Saddle up for Calgary!
1996 Convention issue

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- Western Canada's wonderland
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by Herbert G. Brown
President, R.I.

Cover photo of Calgary Stampede by Mike Ridewood/Calgary Calgary Convention
This month's cover captures the thrill and thunder of a chuck-wagon race at the Calgary Exhibition & Stampede. A rodeo, carnival, music festival, and agricultural fair all rolled into one, the annual event lives up to its billing as the “Greatest Outdoor Show on Earth.” This year’s Stampede, to be held from 5 to 14 July (see page 24), comes on the heels (or hooves) of the 1996 R.I. Convention (23-26 June).

A special performance of the renowned stampede is certain to entertain participants at Rotary’s 87th annual gathering, and part of a convention agenda that includes major speakers, Rotary business, workshops, and hospitality functions. Special exhibits will spotlight Humanitarian Service Projects and “Rotary in Canada,” and pre-convention activities include the International Institute, meetings on Rotaract and Youth Exchange, and for the first time, a Rotary Volunteers seminar.

Make plans now to join R.I. President Herbert G. Brown and fellow Rotarians at Calgary’s Stampede Roundup Centre and the Canadian Airlines Saddledome to celebrate the 1995-96 R.I. theme, “Act with Integrity, Serve with Love, Work for Peace.” Please note that after 31 March, registration will be accepted only at the convention site and at a higher rate. Forms are available from your club’s “On To Calgary” chair (or, in North America, from the new R.I. Fax Back service: 503/721-3094). They should be postmarked by the deadline dates.

Photo finish—Last July, Alberta Rotarians’ efforts to promote the Calgary Convention also resulted in the first-ever “dead heat” finish of the 72-year-old Calgary Stampede Range Land Derby chuck wagon race. The history-making wagons were sponsored by Prudential Steel and—The Rotarians!

Home on the World Wide Web:
The Calgary Convention now has a site on the World Wide Web of the Internet, the global computer network. The site provides Rotarians and their guests with timely information about the Calgary Convention and area attractions.

The home page features a city skyline, the Rotary emblem, and the Calgary Convention logo, followed by pages containing updates on the events, registration information, and local Rotary contacts. It also highlights a variety of things to see and do in Calgary and elsewhere in Alberta. The Calgary Convention’s address on the Web is http://www.cia.com/rotary/.

Calgary Convention attendees suddenly drawn by the aroma of fresh beef roasting over a charcoal fire are likely to follow their noses to what looks like a full-service barbecue (see photo) staffed by members of the Rotary Club of Calgary. This portable set-up will be a smaller version of the fundraising operation the club operates during the annual Calgary Stampede, and throughout the year for businesses and other groups that conduct outdoor social events in the Calgary area.

For more than 35 years, Calgary Rotarians have raised funds by cat-

[continued on page 4]
Official Souvenirs

While you're in Calgary for the Rotary International Convention, why not get into the Stampede Spirit — by visiting our main Stampede Souvenir store in the Round-Up Centre.

There's no better place to lasso a great selection of authentic Stampede souvenirs: T-shirts, sweatshirts, sweaters, jackets, ball caps, lapel pins, glassware, bolo ties, key chains... and many more unique items!

And to capture your group's memories, the Calgary Stampede Merchandising Department can customize your name or logo on a wide variety of the items we carry. We'll even have them ready as soon as you arrive in Calgary — so you're into the spirit right away!

If you would like to order in advance call our Merchandise Department, or if you can't be here, but would still like a souvenir, we can arrange to send something your way (by pony express or otherwise).

Have a booz-bollerin' good time at the convention — and plan to join us at the Greatest Outdoor Show on Earth!

For further information please call:

Steve Foster
Stampede Merchandise Manager
(403) 261-0543 or toll free
1-800-661-1260 or write
P.O. Box 1060, Station M,
Calgary, Alberta, Canada T2P 2K8

[Printed in U.S.A.]
*Printed on recycled paper*
[By the way . . . from page 2] Serving such functions (including breakfasts) ranging from 100 to 10,000 guests. In addition to slow-roasting top quality beef over charcoal in specially designed ovens, the Rotarians provide supplies such as plates, cutlery, and napkins, and even handle the clean-up. Their efforts have benefited a variety of Calgary organizations including the city’s zoological society, battered women’s shelters, and the Alberta Children’s Hospital.

A. A. Modena of the Rotary Club of Bluefield, West Virginia, U.S.A., alerted us to an error in the article Group Study Exchange—30 Years Old and Growing Stronger of the November 1995 issue. Rotarian Modena led a Group Study Exchange team from District 7550 in the United States to District 2780 in Japan in April 1995. He points out that District 7550 is in West Virginia, not New Jersey. We also reported incorrectly that the visit occurred in 1994. Our apologies for mislaying Rotarian Modena and his team in time and place.

- We also neglected to acknowledge the Rotarian who designed the lovely logo for the Russian Peace Forum in Anchorage, Alaska, U.S.A.—Josef Princiotta of Anchorage. Besides effectively conveying the meeting’s significance on printed materials, Josef’s logo appeared on shirts and cups that were sold to defray the host club’s expenses.

We’re making plans to commemorate, during 1997, the 50th anniversary of the death of Rotary founder Paul P. Harris. Rotarians can help us by providing any information or historical materials pertaining to Paul’s life, including personal experiences involving him or his wife, Jean. Recollections and other materials may be sent to Pamela Cohen, Rotary International, 1560 Sherman Avenue, Evanston, IL 60201, U.S.A.

Attention-grabber—The cover of the October/November 1995 Rotary Magazine, the regional publication for Rotarians in Great Britain and Ireland, effectively conveys Rotary’s quest for continued membership growth. The issue featured an article by Past R.I.B.I. President and Past R.I. Director Roy Whitby, now a member of the 1995-96 R.I. Membership Task Force.

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST. The development of acquaintance as an opportunity for service;

SECOND. High ethical standards in business and professions; the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian’s occupation as an opportunity to serve society;

THIRD. The application of the ideal of service in each Rotarian’s personal, business, and community life;

FOURTH. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Accommodating Rotarians in Calgary

There are 9,000 hotel rooms in Calgary and another 3,000 in the nearby resort towns of Banff, Canmore, and Kananaskis. But with more than 12,000 Rotarians and their guests already registered for the 1996 R.I. Convention, housing might get tight.

To ensure that everyone finds a place to stay, the Calgary Convention Host Committee is reviving a housing plan their city’s Tourist and Convention Bureau developed for the thousands of visiting spectators during the 1988 Winter Olympics. Under that plan, more than 2,500 Calgary residents had their homes inspected, approved, and registered as “bed and breakfast” accommodations.

The Host Committee is developing a list of housing criteria and has already identified 500 rooms that can serve as an alternative to hotels during the convention. In addition, the committee has made arrangements with the City of Calgary Transit Authority to carry all convention registrants free of charge on all city buses or light rail vehicles.

Watch for specific information on this special housing program in our next issue, or in a future issue of the Rotary regional magazine serving your country.
FOR THE FIRST TIME
GEORGE WASHINGTON's LIFE
IN HIS OWN WORDS

O ur nation's first president left behind an invaluable trove of letters, diaries, and papers. From these vivid, first-person accounts emerge George Washington's story — told largely by himself. All Cloudless Glory cuts through the confusion, conflict and revisionist biography enveloping our nation's first chief executive.

You'll encounter a youthful, vigorous Washington, one not yet transformed into the stately nation-builder he would become.

The real Father of Our Country—even MORE impressive than the legend

A budding military leader and statesman, the young Washington excelled far beyond even the brightest of his own day — of any day.

- Discover a charming young gentleman equally at home with frontiersmen and French aristocrats.
- Learn the ingrained habits of a voracious reader. Steeped in history, classics and military science, he absorbed writers as diverse as Goldsmith, Voltaire, Sterne, Adam Smith and Arthur Young.
- Marvel at how Washington tenaciously fought against — and learned from — the French and Indians, all the while taking orders from bungling British generals.
- Observe the seemingly conduct of a well-disciplined man who by age 21 was commissioned a major in the Virginia militia and within a year became its commander-in-chief.

A handsome 591-page, 7x10 hardcover, this impressive volume also includes ten pages of exquisite hand-drawn maps, 16 pages of photographs and beautiful end papers.

RECEIVE THIS $40 BOOK ABSOLUTELY FREE! HERE'S HOW

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☐ Children/Home Schooling  ☐ Business/Economics

EAGLE BOOK CLUBS, INC.
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Self-deception equals business suicide

BY MARC RICHELIEU

"Personal problems at work." Not a phrase likely to bring joy to the heart of the average business manager. In fact, compared to cheering sentiments like "increased profits" and "improved efficiency," "personal problems at work" is likely to be relegated to the "any other business" position on the mental agenda.

Unfortunately, several recent studies have shown that this method of prioritising is becoming increasingly inappropriate to the needs of the modern corporation. In an era of hard competition, companies are making all possible efforts to remove flaws in management and production. Many are now coming to a conclusion that might have seemed obvious in the past, but has taken a back seat in recent years: namely, that all considerations of profit and efficiency are tied in with the well-being of the workforce. Employees who are unhappy or unwell cannot perform at their full potential, and so the company becomes inefficient and loses money.

Many businesses seem to think that they can simply get rid of employees who are not performing well—due to stress or other forms of mental ill health—and solve the productivity problem by replacing the inefficient workers. They're very sorry to have to have let them go, of course, but it's the economy, competition, hard times, and so on; so what else could they do?

Quite a few things, as it happens. To begin with, companies eager to give the heave-ho to workers with personal problems could consider the cost of having to recruit and train new employees, who may well be less experienced than the ones being replaced. They could investigate whether it is a problem with the company's working conditions or job specifications that is causing the employee to underperform—there is no point in replacing the staff member if the same problem is going to occur again. And if it were a truly forward-looking company, it could provide counselling on a regular basis to identify problems before they become serious, even if they are related more to the employee's home life than to the company itself.

This could mean improving training for in-house personnel staff, many of whom are currently viewed as unapproachable on matters such as mental health, because of the social stigma such problems carry. Many companies are now going a step further. They acknowledge that human-resources staff, as members of the close-knit office community, are inappropriate for dealing with confidential personal matters that require impartial counselling. So these enlightened companies hire teams of independent counsellors (on a temporary or long-term basis) to investigate workplace problems.

To some, this sounds like an inappropriate commitment on the company's part. Why should businesses have to deal with problems other than, say, flawed shift patterns or poor staff-management relations? Well, the trouble is that even company-related problems are not currently being dealt with as well as they might be. Some businesses are coming to realise this. And when they do see that the mechanism for improving internal problems of this kind needs to be improved, they often come to the conclusion that structural change alone is not enough. The only way to make a real impact on the organisation's finances is by introducing wide-ranging assistance programmes for employees.

After all, most companies are now fairly good about dealing with employees who are suffering from physical illness or injury. Workers are often provided with financial assistance during long-term absences due to cancer, for example. Cynics might say that the reason for this is that there is a legal incentive for treating physically sick employees well, and keeping an eye on employees' safety. In the case of repetitive strain injury, for example, a large number of people have successfully sued their employers for negligence.

However, many managers are still unaware that a similar incentive now exists for companies also to monitor their employees' mental welfare. Recent changes in statutory sick pay regulations and the codes of best practice for stress in the workplace have strong legal implications for employers. Businesses that ignore the issue of personal problems in the workplace do so at their peril, because if they continue to avoid investing in their employees' mental well-being, it could cost them dearly.

John Ward, chairman of the Confederation of British Industry/Scotland, agrees: "Studies indicate that up to 30 percent of any given workforce can have personal problems affecting their job performance right now. To ignore this fact and its financial implications, or fail to act on it, can be business suicide for the small-to-medium size company."

Investment in employees is an investment in the company balance sheet. It is time for more businesses to take a long-term view of employment strategy, and develop a system of priorities that is truly appropriate for the 1990s.

• Marc Richelieu is on the staff of Genii Associates, a group that provides employee assistance programs and works in partnership with the Chamber of Commerce of Edinburgh, Scotland. This article was first published in Rotary, the regional magazine for Great Britain and Ireland, and is reprinted by permission.
Letter from a young admirer

Following is a letter received by R.I. President Herbert G. Brown:

I am a 13-year-old eighth grader from California, U.S.A. Last summer I worked for my father in the printing business. But the greatest experience I had was going to Dad's Rotary club and learning about Rotary. I went to at least 15 Rotary Club of Eureka meetings and visited many other clubs in the area. My great-grandfather was a Rotarian, my grandfather was a district governor, and my father, Lane Strope, is a past president of the Eureka club.

I have been studying Rotary for a while now, and everything I have heard, read, or seen has been totally great. I think Rotary is the best way to serve. With so many members, all who are good people, all over the world, it can do huge things like making the world polio free.

I also met Cameron L. Reeves, 1995-96 governor of R.I. District 5130, from Lakeport, California. He made a speech about challenging Rotarians to be the best club ever in this community. He asked each club member to be the best Rotarian that you can be. I think that if all Rotarians were the best, we would have even more dramatic results.

—SETH STROPE
Eureka, California, U.S.A.

- President Brown replied:
"I am particularly pleased that you are learning about Rotary. In fact, right now you probably know more about Rotary than many Rotarians. Naturally, we hope that when the time is appropriate, some club will invite you to become a Rotarian. Somehow I feel that that will definitely happen.

It is especially commendable that you note that the purpose of Rotary is to serve. It is true that we enjoy our fellowship and we uphold high standards in businesses and professions, but our main business is service—service with love!

Let's plan to meet at the Convention!"

Fog stories

I enjoyed The Mystery and Menace of Fog [November]. Because of the famous London fog, a great character-building movement came to the United States.

In the early 1900s, American publisher William D. Boyce got lost in London's "pea soup." A boy guided him to his hotel, but when Boyce offered a reward, the boy refused it, saying that he couldn't take money for a good deed.

Intrigued, Boyce investigated the new "Scouting" movement to which the boy belonged. When he returned to the U.S., he discussed it with a number of influential men. That "good turn" done in the fog eventually led to the founding of the Boy Scouts of America, which was chartered in 1910.

—BRUCE MCMAHON, Rotarian Wallingford, Vermont, U.S.A.

- For a decade, a volcano on the island of Hawaii, U.S.A., has erupted

Business Center
R.I. Convention, Calgary

Providing delegates with two useful services:

Office services -
We plan an area in the House of Friendship equipped with message centre, fax and telephones so that you can keep in touch while attending the conference. These services will be available throughout the conference on a fee-for-service basis.

Opportunities to meet with businesses -
Here is where we need your help. Would you be interested in making business contacts within District 5360 while at the convention? If so, please contact the address/fax listed below and we will endeavor to prearrange such meetings within the industry sectors indicated.

Major Industrial Sectors:
- oil & gas
- agriculture
- food processing
- forest products
- hi-technology
- medical
- environmental engineering
- distribution & warehousing
- financial services

If you would like to meet business leaders while you're in Calgary, please respond promptly by facsimile or mail today to:

Host Committee, 1996 R.I. Convention
Suite 1220, 10201 Southport Road S.W.
Calgary, Alberta, Canada T2W 4X9
Fax: (403) 252-8742
periodically. Molten lava flows down the hills and into the sea on one shore. When a southern wind blows steam and fumes back across the island, a phenomenon we call "vog" occurs.

Should the southerly winds remain for several days, a layer of vog covers the entire chain of Hawaiian Islands. It’s not pleasant, and only clears when trade winds from the north blow it away. Scientists say that until the eruption ends, we will be subject to occasional days and weeks of vog.

—SUE G. TEEHAN, Rotarian Waianae Coast, Hawaii, U.S.A.

Space shuttle an environmental concern?

The stratosphere takes the strain [Earth Diary, October] asked if pollution from high-flying aircraft thins the ozone layer.

This raises another question. A space shuttle releases large amounts of combustible products during blastoff and approach to orbit. What effect does this have on the stratosphere?

—HUGH A. LINDSAY, Rotarian Physician Morgantown, West Virginia, U.S.A.

Marrow testing: a good club project

ReMaking Bone Marrow an International Tissue [September], my Rotary club held its fourth marrow-testing drive in October 1995. Since our first drive in June 1993, we have added approximately 1,800 potential donors to the National Bone Marrow Registry.

Since most volunteers don’t have the financial resources, we test at no charge. The drives also help to educate the general public about the cause.

The National Registry has climbed to 1.7 million potential donors. I hope that Rotarians will help to add another million.

—CLIFF SHANDLE, Rotarian Mentor, Ohio, U.S.A.

PolioPlus marches on

At the Crossroads of Polio Eradication [November] gave a picture of our wonderful experience in Turkey. I hope it will increase awareness of our PolioPlus goal among all Rotarians.

We are preparing a "mopping up" exercise in southern Romania for March and April, 1996. As in Bulgaria last spring, it will principally target immunization of Roma ("gypsy") ethnic groups. The Rotary Foundation of Rotary International has already approved this project to vaccinate approximately 800,000 children.

—MARIO P. GRASSI
Past District Governor Chairman, Central and Eastern European PolioPlus Committee, R.I.
Lugano, Switzerland

A TR fumble

The photo caption with The Rotary Lombardi Award [December] identified finalist Tedy Bruschi with Arizona State University, our arch rival. Tedy represents the University of Arizona.

—JAMES F. PFENNING, Rotarian Green Valley, Arizona, U.S.A.

Planning ahead

The Most Important Letter You May Ever Write [Executive Lifestyle, December], recommended writing a letter about one’s wishes for final care and the location of valuable papers. It can be updated annually and its location shared with the intended readers.

Funeral directors offer outlines for the same purpose. The guides organize one’s thoughts in a thorough manner and are usually available from funeral directors as a public service.

—GEORGE W. SHANNON, Rotarian Funeral director Fort Worth-South, Texas, U.S.A.

LETTERS—AND E-MAIL—WELCOME

We welcome your comments about articles published in the magazine, and invite you to share them with us via E-mail through CompuServe or the Internet. Send your E-mail notes to Managing Editor Charles Pratt (75457.3577@compuserve.com).

Mail letters (by post) to "Your Letters," THE ROTARIAN, One Rotary Center, 1560 Sherman Ave., Evanston, IL 60201, U.S.A., or fax them to us at 847/866-9732.

Sorry, but we can’t acknowledge every letter or E-mail note. Please restrict your comments to magazine articles. We reserve the right to edit text for style and length.

—THE EDITORS

• When a heavy fog rolled into Toronto from Lake Ontario in November 1962, the last nine minutes of the Grey Cup, the Canadian Football League Championship, were postponed until the next day. We now refer to it as the 1962 Fog Bowl.

The Canadian Football League is now an international league with five U.S. teams. The Baltimore (Maryland, U.S.A.) Stallions defeated the Calgary Stampeders in the 1995 Grey Cup.

—BOB ARSCOTT, Rotarian Chartered accountant Regina, Saskatchewan, Canada

Mush!

The portraits of dogs in A Race Across Alaska [October] were especially enjoyable. Media coverage of sled dog events often doesn’t mention the participants’ individual “personalities.”

Mushing magazine, a bimonthly publication, provides year-round information and entertainment on sled dog sports worldwide. For subscription information, telephone 907/479-0454 or write P.O. Box 149, Ester, AK 99725-0149, U.S.A.

For those interested in dogsled tours or instruction, "The Directory of Dogsled Adventure" is a free listing of tour outfitters in many parts of the United States and Canada. To obtain a copy, send a business-size, self-addressed, stamped envelope to Mushinmagazine.

—DIANE HERRMANN
Managing Editor
Mushing magazine
Ester, Alaska, U.S.A.
impotence

The facts. An estimated 10 to 20 million American males suffer from impotence • Up to 75% of all cases are physical in nature, not psychological • It is a treatable condition • It is not necessarily a function of aging • Experienced physicians, usually urologists, can provide safe, dependable treatments • Most men can be successfully treated.

Call now for your Free Information Kit detailing all the treatment options available to you.

Call 1-800-306-4254

We'll also provide you with the names of specialists in your area. And if you like, we may even be able to help you schedule an appointment right on the phone. Call today. Your privacy is assured.
Europe's first environmental 'report card'

The Dobris Assessment, the first major report on Europe's environmental situation, indicates a mixed bag of trends. Among the findings of the report, which was released in August 1995 by the European Environmental Agency:

- Air quality is a growing problem, due in large measure to the doubling of car ownership in the past 25 years;
- Soil erosion has degraded 115 million hectares (284 million acres) of the continent's farmland, diminishing croplands and causing serious water pollution;
- Although 50 percent of European household waste could be recycled, less than 10 percent is collected for recycling;
- Forests that once covered 80 to 90 percent of Europe now account for just 33 percent of ground cover.

Here are some bright spots:

- Atmospheric sulfur dioxide is declining;
- European industry has become more energy efficient;
- The European Union has adopted a major program to reduce the risks of chemicals in the environment.

[Source: Ed Ayres, writing in World Watch magazine]

Using the sun as a cooking fuel

For the past five years, U.S. inventor Richard C. Wareham has been developing and building solar cookers "to benefit the environment and the women of developing countries." Through his Milwaukee, Wisconsin-based nonprofit Sunstove Organisation, he helps provide affordable and durable solar cookers for use in areas where wood and other cooking fuels are scarce.

Richard says his weather-resistant cookers cost less than $25 and weigh 8.8 pounds (four kilograms). "Although government agencies in India and China and a charity in Pakistan have built or subsidized large numbers of solar cookers," he says, "millions more are needed around the world." He offers his designs, patents, trade name, and time, to any nonprofit organization, including Rotary clubs, interested in manufacturing and marketing the solar cookers. "Solar energy is free," says Wareham. "The world must and will learn to use it."


- Rotarian Tom Burns of Milwaukee also works with Rotary clubs to provide solar cookers to developing countries. His SUN OVENS are now used or tested in 100 countries, including Haiti, Bolivia, India, Uganda, and Nigeria. Tom's firm, Burns-Milwaukee, Inc., manufactures a smaller unit—weighing 21 pounds (9.1 kilograms)—and a large-scale model called the Villager. The Villager, which is mounted on a wheeled trailer, can bake 24 loaves of bread at a time, and cook enough rice and beans for an entire hamlet.

In December 1992, Burns Milwaukee opened an assembly plant in Kingston, Jamaica.

For information about the SUN OVEN, write Tom Burns at: Burns Milwaukee, Inc., 4010 West Douglas Ave., Milwaukee, WI 53209 U.S.A. Tel.: 414/438-1234.

A resource revised

Rotarians interested in starting an environmental project will find helpful ideas and guidelines in a newly revised edition of Rotary's Preserve Planet Earth Handbook.

The 32-page book is designed to promote and support the R.I. Preserve Planet Earth Program, launched in 1990-91 to encourage Rotarians to undertake projects that help the environment.

