



Rotary Club of Trail THE BULLETIN



Still Free!

Issue - M-05-#12 www.trailrotary.com Wed., March 16, 2005

☆ PROGRAM ☆

| | | |
|----------|------------------|--|
| 16-Mar | Abby Oosthuyzen | Recent Post-Tsunami trip to Sri Lanka including the Tamil Zone |
| 23-Mar | Rob McRae | Climate Change and Past Recipient of Rotary Scholarship |
| 30-Mar | Corey Sinclair | Fortis |
| 6-Apr | T.B.A. | |
| 13-April | Peter Somerville | Power of Attorney & Representation Agreements |
| 6-Apr | T.B.A. | |
| 27-April | Marilyn Luscombe | New Directions at Selkirk/ Scholarship Realities |



A great day to enjoy the river wall. A relaxed pair, Bars and Peter, in a rush to go no where after Rotary

☆ CHECK OUT THE CHAMBER ☆

www.trailchamber.bc.ca



LAST WEEK'S PHOTO
Trail-Tadanac Hospital, Victoria Street **1932**. Where Dairy Queen is situated today.

☆ GREETERS/RACKETEERS ☆

16-Mar-05

- Don Nutini, Tim Pettigrew, Laurie Pettyjohn

23-Mar-05

- Mac Phillips, Marlene Philip, Barb Pistak

23-Mar-05

- Mac Phillips, Marlene Philip, Barbara Pistak

30-Mar-05

- Gay Prokopetz, Lana Rodlie, Brenda Rutherglen

06-Apr-05

- Walter Siemens, Keith Smyth

13-Apr-05

- Doug Stanley, George Swanson



"Next to knowing when to seize an opportunity, the most important thing in life is to know when to forego an advantage."
- Benjamin Disraeli

UPCOMING EVENTS

March 15th, 2005
[Alcan String Quartet](#)

March 17th, 2005
[Thursday Night at the Movies- Winter Series](#)

March 25th, 2005
[Easter Bash, Annual Easter Egg Hunt](#)

March 29th, 2005
[The Great Mozart Hunt](#)

April 1st, 2005
to April 3rd, 2005
[Beaver Valley Oldtimers Hockey Tournament](#)

April 2nd, 2005
Colombo Lodge Gala Banquet

[View all Events](#)



Do you know who I am? Visit me at the Chamber web site!

Want to know what's going on in our great city?

Visit the Chamber. We keep track of everything.



Trail, BC - District 5080 - Club # 243
Wednesday - 12:00 PM at Riverbelle - 1350 Esplanade
President - Lana Rodlie



A Global Network of Community Volunteers - "Service Above Self"

☆ STRESS ☆

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "how heavy is this glass of water?" Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it."

"If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden."

"So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can." "Relax; pick them up later after you've rested. Life is short. Enjoy it! And then he shared some ways of dealing with the burdens of life:

- Accept that some days you're the pigeon, and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Always read stuff that will make you look good if you die in the middle of it.
- Drive carefully. It's not only cars that can be recalled by their maker.
- If you can't be kind, at least have the decency to be vague.
- If you lend someone \$20 and never see that person again, it was probably worth it.
- Never buy a car ! you can't push.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Nobody cares if you can't dance well. Just get up and dance.
- Since it's the early worm that gets eaten by the bird, sleep late.
- The second mouse gets the cheese.
- When everything's coming your way, you're in the wrong lane.
- Birthdays are good for you. The more you have, the longer you live.
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are too much fun to only make once.
- We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.
- A truly happy person is one who can enjoy the scenery on a detour.
- Have an awesome day and know that someone has thought about you today.....I did.

☆ RECENT NEWS ☆

Upgrades for Trail's Cominco Arena Announced

The Provincial Government's announcement of funding in the amount of **\$283,440** for upgrades to the Cominco Arena is wonderful news for the Greater Trail community. The Cominco Arena has long been recognized as a regional facility and this announcement reinforces its value and significance to Greater Trail. The project budget of \$633,590 allows for improvements to the interior of the arena. The installation of theatre-style seating, improvements to the sound and heating systems, and the installation of a video score clock will create a very comfortable and entertaining environment for the spectators.

☆ TRAIL-SO MUCH TO OFFER ☆



What is this part of town called?

What building is located here now?

Which Trail counsellor is associated with the "establishment" near here?

Gone Fishin'! The Bulletin is closing its doors for a couple of weeks. Writer, editor, publisher needs a holiday. Have fun!



For an electronic copy go to the Trail Rotary website and click on "Bulletin"



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Help, I can't go on forever! If you have an item of interest don't hesitate to e-mail it to me.
<keithandgale@shaw.ca>