

# The Weekly Westerner

Box 4572, Station C, Calgary, Alberta T2T 5N3  
Grey Eagle Hotel, 3777 Grey Eagle Drive (Corner of 37 St SW and Glenmore Drive)  
Mondays 12.10 pm - 1.30 pm

**President:** Gerry Meek **President-Elect:** Bill Fitzsimmons **Past President:** Tim Anderson  
**Secretary:** Karl Herzog **Treasurer:** Judy Cochran  
**Directors:** Marlene Doherty, Darren Grierson, Ken Montgomery, Alex McFadden

## **Together We Are People of Action - Building Community**

January 6, 2020 Edition: 53.21 Reporter: Don Campbell Editor: David Williams

**Bill Dowhaluk, Shelley Dyson, Marlene Doherty and Les Morgan** worked the front desk.

**Cory Tretiak and Dan Pigeon** greeted us and ensured our name tags were in place.

**President Gerry Meek** started the meeting with the singing of *O Canada*, and almost everyone (your reporter excepted) got the new words right.

In place of an invocation or inspirational message, President Gerry introduced a new approach to beginning the meeting with a personal reflection on the Rotary 4 Way Test. Herbert J. Taylor introduced the Test in 1932, and it was adapted by R.I. soon thereafter.

President Gerry noted that it has endured intact. It is both fresh and relevant to us, and offers a moral code and personal guide for our lives. Others are welcome to present a reflection in future meetings.

Cory Tretiak and **Sa'adat Keshavjee** brought guests. Cory's guest is visiting from Seoul, South Korea for a year, and is looking for an opportunity to gain work experience in business administration, for which she holds a degree, in our Canadian culture.

### **Weekly Rotary Insight**

Sa'adat told us that with the dropping of attendance requirements, make-up visits to other clubs have largely disappeared. Inter-club visits are always welcome, and he challenged us to set a goal of at least two visits to other Calgary clubs before the end of the Rotary year, and at least one visit outside the city or District, or attendance at the District Conference toward the end of the year.

### **Sergeant-at-Arms**

May 1 - 3, 2020: District Conference, Calgary  
June 6 - 10, 2020: Rotary International Conference, Honolulu



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**David Williams** was in his usual great form, finding things we might have otherwise missed and fining us a Loonie or Toonie, depending on the severity of our transgressions. The SAA is a great time for us to not take ourselves too seriously. Thanks, David. The coffers benefit from your diligence.

### Quick Minutes

- Marlene Doherty spoke on upcoming fellowship events, in particular Canasta this Saturday. Call her for more information. She also exhorted us to think spring, and the beauty of instant (pre-started) flowers and tomatoes.
- **Bill Lawless** invited members to become active in preparing community grant applications.
- **Steve Strang** talked about the value of involvement in our Youth Services.
- **Steve Rickard** spoke of our significant successes in International Services.
- **Marie Rickard** let us know that we are moving from Strawberry Short Cake to cookie sales for Valentine's Day, for which volunteers will be needed for it to succeed.

### Guest Speaker

Les Morgan introduced our guest speaker, **Deepak Saini**.

Deepak Saini is a Health, Performance and Longevity Coach. He knows what it is like to have a stressful corporate job, raising a family and trying to do the right things for his health. Eventually suffering from an autoimmune condition and injured back, these two health challenges ultimately became a turning point for him. He overcame those issues as well as his lifelong battle with obesity and brings a unique perspective to working with his clients. When this father of two is not spending time with his wife and little girls, he is researching and staying at the forefront of emerging and cutting-edge health research. Deepak is also a speaker, course instructor and published writer.

His presentation was a very personal story of how he now makes life choices. He began life as a very success-oriented student. In addition to his successes, he continually put on weight, eating food he would not now choose, and he had several colds and sickness each year.

This pattern of success matched with bad health continued through his university years, and when he found the pattern affecting his work life he began to make new life choices.

He at first identified that his planning was mostly short term, which proves early rewards. He determined that, for him, long range planning made much more sense, and so he decided that rewards of meeting long-term goals were worth waiting for.

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He set a personal goal to live in good health past the age of 100. To get started, he began to reduce sugars in his diet, became involved in infra-red light therapy, did meditation, explored the effects of changing elements in his diet, paid more attention to getting sufficient sleep, increased his walking, and does once-a-week cardio exercises.

Deepak made the point that we are all unique, have unique bodies with only some things in common, and that we can research what will work best for us to meet long-term goals.



Deepak was thanked by **Darren Grierson**, and was presented with our world-famous Boltman.

Thought for the week: "What the New Year will bring to you depends a great deal on what you yourself bring to it."

### Coming Events

<b>January: Vocation Service Month</b>	
6	Motivational Speaker: TBA
13	"Never Too Late" Scholarship Awardee: Vicki Vause
20	United Way - Community Hubs Initiative
23	<b>Evening Meeting:</b> TBA
27	Wendy McDonald: Rotary Employment Partnership
<b>February: World Understanding Month</b>	
3	ICS International Service Presentation
10	Bonnie Johnson: Human Trafficking "Not in My City"

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17	<b>Family Day: No Meeting</b>
20	<b>Evening Meeting</b>
24	Court Ellingson: Calgary Economic Development
	<b>March: Literacy Month</b>
2	<b>Town Hall/Teams Meeting</b>
9	Cameron Diggon: Homes for Heroes
16	TBA
23	Meeting cancelled in favour of March 26 <b>Assembly</b>
26	<b>Evening Assembly</b> (Tentative)
30	LCS Committee Presentation
	<b>April: Maternal and Child Care Month</b>
6	"In Step" (Tentative)
13	TBA
20	<b>No Meeting - Easter Monday</b>
23	Evening meeting at the Joyce
27	TBA
	<b>May: Youth Service Month</b>
4	YEX Program: Margot Robins and Friends
11	Todd Hirsch: Economist
18	<b>No Meeting - Statutory Holiday</b>
21	Evening Meeting
25	TBA
	<b>June: Rotary Fellowship Month</b>
1	TBA
8	TBA
15	Can Learn Presentation
22	TBA
29	Canada Day Special - Immigration and New Canadians: Peter Vaness
	<b>July Stampede and Okanagan Cherries Month</b>
3	Parade Breakfast
6	Stampede Yahoo!
13	TBA
20	TBA
27	TBA