The book's introduction lists the goals of the program and summarizes global problems and threats to the environment, including natural resource depletion and population growth. Subsequent sections present a variety of project ideas and reports on successful environmental projects being carried out by Rotary clubs and districts around the world. Examples include the creation and support of wild animal sanctuaries, environmental resource directories, tree nurseries, educational seminars, and waste-management programs.

The publication also features a list of Rotary and non-Rotary resources that may assist clubs in organizing environmental projects, a form clubs may fill out to report to R.I. on their projects, and a checklist of 101 ways individuals can help Preserve Planet Earth.

The handbook (PA2-378) is available in English, French, Japanese, Portuguese, and Spanish. Cost: U.S. $2.50. Contact the R.I. Order Desk or your service center.

Scientists link global climate to ground water supplies

Researchers at Purdue University (West Lafayette, Indiana, U.S.A.) have developed a new method for studying how global climatic changes may affect the world's ground water supplies.

"This research is important because ground water makes up more than 98 percent of all available fresh water supplies on earth," says Purdue's James Reichard, a postdoctoral re-
searcher. "In addition, many municipalities that rely on ground water are in a precarious natural balance between the current patterns of precipitation they receive and how much of this precipitation goes to replenish underground systems."

By linking several existing computer models of atmospheric circulation with models of how water behaves when it hits the Earth’s surface and infiltrates the ground, the researchers have for the first time simulated how global climatic changes can affect the behavior of ground water systems. Some of the behaviors the models simulate include the speed and direction in which ground water moves, and how high the water levels may reach. The models can also track where contaminants dissolved in ground water may end up, Reichard says.

"Linking these models will provide researchers with a valuable tool to connect global weather changes to regional weather changes anywhere in the world, thereby predicting the effects on ground water supplies for smaller areas, such as the U.S. Midwest, Indiana, or individual countries," Reichard says.

Earth notes


- Two Finnish electric utilities have signed a contract to build a joint underground repository for their spent nuclear fuel. TVO, which operates a nuclear power plant in Olkiluoto, Finland, and IVO, which operates the Loviisa plant, will form a joint company to design the repository. Plans call for a site selection (from five current candidates) by the year 2000, and construction to begin in 2010. Spent fuel is now stored in interim facilities at the two plant sites.

Finland now has four nuclear power plants.

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To drink or not to drink?

BY SANJIVA WIJESINHA

When I was a schoolboy in Sri Lanka, one of my pals had a delight-ful older aunt who each evening would help herself to a glass of bran-dy. As she explained to us, "It's good for my blood pressure."

I'm sure that this daily shot of alcohol didn't do the old woman great harm, because she went on to live to the ripe old age of 91 before passing away a few months ago.

Alcohol consumption and its effects on blood pressure have long been studied by medical researchers. Tests conducted on soldiers during World War I showed an increased prevalence of high blood pressure among those who consumed more than two litres of wine per day. This association between alcohol and hypertension has subsequently been proved over the years in 40 separate research studies involving various ethnic groups.

In some populations, it has been noted that people who consume one alcoholic drink or less per day have lower blood pressures than those who drink more or who abstain completely. Other studies of different populations show that even those who drink an average of one portion per day have higher than normal blood pressures.

In the short term, a drink containing alcohol causes a modest fall in blood pressure, mainly due to the dilating effect its has on blood vessels. Consumption of more than two drinks, however, causes a sustained rise in pressure—resulting from a shift of calcium from your blood into the smooth muscle cells that make up the walls of your blood vessels.

Whether you drink beer, spirits, or wine appears to make no difference as far as the effect on pressure is concerned—the more you drink, the more your blood pressure rises, with a possible maximum effect coming on if you consume seven drinks per day.

The blood-pressure-raising action of alcohol is known to be greater in obese and older individuals, and possibly among those who are by nature introverted or under excessive stress. The risk of alcohol-induced hypertension is greater for those who consume a lot of salt or have a low level of physical fitness. In fact, alcohol has been deemed responsible for between five and 30 percent of hypertension cases among males. Since women in most societies on average drink less than men, only a few cases of female hypertension can be attributed to alcohol; but the fact remains that women who drink heavily are just as prone to high blood pressure as heavy-drinking males.

It is interesting to note that alcohol-induced high blood pressure arises within a few days of excessive consumption, and recedes within a few days of abstinence. Those who binge only during the weekends usually have higher blood pressure on Monday and progressively lower pressures during the rest of the week—until Saturday comes round and again they indulge in another pressure-raising alcoholic weekend!

To balance the long-term bad effects of alcohol on blood pressure, there are certain beneficial effects of small amounts on factors like blood cholesterol and blood clotting. Many research studies have shown that people who regularly consume a few millilitres of alcohol each day (like my friend's nonagenarian aunt) have a lower rate of coronary heart disease.

Since there are no benefits to be gained from taking more than one or two drinks a day, it stands to reason that people who regularly drink more than this should seriously consider reducing their consumption, even if their blood pressure is presently normal. For those who do have alcohol-induced high blood pressure, reducing their liquor intake will reduce their blood pressure significantly within a few days of cutting down.

While there is no health-related reason to advocate total abstinence for the majority of people who pursue their enjoyment of alcohol in a reasonable and controlled manner, those who drink to excess are strongly advised to limit their consumption.

Anyone who has high blood pressure should reflect on his or her drinking habits. If you average more than one small drink a day, you should cut down. Your blood pressure almost certainly will improve; even if it does not, your liver, heart, brain, and other vital organs will be protected from the many other negative consequences that can result from excessive alcohol consumption.

- Sanjiva Wijesinha, M.D., is a member of the Rotary Club of Colombo West, Sri Lanka. He is currently on a Fellowship at Oxford University in England.
By Kathleen Ann Maldoney

And it’s all good wholesome food. No weird stuff. You’ll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces — plus your favorite snacks. Lots of snacks.

This new program must be the best kept secret in America. Because, up until now, it’s only been available to doctors. No one else. In fact, the Clinic-30 Program has been used by 142 doctors in the U.S. and Canada to treat more than 9,820 patients. So it’s doctor-tested. And proven. This is the first time it’s been available to the public.

There are other benefits too...
- There are no amphetamines. No drugs of any kind.
- No pills. No powders. No chalky-tasting drinks to mix. Everything’s at your local supermarket. No special foods to buy.
- There’s no strenuous exercise program.
- You don’t count calories. Just follow the program. It’s easy.
- It’s low in sodium, so you don’t hold water.
- You eat the foods you really enjoy. Great variety. Great taste.
- You can dine out.
- There’s no ketosis. No bad breath odor.
- But here’s the best part... Once you lose the weight, you can keep it off. Permanently! Because you’re not hungry all the time.

Let’s face it. We all have “eating lifestyles.” Our eating habits usually include three meals a day. Plus two or three snacks. We all love snacks. Especially at night.

But most diets force us to change all that. And that’s why they fail!

The Clinic-30 Program lets you continue your normal eating lifestyle. You can eat six times a day. You can snack when you wish. So, when you lose the weight, you can keep it off. For good. Because no one’s forcing you to change.

Here are some other patients from Georgia who entered Dr. Cooper’s Clinic-30 Program with me...

- Reverend Donald F. is a 42-year-old minister who went from 227 to 179 in just four months.

“In spite of church suppers, I’ve lost almost 50 pounds in four months and I’m not having a rebound gain.”
- Renee M. was a G.I. bride from Germany who went from 212 to 140.2 in 8½ months.

“I believe I was a participant in every weight-reducing plan there ever was. Then, about two years ago, I started the Clinic-30 Program. And I haven’t regained a pound.”

And then there’s me. About 4 months ago I was stopped by a policeman for not using my turning signal. When he looked at my driver’s license he claimed it wasn’t mine. He said it had someone else’s picture on it.

After he called for a computer check, he came back to the car smiling. “You must have lost a lot of weight. This picture doesn’t even look like you.” I agreed. In a way, it was one of the nicest “warnings” I’d ever received.

Obviously, I’m excited about the program. This is the first time it’s been available outside of a clinical setting. Dr. Cooper has asked Green Tree Press, Inc. to distribute it.

We’ll be happy to send you the program to examine for 31 days. Show it to your doctor. Try it. There’s no obligation. In fact, your check won’t be cashed for 31 days. You may even postdate it 31 days in advance if you wish.

Choose a day and start the program. If you don’t begin losing weight within five days — and continue losing weight — we’ll promptly return your original ungraphed check. No delays. No excuses.

Or keep it longer. Try it for six months. Even then, if you’re not continuing to lose weight on a regular basis, you’ll receive a full refund. Promptly. And without question. This is the fairest way we know to prove to you how well this new program works.

To order, just send your name, address and postdated check for $12.95 (plus $3.00 shipping/handling) to The Clinic-30 Program, c/o Green Tree Press, Inc., Dept. 925, 3803 West 12th Street, Erie, PA 16505.

AN IMPORTANT REMINDER
As your weight begins to drop, do not allow yourself to become too thin. It’s also very important to consult your physician before commencing any weight-loss program. Show him this program. And be sure to see him periodically if you intend to take off large amounts of weight.

Green Tree Press is a member of the Erie, Pennsylvania Chamber of Commerce. Bank and business references are available upon request.

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Study uncovers factors in healthy aging past 85

The secret to successfully adapting to a ripe old age may be as simple as talking daily with friends and meeting change without fear, according to a recent study of relatively healthy people aged 85 and older. The study was conducted by Purdue University of West Lafayette, Indiana, U.S.A.

"No one thing contributes to healthy aging," says Peg Krach, associate professor in Purdue’s School of Nursing. "One of the big points of the study was to learn about healthy aging from those who are doing it fairly well. These 'master survivors' are our teachers."

Krach and her colleagues studied 50 people who had fairly strong mental capabilities and who were living in their own or relatives’ homes. They interviewed 34 women and 16 men. The mean age was 89; the oldest subject was 97.

The study found that these factors contributed to healthy aging:
- Level of activity, such as participation in a church or being aware of political issues;
- Ability to adapt to change and rebound from difficult situations;
- The subjects’ view of themselves, physically and mentally;
- Frequency of contact with friends and family.

"Many of these people are still active socially," says Krach, who has been studying the elderly for 12 years. "For example, one 96-year-old man said he goes to every function at his church."

The subjects also said rolling with life's changes was important. "Many of them have lost children and spouses," says Krach. "One 97-year-old said, 'I've lived through many changes, so the next change is not a great fear for me. Why should I be afraid of it?'"

When asked to evaluate their health, 96 percent said their physical health was fair to excellent, and 56 percent said it was the same as or better than five years ago. One finding that surprised Krach was that the subjects took about half as many prescribed medications as other studies on aging have reported, and their use of over-the-counter drugs was very low.

Although many of the participants had health problems such as arthritis, hypertension, and heart trouble, Krach says, they seem to have accepted those problems gracefully.

A second surprising result, she says, was her subjects' strong mental health. Only 11 percent had mild or moderate depression. "These individuals rarely felt worried or lonely or were dissatisfied with life," Krach explains. "The oldest old are no more at risk for depres-
sion than are young adults."

While all of the men and women were able to live at home, 72 per-
cent had trouble doing at least one of four main daily activities: house-
work, shopping, personal grooming, and transportation. Spouses
and immediate family members, especially daughters, provided the
bulk of the long-term care. "Their greatest fear was losing their home
and being placed in a nursing home," Krach reports. "The ability
to maintain control seems to be another characteristic of healthy
aging."

Krahe says the study shows that people shouldn't fear growing old.
"The whole aging process is looked at as a disease rather than a growth
period," she says. "Older age is another transition in life."

Farewell to fever

In October 1994, Japan's Kobayashi Farm Company began mar-
keting the Netsusama Sheet, a product that will bring down body
temperature when placed on the forehead and other body parts.

Conventional methods of reduc-
ing temperature include wet tow-
els, ice packs filled with chemical
coolant, and ice bags, all of which
have drawbacks. Wet towels tend
to slip off the forehead and warm
up quickly. Ice packs filled with
chemical coolant must be prefron-
en, and so are not suitable for treat-
ing a sudden rise in temperature. Most are also too hard to conform
to the body's contours.

The Netsusama Sheet solves these
problems. It needs no pre-cooling
and is made of a soft, viscous gel
and a flexible nonwoven cloth that
readily conforms to the body's con-
tours and prevents the sheet from
slipping off during sleep. The gel
contains a 70-percent water soluble
polymer which body heat causes to
evaporate, cooling the body in the
process. Uniform cooling lasts as
long as two hours, and the sheet can
be applied to the forehead, armpits,
inside thigh, or other body parts
that typically become feverish.

The product can also be used to
treat headaches, toothaches, and hot
flashes.

[Source: Look Japan magazine]
Web site will help frequent fliers keep tabs on their travel

United Airlines and Marriott Hotels will be the first major travel industry companies to establish an interactive World Wide Web site that will enable travelers to keep track of their frequent-flier or frequent-stay accounts, reports Paul Burnham Finney in The New York Times. (At press time, the site does not have an address, but it will be sent to all current program participants, along with a personal access code.)

In the U.S. alone, some 32 million people maintain 124 million memberships in frequent-flier programs. The Web site will allow participants immediate access to the status of their accounts, as well as provide information about new services or bonus offers.

Bus company offers free English Channel crossing

Eurobus, a new motor coach service offering unlimited-travel passes in Europe, now offers free passage across the English Channel to all pass holders.

A 14-day unlimited Eurobus pass costs U.S.$139 for passengers under the age of 27, and $189 for travelers 27 and older. Three-month passes cost $325 and $400, respectively.

Headquartered in London, the Eurobus network of motor coaches connects 23 cities in 12 European countries with a pass system similar to Eurailpass. Prices are lower than the railway counterpart, but Eurobus services fewer cities than Eurail, so route options are more limited. Company founder Max Thomas says Eurobus is best suited for independent travelers who wish to visit the major attractions in Europe without spending a fortune.

Eurobus does not offer packaged tours, provide meals, or arrange side trips, although a customer service agent is usually aboard every bus. The company’s Volvo motor coaches have restrooms, show travel videos, and maintain on-board travel libraries. Current Eurobus capacity is 40,000 seats.

Thomas points out that bus and rail travel times in Europe are comparable. “High-speed motorways make Eurobus even faster than trains on some routes,” he adds. Eurobus stops in Austria, Belgium, the Czech Republic, France, Germany, Hungary, Italy, Luxembourg, The Netherlands, Spain, Switzerland, and England.

For information, call toll-free at 800/517-7778, or write: Eurotrips, P.O. Box 1288, Lake Worth, FL 33460-1288 U.S.A. Fax: 407/582-1581.

Malaria a danger to travelers

Even a brief visit to malaria-prevalent areas can expose travelers to the world’s No. 1 infectious disease. “Even a short stopover in an out-of-the-way airport where officials have not taken the proper measures to control malaria-spreading mosquitoes can be dangerous,” says Dr. James H. Runnels of the Travel Medicine Service at Baylor College of Medicine in Houston, Texas, U.S.A.

The riskiest areas are Central and South America, sub-Saharan Africa, India, Southeast Asia, and South Pacific islands, he notes. Malaria can be particularly dangerous for the very young or very old or people with existing health problems.

When taken properly, prescription medications can significantly limit the risk of infection. Generally, these medications must be started a week before entering the malaria-infected region, says Dr. Runnels.

A world tour via video

Husband-and-wife filmmakers Mark Schulze and Patricia Mooney share passions for mountain biking and travel. They combined their interests and talents to create Full Cycle: A World Odyssey. This two-volume video documents their three-year quest for “the best mountain-bike ride on Earth,” and incorporates high-quality Betacam footage of the couple’s trips in 10 countries.

It’s a good mix of adventure and geography. The bike riders and a changing guest list of friends pedal their way through rain forests in Costa Rica, beaches in Tahiti, mountainsides in Switzerland, India, and Canada, desert landscapes in Australia, and city streets in England and Wales. Total running time: 108 minutes.

“Full Cycle” won a Silver Hugo Award at the 1995 Chicago International Film and Video Festival. It sells for $32.95, including shipping. Order from: New & Unique Videos, 2336 Sumac Dr., San Diego, CA 92105 U.S.A. Tel.: 619/282-6126. Credit card orders: 800/365-8433.
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The R.I. Secretariat exists to be of service to Rotarians, clubs, district governors, and all R.I. officers. Staff members are pleased to respond to requests. The following is a directory of names and telephone numbers for obtaining information about Rotary programs and services.

Rotary International
World Headquarters
One Rotary Center
1560 Sherman Avenue
Evanston, IL 60201 U.S.A.

Telephone: 847/866-3000
Fax: 847/328-8554 or 847/328-8281
Office Hours: 8:30 A.M. to 4:45 P.M. Central Time

R.I. Internet (World Wide Web) address:
http://www.rotary.org

Order Desk (for publications, supplies, audiovisual materials)
847/866-3149
Fax: 847/869-6983

R.I. Fax Back service:
503/721-3094
(North America only)

THE ROTARIAN magazine
Change of address/subscriptions
May Lt: 847/866-3169
Club news reports
Denise Gray: 847/866-3240
Magazine rights & permissions
Judy Lee: 847/866-3194
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R.I. Travel Service (RITS)
847/866-3411 or 800/444-2555

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Rotary News Basket
(computer-accessed newsletter)

North America:
800/235-9952

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   as 8-N-1)
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and television media. Develops and provides materials
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and districts in their public relations activities.)
Mim Neal (acting manager)
847/866-3237

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(Assistance to district
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Ray Bredberg: 847/866-3264
Central Eastern USCB
Carlos Valente: 847/866-3266
Midwestern USCB
Margaret Omori: 847/866-3268
Southeastern USCB
Roger Staedtke: 847/866-3270
Southwestern USCB
Ron Carlson: 847/866-3272
Western USCB
Frank Stryczek: 847/866-3274

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R.I. PROGRAMS
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Prevention, Concern for the
Aging, Preserve Planet
Earth, United Nations,
Literacy, Hunger, and
Vocational Service
programs)
Karla Hershey: 847/866-3404
(Rotaract, RYLA)
Mazie Johnson: 847/866-3315

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(Rotary Village Corps, Interact)
Jennifer Johnson: 847/866-3296
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(World Community
Service, Donations-in-Kind
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Interclub Committees,
Disaster Relief,
Rotary Volunteers)
Linda Kreft: 847/866-3298

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Recognition Programs
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Award, Presidential
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Programs, Rotary Award
for World Understanding)
Stacia Burnham: 847/866-4494

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Christopher Hajek: 847/866-3421

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John Berg: 847/866-3118

Legal services
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Council on Legislation)
John Whiteford:
847/866-3047
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Marsha Cobb: 847/866-4463

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OF ROTARY INTERNATIONAL
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Neil Boyer: 847/866-3223
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Ann Quattrocchi:
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Sara Schastok: 847/866-3100

For services not listed, dial
847/866-3000

Paul Dewey, program coordinator in Community Programs, assists Rotarians in their efforts to implement community service projects. He served in Mongolia in the U.S. Peace Corps from 1992 to 1994 and is conversant in Mongolian.
Calgary serves up an eclectic menu of attractions, summertime or year-round. Here, you can savor a Rocky Mountain sunrise, a slice of history in an outdoor park, a symphony concert, or the largest rodeo on earth—all in a day, if you like.

Calgary is also western Canada’s gateway to a vast array of recreational pursuits. Ride white-water rapids in a raft, back-country trails on horseback, or to the top of a mountain in a gondola. Shop in one of the world’s largest mall and entertainment complexes. Or comb a home where the dinosaurs roamed.

Visitors to Calgary and the wide-open spaces beyond will enjoy plenty of western hospitality to match. Whether you stay for a few days or weeks, this is a city that will make you feel at home. Come to Calgary from 23 to 26 June for the 1996 R.I. Convention—and let your adventures begin.

—DAN NIXON, FOR THE EDITORS
City of dreams

Day or night, Calgary captivates with kaleidoscopic charm.

by Rodney C. Chapman

In the city of my dreams, each new dawn glows with a promise of adventure. The summer sky is an endless azure, leisure activities abound, and lazy sidewalk-café afternoons drift casually into five-course bistro evenings.

Call this place Calgary, and I won’t correct you. A friendly mid-sized prairie city of almost 750,000 situated in the foothills of the Canadian Rockies, Calgary has become a cosmopolitan global centre that will host the annual Rotary International Convention in June 1996.

Since 1969, Calgary has been the place I call home, and still it comes as close as any to the city of my dreams. Clean, friendly, safe, and prosperous, Calgary is both a thriving agricultural centre and corporate headquarters of the Canadian energy industry. Strategically located on major air, rail, and highway corridors, the city is western Canada’s most important transportation hub. It is home to 86 percent of the country’s oil and gas firms and 64 percent of coal companies. A Financial Post review of the nation’s top 700 companies found that Calgary ranks third in Canada as a head-office centre. It is also the nation’s most-educated city, with 58 percent of its adult population—11 percent higher than the national average—having some post-secondary education.

Calgarians enjoy a moderate climate by Canadian standards, with four distinct seasons, an average 6.34 hours of sunshine per day, and a mean July/August temperature of 23 degrees Celsius (73 degrees Fahrenheit). For an average 25 days every year, warm Chinook winds descend the eastern slopes of the Rockies, raising winter temperatures by more than 13 degrees C (55 degrees F) in a single hour.

After the sun sets, a vibrant nightlife resonates from a half-dozen inner-city districts. Restaurants range from casual to supremely elegant, and a flourishing arts and entertainment scene provides a broad cultural balance. Perhaps best known as host of the 1988 Olympic Winter Games, the city is also famous for its

With the Canadian Rockies right in its own backyard and the Bow River in front, cosmopolitan Calgary commands a spectacular view.
National flags festoon the Olympic Hall of Fame at Canada Olympic Park.
A paddle wheeler plies the Glenmore Reservoir at Heritage Park, Canada’s largest living historical village.

annual rip-snortin’, western-style Calgary Exhibition & Stampede, to be held 5-14 July 1996.

The Rocky Mountains are a veritable playground, with hiking, golfing, biking, fishing, skiing, and other outdoor activities in nearby Kananaskis Country and national parks at Banff, Jasper, and Waterton Lakes, all within easy driving distance. Every year, more than seven million visitors come to enjoy the spectacular mountain scenery in Calgary’s backyard.

Travelers also give Calgary International Airport high marks, rating it the best in North America for overall passenger convenience, according to a 1994 survey of 31 major airports in Canada, the United States, and Europe by the International Air Transport Association.

