatre.



I would also like to extend a huge thank-you from the YouthLink education team and the Calgary Police Service officers who, everyday, work so hard to educate children on how to stay safe, how to not become a victim, and how to steer away from criminal activity. The programs are complex, but the goal is simple: Together we are helping youth by changing lives...and saving lives.

Perhaps my biggest thank you comes from the children themselves who will likely not have the opportunity to meet you personally to say thanks for making such a difference in their young lives. All grade six children in Calgary, but especially the high-risk students, who are at that most impressionable age where we can truly make a difference. Not only to them personally, but it extends to their siblings, parents, friends, and teachers who deal with tough questions and situations. If you could see and hear the young children everyday, learning how to stay safe, you would truly know the impact you have had.

I am a VERY proud member of Calgary South Rotary. I love what we do. Each of you dedicating your time to both the Large Grants Committee and the Board, having to weigh so many great projects to arrive at a final decision - well - that's a monumental task. My thanks to each of you for serving in your capacity and for all you do in Rotary.

I look forward to organizing a Calgary South Rotary event at YouthLink so you can each see the incredible impact you just made to children in our city.

Thank you,

Corinne Wilkinson



Parks Foundation Calgary will be celebrating the iconic Rotary/Mattamy Greenway pathway during Canada's 150th birthday on Saturday September 2, 2017 and we would like you to join us!

There will be food, music, and family activities.

The Greenway is a unique, 138 km continuous pathway encircling the city of Calgary, complete with over 15 different amenities, including dog parks, educational wetland areas, fitness parks and playgrounds.

**Mayor Nenshi and other special guests will be there.
We hope you can make it.**

**OUR CITY-WIDE CELEBRATION WILL TAKE PLACE AT THE FOLLOWING LOCATIONS
BETWEEN 11:00 AM - 3:00 PM:**

SW: South Glenmore Park (Main Celebration Event)
NE: Cityscape
NW: Shouldice Park
SE: Mahogany



Canada



Hello Rotarians!

Now I think that I've done most of the important ski hills in Alberta and around and that was after our president Ken and Larry Stein took me to Lake Louise having the best conditions I've ever skiing in, man I still ask myself who were those two young guys saying that they were Larry and Ken, they made me sweat a bit...

Here I let u some pics of the love they gave to me...

I've been trying out for soccer and I passed the first selection in which they cut from 37 to 22 but they still have 8 more cuts, one was yesterday and next one is on Thursday but yesterday a big guy stick his knee into my quad and I can barely walk, we'll see what about that.

Thanks you all for the treatment you are giving to me, I'm having such an amazing experience so that a month ago I started researching ways to come here to Calgary next year and I finally thought to study university with Spain online and come here with a job that I'm looking for and I'm also thinking some ideas to get the funding, Thank you very much!!

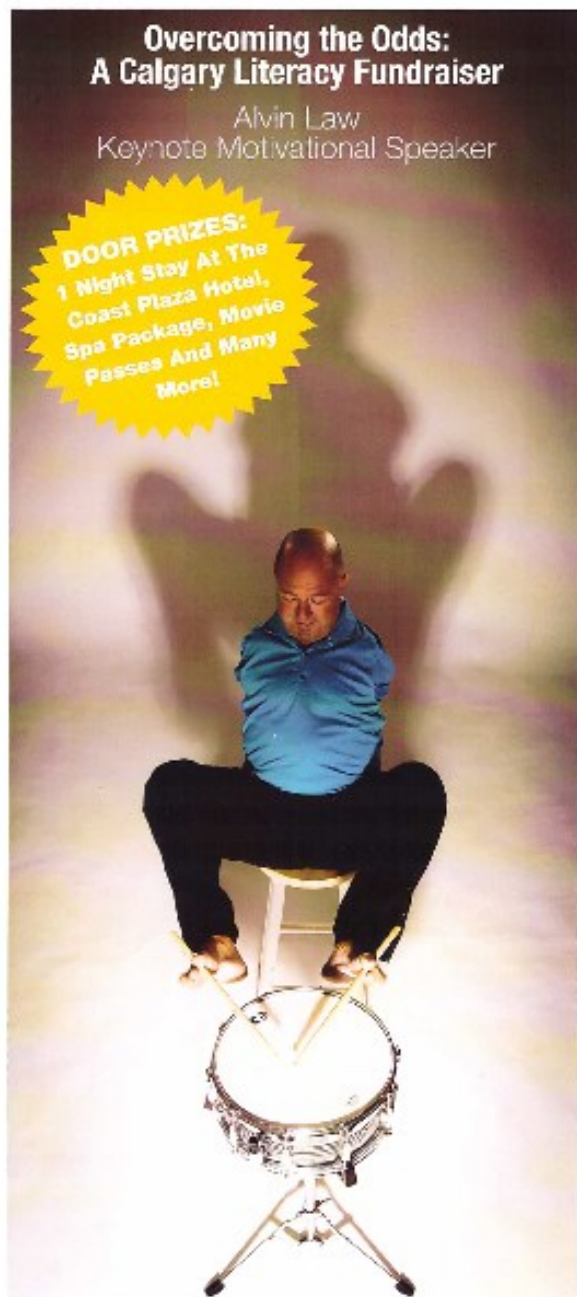
Have a great rotary week



**Overcoming the Odds:
A Calgary Literacy Fundraiser**

Alvin Law
Keynote Motivational Speaker

DOOR PRIZES:
1 Night Stay At The
Coast Plaza Hotel,
Spa Package, Movie
Passes And Many
More!



