



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: Terry Felton **President-Elect:** Ben Kormos **Past President:** Gail Williams
Secretary: Malcolm Harrison **Treasurer:** Karl Herzog
Directors: Tim Anderson, Judy Cochran, Marlene Doherty, Arien Knight, Chris Ritter,
Duncan Stanners

May 15, 2017 Edition: 50.37 Reporter: Marie Rickard Editor: David Williams

President Terry Felton called the meeting to order by welcoming all to Calgary West especially those who found the time to attend the District Conference and particularly those that took the bus to Red Deer last Saturday. The national anthem was lead by **Robyn Braley** and our guest speaker, **Brian Farrell**. Our invocation was given by **Debbie Barry**. The head table was introduced and included Robyn Braley, Brian Farrell, **Tony Knight**, **Les Morgan** and **Orlin McMillan**. The last two were at the head table because of good looks, Terry said. Guests were introduced by **Marvin Pawlivsky**.



Hot Seats

- **Arien Knight** reported that we have sold 726 tickets for the **Stampede Breakfast and Parade** and sales are down from last year, so please let your friends and families know tickets are available and can be purchased online from our website or contact Arien for group sales.

May 5 - 7, 2017: District Conference, "Strength in Numbers", Red Deer
June 10 - 14, 2017: Rotary International Conference, Atlanta, Georgia



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- February's **Big, Beautiful, Blooming Fundraiser** flower baskets and plants purchased will be available for pick up at Bishop Kidd School, 1420 28th Street SE, Friday, May 26, 11:30am to 4:00 pm.
- Rotaractor **Emily White** visited us to announce their **Annual Midsummer Soiree** with a "**007 Theme**" to be held Saturday, June 10, 7 – 10 pm at Hillhurst Sunnyside Community Association, 1320 5 Ave NW. Tickets are \$35/person and profits will support their local and international projects.
- Next up was **Lori Mattei**, our YEX student, announcing a **YEX International Dinner** raising funds for Shelterbox. The cost of the event is \$50 and desserts will be featured from the countries of our YEX students. This event is \$50/person and will be held at the MacDougall United Church, 8516 Athabasca Street SE. Doors open Saturday, June 3, at 5:30 pm. Contact Lori for tickets.



The **winner of the 50/50** was Debbie Barry.

Induction of New Member

Past President, Sa'adat Keshavjee welcomed new member **Linda Haines** to the podium, where she was inducted into the club by District Governor-elect **Dan Doherty**. Linda is not a stranger to Rotary, nor was she a stranger to Dan since they were neighbours, back in his family home. Welcome Linda!

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Sergeant-at-Arms

Marlene Doherty made us pay for our blessings with happy bucks. Firstly, Marlene acknowledged those who presented the Honduras project and the Atrium Project at the District Conference. As a thank you, everyone else was asked to pay \$1.00. **Bill Quinney** and **Mike Carlin** were thanked for organizing the bus to Red Deer for the District Conference and if you didn't know the theme which was Strength in Numbers, you must not have attended so that was \$1.00, too. Marlene offered \$5.00 for herself and called Dan to pay up the same amount since Lori is moving on to **Darren Grierson's** house today and they will miss hosting him. Marlene offered a thank you to those who have hosted Lori at different events, but if you have missed the opportunity, or haven't sent an RSVP for his upcoming birthday party, pay up. "Club Casino King", Orlin McMillan received praise as well. If you haven't volunteered for a casino or if you haven't thanked Orlin, pay up! **Julie Cahoon** and Linda were asked to stand being our newest members to Calgary West Rotary. If you have not introduced yourself yet, pay up. And lastly if you did not have a pin that was \$1.00. I think the president's fund should be topped up today.