Calgary wasn’t always this civilised. Earliest signs of human settlement in the area date back some 12,000 years to the last ice age. Our story begins little more than 100 years ago in August 1875, when North West Mounted Police F Troop Constable George King and 50 mounted patrollers under the command of Inspector E. A. Brisebois crested the rim of the Bow Valley after an arduous trek across the prairies. An extract from Constable King’s diary sets the stage:

“Never will I forget the scene that met our eyes—the confluence of the two winding rivers with their wooded banks, the verdant valley, and beyond the wide expanse of green plain that stretched itself in homage to the distant mountains. After the barren march... at last we had received our reward, that this was the Promised Land!”

After setting up camp in a grassy field at the junction of the Bow and Elbow rivers, the North West Mounted Police established Fort Calgary as a frontier outpost to tame the spirited west. Soon there was a small settlement consisting mostly of white canvas tents surrounding the fort. The population soared after 1883, when the Canadian Pa-
The specific Railway (CPR) arrived at the Elbow River, and the following year Calgary was incorporated as the first town in Alberta. It became a full-fledged city in 1893.

Cattle ranching characterized early Calgary, and livestock-related agriculture is still one of the city’s three main economic engines. After the turn of the century, as more and more settlers began arriving by rail, the vast cattle ranches sprawling over much of southern Alberta gave way to cash-crop farming. Today, food processing and grain marketing are the second locomotive driving the city’s economy.

Between 1901 and 1912, Calgary’s population spurted by more than 1,000 percent to about 50,000 people, fueled by immigration made possible by the CPR. Many of the sandstone buildings still seen along the downtown Stephen Avenue Mall were constructed during this boom period. The first Calgary Stampede—billed as the “Greatest Outdoor Show on Earth”—was staged in 1912 with financial backing by four of Calgary’s influential citizens: George Lane, A.E. Cross, A.J. Maclean, and Pat Burns (now known as the Big Four).

The third—and most important—engine of Calgary’s economic growth began in 1914 with the discovery of vast oil reserves near Turner Valley, just south of the city. Subsequent discoveries in Turner Valley in 1924 and 1936 and near Leduc in 1947 solidified Calgary’s preeminence in the oil and gas industry. Until the 1960s, however, the tallest building in town was still the nine-storey Palliser Hotel on Ninth Avenue. For all its new-found oil and agricultural wealth, Calgary remained a friendly frontier outpost, proud of its heritage but perhaps best described as “an urban expression of rural Alberta.”

The international metropolis that is Calgary today sprang up during the energy crisis of the 1970s and 1980s. In two short decades, the city’s population surpassed the 700,000 mark. In 1980, at the height of the construction boom, downtown building permits hit a record C$1.1 billion, topping the 1979 record by more than $68 million. Almost overnight, Calgary was transformed into the energy, business, and financial capital of western Canada.

Inside the glittering glass-and-concrete office towers, a profound psychological shift was also taking place...
The Calgary Exhibition & Stampede

The “Greatest Outdoor Show on Earth” is Calgary’s celebration of the Old West. Cowboys from all over the world come to compete for almost C$1 million in prize money—the richest purse in rodeo. But the Calgary Exhibition & Stampede is more than saddle bronc, bareback, bull riding, calf roping, and steer wrestling events—it also features championship agricultural competitions, casinos, arts and crafts exhibits, top-notch musical entertainment, and a carnival midway jam-packed with rib-tickling rides.

During Stampede week, the whole city dresses western style, and local watering holes brim with yee-hawing and yaa-hooing cowpeople. Every year, the Stampede attracts more than a million visitors and injects some C$235 million into Calgary’s economy.

A look at the Stampede organisation will give you a good idea of how the city works. Incorporated as a not-for-profit society with more than 1,600 volunteers (the volunteer list reads like a who’s who directory) and 220 full-time employees working under a 26-member Board of Directors, the Stampede annually supports some 550 community events. If you want to get connected in Cowtown, get involved in the Stampede.

The Stampede has been part of Calgary since 1912, when a trick roper named Guy Weadick from the United States sweet-talked four of Calgary’s most influential cattlemen into bankrolling the biggest “frontier days show the world has ever seen.” The first Stampede was a resounding success, but economic doldrums and war intervened. It wasn’t until 1923 that the Calgary Exhibition & Stampede was resurrected on an annual basis, this time incorporating an exciting new element: the Rangeland Derby.

Cowboys will tell you different stories of how chuckwagon racing began. One version has round-up crews racing their grub wagons to the nearest saloon after the work was done, with the losing crew buying the rest a round of drinks. No matter. The Rangeland Derby is one of the most popular features of the Stampede today.

The 1996 Calgary Exhibition & Stampede will be held 5-14 July, and hotel accommodations are already filling up. Gate admission is C$8 for adults, half-price for children under age 12, and free for kids under age six. For more information call the Stampede office at (403) 261-0101.

—R.C.C.

A Blackfoot Indian brave performs in a powwow dance competition at Head-Smashed-In Buffalo Jump, south of Calgary.

place. As the city physically matured, its business and political leaders began to view Calgary as a legitimate member of the international community. When the 1988 Olympic Winter Games were awarded to Calgary in 1981, construction began immediately on new world-calibre sports facilities. With the rest of the planet watching, the 1988 Winter Games would be the brash, confident, newly emerging city’s “coming out” party.

Olympic excitement reached fever pitch in February 1988, when Calgary welcomed the world for the “best-ever Olympic Winter Games.” By every measure the Games were an outstanding success. Today the legacy remains in ski jumping and bobsleigh/luge facilities at Canada Olympic Park, North America’s largest indoor speed skating track at the Olympic Oval, downhill skiing at Nakiska, cross-country skiing at the Canmore Nordic Centre, and ice hockey and figure skating in the Saddledome.

Throughout the last decade, Calgary has focused on diversifying its economic base to include more manufacturing, high technology, and labour-intensive ser-
vice industries. Tourism is now one of the fastest-growing sectors of the city’s economy. Tourism-related businesses contributed almost C$60 million in municipal taxes, employed approximately 27,000 Calgarians, and injected more than $1.15 billion into city coffers in 1994.

Experts envision high technology as Calgary’s next major dynamo for economic growth. A strategic plan calls for the city to become one of the world’s first InfoPorts—a leading supplier of information technology, products, and services developed locally and sold throughout the world.

Conceptually only about a decade or so old, InfoPort Calgary is already becoming a reality. More than 700 advanced technology companies specialising in telecommunications and wireless equipment development, application and system software development, geographic information systems, and knowledge-intensive services are now generating annual revenues exceeding C$3 billion and employing more than 25,000 Calgarians. University Research Park houses the largest concentration of research facilities in western Canada. Calgary has more installed computing capacity than any other Canadian city, and is the site of Canada’s national supercomputer facility. Software development includes scientific and management support for the energy sector, supervisory and control systems, and financial services.

When you add it all up, Calgary is a good place to work. Beyond the numbers, though, is the Calgary I love best, full of friendly smiling faces that come with a city this size—large enough to have big-city amenities, small enough to have relatively little crime and few social problems. I like the entrepreneurial, can-do attitude, a legacy of our frontier heritage, and the strong sense of voluntarism that’s grown out of the Calgary Stampede and the Olympics.

For me, living here means early morning walks breathing fresh clean air and never having to look over my shoulder. It’s waking up and less than an hour later hiking along a mountain trail or canoeing down the Bow River or playing one of more than 40 golf courses in the area. Quality of life, in the end, is what makes Calgary a city of dreams.

- Rodney Chapman is a free-lance writer living his dream in Calgary, Alberta, Canada.

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**Golfing in Calgary**

Ambitious Calgarians could golf a different course every day from early spring until late fall and still not play them all. Alberta has more than 275 golf courses—at least 40 of them in Calgary’s immediate vicinity—and more than 90 percent are open to the public.

Top-ranked mountain courses such as Banff Springs, Jasper Park Lodge, and Waterton Lakes have developed almost mystic reputations since the 1920s.

**Nestled in the Canadian Rockies a short drive from Calgary, Kananaskis Golf Course sports scenery that is way above par.**

Banff Springs, carved out of the Rocky Mountains and recently upgraded to 27 holes, was the world’s first course to cost more than C$1 million when it was built in 1928.

A number of relatively recent newcomers, such as the 10-year-old Kananaskis Golf Course, have started muscling in on these venerable veterans. Kananaskis has two companion layouts, Mt. Lorette and Mt. Kidd, designed by famed golfer and course architect Robert Trent Jones and featuring four tee-off positions on each hole, along with water on 20 holes and 140 sand magnets.

Heritage Pointe, a few minutes south of Calgary, bills itself as a “stroke of genius”—many golfers agree. The 27-hole Ron Carl-designed course has three nines set in desert, valley, and hillside surroundings, and was voted Canada’s best new golf course in 1994 by Score magazine.

Just down the road from Heritage Pointe is D’Arcy Ranch Golf Club, another top-flight public course that offers private-club service. D’Arcy Ranch is tough but fair, with an interesting challenge on each hole. Rent a cart—this up-and-down course is a leg-burner.

When you come to Calgary, try to arrange to golf the “Wolf.” It will make you humble. Home of the Alberta Open, Wolf Creek Golf Resort is a 27-hole Scottish-style links course set in natural surroundings near Red Deer an hour and a half north of the city. Don’t be deceived by the pastoral country setting—the Wolf bites.

—R.C.C.
Calgary’s top 25

Whether it’s heli-hiking, horseback riding, or history, a potpourri of pursuits awaits.

by Rodney C. Chapman and Jennifer MacLeod

During the long Canadian winters, when Calgarians aren’t out skiing they tend to curl up by the home fires. Summer is the time to get out and about. Here we share a diverse sample of visitor-friendly things to do in and around Calgary when you’re here for the Rotary Convention in June.

1. Begin at the beginning—Fort Calgary Historic Park is the city’s birthplace. Established in 1875 by the North West Mounted Police—forefathers of Canada’s famed Mounties—Fort Calgary is now being recreated log by log. The park houses an impressive collection of displays, artifacts, and historical videos, and young visitors can dress up in a real Mountie uniform in the Discovery Room.

2. Roam the Rockies—Only an hour away from the Canadian Rockies, Calgarians have virtually unlimited sightseeing opportunities in all directions. Many tour operators can arrange your itinerary and give minute-by-minute guided descriptions. Or you can rent a car and take off on your own.

3. Hail a helicopter—“Chopper” companies operating out of Calgary, Banff, and Canmore offer airborne sightseeing tours over the city and mountains. Prices start at C$80 for 20 minutes air time. The trip to Mt. Assiniboine, known as the “Matterhorn of the Canadian Rockies,” is spectacular. The pilot can also take you up to the 1920s-style teahouse on the shoulder of Mt. Lady Macdonald above Canmore, or drop you off in the back country for a picnic and a hike through high alpine meadows.

4. Hire a horse—Guiding and outfitting companies have operated out of the Calgary area since before the turn of the century. Tenderfeet (and other tender parts of the anatomy) can perch on a pony for as short as an hour, but many guest ranches in the vicinity offer package options ranging from overnight and week-long pack trips to full-service weddings and family reunions.

5. Golf in all its glory—Alberta has gone golf crazy. There are now more than 275 courses province-wide, six ranked among the country’s top 25. With more than 40 nearby courses to choose from, Calgarians are only a “drive” away from an afternoon of chasing the little white ball. Play ranges from tough links-style layouts in mountain, desert, and river settings to gentle beginner “pitch and puts.” Greens fees are C$30-$50 per person. Most courses require reservations, so call ahead.

6. Take a hike—Trails seem limitless, but Kananaskis Country, a four-season recreational area about 80 kilometres (50 miles) west of Calgary, is especially outstanding. It has resort-hotel accommodations along with almost 3,000 campsites ranging from backcountry primitive to full-service recreational vehicle (RV) parks, scattered throughout its 4,248 square kilometres (1,640 square miles).

7. Salute a Siberian tiger—The Calgary Zoo, Canada’s second-largest, houses more than 1,200 furry...
and feathered residents, as well as an impressive botanical garden and prehistoric park that harks back to when tyrannosaurus and triceratops ruled the world. The zoo has an international reputation for working to protect the Siberian tiger and other endangered species. Newest attraction: the Canadian Wilds Rocky Mountain ecosystem, which opened in 1995.

8. Come to Calaway—Park, that is. Just west of Calgary, the family amusement park has 22 rides (and 20 eateries) offering thrills and spills. Many people choose to make the adjacent RV campground, with its mouth-watering mountain view, their base of operations while visiting the city in the family chariot.

9. Explore western Canada’s past—Heritage Park, the country’s largest living historical village, celebrates life in slower, quieter, pre-1915 Western Canada. Visitors can ride the rails in an historic Canadian Pacific Railway locomotive, steam around Glenmore Reservoir in the glorious old S.S. Moyie paddle wheeler, stroll the antique midway, and get a feel for the entrepreneurial spirit that still thrives in Cowtown.

10. The play’s the thing—The Calgary Centre for Performing Arts houses four state-of-the-art theatres and an acoustically advanced concert hall. The Jubilee Auditorium is well-suited to dance, dramatic, and musical productions. Numerous small companies operate out of funky venues around town.

11. Park it—Calgary has two major natural spaces: Fish Creek Provincial Park with 1,133 hectares (2,800 acres) featuring a lake and beach, and 1,128-hectare (2,786-acre) Nose Hill Park offering great views of the city. There are 15 other major parks in the city, totaling 480 hectares (1,185 acres).

12. Orbit the Earth—Ever since the IMAX Theatre opened in Eau Claire Market two years ago, Calgarians have been able to orbit the Earth aboard a space shuttle, swim with sharks off the coast of Australia, and nuzzle up to mountain gorillas in remote African jungles. The theatre uses 70-mm photography and a six-channel, 15,000-watt
sound system to take you places most people can only dream of going. A five-and-a-half-storey screen dominates one wall, and the seats are up close and very personal.

13. Fish the Bow—Every June, fisher-folk get together and canoe down the Bow River to Carseiland for a weekend get-away, and every year over the campfire they solemnly renew their allegiance to this special waterway. The “middle Bow” below Calgary is considered one of the best fly-fishing streams in North America. Serious anglers come from all over to cast for an estimated 1,200 rainbow and brown trout that populate every river kilometre (five-eighths mile) along this stretch. To earn any recognition from the locals, a trout drawn from the river below Calgary must be at least 61 centimetres (24 inches) long, says angler-guru Jim McLennan in his book, “Blue Ribbon Bow.” Tackle shops in town can set you up with a guided tour.

15. Explore the universe—A galaxy of interactive exhibits, displays, and multimedia programs at the Science Centre will help adults and children alike unlock the mysteries of the universe. Tour distant planets in the 360-degree laser and star show theatre, or amaze family and friends with your scientific prowess. Every year brings a major new exhibition.

16. Tower above the crowd—Residents usually take out-of-town visitors for lunch at the 191-metre (626-foot) high Calgary Tower, where a leisurely hour in the revolving Panorama Dining Room completes a circle tour of the city. If you start on the east side, looking down at the prairies, soup arrives over the Saddledome and Stampede grounds; the main course and scrumptious view of the Rockies are consumed together; and coffee is sipped in a downtown skyscraper surround.

17. Savour Chinese culture—The new Calgary Chinese Cultural Centre features a Great Cultural Hall modeled after the Temple of Heaven in Beijing. The complex is located in Chinatown and houses a cultural museum with priceless artifacts and ceramic arts along with a crafts store. The great hall alone took more than 100,000 worker-hours to build.

18. Go to the Glenbow—Explore the Canadian West and cultures from around the world in the Glenbow Museum. The museum features art exhibitions, colourful native culture, and Calgary’s pioneer past, and its superb archives are a rich resource for serious history buffs. Other museums in town include The Museum of the Regiments, which houses a large military collection, and the Nickle Arts Museum with its permanent exhibition of ancient coins.

19. Bone up on dinosaurs—The Royal Tyrrell Museum of Paleontology, an hour and a half east of Calgary in the eerie Drumheller badlands, houses the world’s most extensive display of dinosaur skeletons. The interpretive centre alone is worth the trip, but try to leave enough time to wander through the ancient badlands.

20. Join the hunt—Two-and-a-half hours south of Calgary by car is Head-Smashed-In Buffalo Jump, site of hunting grounds used by Blackfoot Indians. A UNESCO World Heritage Site, the jump is one of the largest, oldest, and best-preserved in North America. The seven-storey interpretive centre documents 5,700 years of native history.

21. Glide in a gondola, soak in a spa—Postcards could have been invented in Banff, with its breathtaking mountain scenery. Ride the Sulphur Mountain Gondola to the 2,287-metre (7,500-foot) level for a 360-degree view from the top. If you decide
to walk back down, you may want to check out the new C$12-million Banff Springs Hotel Spa. Naturally heated mineral waters have been soothing mountain-sore muscles in Banff since the town was founded by railroader William Cornelius van Horne in 1883.

22. Catch the show jumpers—International show jumpers will converge in Spruce Meadows, Calgary’s top-ranked equestrian centre, three times in 1996 for major tournaments. The National runs 29 May to 2 June, the North American 27 June to 7 July, and the Masters 4 to 8 September.

23. Rustle up some great grub—Calgarians are famous for their down-home hospitality, and nothing tastes better than Grade A Alberta beef done Calgary-style on a backyard barbecue. Wrangle yourself an invite, bring your best tall tales, and settle in for some serious steak.

24. Rekindle the Olympic excitement—Make your way to Canada Olympic Park, site of the ski jumping, luge, and bobsleigh events at the 1988 Olympic Winter Games. The park offers luge rides in both summer and winter. The park’s Olympic Hall of Fame—largest Olympic museum in the world—features ski jump and bobsleigh simulators, along with other displays and exhibits that provide a good overview of the Games.

Then explore other Olympic venues at Nakiska, Canmore Nordic Centre, the Olympic Oval, the Saddledome, and Olympic Plaza.

25. Stay for the Stampede—Bring your cowboy boots and blue jeans 5-14 July 1996 for The Calgary Exhibition & Stampede, the Wild West show that attracts the world’s best rodeo cowboys. Entrants compete for the C$500,000 prize money in bone-jarring events such as wild bull riding, steer wrestling, bronc riding, and the wildest chuckwagon racing you ever saw. The event annually welcomes almost a million visitors, all hootin’ and hollerin’ and having a yee-haw time. The whole city dresses western during the Stampede, and downtown office workers have been known to disappear for days at a stretch. Why not join the fun?

- Free-lance writers Rodney C. Chapman and Jennifer MacLeod reside and never run out of things to do in Calgary, Alberta, Canada.
Beyond Calgary

A host of attractions beckon outside the Convention city, too.

by Darlene Polachic

White-water rafting adventures abound on Alberta’s many Rocky Mountain rivers.

You could say Calgary has it all. The “Stampede City” is not only renowned for its down-home hospitality but a unique geographic setting that magnifies its attractions many times over. Indeed, the only difficulty in visiting Calgary may be finding sufficient time to see all the area has to offer.

Few visitors leave Alberta without taking the scenic drive west on the TransCanada Highway to the mountain resort of Banff. But there’s plenty more along the way that many people miss.

Just west of Calgary is Cochrane, an old ranching town whose quaint main street shops brim with one-of-a-kind antiques, gifts, and works of art. Don’t leave Cochrane without visiting MacKay’s, which is justly noted for its delectable homemade ice cream.

Further west on Highway 1, just inside the Stoney Indian Reserve, is the Chief Chiniki Restaurant and Handicraft Centre, a facility owned and operated by the Chiniki Indians. The restaurant specializes in traditional native dishes like buffalo and bannock (a flat cake made of oatmeal or barley), while its gift shop displays fine quality, authentic handicrafts and artwork. Visitors lucky enough to be at the Chief Chiniki on 1 July can witness the annual Stoney Indian Parade and enjoy a free pancake breakfast.

Straddling the TransCanada is the alpine town of Canmore, one of the sites of the 1988 Winter Olympics. The Nordic Centre, developed for cross-country
skiing and biathlon events, now operates year-round as a recreational facility. During the summer, it is a popular place to hike, mountain bike, roller blade, and roller ski.

Canmore has another distinction. It is the gateway to Kananaskis Country—a 4,000-square-kilometre (1,500-square-mile) recreation paradise that encompasses three provincial parks and offers some of the world’s most spectacular scenery. Whether your taste leans toward scenic tours, fine hotels, and a relaxing game of golf, or backpacking and camping in the high country, Kananaskis is the place. Unparalleled in its outdoor recreational resources, it offers hiking, fishing, mountain biking, horseback riding, mountain climbing, and white-water rafting as well as heli-hiking tours with naturalist guides.

No visit to this part of Alberta is complete without a drive through Banff and legendary Lake Louise, then up Highway 93 (Icefields Parkway) to Jasper National Park. Highway 93 parallels the Continental Divide of the Canadian Rockies and skirts the breathtaking sights of the Columbia Icefield. Here, you’ll see shimmering glacial ice and snow; massive Stutfield Glacier that seems to spill over 914 metres (3,000 feet) of cliff face in twin icefalls; and thunderous Sunwapta and Athabasca falls.

Jasper looks much like it did when fur trader David Thompson first saw it in 1811. Despite the amenities of a world-class tourist attraction, the area is largely unspoiled. Some of the most photographed spots, like Mount Edith Cavall and Maligne Lake, are within easy access of the resort center. A ride on the Jasper Tramway takes you up Whistler’s Mountain to an elevation of 2,288 metres (7,496 feet), offering a stunning view of Jasper and its environs, along with mountain ranges as far as 80 kilometres (50 miles) away.

It’s an easy drive from Jasper east to Alberta’s capital, Edmonton, where a host of cultural and historic sightseeing opportunities await. Edmonton boasts the largest shopping and entertainment complex in the world: West Edmonton Mall. “West Ed” spans 48 city blocks and houses 800 stores, 110 eateries, and 19 movie theatres, not to mention sprawling indoor amusement and water parks, an 18-hole miniature golf course, and a skating rink. Just staying overnight in West Ed’s Fantasyland Hotel can be a vacation, if you’ve reserved one of the theme suites that range from Hollywood to Roman to Polynesian decor.

On the return trip to Calgary, visitors may wish to take a side tour to Drumheller, famous for its dinosaur remains. The Royal Tyrrell Museum of Palaeontology features more than 50 reconstructed dinosaur skeletons in prehistoric settings. A new attraction in Drumheller is the Canadian Badlands Passion Play, performed live on an outdoor stage during the first two weekends in July.

South of Calgary is Chinook Country, a vast area that enticingly blends old and new. Fort Macleod, located on the Crow’s Nest Highway, celebrates Alberta’s early history. The Northwest Mounted Police established their first western outpost here in 1874 to try to tame the outlaw-ridden territory. The fort’s museum commemorates that event and features displays on the Mounties, the native peoples of the province, and early settlers. A special summer attraction is
Guest ranches are a great way to savor a taste of the hospitality and lifestyle of the Canadian West.

