



Rotary Club of Trail THE BULLETIN



Still Free!

Issue - J-05-#23 www.trailrotary.com Wed., June 15, 2005

☆ PROGRAM ☆

15-June	Peter Somerville	Powers of Attorney and Representation agreements
21-June (Tuesday)	"Changing of the Guard"	Birchbank Golf and Country Club
29 - June	Scott Daniels	Vocational & Thumbnails on Member Vocations

☆ GREETERS/RACKETEERS ☆

15-Jun-05

- Gordon Gattafoni, Fran Gelinas, Jenny Ghilarducci



22-Jun-05

- Hugh Hamilton, Leigh Harrison, Joe Kobluk

29-Jun-05

- Cliff Krause, Chuck Lakes

Watch your thoughts; they become your words.
 Watch your words; they become your actions.
 Watch your actions; they become your habits.
 Watch your habits; they become your character.
 Watch your character for it will become your destiny."
 - Frank Outlaw

☆ CHANGEOVER MEETING ☆

Our changover meeting where the new executive is sworn in will take place **5:00 p.m., Tuesday, June 21, at Birch Bank Golf Course.** A buffet dinner will be proceeded, for those who wish to play, by a relaxed 9 hole golf tournament. Guests are welcomed and encouraged.

Cost for dinner will be **\$25 for members / \$20 for non-members.** Hats for sale!

Please sign up at Rotary or contact Leigh Harrison (368 8211) or leigh.harrison@trailrotary.com

☆ A NICE THANK YOU ☆

Rotary International
 District 5080
 Youth Exchange Committee

www.rotary5080ye.org

June 11, 2005



Dear Trail Rotary Club

Re: Friendship Tour 2005

Thank you very much for agreeing to host the 2005 Friendship Tour. The students enjoyed the barbecue and dance and the swimming and hikes at Champion Lakes.

Thank you for the home hospitality offered Marvin and Bev.

It is the clubs in District 5080 that make it possible for us to have a tour for our students. We again thank you for all your efforts in hosting the Friendship Tour.

Yours in Rotary

Irene Furey – Tour Co-Ordinator
 Bill Furey – Irene's Assistant
 Marvin and Bev Smith – Tour Chaperones

☆ DATES FOR YOUR CALENDAR ☆

For further details go to the City of Trail or Chamber Websites

- ✓ **June 15th, 2005** - American Legion Baseball
- ✓ **June 16th, 2005** - 10:00 am to 2:00 pm - Teddy Bear Picnic
- ✓ **June 18, 2005** - Walk to Cure Diabetes
- ✓ **June 23rd, 2005** - 7:00 pm - **Music in the Park** - Double Diamond - Country rock music
- ✓ **June 26th, 2005** - 1:00 pm to 5:00 pm - Rock Wall Community Celebration

Come to the **CHANGEOVER**
 Tues., June 21
 Birchbank Golf Course

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"

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>



LAST EDITION'S PHOTO
 One of the treatment towers at the sewage disposal site, Waneta

☆ **EMOTIONAL/MENTAL STABILITY** ☆

Several years ago, the sociology department of Duke University did a study on peace of mind. Several factors were found to contribute to emotional and mental stability. they are:

1. The absence of suspicion and resentment. Nursing a grudge was a major factor in unhappiness.



2. Not living in the past. An unwholesome preoccupation with old mistakes and failures leads to depression.

3. Not wasting time and energy fighting conditions you cannot change. Cooperate with life instead of trying to run away from it.

4. Force yourself to stay involved with the living world. Resist the temptation to withdraw and become reclusive during periods of emotional stress.

5. Refuse to indulge in self pity when life hands you a raw deal. Accept the fact that nobody gets through life without some sorrow and misfortune.

6. Cultivate the old fashioned virtues - love, honour, compassion and loyalty

7. Don't expect too much of yourself. When there is too wide a gap between self expectation and your ability to meet the goals you have set, feelings of inadequacy are inevitable.

8. Find something bigger than yourself to believe in. Self centered, egotistical people score lowest in any test for measuring happiness.

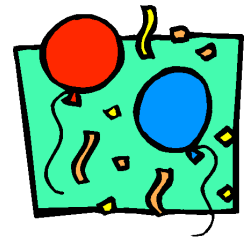


We The Willing
 Led By The Unknowing
 Are Doing The Impossible
 For The Ungrateful
 We Have Done So Much
 For So Long With So Little
 We Are Now Qualified
 To Do Anything With Nothing

☆ **MEMBER BIRTHDAYS** ☆

Gordon Gattafoni	June
Joe Mykietyyn	June
George Swanson	June
Brian Yeo	June
Jenny Ghilarducci	July
Sherry Hand	July
Jack McConnachie	July
John Merlo	July
Walter Smyth	July
Elizabeth Cytra	August
Chuck Lakes	August
Don Nutini	August

To Joe Mykietyyn: Many happy returns on your 80th!



☆ **MURPHY'S LAWS** ☆

- Nothing is as easy as it looks.
- To succeed in politics, it is often necessary to rise above your principles.
- Nature always sides with the hidden flaw.
- Success always occurs in private, and failure in full view.
- Two wrongs are only the beginning.
- If you perceive that there are four possible ways in which a procedure can go wrong, and circumvent these, then a fifth way, unprepared for, will promptly develop.
- Nothing is as easy as it looks.
- Every solution breeds new problems..
- If there is a worse time for something to go wrong, it will happen then..
- If at first you don't succeed, destroy all evidence that you tried.
- Exceptions prove the rule ... and wreck the budget.
- Whenever you set out to do something, something else must be done first.
- It is impossible to make anything foolproof because fools are so ingenious.
- If there is a possibility of several things going wrong, the one that will cause the most damage will be the one to go wrong.
- Left to themselves, things tend to go from bad to worse.
- Anything that can go wrong will go wrong.
- Trust everybody ... then cut the cards.
- Whenever you set out to do something, something else must be done first.
- Everything takes longer than you think..
- Two wrongs are only the beginning.

If you your lips would keep from slips,
 Five things observe with care:
 Of whom you speak, to whom you speak,
 And how and when and where.

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



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