Guest Speaker

Robyn Braley introduced our guest speaker, Brian Farrell, artistic director of Revv 52, a group that sings contemporary music. Their next performances, called Vinyl Spin, will be June 1 – 3 at the Bella Concert Hall at Mount Royal University. Brian is also a vocal trainer in a variety of music styles and does professional workshops. Brian directs a choir for patients with Parkinson's Disease as part of a research program at the University of Calgary. Brian studied at the University of Western Michigan and completed his Master of Arts at San Diego State University.

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Brian began by challenging us to remember the music we listened to when we were 14 years old. He said you just don't forget that music. When you play music that Parkinson's patients know and love, they get their groove on and can improve their walking and functioning with music. He talked about how music engages the brain. He had a vinyl record with him and he pointed out the uniqueness of the record and that experts can tell a lot just by looking at a vinyl record. He talked a lot about the groove of the music and demonstrated on the keyboard a song out of the groove. Classic conservatory music teaches firstly the groove, and then the story and then technique. For many of the great voices we identified, Roger Whittaker, Kenny Rogers and Frank Sinatra, Brian pointed to their great storytelling. Storytelling colours the words. Brian referenced several books that help explain the brain and music. There were also handouts on the tables. **If anyone would like a copy of the handout, this reporter would be glad to forward it to you.**

Brian references the brain and music. Music connects to memory where we were and where we want to be. Don't deny, embrace music! Activate the brain and memories and enthusiasm. Of the five senses, smell is the most effective. Brian often requests in his artistic directing that he wants "more smell".

Brian referenced the singer Adele when talking about voice physiology. He says the voice does not have to be perfect to be great! He notes his own childhood when gatherings at their home would find him playing the piano as guests and family engaged in a good old sing-along. Alzheimer's, Dementia and Parkinson's Disease patients' behaviour around music is amazing. Music can help. The brain speaks as you enter the room of a new experience. If we use our voice we can remind ourselves to use our senses and experience.

Brian does 500 to 600 auditions every year and the best performers are the best story tellers. At this point he invited us to call out our favourite musicians – Elton John, Mills Bros, Little Richard, Len Brown, Peter Paul and Mary, Rolling Stones. His recent favourite concert was Brian Wilson, layered and dimensional in his performance. He challenged us to listen for the groove in music we say we don't like. Invite and embrace music of your lives, enjoy long life.

Tony Knight, who loves the music of the 60s, thanked Brian Farrell for bringing his passion to Rotary during our Jubilee Year and presented him with our limited edition Boltman.





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Coming Events

May: Youth Service Month	
1	Michelle Stirling: Friends of Science
6	Rotary Meeting on the bus to Red Deer District Convention
8	No Meeting
15	Brian Farrell: Revv52
22	No Meeting: Victoria Day
29	David Poulson: Author and Rodeo Announcer
June: Rotary Fellowship Month	
5	Youth Programme: RYLA, YEX, Adventures in Citizenship, etc.
12	Charter Date June 10: Tentative Jubilee Event
19	Team Meeting and Turnover of Gavel to Ben Kormos
26	Canada Day Sesquicentennial Meeting
July: Stampede and Okanagan Cherries Month	
3	No Meeting
7	Friday: CWRC Stampede Parade Breakfast
10	Stampede Yahoo! Ben Kormos Induction
17	Calgary Humane Society
24	TBA
31	Local Community Service: A Jubilee Programme
August: Membership and New Club Development Month	
7	No Meeting: Family Day
14	World Community Service: A Jubilee Programme
21	TBA
28	TBA
September: Basic Education and Literary Month	
4	No Meeting: Labour Day
11	TBA
18	Youth Exchange: A Jubilee Programme
25	TBA
October: Economic and Community Development Month	
2	Dr Charles Samuels: Centre for Sleep and Human Performance
9	No Meeting: Thanksgiving Day
16	TBA
23	TBA
30	Hallowe'en Programme: Costumes and Magic Tricks
November: Rotary Foundation Month	
6	RI Foundation and Calgary Rotary Clubs Foundation
13	No Meeting: All Clubs Remembrance Day Meeting
20	Grey Cup Special Weekend Presentation
27	TBA

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