...
Fort Whoop-Up, a replica of the province’s first and most notorious whiskey trading post; the Alexander Galt Museum, Brewery Gardens, and Nikka Uko Japanese Garden, authentically designed to symbolize Japanese-Canadian friendship. Just east of Lethbridge at Coaldale is the Alberta Birds of Prey Centre, where you can have a majestic golden eagle or falcon perch on your arm, or have your picture taken with a great horned owl.

Southwestern Alberta, with its well-stocked lakes and crystal-clear mountain streams and rivers, is a fisherman’s paradise. Angle for bull, rainbow, and lake trout as well as walleye, whitefish, perch, and pike. Fishing licenses, available at most sporting goods stores, are required.

If you don’t have time to explore Alberta in depth, you can still experience its essence without going far from Calgary. Among Alberta’s first settlers were ranchers who established cattle spreads and towns in the rolling foothills north and south of the city. Today, many of these ranches are open as museums, or guest, bed and breakfast, or dining facilities. Stay at a guest ranch and treat yourself to a hearty barbecue, horseback riding, and maybe even a rip-roaring rodeo.

Whether your stay in Calgary is long or short, be prepared to have the time of your life and enjoy the warm friendliness for which the 1996 R.I. Convention host city and beyond are famous.

- Free-lance writer Darlene Polachic lives in Saskatoon, Saskatchewan, Canada.
Cardston’s carriages, coaches, and carts

A Canadian Rotarian’s legacy helps preserve the elegance of the horse-and-buggy era.

by Paul Fugleberg

When Canadian rancher-contractor Don Remington headed the Rotary Club of Cardston’s Santa Claus Parade Committee in 1954, he searched for a sleigh in which Santa could ride. He found a cutter in reasonably good condition near Marysville, British Columbia, and brought it back to his Alberta ranch, where he painstakingly restored it to good-as-new condition.

Bitten by the restoration bug, Don collected and restored 48 more horse-drawn vehicles over the next 30 years. In 1985, he offered to donate the trove to the provincial government of Alberta if an interpretive centre could be built. Two years later, Don died. The Albertan government accepted the collection in 1988, and began plans to permanently house it. Meanwhile, the vehicles were exhibited during summer months in a Cardston ice arena.

Located off Cardston’s main street, the Remington-Alberta Carriage Centre opened in April 1993. A larger-than-life sculpture of Rotarian Don Remington greets visitors entering the spacious grounds with its lawns, picnic areas, wagon trails, and equine arena. In the background are the 5,574-square-metre (60,000-square-foot) main display area and stables, all of 19th-century Victorian design. More than 150 vehicles from the Glenbow-Alberta Institute and the Provincial Museum of Alberta augment Don’s collection.

The best way to start a self-guided tour is by viewing a short film describing the “horse and buggy” age and manufacturing roles played by Canada’s R. J. McLaughlin Carriage Company and the American Studebaker Company.

Despite shortcomings, the carriage era had a certain romance. High-society folk flaunted fancy status symbols riding to picnics, horse races, or polo matches in their roof seat breaks (see photo). Stagecoaches carried passengers cross-country. City taxis were Hansom cabs. Brightly colored delivery carts and drays transported everything from ice and bakery goods to household products. Farm and ranch wagons hauled wheat and produce to market. Physicians made house calls via relatively fast “doctors’ buggies.” Young men courting young women drove a variety of vehicles, and children rode in pony carts.

The Remington-Alberta Carriage Centre houses all these and more—elegant landaus, broughams and barouche, sheepherders’ and chuck wagons, Yellowstone coaches, bull wag-
ons, trap sleighs and cutters, jaunting carts, and an elaborate, curtained hearse. Much thought and imagination went into designing the facility. The color scheme mixes muted greens, greys, and maroons, tones Don Remington favored. Indirect lighting permits visitors to focus on artifacts. Lifestyle vignettes portray settings from prairie campfires to city streets. Other displays depict a carriage factory, blacksmith and wheelwright's shop, livery stable, and firehall.

In addition, the centre is alive with sounds of the horse-drawn age. Sophisticated electronic devices hidden in a crank-style telephone, a factory drawing desk, and elsewhere enhance the visitor's understanding of pre-automobile days.

An especially popular vignette is located at the entry to the main hall. It's a collision of two ages: a 1908 Menard automobile has gone out of control and smashed through a fence, shattering boards, snapping fence posts, and knocking over cornstalks. The occupants, unhurt, stand to the left of the car assessing the damage. The driver looks away in embarrassment as his wife reminds him that he was driving too fast. Between them, a little girl cries, while on the other side a farm boy scratches his head as he surveys the scene. Amid the cornstalks a tall, bearded farmer, hands on hips, glowers in disgust at the young whippersnappers and their new-fangled contraption.

Suddenly a nearby scarecrow yells, "Get a horse!"

At a Texas, U.S.A., auction, Rotarian Remington bought an exquisite barouche that has since carried a number of notables, including Great Britain's Queen Elizabeth II, Prince Charles, and Prince Andrew. Drawn by the centre's pair of snappy, fast-stepping, matched Canadian horses, the coach is used frequently in weddings and parades.

Queen Elizabeth rode in a rare Cunningham Landau during her 1973 visit to the Calgary Stampede. Don Remington served as a footman for the occasion, standing on the rear of the coach, accompanied by 36 Royal Canadian Mounted Police Musical Ride officers. Years later, the landau bore the carriage collector's body to the Cardston cemetery.

The cafeteria, gift shop, and tourist information counter contribute to the Victorian setting, as do Clydesdale-drawn coaches that carry visitors, for a fee, on 20-minute rides.

Cardston is 24 kilometres (15 miles) north of the U.S.–Canadian border on Highway 2; and 40 kilometres (25 miles) east of Waterton Park on Highway 5. The centre is one of four major tourist attractions within 45 minutes of each other. The others are Head-Smashed-in-Buffalo Jump, the Frank Slide, and Waterton Glacier International Peace Park.

Admission to the centre for adults is C$5.50; family, $13; children ages 7 to 17, $2.25; children age six and under, free. Group discounts are available. The centre is open from 9 A.M. to 8 P.M., 15 May to Labour Day (2 September in 1996); 9 A.M. to 5 P.M., Labour Day to 14 May; closed on Christmas, New Year's Day, and Easter. For more information, contact Remington-Alberta Carriage Centre, P.O. Box 1649, Cardston, Alberta, Canada T0K 0K0; Tel.: 403/653-5139; Fax: 403/653-5160.

- Free-lance photojournalist Paul Fugleberg is a member of the Rotary Club of Polson, Montana, U.S.A.
Come to Calgary’s ‘Rotary Family Roundup’!

by Gardie E. Shaw

Pack your boots, pack your cameras, and pack your appetites! When you head to Calgary, Alberta, Canada, for the 1996 Rotary International Convention (23-26 June), you’ll enjoy hospitality with a distinctive Western flare.

Savour the Rotary Club of Calgary’s famous slow-cooked prime Alberta beef at the Rotary Rodeo & Barbecue on Saturday, 22 June. Then hold onto your hats as top cowboys test their skills, strength, and stamina in bull bustin’, bronc ridin’, and other rodeo events at their finest.

R.I. President Herb Brown has chosen “The Rotary Family Round-Up” as the theme of the Calgary Convention. The proficiency of the R.I. Convention Committee in organizing a world-class event has guaranteed a convention that will be both informative and interesting. A full schedule of plenary sessions and ancillary programs will cover the business of Rotary and its goals, objectives, and achievements, along with introducing new issues that concern us all.

Sandwiched between these events will be some of the best entertainment Canada has to offer. Each day will be filled to the brim with fun for the whole family! Take a look at some of the activities that have been put together for you.

The House of Friendship promises to be in the best tradition of warm welcomes for which western Canada is famous. And Home Hospitality, on Monday, 24 June, will offer Rotarians and their guests a special chance to relax and enjoy the evening with local hosts.

On Tuesday, 25 June, you’ll be treated to the Rotary International parade and food extravaganza, followed by the thrill and thunder of chuck-wagon races, entertainment featuring the Young Canadians of the Calgary Exhibition & Stampede, and a spectacular fireworks display.

The Rotary Family Fair on Wednesday, 26 June, will be held at an authentic turn-of-the-century village, complete with a steam train, paddle wheeler, and antique amusement rides.

After the convention, kick up your heels at the internationally renowned Calgary Exhibition & Stampede (5-14 July). Take time out to visit the Calgary Zoo, Botanical Garden, and Prehistoric Park. Or enjoy the show at Spruce Meadows (3-7 July)—one of the most prestigious equestrian facilities in the world.

Travel west out of Calgary and stroll through some of Mother Nature’s most spectacular country: Banff, Lake Louise, the Columbia Icefield, and the Kananaskis region. Here, you’ll find golfing, hiking, fishing, trail rides, and other leisure activities aplenty. A train ride from Calgary through the Rocky Mountains to Vancouver, British Columbia, would complete your western Canadian visit nicely.

If prehistory is more your style, head east and see the wonders of Drumheller, situated in the Alberta “badlands.” Enjoy a walk through the Royal Tyrell Museum of Palaeontology, which features dinosaur remains from the region.

If the ultimate shopping experience tops your wish list, travel north to Edmonton, Alberta’s capital, and see West Edmonton Mall. You’ll find out why it’s billed as the largest shopping and entertainment complex in the world. Then stay for “Klondike Days,” a 10-day celebration of the gold rush era, from 19 to 28 July.

You can also take a special trip north of Edmonton to Fort McMurray, home of Alberta’s Oil Sands. Members of the Rotary clubs of Fort McMurray and Fort McMurray Oil Sands will be happy to show you the way the sands are processed into crude oil.

Is golf at midnight your game? A short flight will take you from Edmonton to Yellowknife in the Northwest Territories, where the courses are long, but the daylight lasts even longer. While there, you’ll also find incredible fishing in shimmering blue waters.

If all of this seems overwhelming, and you just want to sit and relax, summer resorts are plentiful and within driving distance. Or, if you’re feeling a little more adventurous, rent a motorhome and travel at your leisure.

More than 8,000 Rotarians and their spouses in R.I. District 5360 are ready to do everything possible to make your visit to Calgary and beyond thoroughly enjoyable. Come and experience one of the friendliest and most diverse places on the planet!

• Gardie E. Shaw is chairman of the Host Club Committee of the Calgary Convention and a member of the R.I. Convention Committee.
The Columbia Icefield, bordering Banff and Jasper national parks, straddles the Continental Divide. Rimmed by some of the highest peaks in the Rocky Mountains, the field spans 310 square kilometres (120 square miles) of ice.

A family canoes Two Jacks Lake, one of many natural wonders in Banff National Park. Visitors to the 4,023-square-kilometre (2,500-square-mile) park can also hike, ride horseback, fish, ski, sail, and even scuba dive.

The Olympic Saddledome, site of the Calgary Convention's opening and closing ceremonies, squats at the foot of the city's skyline.
T en thousand years of history hummed beneath my feet as I descended into the shadowy mouth of the underground chamber. Once my eyes adjusted to the darkness, I could see rows of symmetrical niches in the stone walls, crates full of potsherds along the dirt floor. Fellow travelers, laden with spades and buckets, milled about the chamber like specters. Anticipation was in the air. Following my internal radar, I gravitated toward a far corner of the room and sank my spade into a mound of packed earth. My heart raced. No sooner had I broken ground than a large piece of pottery—the entire intact base of a storage vessel—emerged through the rubble. The wonder of it: I had unearthed
a Hellenistic artifact dating back to
the year 300 B.C.!

The site was Israel’s Bet Guvrin National Park, where each year
thousands of tourists participate in
archaeological digs ranging from
two hours to two months in dura-
tion. The shorter digs, promoted in
Israel as “Digs for a Day,” are a re-
cent innovation intended to give
the uninformed a hands-on taste of
an actual excavation—complete
with dust, heat, and blisters.

Archaeology, once the bastion of
well-heeled dilettantes and shrewd
collectors, now draws a diverse au-
dience: diggers and dreamers, nov-
-ice antiquarians, culture buffs . . .
 anyone with the imagination to step back in
time. Nations rich in antiquity
have long been a magnet
for travelers to whom old
stones speak, but only re-
cently have some countries
started to develop sites ex-
pressly for the purpose
of tourism, incorporating state-
of-the-art audiovisual tech-
nology with what some
traditionally minded archae-
ologists would call gim-
imkry. For the sophisticated
traveler who has already
stood eyeball-to-eyeball with
the Sphinx, daydreamed amid
the Parthenon’s pillars, and
sipped cappuccino in the
shadow of the Colosseum,
there are always “newer” and
more remote sites and finds,
and new ways to enjoy them.

Whether you want to get
serious and unearth archaeological
antiquities yourself, or simply
stroll through a cavernous museum
filled with artifacts, there is some-
thing for everyone. The following
is a brief guide to some novel and
entertaining experiences for those
with an archaeological bent.

The gastronomically inclined, for
example, can don togas and head
for the Cardo Culinaria, an
archaeological restaurant located
amid Roman and Byzantine ruins
in the heart of Jerusalem’s Old City.
The Culinaria, brainchild of Ox-
ford-educated archaeologist Bernie
Alpert, attempts to replicate in
cuisine, decor, and entertainment,
the dining experience of an affluent
Roman-influenced Judean in the

first century A.D. Diners recline on
triclineums (low couches arranged
in groupings of three) before lime-
stone tables set with period table-
ware, and savor such delicacies as
Nile perch and Caesar salad, pre-
pared in the manner prescribed by
Apicius in Rome’s first cookbook.

In England, shoppers at the Cop-
pergate Mall in York pause from
their purchases just long enough to
visit a subterranean museum. Ar-
chaeologists struggled to dig 25 feet
(7.5 metres) beneath the shopping
center and discovered nine distinct
strata of human occupation—repre-
senting Medieval, Viking, and Ro-

ISRAEL MINISTRY OF TOURISM

Thousands of tourists learn from reenactments of
ancient life in a Golan village. Opposite page: Excava-
tions have uncovered the beauty of this ancient
synagogue in Israel.

man eras—each brimming with arti-
facts now on display.

One of the most popular (and
relaxing) pastimes in an-
cient times was the spa (as
reflected in the abundance of exca-
vated Roman and Turkish baths).
The largest and most opulent Ro-
man-period spa is located in Naples,
Italy, which continues to make quite
a splash as a tourist attraction. Sec-
ond in importance, but not as fa-
miliar to international travelers, is
Hammat Gader near the Sea of Ga-
like. Here visitors not only view
the ancient baths but also sample
the modern spa facilities, including
jacuzzis and massages. For non-
bathers, the site boasts the only al-
ligator farm in the Middle East, and

has recently introduced—over the
heated protests of local animal ac-
tivists—alligator wrestling. In Qum-
ran, Israel, site of the famous Dead
Sea Scrolls, visitors may be tem-
pered by a sidetrip to the nearby Nir-
vana Hotel, whose spa offers such
timeless indulgences as a “Cleopa-
tra Soak” or “Herod’s Mud Wrap.”

In Greece, adventurers to Athens
may soon be able to commune
with antiquity while riding on
the subway. Excavation for
the city’s new U.S. $2.6 billion metro
has yielded a host of finds, includ-
ing a section of the main street that
leads to Marathon, Roman baths,
part of an aqueduct, and an-
cient tombs.

Amateur sleuths can flock
to Jerusalem’s Tower of
David Museum to match wits
with the likes of King Herod
and Queen Mariamne as they
solve one of history’s most
scandalous murder mysteri-
es: who murdered the high
priest, Aristobulus III? Mu-
seum guides, dressed in Sec-
ond Temple period costumes,
lead participants throughout
the museum grounds, down
secret passageways, and
even into a moat, searching
for clues and dramatizing
the events associated with the
murder. In their search for
the perpetrator, visitors learn
about the Roman occupation
of Judea and the museum it-
self, which was constructed
2,000 years ago by Herod.

For those who want to do
more than just take photographs,
participating in an actual dig can
be a physically taxing but emotion-
ally rewarding experience. Many
groups such as Earthwatch and
local universities offer such opportu-
nities. First-timers receive basic
training on methodology, excav-
at i on techniques, handling, and
cleaning the artifacts. Volunteers
are also needed for taking photo-
graphs, cataloging each item, and
keeping records on age and loca-
tion. While much of fieldwork is
meticulous, painstaking labor that
demands great patience and time
(often on your hands and knees), it
is very rewarding when that bit of
history is finally in your hands.

Archaeological tourism can be
hard on the feet, as any hardy explorer can attest who has climbed Mexico’s Pyramid of the Sun or ascended the endless steps of Santa Caterina’s Monastery in the Sinai desert of Egypt. When their shoe leather begins to wear thin, savvy travelers head for the nearest sound and light show, where they sport special three-dimensional glasses that allow them to feel like part of the action without leaving their seats. One of the best productions is the Model of Jerusalem in the First Temple Period, which displays an architectural model of the ancient city against a backdrop of three movie screens. The daily presentations are in English, Hebrew, and Russian.

Another restful alternative is a luxury cruise that combines exploring archaeological sites with relaxing interludes on deserted beaches. One seductive itinerary makes its way along Turkey’s southern coast, stopping at the Byzantine ruins of Gemili and Paradise Beach, Cria’s mysterious rock tombs, and the warm waters off unspoiled Yassical Island—with plenty of free time to work on a suntan.

Even the armchair traveler and couch potato can now “walk” in the footsteps of Hammurabi and Julius Caesar. A new board game, called “History of the World,” by Avalon Hill, transports players from Minoan Crete to imperial Russia in a single evening.

For the truly adventurous who find archaeology a bit too dry and dreary, underwater excavations offer an opportunity for experienced divers to collect artifacts from the deep. One such excavation is in Monte Christo Bay in the Dominican Republic, supervised by the nonprofit organization Earthwatch. It welcomes volunteers willing to forego all privacy, brave scorpions, and watch for snakes. On the other side of the Atlantic, restless divers have their eye on the partially submerged Cosquer Cave, east of Marseilles, France, accessible through a 450-foot (137-metre) underwater pas sageway.

In 1991, local divers in France discovered what is believed to be the world’s oldest cave art, dating back as far as 25,000 B.C. The underwater art—both painted and engraved—depicts more than 100 animals, among them horses, ibex (a type of mountain goat), and chamois. For now, the French Ministry of Culture limits its access only to authorized divers.

Travelers off the beaten track, undaunted by difficult mud roads, are adding to their itineraries little-known sites such as Turkey’s Labranya, home of the Sanctuary of Zeus; and Jordan’s Humemia, known in ancient times as Auara. Despite this, the crowds have not thinned at popular sites such as Giza, Troy, or Karnak. Many areas are undergoing “facelifts” and fresh excavation, and are well worth another look.

So what are you waiting for? Join a dig. Explore a shipwreck. Touch the past. The fragile testament of two million years of human existence lies beneath your feet and beyond the imagination, waiting to be discovered.

- Germaine Shames, who unearthed a piece of history to write this article, is a frequent contributor to THE ROTARIAN. She is a free-lance writer who digs for stories from her home in Tucson, Arizona, U.S.A.

Tour Companies

- Archaeological Tours, based in New York City, offers a wide range of itineraries, including less-traveled destinations such as Yemen, Central Asia, and Cambodia. All tours are led by distinguished scholars who are area specialists. Address: 271 Madison Avenue, Suite 904; New York, New York, U.S.A. 10016. Tel.: (212) 986-3054.
- Abercrombie and Kent, a travel agency with offices in the United States, England, Kenya, Tanzania, Hong Kong, Thailand, India, Egypt, South Africa, Australia, and New Zealand, offers deluxe land tours and cruises for archaeology buffs enamored of the creature comforts. U.S. address: 1520 Kensington Road, Oak Brook, Illinois 60521, U.S.A. Tel.: 800/323-7308.
- El Al Israel Airlines, with a global network of reservation offices in 86 cities, offers special fares for independent travelers to Israel who wish to visit Egypt, Greece, and/or Turkey. The company also provides packaged tours that incorporate visits to the region’s better known archaeological sites. U.S. tel.: 800/223-6700.

Digs for a day—Participate in a dig, lasting from two hours to two months. Available throughout the year. Contact the Israel Antiquities Authority. Address: P.O. Box 586; Jerusalem 91004 Israel. Tel.: 972/2/278-628.

Digs of longer duration—A number of universities and nonprofit organizations sponsor educational digs of longer duration. Earthwatch, a nonprofit scientific organization with offices in the United States, England, Australia, and Japan, offers a variety of projects for volunteers willing to share expenses. U.S. address: 680 Mt. Auburn Street, Box 403, Watertown, Massachusetts 02272. Tel.: 617/926-8200.

Archaeological Restaurant

The Carbo Culinaria, located in Jerusalem’s Old City, serves exotic lunches and group dinners in a carefully recreated atmosphere. Individuals may be accommodated for dinner by special arrangement. Address: P.O. Box 14002, Jerusalem 91400 Israel. Tel.: 972/02-894-155.
Sites off the beaten track

While many of these sites are open daily to the public, others require advance permission to visit. Authorities recommend that you confirm excavation dates prior to making your travel plans. Please observe the following courtesies while touring a site: ask permission before taking photographs, stand back from the trenches, and return with nothing but photographs. Many countries, such as Turkey, have extremely strict laws regarding the theft or international transport of antiquities. If an antiquity is taken out of the country, even accidentally, you may face fines or imprisonment.

If you purchase an item legally that is labeled an “antiquity,” please be sure to have the price, name, and address of the seller. You should also have a certificate of authenticity from a reputable shop that authorizes such a sale.

If you would like to participate in a dig, check the Archaeological Fieldwork Opportunities Bulletin, published by the Archaeological Institute of America (AIA). This publication, which lists current excavation sites in need of volunteers, is available from Kendall/Hunt Publishing Company, 4050 Westmark Drive, Dubuque, IA 52002, U.S.A. Telephone: 800/288-0810. The cost is U.S. $9 for AIA members, $11 for non-members.

The following is a guide to some excavation sites around the world. Happy digging!

Mexico: Palenque is one of the best known and beautiful of the Maya Indian sites. The archaeological zone is centered around three major Late Classic (A.D. 600-900) groups of buildings: the Palace, the Temple of the Inscriptions, and the Group of the Cross. One of the most remarkable features is the tomb of King Pacal in the Temple of Inscriptions. The tomb, reached by a long staircase descending though the center of the temple, still contains the sarcophagus. The limestone lid is beautifully carved with an image of Pacal falling into the underworld after his death. Guides are available at the site, and a new museum contains ceramics and sculptural fragments uncovered at the excavation. For more information, contact Arnaldo González, Proyecto Palenque, Instituto Nacional de Antropología e Historia, Tuxtla Gutiérrez. Telephone: 52-961-34554.