Rotary
Club of Calgary East

JOIN US

April 29th at the Coast Plaza Hotel

Rotary is proud to support Overcoming the Odds: A Calgary Literacy Fundraiser with must-see speaker Alvin Law in an unforgettable evening of inspiration, live music, silent auction and a three-course meal!

This event will support literacy programs in our community like The Calgary Public Library's It's A Crime Not to Read. This program develops literacy, reading skills, and self esteem while strengthening community ties, resulting in safer Calgary communities.

Tickets only \$50 (includes a gift valued at \$30)

Doors Open at 6:00 PM

Event Starts 6:30 PM

3 Course Meal

Mediterranean Romaine Salad, Roasted Chicken Breast and Chocolate Torte

Coast Plaza Hotel
1316 35 St NE
Calgary, AB T2A 6B6



**The first 30 tickets sold will get an extra entry for
the door prize!**

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SEATS**



Purchase tickets and learn more at:

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115-12-35th St, S.E., Calgary, AB T2A 6B6

www.rotarycalgaryeast.com

Email questions to: events@rotarycalgaryeast.com

March 30 Charlene Bearden: Club Runner Presentation

APRIL 2017

- April 6 Vimy: 100th Anniversary
 April 13 Jon Fennell: Canada's Water Future
 April 20 **New Member Celebration: Carriage House Inn: See Bulletin for more info**
 April 27 Janice Eisenhower: Canadian Women for Afghanistan: *The Blue Room*
 See next page of Bulletin for the location of the Blue Room

MAY 2017

- May 4 Dream Home Registration Kick off
 May 5-7 **District Conference (Red Deer)**
 May 11 Bob Dubask: Myths About Reverse Mortgages
 May 18 **Bethany Centre Site Tour: Details to follow**
 May 25 **Stay In School Luncheon: Carriage House Inn**
 May 26 **President's Hoedown: See Bulletin for more info**

JUNE 2017

- June 1 Profile Video: Ted Rowsell
 June 2-4 **Radium Fellowship Weekend: See Bulletin for more info**
 June 8 YEX Student: Pablo's Presentation
 June 15 **Charity Day: Carriage House Inn**
 June 12 **Casino at Cowboys (Please contact Harry Pelton to volunteer)**
 June 13 **Casino at Cowboys (Please contact Harry Pelton to volunteer)**
 June 22 Calgary Stampede Foundation Presentation: (The Clubhouse)
 June 29 Changing of the Guard and WCS/Large Grants Presentation

JULY 2017

- July 6 **Dream Home Kick off: Ranchman's DanceHall and Cookhouse**
 July 13 **No Meeting: Dream Home Operations**
 July 20 TBA
 July 27 **No Meeting: Stay In School Golf Tournament**

AUGUST 2017

- Aug 3 President Bill LeClair: Inaugural Address
 Aug 10 TBA
 Aug 13 Old Tyme Country Picnic
 Aug 17 TBA
 Aug 24 **Mount Royal University Library Tour**
 Aug 31 TBA

HEALTH, WELLNESS AND TRANSPORTATION

- Contact Hugh Delaney at: hughdelaney02@gmail.com or: 403 819 4872 if you know of anyone that is not well or could use a visit
- Contact Bonar Irving at bonar@shaw.ca or 403 254 8476 if you know of anyone that may need a ride

See the map below. The BLUE ROOM is located under the medical "X" on map. This building has horse sculptures in front of it opposite to the Saddledome. The best place to park will be in Lot 2 or behind the Saddledome. There will be signage that points to the Blue Room by the Agriculture building. The Blue Room is on the 2nd Floor of the Agriculture Building and there is an elevator



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



ClubRunner Mobile



Download app from the Apple App Store or from Google Play.

Simply type in 'Club Runner' 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 Androids that are 2.3.3 or better.

You will need your Club Runner username and password to sign in!

Once that's done you can now view the Member Directory with the most up to date contact info. You can call or email a club member directly from your device. You can even add them to your Contacts List

Click this link for a preview:
<https://site.clubrunner.ca/page/mobile>

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President-Elect: Bill LeClair: leclair@calgarylaw.com

Past President: Murray Flegel: mjf@bosslubricants.com

Club Secretary: Ted Rowsell: rowselle@telus.net

Treasurer: Larry Kennedy: treasurer@rotarycs.org

Partners President: Pat Farn: patfarn@telus.net

2016 2017 Directors

Club Service: Operations

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Glenn Potter

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