Guatemala: Kaminaljuyu was an important Maya center in the Late Preclassic period (300 B.C.—A.D. 250), during which most of its 200 surviving structures were built. Many elaborate burials, incised and modeled ceramics, and carved stone have been found at the site. Current excavations are investigating the area’s extensive canals and waterworks as well as residential and ceremonial structure. Contact Juan Antonio Valdes, Condominio La Pradera Casa 2, Km. 6 Carretera Salvador, Zona 10, Guatemala City, 01010. Telephone: 502-2-373-327.

Brazil: Morro de Quemada is a fortified Portuguese colonial town that burned in 1720. Remains include an early windmill, standing stone walls, mine shafts, and many 18th-century artifacts. Excavations operate in the summer. Contact Daniel Shea, Beloit College, Box 167, Beloit, WI 53511 U.S.A. Telephone: 608/363-2204.

Chile: The Lluta Valley was the site of a number of Yunga chieftdoms beginning around A.D. 1000, but it was later conquered by the Incas. The current project is investigating the Yunga-Inca transformation at several small settlements in the valley. Burials, preserved textiles, and pottery have been recovered. Excavations are held during the summer. Contact Calogero Santoro, Universidad de Tarapaca, 18 de septiembre 2222, Arica, Tarapaca. Telephone/fax: 56/58-22-42-48.

Morocco: Sijilmasa was occupied from the mid-eighth to the 15th centuries A.D. It is the oldest Islamic city in Morocco, and it became the capital of a major Islamic principality. The archaeological site, complete with medieval ruins, is open to visitors Monday through Saturday. Contact Ronald A. Messier, Middle Tennessee State University, Box 262, Murfreesboro, TN 37132 U.S.A. Telephone: 615/898-5288.

Tunisia: The site of Henchir Bourgou was occupied by the Romans from the fourth century B.C. until the fifth century A.D. Archaeologists have found rich Punico-Roman remains, including mosaics, ceramics, and architecture. Several mausoleums survive, with preserved vestibules and subterranean chambers. Current excavations are consolidating and restoring the site. Contact Jenina Akkari-Weriemmi, Institut National du Partimoine, 4 Place du Chateau, 1008 Tunis. Telephone: 216-1-261-622.

Benin: Ouidah is a west African port in the Kingdom of Dahomey—now modern Benin—25 miles (40 kilometres) west of Cotonou. The excavation site is open to visitors all year round. For information about upcoming digs, contact the University Research Expeditions Program, University of California at Berkeley, U.S.A. Telephone: 510/642-6586.

Israel: Located in Israel’s Negev desert, Horvat Karkur Elit is accessible only by four-wheel drive vehicle. Archeologists are currently examining the remains of a Byzantine church and settlement. For more information, contact Pau Figueras, Ben Gurion University, Beersheva, Israel. Telephone: 07-461-093.

—G.S.
HIGH performance!

An expert outlines an effective staff performance review process that measures up to The 4-Way Test.

by Mary Riley, Ph.D.

Once regarded as indispensable to the 20th-century workplace, the employee performance review is losing more than a shade of prestige as companies take a hard look at the results. Although considered a vital measure of employee productivity, most performance reviews are based on good intentions and false assumptions. A recent survey of 1,149 employees in 79 U.S. companies revealed "lack of employee involvement," "focusing on the negative," and "no follow-up" as three major frustrations with performance review systems.

As a Rotarian and a professional management consultant, I'm disturbed by this trend. Can we have performance reviews that produce results that are based on truth, fairness, goodwill, and benefits to all concerned? Can we bring the principles enunciated in The 4-Way Test—developed more than 60 years ago by Rotarian and businessman Herbert J. Taylor of Chicago, Illinois, U.S.A.—into this area of our businesses? I think we can, and here's how.

First, we need to understand what dooms most employee review systems. Let's look at the three most prevalent types, the Critique review, the Report Card, and the Goal-Setting method, and discuss their major flaws. Then we'll look at another process, one I call a Professional Growth Plan. It's a system of mutual goal-setting that grew out of my observations of the mistakes made in the other review formats. We'll see how its techniques result in increased profits, employee productivity, and morale.

NO EMPLOYEE INPUT

The Critique performance review is generally unstructured. The reviewer defines an employee's strengths and weaknesses by composing one long, analytical paragraph.

This system has its problems. It requires the reviewer to write a grammatically correct, meaningful statement to accurately describe employee performance. This task may cause a reviewer to feel uncomfortable and/or ill-equipped. Often the focus is on the clarity of the supervisor's writing, rather than the key issue of employee performance. Supervisors with the best writing ability may appear to achieve the highest performance from employees—although this may not be the case. The form of the review becomes more important than the content.

This system does not allow employee input. How can a review support meaningful development of an employee's strengths in a positive and productive fashion without the worker's feedback?

Because the input is only one-way (reviewer to employee), the Critique performance method places the reviewer in a judgmental and parental position. When such a relationship is fostered, it can have a demoralizing effect on the employee.

'GRADING' TACTICS

The Report Card performance review is more structured. The reviewer rates employee performance in a number of key areas, such as communication, promptness in responding to requests, quality and quantity of work, ability to delegate tasks, willingness for more responsibility.

Although it does not require written analysis, the Report Card is also a one-way communication (again, reviewer to employee) setting up a judgmental, nonproductive situation. In some respects the Report Card can be more destructive. The ratings, whether based on a numerical ranking (such as "one to five") or a word-specific marking ("unsatisfactory" through "outstanding"), only give the illusion of objectivity. In truth, these ratings are as subjective as any other system, and a low score in any area can destroy employee confidence and incentive. Like the Critique review, the Report Card does not include setting goals.

Managers who are able to make impartial judgments are rare. If a manager has a very spontaneous personality, he or she may be overly critical of employees who are naturally analytical. An analytical manager, on the other hand, may view creative employees as too spontaneous and impulsive.

Employees, while appearing to accept and appreciate criticism, often see through a manager's bias. My experience suggests that fewer than 10 in 100 employees truly accept criticism and/or see any need for improvement in their work performance.
ONE-WAY GOAL-SETTING

The Goal-Setting performance review is a result of the changes most worker evaluation systems underwent in the 1970s and 1980s. Most modern management books and training courses emphasize this method because it combines elements of the Critique and Report Card versions and adds goal-setting steps. Many influential sources advise the employee and manager to set goals together.

According to widespread professional agreement, the Goal-Setting method has been the best performance review system to date. So why do many companies report that it doesn’t work? First, goal-setting is an abstract, often uncomfortable process. Whenever goals are mentioned, most people get glassy-eyed. Employees and supervisors alike must have guidance in goal-setting, and more often than not, none is provided. Thus, goals are often unspecified, not measurable, unrealistic, or meaningless.

All too often, the employee does not participate in the selection of the goals, so there is less motivation to attain them. Goals set from above reflect perceptions not necessarily accurate nor shared by the employee.

If the goal-setting process is not shared, the employee will set his or her own goals, perhaps far different from the company’s. Managers and employees alike are seldom aware of the important and crucial responsibilities expected of them. I would say that nearly 75 percent of the time, the two groups are not aligned to work in a mutually understood direction.

USING THE 4-WAY TEST

In developing a performance review that actually increases morale and productivity simultaneously, the aim is to remove the negative factors that show up in most review systems and replace them with positive alternatives.

The ideal performance review should include the basic objectives of The 4-Way Test: (1) support everyone in telling the truth, (2) instill a sense of fairness in the process, (3) provide an environment of goodwill and friendship, and (4) make sure the results are beneficial to all concerned. Among the important results produced would be increased profitability, improved working relationships between employee and supervisor, and enhanced employee satisfaction.

A Professional Growth Plan (PGP) incorporates these concepts, and the performance review proceeds with three simple steps:

1. Discuss the skills most important to the employee’s job.

Before the review meeting, manager and worker both rate various job skills (in terms of importance) related to the employee’s specific job description. At the review, they find out how each sees the job and what’s important to the job. Each has the opportunity to tell their truth without fear of judgment or pressure. When both the employee and the supervisor separately rate priorities and discuss the results, everyone benefits in the end.

2. Define job skills the employee performs well.

Before the review meeting, both reviewer and employee consider and list the employee’s strongest abilities. Many reviewers feel that the purpose of goals is to eliminate an employee’s weaknesses. However, having mutually agreed-upon goals allows for incorporating and building on an employee’s strengths, so the objectives of the company can be reached. Further, goals that reflect adequate employee input will more likely elicit the employee’s commitment to company goals.

In 1978, Xerox Learning Systems, based in Irvine, California, U.S.A., surveyed many different types of employees, asking what motivated them to do a good job. Not surprisingly, the overwhelming majority said “recognition.” If recognition is built firmly into a performance review, then good performance will result. The key, therefore, is to emphasize the employee’s strengths, and not be judgmental and critical.

In a PGP format, there is no direct discussion of the [continued on page 66]

• Business consultant Mary Riley, Ph.D., of Pacific Management Group, has implemented successful performance review systems for many U.S. companies. She is a member of the Rotary Club of Santa Rosa, California, U.S.A., and the author of “Corporate Healing” (Health Communications, Deerfield Beach, Florida, U.S.A.).
Preserving peace in the family
The President's Conference on Family Values offers real solutions to troubling problems.

Carolyn Graves, a member of the Rotary Club of Benton Harbor-Sunrise, Michigan, U.S.A., had many personal reasons for attending the President's Conference on Family Values & Community Service, held in Chicago on 3 and 4 November 1995. Disturbed by statistics of growing domestic and youth violence, she wanted to do her part in helping to promote family values. As a supporter of Learning Opportunity for Teens, an organization that assists at-risk youth, she was curious to "see what we can do as Rotarians."

"I was very interested in attending this conference to learn what other Rotarians around the country and the world are doing to address problems that are common to all of us. I wanted to share my ideas, as well as hear some solutions."

The conference attracted more than 240 participants from all walks of life in nine countries. Despite differences in background and professions, they all had one common bond—a sincere desire to learn more about the problems facing today's families and what they could do to help.

The conference focused on practical approaches to strengthening family ties and fostering family values and integrity. The weekend event, coordinated by Governor Richard L. Galitz of District 6450, featured informative and inspirational speeches, two panel discussions, fellowship activities, and a visit to the Rehabilitation Institute of Chicago.

The keynote speaker was stage and singing star Donny Osmond, also well known for his commitment to family and his Mormon faith. Osmond, at first flocked by Rotarians eager for an autograph, imparted a serious message: that society is sending the wrong signals to its youth, contributing to the breakdown of the family.

After reciting some sobering statistics on violence, divorce, and child abuse, he stated, "Never before in the history of the world have we witnessed so many threats to family stability."

He believes that poor adult role models have contributed to the dismantling and demise of the family structure. "Many adults seem to send out that hypocritical message—'Do what I say, not what I do.' We adults must practice what we preach."

Osmond, who is the father of four boys ages four to 16, feels that life's most important responsibility is that of being a parent. He adds that "no other success can compensate for failure in the home."

He held the rapt attention of the audience as he recounted his early years as a child star, only to be told his career was "washed up" at the age of 20. To jumpstart his career, his advisors suggested the following: get "busted" for drugs. Osmond was stunned and disillusioned.

"They wanted me to 'dirty up' my image to boost my career. I was asked to set up interviews with adult magazines. It seemed like there was nowhere for a nice guy to go."

After being shunned and painfully discouraged for nearly seven years, he almost gave up on a recording career. He finally struck a chord with a best-selling song, "Soldier of Love," and later became

R.I. President Herb Brown, First Lady Diane Brown, and singer and keynote speaker Donny Osmond at the President's Conference on Family Values in Chicago.
the lead in the top-grossing stage production of "Joseph and the Amazing Technicolor Dreamcoat." Says Osmond, "I was again successful, but most importantly, I did it without compromising my values or my standards."

The singer urged Rotarians always to place their families first. He suggested that parents implement a "Family Home Evening," in which a family spends one night a week together—without the interruption of phones, television, video games, and other distractions. He also sang the praises of implementing family traditions, which bond family members. "They don't have to be elaborate or complex; often it's the little things that are the most special. Traditions promote togetherness, values, communication, sensitivity, and responsibility—all components of family integrity."

R.I. President Herbert G. Brown presented Donny Osmond with a presidential citation for his work in promoting family values. He also designated the entertainer as an honorary Rotarian and gave him a poster featuring children and the R.I. theme.

President Herb continued to focus on Rotary's commitment to family in his own speech. "As Rotarians we face a worldwide challenge that threatens the integrity of the family. It's not like any challenge we've faced before, because the realities we encounter are unlike any we've seen before," he said.

The president, who has eight grandchildren, said he is greatly disturbed by escalating reports of child abuse, teen pregnancy, alcoholism, and drug abuse. He urged Rotarians to go beyond routine community projects and start addressing more serious issues. "Rotary action is needed to go beyond the 'safe' community needs such as cleaning up a local park, [in order] to address domestic violence, gang activity, and other problems that often go unattended."

He pointed out that when the family unit has broken down, children will often join gangs in search of a "community." He said, "We must discover ways to instill the importance of universal human values in homes, schools, and communities of the world. One of the most basic of those values is caring about other people. Caring can only be taught by example."

President Herb is asking all Rotarians to observe Family and Community Week during 12 to 18 February and Family Day during the weekend of 17 and 18 February. He concluded, "Devoting time to improving family and community relations lays another brick in the solid foundation for the future we're building for the next generation."

The first day's events also included an interactive panel discussion featuring nine members of Rotary's board of directors representing five countries and moderator Thomas Roesser, a television commentator. The panel included R.I. directors Kalyan Banerjee (India), Irving "Sonny" Brown (U.S.), Peter Bundgaard (Denmark), John Carrick (Australia), S. Aaron Hyatt (U.S.), John Kenny (Scotland), Daniel Mooers (U.S.), W. Gary Romp (U.S.), and R.I. Vice President Richard Slager (U.S.). Each director described a problem in his home country, and solicited the audience for possible solutions.

One of the conference's recurring themes was "Let it begin with me." As a group, the Rotarians came up with solutions to common concerns and model projects that could be emulated in other communities. Participants also learned about country-specific problems. For example, Director Banerjee reported that 50 percent of India's population still uses the dowry system, and that there are 6,000 dowry deaths each year. (An illegal practice that sometimes ends in murder when the woman does not bring enough property into the marriage.)

Director Mooers spoke on the growing concerns of "fatherless America," in which 20 percent of all U.S. households are headed by a single mother. And Peter Bundgaard described how the high youth unemployment rate in Denmark is leading to serious crime and instability.

Added Dan Mooers, "Family values must come from the heart, and start with ourselves. We must start with our own Rotary club and our own community."

The second day of the conference featured Bishop Joseph Imesch of the Archdiocese of Joliet, Illinois, U.S.A. Bishop Imesch praised Rotarians for focusing on family values "because what happens in the family is reflected in society." He proposed that churches should do more than just perform marriage ceremonies; they should also play a more active role in fostering family values.

To emphasize his point that society has changed its definition of what constitutes a "family," the bishop quoted a survey in which nearly three-quarters of the respondents defined a family as people "who love and care for each other," versus the remaining group who defined a family as "two or more people bonded in blood and marriage."

"We must come to grips with this new definition," he said, adding that the majority still place importance on the bonds of blood and marriage.

"The primary bond in families is spiritual," the bishop said, noting that a similar philosophy bonds Rotarians. "That's what makes Rotary what it is. An international brotherhood and sisterhood committed to these values. It takes all of us to join together with other people who rep-

[continued on page 64]
Six Rotarians recently helped The Rotary Foundation of Rotary International celebrate a historic milestone. On 24 October 1995, they were identified together as representing the 500,000th Paul Harris Fellow. Named for Rotary's founder, Paul Harris Fellow recognition is given to those who contribute, or in whose name is contributed, U.S. $1,000.

The six milestone Paul Harris Fellows are: Luiz Cervantes Ruiz, Rotary Club of Redenção, Brazil; Hans Faber, Rotary Club of Bochum-Constantin, Germany; Satish Kaura, Rotary Club of Ndola, Zambia; Frances K. Mann, Rotary Club of Nunda, New York, U.S.A.; Eiken Nakata, Rotary Club of Iwamizawa, Japan; and Cyril L. Smith, Rotary Club of Riccarton, New Zealand. Their commitment, and that of their Fellows now numbering a half million strong, helps make possible programs such as PolioPlus, Ambassadorial Scholarships, Group Study Exchange, Matching Grants for International Humanitarian Projects; Health, Hunger and Humanity (3-H) Grants, Grants for Rotary Volunteers, and Grants for University Teachers.

How did each member of this special group of six become a Paul Harris Fellow?

“I got the desire to become a Paul Harris Fellow when I visited Philadelphia [Pennsylvania, U.S.A.] to attend the 1988 Rotary International Convention,” says Satish Kaura. “There, I realized the importance and effectiveness of polio eradication and other programmes. I decided there and then that when my financial and family circumstances permitted, I would become a Paul Harris Fellow.”

Rotarian Kaura, general manager of a pharmaceuticals firm, was also impressed by the Foundation’s prudent use of financial contributions. “When a person is giving a donation for a cause, he or she is very much concerned that the money will be used properly and reach the people for whom it is intended,” he says. “There are many nongovernmental organizations which are doing good work. But money is often spent on overhead costs like salaries, transportation, et cetera. When Rotarians use their time and resources for projects, however, these expenses are not incurred at all or very little. Money given to Rotary has a multiplier effect.”

Frances Mann made the decision to become a Paul Harris Fellow during a very difficult time in her life.
In July 1995, her husband, John, died of cancer. John also was a member of the Nunda Rotary Club and a Paul Harris Fellow, and Frances thought it would be appropriate to make a contribution to The Rotary Foundation. "Becoming a Paul Harris Fellow means a great deal to me," says Frances, who is club president and retired postmaster of Nunda. "It is another way to help my fellow human beings and make the world a better place." President Brown’s theme: Act with Integrity, Serve with Love, Work for Peace—is what I’ve always tried to do.

For Luiz Cervantes Ruiz, becoming a Paul Harris Fellow was a natural extension of joining a Rotary club. "I was taken to a Rotary club meeting by a friend, and I admired his disposition, enthusiasm, and optimism toward work and humanity," says Luiz, who owns a brick-manufacturing company. "Where does all this energy come from?" I wondered.

After Luiz became a member of the Redenção club, he learned not only how to serve others but how to involve them in the process. In that way, he says, "the beneficiaries, too, learn how to participate and help others, thus multiplying the links in the chain of action." He saw this type of joint participation was characteristic of Foundation programs. "Upon becoming fully informed about PolioPlus, 3-H Grants, scholarships, and other Foundation programs, I did not hesitate to become a Paul Harris Fellow. If Rotary clubs would each add just one Paul Harris Fellow per year, financial support for Foundation programs would increase and many more people in need would benefit."

Cyril Smith, too, views the Foundation as a vital arm of Rotary service. "When I became a charter member of the Riccarton Rotary Club 42 years ago, the Rotary ideal of service appealed to me," says Cyril, who is governing director of an investments firm. Throughout more than four decades as a Rotarian, he has been vigorously active in many club projects that have helped his community. "I was made a Paul Harris Fellow by my club [for Cyril’s distinguished service], which in turn is a regular contributor to The Rotary Foundation. I am very thrilled with the recognition as one of the 500,000th Paul Harris Fellows. It’s really quite an honor."

Like Cyril Smith, Hans Faber also was honored with Paul Harris Fellow recognition by his Rotary club. "My Rotarian friends wanted to give me a great pleasure and in this they succeeded," he says. Hans became a Rotarian in 1963 and has served on his club’s Rotary Foundation Committee. A retired president of an insurance holding company, he says, "During that time, I had to cultivate [good] international relations, which I adapted to my Rotary activities."

Eiken Nakata, a Buddhist priest, is also a strong believer in the work of Rotary and its Foundation. "It was a great honor for me to receive the recognition as one of six Rotarians representing the half-millionth Paul Harris Fellow," he says. "I hope that my small contribution will be of help to Rotary’s great mission of service to others."

When Paul Harris Fellow recognition began in 1957, it expressed The Rotary Foundation’s appreciation for contributions to what was then the Foundation’s only program: Ambassadorial Scholarships. That year, 12 Paul Harris Fellows were recognized. The first was Allison G. Brusch, a past R.I. director from Laurel, Mississippi, U.S.A., followed by Rufus F. Chapin, one of the original Foundation Trustees and a past R.I. treasurer from Chicago, Illinois, U.S.A. The first woman to be named a Paul Harris Fellow was Lucy King de Vargas of Callao, Peru.

In recognition of their contributions, the first Paul Harris Fellows received a certificate. Today, upon request, they receive a pin, certificate, and medallion. In 1984, the 100,000th Paul Harris Fellow was recognized. The Foundation reached another milestone in 1989 with the naming of the 250,000th Fellow.

Over the years, Rotarians have bestowed Paul Harris Fellow recognition on all types of people—sons, daughters, spouses, best friends, even newborn babies. This expansive spirit of giving has helped The Rotary Foundation’s programs grow to meet a multitude of human needs. Yet, the Foundation’s overall objective has remained the same: to further world understanding and peace. Rotarian Kaura sums up his support of that objective this way. "In trying to reduce narrowmindedness among different peoples, Rotary and its Foundation fulfill the very important function of building bridges of friendship between races, religions, and backgrounds."
Our families, our future

One of the fundamental truths we learn as Rotarians is that when we serve the people around us, when we serve our communities and tend to their needs, we build a foundation for the future. And in our children’s future, lies Rotary’s future.

I believe that by building a value system for our children, we are laying a foundation for peace. The family at peace exposes its members to the living principles of a peaceful world.

But these are not peaceful times for many communities, families, and children. Violent crime exists in almost every country, and much violent crime is at the hands of youth. We also see far too many young people caught up in delinquency, vandalism, teen pregnancy, gang violence, alcoholism, and drug abuse. Just as devastating is the intellectual and emotional crippling of the spirit, which sometimes stems from a lack of love or lack of stability in the family.

The family is our cornerstone, the foundation of our future, and those who care for our children need whatever support we can give to help mold and shape them into productive citizens. This process seems to have become too difficult for many individuals. Therefore, the community as a whole must donate to the effort. And because they are firmly rooted in the community, Rotary clubs can lead the way.

Working with other groups or institutions, Rotary clubs can address domestic violence, gang activity, child abuse and neglect, drug abuse, illiteracy and other difficult problems. By helping people, we help families. When Rotarians care for the world’s children, we care for the world’s families. Since the family is the basic unit of every community, we in turn strengthen our local communities, and ultimately the world community.

To focus attention on the needs of our families and communities, I am asking each Rotary club and district to observe the week of 12–18 February as Family and Community Week. I also encourage Rotarians to observe a Family Day during the weekend of 17–18 February. The reason I’m requesting you to set aside a week and a weekend to think further about these issues is simple: They are the most critical needs we, as Rotarians, can act on.

Clearly, the task is great and we cannot do it alone. Therefore, I ask Rotary clubs to look to their own neighborhoods and to identify those people who are working to support strong families and communities. As part of the Family and Community Week celebration, I hope that clubs will honor individuals or organizations that exemplify excellence, dedication, and commitment to the betterment of families and communities. They are our partners in a difficult but necessary task—creating a safe and peaceful future for the next generation.

One of my favorite sayings—part poem, part prayer—emphasizes the connection between the family and world peace.

When there is peace in the heart, there is peace in the family.
When there is peace in the family, there is peace in the village.
When there is peace in the village, there is peace in the country.
When there is peace in the country, there is peace in the world.

Together, we must ACT WITH INTEGRITY, SERVE WITH LOVE, and WORK FOR PEACE to improve the quality of life in every community in the world.

Herbert G. Brown
President, R.I.
President’s schedule: R.I. President Herbert G. Brown begins this month at R.I. World Headquarters in Evanston attending meetings of the 10th Decade Committee (1-3 February), the Executive Committee (10 February), and the R.I. Board of Directors (12-16 February). On 17 February he travels to Denver, Colorado, U.S.A., for a Rotary Foundation Dinner, then to Anaheim, California, U.S.A., for the International Institute and International Assembly (18-25 February). President Herb returns to Evanston to attend the Directors-elect Orientation Meeting from 26 to 28 February.

Area code change: Please note that the telephone area code for R.I. World Headquarters is now 847.

World Understanding Month: As the highlight of World Understanding Month in February, President Herb has requested Rotary clubs to observe 12-18 February as “Family and Community Week,” and 17 or 18 February as “Family Day.” A handsome certificate will help clubs in their efforts. The “Presidential Recognition Award for Service to Families and Communities,” available from your district governor, can be presented at club meetings during the observance period to individuals or organizations who exemplify excellence, dedication, and commitment to the betterment of family and community life.

Directors-nominee announced: Zone committees have nominated five of the eight R.I. directors who will start their two-year terms on 1 July 1997, following their election at the R.I. Convention in Calgary, Alberta, Canada (23-26 June). They are Ryoichi Takeyama, Sapporo-South, Hokkaido, Japan (Zone 1); James Peter Chin, Petaling Jaya, Selangor, Malaysia (an “additional” director representing Districts 3300, 3310, and 3450); Hee Byung Chae, Seoul West, Seoul, Republic of Korea (Zone 9); Hans Müller-Rech, Augsburg, Germany (Zone 14); and Carl S. Rosenbaum, Little Rock, Arkansas, U.S.A. (Zone 29).

In the remaining Zones 19, 23, and 27, clubs have proposed challengers to the candidates chosen by their nominating committees. A ballot-by-mail, to be tallied by early March, will determine the directors-nominee from these areas.

Membership moves ahead: As of 1 January 1996, figures reported to R.I. World Headquarters in Evanston show that since 1 July, there are more than 29,000 new members worldwide. In response to President Herb’s Calgary Challenge, club presidents and district governors have pledged to enroll a net gain of some 85,000 new Rotarians and 949 new clubs worldwide during 1995-96. The R.I. Membership Task Force, headed by Past R.I. Director Richard D. King of California, U.S.A., is working with Rotary leaders to coordinate the challenge.

Register now for Bangkok: More than 10,000 Rotarians and their spouses are expected to attend the 1996 Asia Regional Conference, scheduled for 25-27 October 1996 at the Queen Sirikit Convention Center in Bangkok, Thailand. Attendees can take advantage of a special early registration rate of U.S. $120 per couple, available through 1 July 1996; Thai Airways, the official carrier, is also offering special fares (800/426-5204). For more information, see your club president, or contact Registration Services at World Headquarters (847/866-3118).

Poster contest: The deadline is 19 February for Rotary clubs to select and submit to R.I. World Headquarters the poster by a primary-school-age youth that best conveys the theme “How to Make the World a Better Place to Live.” The worldwide winner—along with his or her parents—receives a free trip to the Calgary Convention. The winner and honorable mentions will be notified on or before 3 May 1996.

Projects display: The Calgary Convention will feature a Humanitarian Service Projects Exhibition in the Calgary Stampede Roundup Centre from 24 to 26 June. The exhibition allows Rotary clubs and districts the opportunity to display and share information about exemplary humanitarian service projects in their countries. For more information or an application form, contact Projects Exhibition Coordinator Paul Dewey at 847/866-3423.

Rotary at a glance:

Rotarians: 1,178,261;* Clubs: 27,686; Districts: 515; Countries: 154.

New clubs since 1 July: 257.

Rotaract: Clubs: 5,527; Members: 127,121; Countries: 117.**

Interact: Clubs: 4,244; Members: 97,612; Countries: 83.**

Rotary Village Corps: 1,873; Countries: 46.**

PolioPlus: Number of polio-free countries: 144.

* Compiled on 29 December 1995. (Effective 1 July 1996, Rotary Club Membership is Based Solely on Membership Records on File at World Headquarters.)
** Compiled quarterly.

Meetings in February

1-3 February—Tenth Decade Committee, Evanston.

10 February—Executive Committee, Evanston, Illinois, U.S.A.

12-16 February—R.I. Board of Directors, Evanston.

18 February—Foundation Trustees, Anaheim, California, U.S.A.

18-21 February—International Institute, Anaheim.

18-25 February—International Assembly, Anaheim.

19-24 February—Districting Committee, Anaheim.

26-28 February—Directors-elect Orientation, Evanston.


Future conventions of R.I.:

Calgary, Alberta, Canada, 23-26 June 1996.


Buenos Aires, Argentina, 4-7 June 2000 (dates tentative).
Bahamas—Undaunted by the weather, Rotarian chefs (from left) Brian Hassan, Leroy Archer, and Robert Brown of the Rotary Club of East Nassau nourish spectators at the Bahamas Air Sea Rescue Association's International Power Boat Race.

Tibet—Kindergartners in Lhasa, Xizang, receive new educational materials donated by the Rotary clubs of Osaka-Shirôkita, Japan, and Peninsula, Hong Kong.

California, U.S.A.—President Pete Rozok (left) and Past President Don Haskell (right) of the Rotary Club of Kearny Mesa in San Diego, accompanied by a young camper, roll up their sleeves and take out their tools to build a 91.5-metre (300-foot) wooden walkway. The new ramp provides the disabled access to nearby YMCA Camp Lake Marston, used as a retreat facility by health agencies, scouting groups, and other organizations.
Portugal—Boaters head down river during a Rotary-sponsored summer camp last July. Students representing 18 countries attended one of five camps founded and directed by the Rotary clubs of Abrantes, Portimão, and Setubal (District 1960), and Gaia-Sul, Vila Nova de Gaia, and Vizela (District 1970). Rotarians from other clubs helped host more than 60 young participants during the two weeks of activities.

France—Sister Emmanuelle came out of retirement on 10 August to thank the Rotary Club of Aix-en-Provence Sainte-Victoire for its help in financing a high school for girls in her order. Sister Emmanuelle, 87, told Rotarians and their spouses, "When you are tired and feel you have no strength left, you can still do something. One can always do more."
At play again on the fields of Trail

BY JANE KENT

During an outdoor assembly held at Central School in Trail, British Columbia, Canada, a six-year-old student turns to her teacher and asks plaintively, “What are we celebrating, Mrs. Harrison?”
The answer: The newly sodded play field that she and her 300 schoolmates are standing on. Situated near a smelter built by Cominco Ltd., the field and others like it over the years had become contaminated by lead dust and, until recently, were unsafe for children.
The efforts toward the regreening began in the late 1980s when Cominco officials, the Trail City Council, and the Trail Lead Task Force compiled a list of city sites that showed high lead levels. The Rotary Club of Trail got involved when members learned that a non-profit group was needed to apply for government funding and organise the rehabilitation of these areas.
Trail Rotarians met with environmental and health officials to prioritise sites on the list. With research showing that young children are most vulnerable to the effects of lead dust, the group decided to concentrate on barren areas in Trail where they frequently play.
Armed with an initial C$50,000 raised from government grants, local tax dollars, and a donation from Cominco, Trail Rotarians organised the installation of sprinkler systems, spread top soil, laid sod, and planted 6,000 trees. They also sprayed back alleys with environmentally friendly magnesium chloride to bind their surfaces.

“Community involvement has been truly wonderful,” says club member Rex McMeekin, who noted that families worked on hot afternoons sodding their schoolyards. “Local businesses provided discounts on the sod we purchased, and the West Kootenay Power [company] donated the cost of all hydroseeding under its power lines.” Trail Rotarian Jim Buckingham

Local families assisted members of the Rotary Club of Trail, British Columbia, Canada, in resodding playing fields in their community (see item).

ham also spent hours in his small backyard greenhouse growing more than 1,000 crown vetch seedlings for planting on dusty hillsides vulnerable to the hot summer sun.
The group is now spearheading other greening measures. Trail residents with barren areas near their homes can request Rotarians to deliver topsoil and sod in return for their promise to water and maintain the grass.
The Trail Lead Task Force received the 1994 British Columbia Government Minister’s Environment Award. But the biggest reward for Trail Rotarians were the results of a recent report showing that blood lead levels of local children are declining.
Someday, that little school girl will have a better idea why she and her friends are celebrating their lovely new green playing field.

• Free-lance writer Jane Kent lives in Trail, British Columbia, Canada.

Alberta Rotarians host an enriching teen retreat

BY ANGUS HENDERSON

There were plenty of hugs and tears as 45 exhausted but still exuberant Alberta, Canada, teenagers made their way through the lineup of Rotarian volunteers bidding them farewell. They had just completed the 1995 Rotary Youth Program of Enrichment (RYPEN), a three-and-a-half day motivational seminar aimed at enhancing their self-esteem and self-confidence.
Many of the Rotarians were mis-sy-eyed, too, as they reflected on their long weekend at the Eagles Nest Ranch in southeastern Alberta, which included group chores, discussions, outdoor activities, leisure time, and a campfire gathering.
The first RYPEN weekend was initiated by the Rotary Club of Edmonton Northeast in 1992 as a project for clubs in R.I. District 5360, in conjunction with students and the staff of M. Lazerte Composite High School District in Edmonton. Since then, the Rotary clubs of Red Deer and Red Deer East have cohosted annual RYPEN weekends during Canada’s spring season, while the Rotary Club of Medicine Hat hosts them during the fall.
RYPEN participants are referred by high school counselors throughout the district. Rotary clubs cover registration costs and arrange for their transportation. Medicine Hat Rotarian Bruce Dynes notes that many are at-risk teens. “We have an
incredible opportunity to show them that there are adults out there willing to help," he says.

But it's not only the youth who benefit. “As a coordinator, I get great satisfaction from seeing Rotarians discover the joy of being group leaders,” says Bruce. “It allows them to be active participants and not just cheque writers.”

Rotarians plan to include Native youth and those with learning disabilities in future RYPEN weekends.

• Angus Henderson is a member of the Rotary Club of Medicine Hat, Alberta, Canada.

Club reaps benefits from direct seeding project

The Rotary Club of Melfort, Saskatchewan, Canada, is now in the final year of its Direct Seeding Demonstration, a fundraising project that so far has netted approximately C$25,000.

In 1992, members employed the method on 160 acres of rented land to produce a type of barley used in the making of beer. In 1994, they raised a bountiful crop of Emerald field peas. In 1995, the club sowed a high-yielding variety of feed barley for livestock.

Direct seeding involves sowing the new year's crop into the previous harvest's stubble. The process allows farmers to bypass preworking of the soil, resulting in fuel savings. Both seed and fertilizer are stored in a large holding bin of a tractor-pulled air seeder, and blown along a set of tubes and into the ground.

Melfort Rotarians have dedicated hundreds of hours to the project, holding weekly breakfast meetings to plan everything from purchasing hail insurance to discussing what to serve for lunch on the day of the seeding. Others contact local companies for donations of seed, fertilizer, and farming equipment. At harvest time, members organize the custom combing of the crop and drive trucks filled with crops to the granary.

“And like any other farmer,” adds 1995 project chairman Warren Reynolds, “we always pray for good weather.”

Rotarians plan to donate proceeds from crop sales to community projects such as scholarships for local high-school and community-college students, and to nonprofit and community-based charitable organizations.

A 'hands-on' carnival

Despite its lack of traditional carnival rides and games, a Children's Fest sponsored by the Rotary Club of Windsor, Ontario, during October 1995 drew more than 15,000 attendants and raised C$60,000. The event featured "hands-on" activities that required kids and adults to create, learn, and participate—including musical entertainment, reptile exhibits, sponge painting, and life-size floor puzzles.

Funds raised go toward the club's C$1.4 million goal to pay for the expansion of the Windsor Children's Rehabilitation Center. When the club built the center two decades ago, it served 150 children; today that number has increased to 1,000. Renovation plans include a swimming pool and expanded space for programs, services, and offices.

Anniversary clubs

Seventeen clubs were admitted to Rotary International in February 1921. A special salute to these clubs for their 75 years of service.

England: Southend-on-Sea.
U.S.A.—Arizona: Mesa.
Georgia: Quitman.
Indiana: Greencastle.
Iowa: Newton.
Maryland: Annapolis.
Missouri: Moberly.
New Jersey: Longbranch.
New York: Corning.
North Dakota: Dickinson.
Pennsylvania: Clearfield.
Texas: Cisco; Lubbock.
Washington: Chehalis; Wenatchee.
West Virginia: Spencer.
Wales: Newport.

Seventeen clubs were admitted to Rotary International in February 1946. Congratulations to these clubs on their 50 years of service.

Australia: South Sydney.
Canada—British Columbia: Salmon Arm.
Denmark: Ringsted.
England: Great Harwood & Rishton; Hornchurch; New Mills, Marple & District.
France: Lille.
Norway: Moss.
Sweden: Åmål; Vänersborg.
U.S.A.—Alabama: Montevallo.
California: Fallbrook.
Georgia: Pelham.
Missouri: Higginsville.
New York: Webster.
Texas: University Area of Houston.
Virginia: Fieldale-Collinsville.

A walking feat—Thanks to the assistance of foot-care specialists who accompanied them, 10 members of the Rotary Club of Harrow, Ontario, Canada, completed a 60-mile (97-kilometre) walk that raised C$20,000 in pledges for Easter Seals during April 1995. "I don't think anybody would have made it without the foot care," says club member Brian Pollard.
Nine 1994-95
Matching Grants exceed U.S. $20,000 in value

In order for a Matching Grant to be successful, Rotary clubs or districts must have initiative, financial support, and above all, the idea of Service Above Self. It is evident from the almost 4,300 Matching Grant projects sponsored since 1965 that Rotary clubs around the world instill these qualities in their members. These qualities and the international cosponsors of Matching Grants for International Humanitarian Projects are essential. If a Rotary club or district had not pursued a project in another country, raised the funds, jointly applied for a Matching Grant with the partner club, and contributed its time and effort, these projects might never have happened.

Of the 633 grants approved in 1994-95, nine exceeded U.S. $20,000. Here are brief descriptions of each.

Bulgaria—The Rotary clubs of Burgdorf, Switzerland, and Plovdiv, Bulgaria, received a Matching Grant of $37,777 to provide agricultural training and to purchase and ship tractors and plows to Bulgaria. This much-needed education and equipment will contribute to the area’s ability to increase food production.

Croatia—With a Matching Grant of $29,697, sponsored by the Rotary clubs of Weissenburg, Germany; Clermont, France; and Osijek, Croatia, Rotarians helped furnish a nursery school in Đakovo, Croatia, by purchasing educational materials and supplies. The grant aided the safe care of both Croatian and refugee children in that war-stricken area of the world.

Croatia—Rotarians from District 7470 (New Jersey, U.S.A.) and the Rotary Club of Zagreb, Croatia, helped provide open heart surgery to 20 Croatian children with a Matching Grant of $50,000. These children now are able to live their lives to the fullest.

Guatemala—Without the help of the Rotary clubs of Maumee, Ohio, U.S.A., and Guatemala City and Mazatenango, Guatemala, an orphanage in Mazatenango would lack the essential equipment and furnishings to operate effectively. A Matching Grant of $40,000 has enabled the children there to live more happily and comfortably.

Lithuania—The Rotary clubs of Arlesheim, Switzerland, and Vilnius, Lithuania, received a Matching Grant of $51,900 to purchase a Cobas Mira Plus machine for hematological testing and training technicians. Rotarians from these clubs are helping to improve basic medical care in Lithuania.

Philippines—The Rotary clubs of Sarasota, Florida, U.S.A., and Makati, Philippines, received a $25,000 Matching Grant to purchase surgical equipment for a mobile eye-care van that is enabling volunteer ophthalmologists to perform surgeries in rural areas of the Philippines.

Senegal—Districts 6910 (Georgia, U.S.A.) and 9100 (Africa) sponsored a $25,312 Matching Grant to help renovate and equip a maternity clinic at the Regional Hospital of Thies, Senegal, thereby providing safer conditions to bring new lives into the world.

Uganda—The Rotary clubs of Nijkerk and Zevenbergen, The Netherlands; Meschede-Warstein, Germany; and Kabarole, Uganda, sponsored a $35,000 Matching Grant to help renovate the Virika Hospital in Fort Portal, Uganda. Thanks to Rotarians in these clubs, the grant will improve conditions at the hospital and help save lives.

Zambia—A $50,000 Matching Grant helped purchase and ship a variety of medical supplies, equipment, and an ambulance to various hospitals in Kabwe, Zambia. With this grant the Rotary clubs of Sassenheim, The Netherlands, and Kabwe, Zambia, are saving the lives of Zambians who otherwise might die.

There are hundreds more projects like these nine that are waiting for support from committed cosponsors. To find out how your club can help, contact the R.I. Order Desk and ask for the World Community Service (WCS) Projects Exchange booklet (PA2-754). Cost: U.S. $2 each. Many, but not all, WCS projects meet Matching Grant criteria.

Foundation Facts:
Paul Harris Fellows: 504,397
Foundation Benefactors: 23,565
Data as of 30 November 1995
October 1995 Trustee Meeting Highlights

The Trustees met at Rotary World Headquarters in Evanston, Illinois, U.S.A., on 20-27 October 1995. Here are some of the significant decisions resulting from that meeting.

ADMINISTRATION

The Trustees elected Past R.I. President Rajendra K. Saboo to serve as their Chairman and Past R.I. President Clifford L. Dochtermann as their Vice-Chairman in 1996-97.

- Effective 1 July 1996, nominations for the Foundation’s Distinguished Service Award must include a second endorsement by a Rotarian from outside the nominee’s district. In addition, the Trustees adopted more specific criteria concerning what constitutes service on a broad basis over an extended period of time.
- The Trustees agreed to add three new Regional Rotary Foundation Coordinators, to be appointed for terms to begin on 1 July 1996. This brings the number of Regional Coordinators to 24 worldwide.

PROGRAMS

Effective immediately, districts can utilize the unallocated available balances in their District Designated Fund in any amount up to U.S. $10,000 per disaster for disaster assistance to another country. The Trustees also changed the name of the “District Grants” SHARE option to “District International Service Grants” in order to better describe the purpose, but made no change in the criteria.

- The Trustees reemphasized the requirements for local and international Rotarian sponsors to be actively involved in Matching Grant projects, by adopting new criteria for participation by both the sponsors in the country where the project will take place and the international sponsors, and limiting the number of projects that can be carried out in cooperation with any other organization.
- The Trustees established the criteria for selecting and awarding Health, Hunger, and Humanity (3-H) Planning Grants to assist sponsors in developing well-planned projects and preparing well-documented 3-H applications.

- Fourteen Matching Grant requests were approved for a total of U.S. $516,586, as were two 3-H Grant projects totaling $629,801. In addition, the Trustees allocated $1.4 million to be held in reserve from the 1995-96 budget to cover the cost of 3-H projects being reconsidered at their April 1996 meeting. They also approved PolioPlus Grants totaling $9,416,600.

- The Trustees adopted a three-year pilot Vocational Study/Internship Program, beginning in 1998-99. The objectives for this program are to provide opportunities for qualified candidates to engage in practical training in a nontraditional academic setting in another country, to encourage work experience and career development in fields related to R.I. and Foundation areas of emphasis, and to provide special assistance and encouragement to projects and activities in developing countries and areas of special need.

DEVELOPMENT

The Trustees adopted a statement of principles for recognition of donors to The Rotary Foundation, which included a declaration that such recognition should convey the sincere and thoughtful appreciation of the Trustees for tangible support to the Foundation. Such recognition should encourage continuous and generous giving to the Annual Programs Fund and The Permanent Fund through annual gifts, major gifts, and bequests, contribute to ongoing donor relationship building, and encourage constantly increasing levels of program participation as well as financial participation.

- A clarification of Paul Harris Fellow (PHF) recognition was also adopted. For a gift of U.S. $1,000 to the Foundation’s Annual Programs Fund, Paul Harris Fellow recognition may be presented either to the individual donor or to an individual designated by the donor. For each additional $1,000, another PHF recognition may be given and such additional recognition shall consist of either one recognition stone to be added to the donor’s original PHF recognition, up to a maximum of 5 stones; or a PHF recognition to be presented to another individual designated by the donor or the donor’s representative.

- The Trustees approved the recognition of “Honorary” and “Memorial” Benefactors following the principle of one recognition per minimum U.S. $1,000 cash gift. Also, it was agreed that if a Benefactor contribution is at least $2,000, recognition could be given to both husband and wife, if the donor so desires.

FINANCE

It was reported that the Permanent Fund Portfolio, composed of U.S. equities and fixed-income investments, had a market value of approximately U.S. $26 million. For the 12 months ending 30 June 1995, the fund had a total return of 17.8 percent, compared to the Callan median total return of 16 percent for the same period.

- The Annual Programs Fund portfolio, composed of U.S. and non-U.S. investments, had a market value of approximately U.S. $244.7 million. For the 12-month period, the portfolio had a total return of 16.3 percent. The fund’s U.S. investments had a return of 17.9 percent, compared to other U.S. investment portfolios as measured by the Callan median return of 16 percent for the same period. The non-U.S. component of the Annual Programs Fund portfolio had a moderately negative impact on the composite results for the quarter.

- The PolioPlus Fund portfolio, composed of U.S. fixed-income investments, had a market value of approximately U.S. $150.3 million. For the 12-month period ending 30 June 1995, the fund had a total return of 12.5 percent, compared to the performance benchmark for this fixed-income portfolio of 12.5 percent.
A milestone for Indonesia

In September 1995, Indonesia held its first-ever national immunization days (NIDs). The event was a critical success, immunizing more than 22 million children under the age of five. "This surpassed our target goal of 21.7 million, making it the single largest public health event in the history of Indonesia," reports Abidin Kartasoebarta, chairman of the country’s National PolioPlus Committee.

Since Indonesia is such an enormous country (comprising 17,000 islands), it is nearly impossible to vaccinate all its children in one day. Therefore, the government designated the nationwide effort as a National Immunization Week (N.I.W.)

Indonesia’s President Suharto and Past R.I. President Rajendra K. Saboo of India administered the first drops of polio vaccine to symbolize the start of the NID at a 13 September ceremony in the capital city of Jakarta. In a special show of support, the national government deployed military planes, helicopters, and warships to deliver polio vaccine to remote areas. In addition, the country’s vice president, Try Sutrisno; all 27 regency governors, and 304 mayors administered vaccine to children in their respective communities.

At the inaugural ceremony, Past President Saboo (who is also vice chairman of The Rotary Foundation Trustees) said, "We are proud to be a partner in your polio eradication initiatives because you are leading the way in Southeast Asia, just as you led the way in the eradication of smallpox in Asia some 20 years ago. Your commitment and leadership guarantees its success."

Since 1986, Rotary International has allocated PolioPlus grants totaling more than U.S. $10 million to Indonesia, including a grant of one million dollars for its first N.I.W. This most recent grant accounted for 20 percent of Indonesia’s total vaccine needs and was a major factor in the campaign’s success.

But money has not been Rotary’s only contribution. Although there are only 70 Indonesian Rotary clubs with 1,700 members, they make up in spirit what they lack in numbers. Indonesian Rotarians have actively supported their country’s immunization efforts since 1986.

During the N.I.W., Rotarians joined more than one million health workers and volunteers at approximately 275,000 vaccination posts. They talked to mothers in remote villages and assisted with the record keeping. Club members publicized the vaccination drive through posters, flyers, banners, newspaper advertisements, radio announcements, and T-shirts bearing the Rotary emblem. They also delivered vaccine, transported health workers, and volunteered at vaccination posts (known as posyandus) in many villages.

To commemorate the country’s Health Day on 11 November, President Suharto presented a special plaque of recognition to the Rotarians of District 3400 for their outstanding work.

As the second largest country in Southeast Asia, Indonesia is critical to the region’s success in achieving polio eradication. On 7 and 8 January, R.I. President Herbert Brown conducted a Presidential Visit for Service to Humanity in Jakarta that focused on PolioPlus. He told the local Rotarians: "Indonesia is key to the success of PolioPlus in this region. Its large population and growing economic strength make it a critical link in the global transmission chain. You have tremendous potential in resources and people—and tremendous potential to be a pivotal force in eradicating polio."
A Mexican flower takes root in the U.S.A.

In 1995, Rotary Youth Exchange student Ana Cecilia Martínez of Saltillo, Mexico, touched the hearts of many when she gave this speech to fellow students at Lakeview High School. Hosted by the Rotary Club of Cortland, Ohio, U.S.A., Cecilia describes her personal growth during her year abroad:

Mark Twain once wrote, "Travel is fatal to prejudice, bigotry, and narrowmindedness, and many of our people need it sorely. Broad, wholesome, charitable views cannot be acquired by vegetating in one's little corner of earth." So I traveled from my little corner in northeastern Mexico to the state of Ohio. This year as a Rotary Youth Exchange student has been difficult and challenging—as well as enjoyable and worthwhile.

It's not easy being away from my family, friends, and country. As with any fledgling plant that is uprooted from its native soil, I too was at first fragile. Transplanted in this foreign environment as a mere budding plant, I had to confront and manage many problems and situations by myself.

My host family was kind and friendly, but at first it was difficult to adjust to them "replacing" my real family. Their customs and routines were new and different and adapting to this environment was not easy.

School was another difficult challenge. It was intimidating going through the hallways of a large unfamiliar building where I didn't know the location of the rooms. I felt lost... lost in a maze of hallways with a sea of unfamiliar faces all around me. Would students be friendly and sociable or just ignore me? But like the sun, you provided warmth and made me smile.

As I dealt with the fears of being a stranger in a new home and school, I also battled being extremely homesick. I was often sad and emotionally wilted because I desperately missed Mexico as well as my family and friends. Actually, it took me two or three months to overcome the sadness of being away from the people I love.

In spite of the many difficult adjustments, my Rotary year has been a very enjoyable experience. Gradually, my roots began to grow and spread. I have made many friends here in Cortland and have fond memories of parties and social activities—as well as school events such as football games and ski club outings. I also enjoyed excursions to Niagara Falls and Washington, D.C.

Not only have I made friends in Cortland but I have also become close to more than 50 other Rotary Youth Exchange students in my district. These new friends come from all over the world—central and South America as well as Europe, Asia, and Australia.

Certainly, this Rotary year has been a worthwhile and unforgettable experience. I have evolved as I have learned and matured. The once fragile budding plant began to blossom and sprout new shoots. First, I have become more fluent in English, which will be valuable as I pursue my college career in Mexico. Personally, I have become more independent, adaptable, assertive, and self-confident.

Moreover, it has been an insightful experience to act as a young ambassador from Mexico, so I could help people here learn more about my home. In turn, I have come to realize that there is much more I need to learn and explore about my own country.

My Lakeview commencement will be bittersweet—bitter because I will be saying good-bye to my American families and friends, but sweet because I will be going back to my Mexican family and friends. Now I return to my little corner of earth as a more mature and complex blooming plant; I will take with me new ideas and a greater appreciation for Rotary's role in bringing people of diversity together.

But I will be leaving behind a small portion of myself, because part of me is so entwined with all of you and this community that it cannot be uprooted and jarred loose from this new soil. Thank you all for your help, support, and friendship. No amount of distance nor space of time will erase you from my memory, and I will sow these seeds of learning in the rich soil of Mexico.
Rotary and the UN: Partners for peace

Against a global political backdrop that included welcome prospects of resolving long-standing conflicts in Bosnia, the Middle East, and Northern Ireland, more than 400 Rotarians and guests gathered to commemorate the relationship between two major world organizations dedicated to peace.

The President's Conference of Goodwill in New York City (12-14 October 1995) celebrated the 50th anniversary of the United Nations with an ambitious program that focused on ways the UN works with nongovernmental organizations (NGOs) to achieve humanitarian goals. In the top rank of those NGOs—and more than 50 were represented at the conference—is Rotary International, which has enjoyed a positive relationship with the United Nations since 1945.

R.I. President Herbert G. Brown acknowledged that relationship in his opening address. "Rotarians have proven that we can positively affect millions of people in our world," he said. "It is our interaction with United Nations agencies that stands among our finest works... The manner in which the UN and Rotary work together is a model for success."

President Brown cited Rotary's polio immunization work with the Pan American Health Organization in Latin America, and its work with UNICEF to promote Oral Rehydration Therapy in Turkey as just two examples of Rotary/UN cooperation.

Conference Committee Chairman Paulo V. C. Costa of Brazil, 1995-96 chairman of the Trustees of The Rotary Foundation of R.I. and past president (1990-91) of R.I., noted that when the UN was founded, Rotary International was already a major global humanitarian organization. He, too, cited numerous examples of cooperation over the past 50 years.

Keynote speaker Boutros Boutros-Ghali, UN secretary general, echoed the theme of shared history and goals. "Rotary is one of the United Nations' oldest and most loyal friends." The Rotary general praised Rotary's PolioPlus program, its Health, Hunger, and Humanity (3-H) Grants, and its exchange programs that foster international understanding. Like Rotary, he said, the UN "offers a way to show international solidarity, and to share in the risks and rewards of active international commitment."

At the conference welcome banquet, guest speaker William vanden Heuvel, former U.S. ambassador to the UN and current chairman of the United Nations Association-USA, mixed UN success stories with hard political realities. The UN and its agencies have helped end colonialism, dismantle apartheid, eradicate smallpox, stave off famines, and bring some measure of peace to such places as Kuwait, Haiti, Cambodia, and Somalia. "The United Nations," he said, "has been a powerful and effective instrument of peace and social justice." However, the work of the UN is now threatened by a lack of financial support from a major member, the United States. In closing, Ambassador vanden Heuvel said: "Americans believe in the UN and want it to work."

At the second plenary session on Friday morning, 1976 Nobel Peace Prize Laureate Betty Williams of Northern Ireland galvanized the audience with the story of how she first resolved to work against violence in her country. She told how, more than 20 years ago in Belfast, she saw three children killed when a British patrol car went out of control after being fired on by IRA militants. "I held an innocent young girl in my arms while she died," said Williams. "It was at that moment that I became violently antiviolent."

Williams, who is a Catholic, and a Protestant friend soon organized mothers of both religions against the sectarian violence. "The women of Ireland have been chipping away at violence for 20 years," she said, "and now we are seeing some progress." Now director of the World Center for Compassion for Children, Williams, who is a Paul Harris Fellow and honorary Rotarian in Houston, Texas, U.S.A., considers herself an excellent example of what a determined individual can accomplish for good. She challenged Rotarians to make the world safe for children.

Following the Williams address, Conference Committee member Sylvan M. Barnet, Jr., R.I.'s representative to the United Nations, led...
an international panel of UN agency representatives that outlined the many challenges ahead for Rotary and the United Nations. Juan Somavia, permanent representative of Chile to the UN, stressed the need for NGOs to create “a caring society.” Djibril Diallo of Senegal, director of public affairs for the UN Development Programme (UNDP), stressed the importance of allocating resources to people who need them most, and warned of the dangers of retrogression in many African countries.

Rotarians and NGO representatives pursued the ideas presented at the plenary sessions in well-attended workshops on such topics as Environmental Integrity, Volunteerism, Conflict Resolution, Leadership Integrity, and Integrity in the Family. Rotarian moderators teamed with UN agency representatives to lead each session.

District Governor Gilda R. Chirafisi introduced the luncheon speaker. Soft-spoken yet forceful, John Cardinal O’Connor, Archbishop of New York, addressed the importance of serving with tolerance and goodwill in his remarks to the conference. “I think highly of Rotary and its friendly atmosphere,” he said. “It is an organization made up of people who care.”

Citing the current climate of cynicism and “a growing contempt for the dignity of the human person,” the cardinal noted that it is sometimes difficult to do good in the world, but that organizations like Rotary and the UN must keep trying. “Love,” he said, “is the only constructive element in the universe. It is the only reason for serving.”

On Friday afternoon, conference participants attended discussion groups that paired Rotary programs and emphasizes with specific UN agencies, such as PolioPlus and the World Health Organization, and Preserve Planet Earth and the UN Environmental Programme.

Saturday morning’s plenary session focused on The Rotary Foundation and its programs, including an update on PolioPlus by William T. Sergeant, chairman of the R.I. International PolioPlus Committee. In the main address, Trustee Chairman Paulo Costa drew parallels between the UN and the Foundation, noting that both strive to advance world understanding and peace and resolve conflicts without violence. Describing the Foundation as “Rotary’s masterpiece,” Chairman Costa said that it empowers Rotarians as peacemakers. “Through the Foundation, each of us has the power to break through the barriers of need and of hate. Each of us has the power to create a world without borders.”

In the fourth plenary session, Past R.I. President Charles C. Keller, Conference Committee vice-chairman, introduced Rotarian Johannes Stauh, consul-general of the South African Consulate of New York, who sketched a vivid portrait of his country. The new South Africa, he said, is a young, vibrant democracy well on its way to realizing the fruits of diversity.

During the luncheon session that closed the conference, Edward J. Piszek, 1992 winner of the Rotary Award for World Understanding, reiterated the theme of taking personal responsibility for service. “Never underestimate the power of one [person],” he said.

In her remarks, R.I. First Lady Diane Brown deftly underscored the connection between the vitality of traditional family values and the future of the Family of Man. Tolerance, honesty, morality, and other civic virtues are under siege today, she said. Without the efforts of Rotarians and others to shore up family life in meaningful ways, the local community and the world community face a hard road to the future.

In closing remarks, President Herb acknowledged many challenges ahead for Rotary and the United Nations, but he affirmed his faith that both organizations are up to the task. Rotary and the UN, he said, will continue to plan together, dream together, and work together for “a world that will honor integrity, cherish love, and fulfill our great hope for peace.”

—CHARLES W. PRATT

From left: R.I. Representative to the UN Sylvan M. Barnet, Jr., President Herb Brown, Chilean Representative to the UN Juan Somavia, Diane Brown, UNDP Director of Public Affairs Djibril Diallo, and UN Director of the Office of Development Studies Inge Kaul.

Conference Committee Chairman Paulo Costa of Brazil.
Milestones

In December 1995, Clifford W. Quad chalked up his 62nd year as a Rotarian and his 59th year of perfect attendance. Clifford is a member of the Rotary Club of West Orange, New Jersey, U.S.A.

- Age is no impediment to service as far as Guy R. Burkholder is concerned. Guy has just completed 40 years of service as a volunteer weather observer for the U.S. National Weather Service. Not bad, considering he is 103 years old, and didn’t start his volunteer job until he retired from a banking career.

Guy is a member and past secretary of the Rotary Club of Gregory, South Dakota, U.S.A. Recently, the Weather Service presented Guy with its Campanius Holm Award, which goes to only 25 of the more than 10,000 volunteer weather observers annually.

- In August 1995, the Rotary Club of Lake Charles, Louisiana, U.S.A., feted Rotarian Adolph S. Marx in celebration of his 65th year as a club member and his 98th birthday. Adolph, a Paul Harris Fellow, served as president of Muller Co. Ltd., a family-owned department store in Lake Charles, from 1919 to 1964. He has long been active in civic affairs, including the Lake Charles Chamber of Commerce.

- More than 140 participants, including the current governor (Gilda R. Chirafis) and seven past governors of R.I. District 7230, gathered in mid-September 1995 to salute Monroe Lovinger. The Rotary Club of the Bronx, New York, U.S.A., organized the fete to celebrate Monroe’s 21 years of membership as well as his decades of club and community service. “Monroe,” says Past Bronx Club President Edgar Cornell, “is a quiet, unassuming philanthropist who has helped many organizations in the U.S. and abroad.”

Many times over the years, the Bronx club has asked Monroe to serve as president, but the modest Rotarian always declined. So in September the club rectified that situation by presenting a plaque naming Monroe its “Honorary President.”

An award with heart—Deb Biswas (right), 1994-95 president of the Rotary Club of Laurel, Maryland, U.S.A., presents the Outstanding Humanitarian Award to Sir George A.O. Alleyene, director of the Pan American Health Organization. The award, a joint presentation of the Laurel club and the American Heart Association, recognized Sir George’s “dedication and noble achievements in controlling and eradicating epidemic diseases.” In his acceptance remarks, Sir George praised the cooperation of Rotarians in helping rid the Americas of polio.

Rotarian musicians

Lone Jack: The Ragtime of Today, a compact disc by Jack Rummel of Boulder, Colorado, U.S.A. (Diagonal Recordings; order from the performer at 6490 Monarch Park Ct., Niwot, CO 80503, no price given). With 18 compositions for piano (seven of them original works), Rotarian Rummel celebrates the past 30 years of the ragtime musical style. This direct-to-digital disc was recorded in October 1993, and contains more than 70 minutes of rousing tunes, including Jack’s own “Blues for Miss Piggy.”

Jack is also 1995-96 governor of R. I. District 5450 (northern Colorado, U.S.A.).

- Little Miz Whiz, a cassette recording by James D. Ross of Midland, Texas, U.S.A. (Wall Street Music Co., Wall St. Sta., Box 11116, Midland, TX 79702-8116, $15). This recently produced album of songs features Rotarian Ross at the piano playing his own compositions, backed by the Wall Street Trio.

Together with saxophonist and fellow Rotarian Carvel Mills, Jim Ross founded a jazz ensemble known as the Dow Jones Average, which has become popular with West Texas fans of 1940s music for more than 20 years. A retired business executive and Certified Public Accountant, Jim is secretary of the Midland club. With his new group, he now concentrates on composing and performing jazz.

Rotarian authors

from West Africa. Among the countries represented in this anthology: Angola, Cameroon, Gambia, Ghana, Liberia, Nigeria, and Senegal.

The author is the University Endowed Professor in the Humanities at Kentucky State University in Frankfort. His interest in West African folktales was stimulated by his experiences during the time he lived in Monrovia, Liberia, and subsequent travels in Africa.

• **The Customer Signs Your Pay Check**, by Frank Cooper of Everett, Washington, U.S.A. (Frank Cooper Enterprises, P.O. Box 3206, Everett, WA 98203-1206, 175 pages, $19.95). This detailed examination of customer service in business offers inspiration and advice, as well as scores of practical tips. The advice ranges from "Greet every customer with a smile," to "Never say, 'I don't know.'"

Rotarian Cooper's practical tips for good customer relations include suggested methods for remembering customers' names and suggestions for stating information in a positive manner. He also includes a chapter on "Basic Selling Skills."

• **Employee Theft: How to Spot It, How to Stop It**, by Ronald T. Jennings of Corpus Christi, Texas, U.S.A., and Jackie Jennings (Business Owners Press, 500 N. Water St., Suite 1010 N., Corpus Christi, TX 78471, 132 pages, $12.95, plus $1.75 for shipping and handling). "Small businesses often lack good internal accounting controls and thus become fertile grounds for employee theft," say the authors, who note that U.S. employees steal more than $40 billion annually from their companies.

Citing numerous case studies, the authors suggest practical methods for preventing employee theft.

• **Dr. George: An Account of the Life of a Country Doctor**, by George T. Mitchell, M.D., of Marshall, Illinois, U.S.A. (Southern Illinois University Press, P.O. Box 3697, Carbondale, IL 62902-3697, 400 pages, $39.95 cloth, $19.95 paper). Born in 1910, George T. Mitchell has spent most of his life in the small town of Marshall, Illinois (population: 3,500). When he finished this book at age 82, he was still seeing patients four afternoons a week. Rotarian Mitchell's stories trace the transition from horse-and-buggy medicine to space-age healing. Before antibiotics, he used such aids as "croup tents" and "pneumonia jackets." In an era when house calls were common, he sometimes needed a lamplight to deliver some of the 1,400 babies he brought into the world.

"We have seen the virtual elimination of tuberculosis, diphtheria, whooping cough, measles, mumps, and polio," he writes. "On the other hand, I have lived through some of the most terrible conflicts in history—World War I and II, Korea, Vietnam. With all the great advances, there is still a major problem: how to get along with one another. After I'm gone, I wonder what will happen? Will advances continue to benefit mankind? Or will there be an actual war to end all wars—total destruction of life?"

• **Montana Pursuit**, by John T. Flynn of Townsend, Montana, U.S.A. (University Editions, 200 pages, $9.95, plus $2.50 for handling; order from the author at 628 Flynn Lane, Townsend, MT 59644). In this novel set during Montana's annual elk hunting season, someone is randomly murdering hunters in remote regions. It's up to Headwaters Sheriff Ben Green and District Attorney Jefferson Kirk to catch the criminal. The book also touches on a number of trends impacting contemporary Montana, including the purchase by celebrities of vast tracts of land, the decline of family ranches, and the efforts of animal rights groups to ban hunting.

• **Creative Problem Solving: Thinking Skills for a Changing World**, by Edward Lumsdaine of Houghton, Michigan, U.S.A., and Monika Lumsdaine (McGraw-Hill, $35). This textbook focuses on a teamwork approach to problem solving, utilizing case studies, team activities, and open-ended assignments to enhance "whole-brain" solutions to problems. The authors also explore the interrelationships between culture, technology, and invention.

Rotarian Lumsdaine is dean of engineering at Michigan Technological University in Houghton.

• **The Log-Jam**, by Harry H. Luton of Grand Rapids, Michigan, U.S.A. (Copper Orchid Publishing Co., 902 Oakridge Dr., Jackson, MI 49203-3844, 216 pages, $12.95). This novel about a succession of men and women who enjoy fishing at a pool created by a log-jam on Michigan's Elk River, is also a paean to trout fishing.

Author Luton, a member of the Dwight Lydell Chapter of the Izaak Walton League, has been a trout fisherman for 66 years.

• **Dining Ethnic Around Puget Sound**, by Steve Taylor and Mary Taylor of Seattle-Industrial, Washington, U.S.A. (Poverty Bay Publishing Co./Northwest Harvest, P.O. Box 12272, Seattle, WA 98102-0272, $19, 268 pages). The authors selected the finest ethnic restaurants from northwest Washington and invited their chefs to share their best recipes. The result, they say, is a sampler of some of the best cuisines of the world.

The book's chapters consist of a short description of individual restaurants, followed by clear, concise, step-by-step recipes for favorite ethnic dishes ranging from polenta with vegetables to red beans and rice with Andouille sausage.

• **Love, from Grandma**, by Becky L. Amble of Bloomington, Minnesota, U.S.A. (Future Focus Publishing, 2626 E. 82nd St., #228, Minneapolis, MN 55425-1361, 133 pages, $10.95, plus $1.50 for handling). Rotarian Amble has collected anecdotes, secrets, and words of wisdom from 180 grandmothers in this inspirational book. One example: "Enjoy nature and appreciate the beauty it provides. You only have one lifetime. Fill it full of good memories!"—Betty B., 78, of Sun City, Arizona, U.S.A.

• **Who Taught You About Money?**, by Richard T. Harris of Chesa-
been Whirl-arterial story States. part South, Rose rick service, such psychologist, Pacific peake sial Guide virginia •• Rough Ways Virginia, •• lose Virgin Talking Books, page “a” positive, practical guide to help people improve their lives.” The book deals with everyday life issues, from depression to stress, and emphasizes values such as volunteerism, friendship, service, and kindness.

- The Chicken War and Other Wild Stories About Texas, by Patrick M. Reynolds of Lancaster South, Pennsylvania, U.S.A. (Red Rose Studio, 359 Flintlock Dr., Willow Street, PA 17584, illustrated, 104 pages, $8.95). Intended to "fill a gap" in American history, this book is part of a series called "Texas Lore" that focuses on the years 1700 to 1850 and the Spanish colonization of the southwestern part of what is now the United States. By means of illustrations and captions, Rotarian Reynolds tells the story of frequent clashes between Spanish, French, and English colonists, missionaries, and soldiers.

- Barditch, Texas—the Saga Be-
Population discussion—In October 1995, U.S. media mogul Ted Turner (second from left) hosted a luncheon discussion group for 170 Rotary club presidents of Georgia, U.S.A. The purpose of the luncheon was to review the work accomplished at the Rotary Peace Forum on Population and Development held earlier that year in Senegal. (Past District Governor Buck Lindsay of Georgia played a key role in the forum.) From left: District Governor James Lyle (6910); Ted Turner; District Governor Barry Smith (6900); R.I. Director Aaron Hyatt, and District Governor J. Marion Franklin (6920).

Presidential remarks—State President Süleyman Demirel of Turkey delivers the keynote address at the April 1995 assembly of R.I. District 2430 in Ankara. President Demirel is well acquainted with Rotary—he is a Paul Harris Fellow.
McLean emphasized his commitment to the "push outs"—problem kids that school districts would rather expel than help. "We can't get rid of the problem by doing this," he said. "We must face it and deal with it."

E. Jean Harper spoke on the Character Education Program in the Dayton Public Schools system, implemented in 1992. The system serves 28,000 students, 68 percent of them African-American. Its goal, she said, is to integrate character education in new and existing programs and encourage young people to develop an appreciation of fairness, respect, trustworthiness, responsibility, caring, and citizenship.

Harper challenged Rotarians to get involved in similar programs in their own communities. "Character education must be more than talk," she cautioned. "It must be action."

Colman McCarthy told Rotarians: "You are a solution-oriented group. I try to be a solution-oriented journalist." His chief concern: the need for more service programs and peace programs in high schools and colleges.

"You can make straight A's in school and go out and flunk life," McCarthy said, suggesting that a well-rounded education should

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Herb and Diane Brown greet Martez Nicholas (left) and Nydia Cintron at the Rehabilitation Institute of Chicago. Financial assistance from the Rotary Club of Chicago funds the institute's Pediatric Care Floor, which provides free rehabilitation services and equipment for needy children with disabilities.
also include volunteering in battered women’s shelters or teaching the illiterate to read. He noted that many students who have signed up for volunteer work have “come back refreshed.”

McCarthy said Rotary’s goal of world understanding and peace makes its members ideal mentors for youth. “I encourage Rotarians to work with their school systems,” he said. “The students are there waiting for us. All of them, without exception, need us.”

In her major address following Saturday’s luncheon, R.I. First Lady Diane Brown noted that throughout history, families have been the foundation for the well-being of society, but that today families are at risk. This breakdown, she said, has contributed to epidemic drug abuse, unwanted pregnancies, and suicide. Diane, recalling the spirituality that helped her withstand the hopelessness and despair she experienced after the death of her son, Graham, said religious values can play a key role in revitalizing family values. “Studies show strong families have a high degree of religious orientation,” she said.

“I believe that Rotary is very well positioned to do something about the values crisis we face in our world today,” Diane said. “If we can help to wipe out polio, we can certainly work to destroy an even more deadly virus that is crippling the minds and spirits of today’s youth.”

A moving performance by the Chicago Children’s Choir provided a fitting end to the conference. Following their rendition of several international songs that transported the audience across a geographical and multicultural landscape, the choir members joined hands in a huge circle with the Browns and other participants for a reprise of their opening song, “Let There Be Peace on Earth.”

Afterwards, many of the attendees joined Rotary’s president and first lady for a tour of the Rehabilitation Institute of Chicago’s Pediatric Care Floor—formally called The Rotary/One Floor—which the Rotary Club of Chicago has actively supported with gifts totaling more than $2 million since 1967.

Perhaps the most important outcome of the conference was the exchange of ideas and specific solutions to pressing problems that plague so many of the world’s communities. Said Jean Campbell, president of the Rotary Club of Gary, Indiana, U.S.A., and director of the localYWCA, “I was intrigued by the topic of family values. Politicians refer to these words all the time, but what do they really mean? I was very impressed by the substance of what I heard here today. It shows me that Rotarians are not just do-gooders, but that we can exert our considerable influence in business and politics to make concrete, positive changes.”

Participant John D. Craig, a member of the Rotary Club of Indianapolis, Indiana, U.S.A., is a former FBI special agent and trial attorney. His background gives him a unique perspective on family values and the criminal justice system.

“This conference was a crucial first step in a massive undertaking to change attitudes through awareness. With more than one million members, what organization could be a greater resource or catalyst for change?” he said. “If we can save one child’s life, if we can save one woman from battery, we have fulfilled our legacy.”

Carolyn Graves of Benton Harbor-Sunrise also viewed the theme of family values as a deeply personal issue. She works closely with at-risk youth as part of Learning Opportunities for Teens in the inner city. “I’ve lived the problems that we discussed at this conference. I’ve struggled with so many of these issues and sometimes you feel alone.

“But this conference made me realize that I’m not alone. We’re all looking for solutions to the same problems. I’ll be going back to my club with renewed energy—and renewed hope.”

—CARY SILVER and JOSEPH T. AGNEW
[Performance ... from page 43] employee’s human frailties. Employee shortcomings are, instead, addressed as an “improvement-needed” issue in Step 3.

3. Set mutual goals.

In a Professional Growth Plan, the reviewer and employee essentially perform equal roles. Specifically, each comes to the review meeting prepared to tell the number-one thing the other person can do to make their own job more productive. This creates balance and fairness.

Productivity is tightly linked with conscious attempts on the part of management to support employees with the resources they need to do their jobs. The secret here is to have the employee state his or her own needs and to understand that employees (not the manager) know best what they need to do their job well.

It’s easy enough to see how this builds goodwill. And here’s a case study. When managers at a Long Beach, California, high-tech manufacturing company, conscious of the importance of performance reviews but generally reluctant to be confrontational, incorporated a professional growth plan, they agreed to an experimental practice review between two top executives. George, the president, and Dave, the vice-president, had worked together for 12 years and thought they had a good rapport. During the review, however, they were startled to discover what each most wanted of the other.

George’s primary request was that Dave submit monthly cost accounting forms on time. Dave was very surprised to learn that this was the president’s top priority.

Next, Dave said he wanted George to follow the chain of command. He said that when the president dealt directly with supervisors in the plant, it interfered with Dave’s authority and made his job difficult. George, surprised to hear his vice-president’s number-one concern, had thought he was helping Dave by solving these supervisory-level issues.

After each agreed to the other’s goals, they set a specific date for follow-through and used a system to measure results. A week later, in reviews and similar goal-setting sessions with employees, Dave stressed the importance of submitting the cost-account sheets on time. This review process continued all the way to the assembly line positions. The results? After applying the PGP system, the company went from using 58 assembly-line hours per ton of finished products to 45 assembly line hours per ton.

The essential goal of a PGP type of performance review is clear, tangible results. Needless to say, many of its philosophies run counter to poor management habits. While not the answer to all employee relations problems in an organization, a performance review based on The 4-Way Test is a powerful step in the right direction. The system gives equal attention to employee needs and company goals, while encouraging workers to perform as responsible contributors to their coworkers, departments, and organizations.

Such a review system can be the beginning of wise management, a more motivated and productive workforce and, ultimately, a more profitable organization. Herb Taylor would have loved it!
European doctors prove that many prostate disorders can be corrected or prevented

Recently actor Bill Bixby and musician Frank Zappa died of prostate cancer. They were only in their fifties! Doctors say that most men over 60 have some degree of prostate disorder—and it is not unusual for men in their forties and fifties to have minor prostate problems.

Have To Get Up At Night?
Do you have to get up at night to urinate, feel urgency, delay or dribbling at other times? Well, these are the first signs of a prostate disorder. Do you feel pain or discomfort when urinating? If so, the disease may have advanced.

May Cause Impotence!
Until just a few years ago, surgery was the only choice for prostate disease, but it was a horrible one! A sizable percentage of men became impotent as a result, and at best the surgery only postponed the problem for a few years.

The highly touted prescription drug currently available has had limited success. The common side effect is sexual dysfunction—not a welcome alternative.

A Better Solution
An amazing medical breakthrough has been made in Europe that promises to put an end to many prostate disorders. 38 of Europe’s most prominent medical scientists conducted double-blind studies in France, Germany, Switzerland and Italy at 13 hospitals.

The doctors tested an extract from the bark of an African tree on over 600 patients who had various stages of prostate malfunctions.

High Success Rate
A high percentage of the participants receiving the extract were relieved and astounding no side effects were detected. Most men were able to regain their normal sexual functions in a short time.

After the distinctly positive results were published in several leading medical journals, American urologists and medical scientists tested the substance on numerous patients with prostate disorders here in the United States. Their results concurred with those of the European doctors.

No Prescription Necessary
The fact that this powerful extract produces no side effects is remarkable especially in light of the fact that all surgical techniques and current drugs do. This substance does not require a prescription, is inexpensive and is now available in the United States.

Prevention Is Possible
Up until the 1950’s, the percentage of men afflicted with prostate problems was nearly 50% less than it is in the 1990’s. Scientists believe that one cause is the lack of particular mineral which we normally get from several vegetables. The prostate needs 10 times more of this mineral than any other organ in the body.

The problem is that vegetables today have very low levels of that mineral because chemical fertilizers do not replace it in the soil. Prior to the 1950’s, organic fertilizers were more commonly used which replaced the mineral keeping prostate disorders at bay for greater number of men.

In Japan, where farmers refuse to use chemical fertilizers, men have 85% less prostate problems than men in the U.S.

Many scientists have proven in rigid double-blind clinical tests that supplementing your diet with that mineral and the bark extract mentioned earlier can reverse may prostate problems and prevent the progression of others.

An American company is now making this new European formula called Pymoxin. Every man over 40 should be taking it daily to help prevent this awful disease. Those already suffering should act immediately.

Try Pymoxin FREE For 21 Days!
And you’ll save 25% to 55% for a limited time on this introductory offer. If you are not pleased, just return the unused portion within 30 days for a full refund. A 30-day supply is regularly $39.95, now $29.95; 60-day supply, reg. $69.95, now $49.95; 120-day supply, reg. $129.95, now $89.95; and 180-day supply, reg. $149.95, now $109.95.

Call toll-free anytime, 1-800-406-1307, ask for Ext. SG122, or mail your order to: S & G Labs, 892 E. William Street, Dept. SG122, Carson City, NV 89701. Add $4.00 for shipping and handling.

Attention Doctors: The research data that substantiates the effects of this formula is available to all licensed medical professionals. Just send the request on your letterhead. It will be sent to you by return mail at no charge.

Dr. Sidney Snow, M.D., and a world famous urologists said, “Drugs and surgery were not doing the job I was taught that they would do. Other scientists agreed and continued to look for a better solution. Finally we have found a natural approach to treating and preventing prostate disorders that is safe and works.”
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WINTER PARK, COLORADO—3-Bedroom condominium. All amenities, bus. Call: (708) 584-6002.

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FLORIDA—2-Bedroom, 2-bath, fully furnished, 3 blocks from Disney World. (800) 874-3660. Week rentals.

COLORADO, R.E.: $450/month. (303) 528-2980.


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It's not too early to order Plaques & Lapel Pins to honor Retiring Officers

A. Rotarian of the Year Award
Featuring unique Florentine finish over blue marbled solid brass plate. Solid walnut plaque. 9" x 12". Engraving: 20c per letter.
R34277 Each $39.95

B. Past President Award
Etched beveled glass over royal blue velour framed in genuine cherry, accented with solid brass. 11½" x 13½". All lettering included.
R34101 Each $119.95

Club Officer Award Plaques
Genuine walnut 8" x 10½" plaques with handsome black brass plate screen printed in gold with basic lettering and Quill or Key graphics. Engraving: 20c per letter.
R34175 Club Secretary Each $39.95
R34180 Club Treasurer Each $39.95

American Walnut Gavels
No liner or more appropriate gift from a club to its retiring president. Walnut gavel with emblem screen printed on jeweler's bronze engraving band. Engraving: 20c per letter.
R34305 Each $19.95

Past Officer Pins
Pins with blue enamel finish, ½ inch in diameter. With pin post lapel tack and clutch fastener.
Each (G.P.) $3.00
Each (1/10 G.F.) $10.65
Each (10K Gold) $36.95
Each (10K W.G.) $36.95

Past Officer Pins with Ribbons
Emblems with ribbons denoting past officer. Size ½" x ½".
Each (G.P.) $3.35
Each (1/10 G.F.) $11.95
Each (10K Gold) $41.95
Each (10K W.G.) $41.95

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Source: MRI Custom Division, 1/94
Why Ski Machines Can’t Follow in Our Tracks.

Fast Track™ can give you a great aerobic workout with virtually NO IMPACT.

Get a great aerobic workout for hundreds less than expensive ski machines. If high priced and complicated ski machines have kept you from getting a great aerobic workout, it’s time to get on the Fast Track to Fitness™. Fast Track™ gives you a great aerobic workout that’s as easy as walking but with 10% less impact on your joints.

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Only Fast Track™ features the patent pending Dual Reverse Incline™ track that imitates your leg’s natural swing, keeping you centered and balanced. This natural movement virtually eliminates all impact on your feet, ankles, knees, hips and back.

Easy to use from day one. Some ski machines make you lean on a belly pad. Some people feel that this awkward position — a feeling of falling forward with your feet sliding out behind you — is unnatural and complicated to learn.

Fast Track™ is incredibly easy to use because you’re in a sturdy, balanced, natural upright position. Just place your feet on the wide foot pads and stride. It’s as easy as walking.

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Walking burns an average of 350 calories per hour. But Fast Track™ can burn up to 730 calories per hour in the same amount of time! Because your workout burns twice the calories, you can reach your fitness goals faster.

Comes ready to use! Fast Track™ comes fully assembled. Simply raise the handrails, turn two knobs and you’re ready to work out. And Fast Track™ weighs in at an ultra-light thirty pounds so you can easily move it.

Save hundreds of dollars over expensive ski machines. For only $299.95 (plus shipping and handling), Fast Track™ gives you an easy and effective aerobic workout with virtually no impact. While others are still learning how to use their cross country ski machines, you can be well on your way to aerobic fitness with Fast Track™.

Call today for a free brochure and informational video. If you’d like to get a virtually impact-free aerobic workout for hundreds less than some other ski machines, get on the Fast Track to Fitness™ today.

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*Can't use with FasTrak Fitness track

Yes! I’d like to get on the Fast Track to Fitness™ for only $299.95, plus shipping and handling of $38.84.

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MN residents include state sales tax.

1-800-470-4848
When someone remarks that you are over the hill, just remind them that it's when you're over the hill that you start to pick up speed.

- Mistakes, after all, do serve a purpose. Our friends find much pleasure in pointing them out to us.
- When you're arguing with a fool, be sure he isn't doing the same thing.

—From The Rowel, bulletin of the Rotary Club of Prescott Valley, Arizona, U.S.A.

A traveller stopped in a small out-of-the-way cafe and ordered two fried eggs. When the bill came, he was surprised to find that the eggs were a dollar apiece. He asked the proprietor, “Are eggs that scarce here?” “No,” replied the owner, “but tourists are.”

- A dentist who made clever use of advertising put up a sign in his office: “Painless tooth extraction free of charge.” A patient soon came in.

But as the dentist removed the troublesome tooth, the patient yelled in pain. Then, to add insult to injury, the dentist demanded his fee. “But your sign says you extract teeth free of charge!” protested the patient angrily.

“Oh,” said the dentist, “please read it again carefully. Only painless teeth are extracted for free. If your tooth is hurting, you have to pay for its removal!”

- A tourist in the Holy Land enquired about hiring a boat. He was told that the charge was four dollars per hour. “Four dollars an hour!” he exclaimed. “Why, I can rent a boat back home for less than that.” “Ah! But this is the Holy Land,” replied the boatman, “and these are the waters on which our Lord walked.” “No wonder he walked!” remarked the disgusted tourist.

—Above three items from Rotary News, regional magazine published in India

A young artist, unable to pay his rent, said to his impatient landlord, “In a few years' time, people will look up at this miserable studio and say, 'Harris, the famous artist, used to work there.'”

The landlord replied, “If I don’t get the rent by tonight, they’ll be able to say it tomorrow.”

—J. DAVID SCHMIDT, Rotarian Arlington, New York, U.S.A.

I was the speaker at a Rotary banquet and after the event I asked my wife how I had done. “Very well,” she said, “but you missed several good opportunities to sit down.”

—FRANCIS STEINER, Rotarian Grantsville, Wisconsin, U.S.A.

The following reports were submitted to an insurance company by policy holders asked to describe their particular accidents:

- The other car collided with mine without giving warning of its intentions.
- A pedestrian hit me and went under the car.
- Coming home, I drove into the wrong house and collided with a tree I don’t have.
- My car was legally parked as it backed into the other vehicle.
- The guy was all over the place. I had to swerve a number of times before I hit him.
- The accident occurred when I was attempting to bring my car out of a skid by steering into the other vehicle.

—From The London Rotarian, periodical of the Rotary Club of London, England
THIS YEAR...Rotarians Can Raise More Money...With Less Effort!  
...(And Have Some Fun Doing It!)

Hi! From working with service clubs for almost 14 years, I know what makes a good fund-raiser! Several years ago, I invented one that you can be proud to use—a board game that can be personalized to your city, town, county, or local community!

Nationally, over 500 clubs have already used this game to raise an average of $4,000 to $6,000—while putting in much less time and effort than most other projects require...to raise the SAME AMOUNT of money!

If you decide to use this fund-raiser, an edition of the game will be NAMED after your city, town, or community. Local businesses will PAY you for an ad spot on the game board, and local residents will buy copies of the game from local businesses that sell copies of the game FOR you!

✦ It's Easy, It's Fun!  
✦ It Takes Just One Person to Run This Project Successfully!  
✦ You Make $1,000 to Over $20,000!  
✦ Gain Lasting Publicity and Recognition for Your Club  
✦ Almost NO City or Town is Too Big or Too Small!  
✦ Your Total Investment: A $50 Deposit

For a FREE "Idea Kit," and Complete Information...  
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**Or WRITE: **Mike Kuzma  
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Romulus, MI 48174

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"The best [fund-raiser] we ever had.  
The easiest to make a big pile of money in one shot."
—Paul Jenkins, Winona Lake, IN

See What Other Club Members Say: Raise more money...with less effort!  
"[We netted] $16,500.00. It's a great idea...a lot more fun...more profitable...."  
—Karen Smith, Greensboro, NC

"This is a great money-maker and...we did this project with virtually two people."  
—Jean Gehlsen, Gr. Manasas, VA

"We [netted] over $8,000.00. It was kind of exciting. ...You can just work...a short period of time and then realize such a phenomenal profit!."  
—Helen Stad, North Brunswick, NJ

Local businesses will want to help you!  
(I'll show you exactly what to do)  
"[Local businesses] didn't want to be left out!"  
—Matt Seach, Hibbing, MN

"...Businesses were excited—that their name would be on a game [named after the town]."  
—Michele Wrublevski, South Plainfield, NJ

YOU don't sell the games! You just drop them off at participating local businesses, and watch the games disappear!

"It was the best project we ever had...and it only took one man, practically, to do it!  
[The games]...sold...within a week. They just disappeared! People loved it! Most of the [local merchants] on the [game] board helped sell the games. They went like hotcakes!  
We made...over $10,000.00....  
The following year we ordered 700 more [games] and sold them the same way.  
[Altogether] we made around $18,000.00."  
—Frank Payn, Bellingham, WA

"...Sold out 400 [games] in 3 days. Please send 200 more."  
—Patrick McElrath, Marietta, OH

"If we'd known [the games] were going to sell so well, we'd have ordered 1,000 right off. It's a great project."  
—Dan Caney, Ypsilanti, MI

Still not convinced? By telephone and free materials I will personally help guide you to complete success.

"You know, the first time we glanced at the idea we thought, Oh boy, just another off-the-wall money-maker... We sat on this for more than two months. Well, I don't have to tell you how it went. We...will make...about $11,000.00. Now, that's not bad going in with no money, is it?"  
—Bill Ford, Monroe, MI

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As Shown On ABC Television's "Nightline" with Barbara Walters substituting for Ted Koppel

#1 BEST-SELLER!
Calgary will be great... and it can even be greater...

By Alex Tilley, Tilley Endurables Inc.

I’ll get back to “greater” and the asterisk soon.

First, Alberta: There’s just so much to experience!
Consider Banff and Lake Louise and their mountain settings... and Jasper National Park! Or Waterton Lakes National Park where the prairie ends and the mountains erupt — and Head-Smashed-In Buffalo Jump! See the finest display of dinosaur bones, at the Royal Tyrrell Museum of Paleontology in Drumheller.

Also In Canada
— and Rotarians from around the world are coming to know about it! — is a new type of travel clothing that lasts and lasts, is easy to care for, looks smart anywhere, and even has secret pockets to protect against pickpockets — our version of the Four-Way Test.

Most Canadian Rotarians know and will speak kindly of Tilley Endurables. (Ask one!) Probably you will too, once you’ve come to know of our modest Canadian company. So let us introduce ourselves — by inviting you to get into our rather unusual underpants.

Back To The Asterisk
Here’s why, whenever you travel, you’ll want the freedom of wearing Tilley Travel Underwear:

- Fast-drying: Wash it at night and wear it, dry, to breakfast. With two sets, you can travel the world. (One will do you quite nicely in friendly, informal Alberta.)
- Great Comfort: More so even than cotton, not only because it’s so soft, but also because it hardly ever gets sweaty. It’s stain, odour and bacteria resistant, and won’t chafe, bind or climb up where it shouldn’t.
- Guaranteed: If you don’t agree with my assessments, phone us. We’ll refund your money and you get to keep the underwears.

Sizes, choices, etc: S - XXXL. Any color you wish as long as it’s white. Ladies’ Travel Briefs: $15.00; Men’s Travel Briefs: $17.00. S/H $2.50 for 2 sets.

FREE TO ROTARIANS
— with an underwear or other Tilley item order —
(one of the below per family, please)

1 Two passes to the Royal Tyrrell Museum
($15.00 value).
2 Five opportunities to win the services of a chauffeur and stretch limousine with gas for 8 hours before, during or after the convention.
(The draws will be made by surprised customers on May 15, in our Don Mills, Ontario, Flagship Store. Picture your spouse’s surprise and delight if you win!)
3 Our current Catalogue, and even more.
   Even if you’re not going to Calgary, you must phone for a catalogue and “even more”!

You’ll Appreciate This
In 1980, unable to find a proper outdoor hat, “Alex” Tilley made one as a hobby. Unexpectedly, the Tilley Hat turned out to be the best-made and most practical hat available anywhere, and its success changed his life. Now, 16 years later, this modest Canadian makes the longest-lasting, most practical and probably the most carefully made travel clothing — and still the best outdoor hat — in the world.

His family-owned business includes several successful stores in Canada, and mail-order divisions in Canada, the U.S.A. and Britain. It supports Rotary.

Over 500 stockists on 3 continents provide Tilley Hats — including the gift shop at the Royal Tyrrell Museum — plus 28 other stores in Alberta.

Four Tilley “boutiques” will open in San Francisco on April Fool’s Day... Typical!

To celebrate the Rotary International Convention in Canada, all Paul Harris Fellows will receive a 10% discount on all purchases from us this year, including this one. Just tell us.

Phone now while you’re thinking about it... and be sure to mention that you’re a Rotarian.

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ENDURABLES

Tilley Endurables

TWO TYPES: with a secret pocket (shown) for a variety of possible reasons. Or with the traditional.

Sir Edmund Hillary — a great humanitarian and a frequent speaker at Rotary

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