



The Ambassador

The official weekly publication of the Rotary Club of September 1, 2005 edition

SERVICE Above Self

Weekly Message to Club Members

Rotary Club of Hamilton
Officers

- President
Keith McIntyre
- President Elect
Robert Beres
- Vice President
Rick Broadfoot
- Past President
Paul Gibel
- Treasurer
Norman Preece
- Secretary
Wendy Brawn
- Sergeant-at-Arms
Pearl Wolfe

Directors

- Communications
Pauline Mitchell
- Community Service
Oksana Fisher
- Fundraising
Joe Urban
- International Service
Adrienne Davidson
- Club Programme & Fellowship
Cynthia Janzen
- Member Services
Jim Commerford
- Vocational Services
Madeline Steller

Last Week's meeting (Aug. 25th)
We had the pleasure of meeting our new exchange student Joanne Albert (pronounced Al...bear), who is from Belgium and was introduced to the club by host Janet Walsh. She is sponsored by the Rotary Club of Malmedy-Hautes Fagnes in the Belgian Eastern townships.

September 1, 2005 Regular Luncheon Meeting
Guest Speakers: We have classification talks by our own Rotarians, Jim Commerford, president of the Hamilton-Burlington YMCA, and Joan Heels, vocal music studio owner and teacher, adjudicator, examiner.

We will also be welcoming members of a Brazilian Rotary Group Study Exchange who are visiting our club and city. Past DG Bob Bruce and spouse, Nan Bruce, past president of the Waterdown Rotary Club will be attending.

Please NOTE: The caterer is receiving requests for vegetarian meals that we were not aware of. If any Rotarian has

an ongoing need for vegetarian meals please let me (Tammy) know.

September 9, 2005 The Rotary Club of St. Catharines is having their annual Charity Golf Tournament at Lookout Point Country Club in Fonthill. 18 Holes with Cart, BBQ Lunch, Dinner and Live & Silent Auction. For more information contact Kimberly Deanne 905-892-2689 ex: 250 OR Jean Bancroft 905-892-0310.

Club Administrator

On behalf of Keith McIntyre, I will be distributing the weekly message based on input from Club Directors, Committee Chairs and Club Officers. I had an opportunity to meet many Members at last week's meeting and I look forward to meeting those I have not over the following weeks. If you would like to contact me, my email address is tammy.martin@cogeco.ca

Tammy Martin
Club Administrator
Rotary Club of Hamilton
tammy.martin@cogeco.ca

Hello Fellow Rotarians:

Like all of you I am horrified by the scenes of the devastation and suffering as the result of the assault of Hurricane Katrina on the Gulf Coast U.S. States. The Canadian Red Cross is in the process of providing help and support to our friendly southern neighbours in distress.

If you would like to provide immediate help, you can donate online to The Canadian Red Cross at www.redcross.ca. Your donation is given to the Fund for "Hurricane Katrina". You immediately receive a reply to your internet address with a link for your Canadian tax receipt, that you can just print off for the next tax season.

I have already made a donation. Our American friends and relatives, and fellow Rotarians, are always first in line to provide both financial and material help wherever it is required in the world in every disaster. We have the opportunity to show now our real concern for their suffering at this time.

Bruno Bragoli



Jack Wallace

764 Upper James St.,
Hamilton, ON L9C 3A2
Office: 905.318.5555
Mobile: 905.971.5555
Fax: 905.318.8325
jwallace@activewireless.net



Ned Lauder

James The Mover Ltd.

125 Cascade Street
Hamilton, ON
L8E 3B7

Bus: (905) 561-3631
Fax: (905) 561-3448
Oakville and Area: (905) 844-8711
Email: jamesthemover@on.aibn.com

*10 Suggestions for
More Successful Living
by
Rabbi Bernard Baskin*

1. Never forget the importance of little things.

Someone asked a famous symphony conductor which orchestral instrument he considered the most difficult to play. The conductor thought a moment, then said: “Second fiddle. I can get plenty of first violinists, but to find one who can play second fiddle with enthusiasm—that’s the problem. And if we have no second fiddle, we have no harmony.”

Life is made up of little things. There are few opportunities for the heroic. True greatness consists in being invaluable in small parts. When I consider the tremendous consequences that flow from the seemingly inconsequential—a chance word, a tap on the shoulder, a greeting proffered, a letter answered—I am certain there are few things that are truly little.

2. Cultivate the art of patience.

The prayer of modern men and women runs as follows: “Dear God I pray for patience and I want it right now.” Patience makes for perfection. The great pianist Paderewski declared that if he missed practicing for one day, he could tell the difference. If he missed practicing for two days his friends could tell the difference. And if he missed practicing for three days his audience could tell the difference. Patience is the hallmark of a civilized person who knows how to wait for the egg to hatch, the fruit to ripen, for the idea whose time has come.

3. Don’t take your remarkable five senses for granted.

There is the story of two blind beggars who were soliciting donations on a busy street. Both were pitiful figures, yet one of them seemed to have much more success than the other. Nickels and dimes poured into his cup, while people walked past the first beggar with hardly a glance. An interested observer discovered the reason. Instead of the usual written message reading, “I am blind,” the successful beggar’s card read: “It is June, the sky is blue and I am blind.”

He attracted the attention of others by reminding them of the beauty of the spring that he could not see. Suddenly the pedestrians became aware of the beauty that they were taking for granted. Helen Keller, referring to those who have their sense of sight, hearing, and speech wrote: “I who am blind can give but one hint to those who can see. One admonition to those who would make full use of the gift of sight; use your eyes as if you would be stricken blind! And she continued: The same concern could be applied to the other senses. Hear the music of voices, the song of a bird, the mighty strains of an orchestra as if you would be stricken dead tomorrow. Touch each object as though tomorrow your tactile senses would fail. Smell the perfume of flowers, taste



with relish each morsel, as if tomorrow you would never smell, or taste again.”

4. Life is best when it is shared.

Rabbi Harold Kushner tells this story: I was sitting on a beach one summer day, watching two children, a boy and a girl, playing in the sand. They were hard at work building an elaborate sand castle by the water’s edge, with gates and towers and moats and internal passages. Just when they had nearly finished their project, a big wave came along and knocked it down reducing it to a heap of wet sand. I expected the children to burst into tears, devastated by what had happened to all their hard work. But they surprised me. Instead, they ran up the shore away from the water, laughing and holding hands, and sat down to build another castle. I realized that they had taught me an important lesson. All the things in our lives, all the complicated structures we spend so much time and energy creating, are built on sand. Only our relationships to other people endure. Sooner or later, the wave will come along and knock down what we have worked so hard to build up. When that happens, only the person who has somebody’s hand to hold will be able to laugh—or maybe know how to cry.

5. Learn the lessons of gratitude.

It might be a helpful exercise in humility, to face some basic questions. Have we indeed created ourselves? Is it our genius that fashioned that most intricate of all miracles—the complex and wonderful mechanism we know as the human body? Has our wisdom made the seed, or taught it how to yield the golden grain and the luscious fruit? Has our blood purchased the freedom we enjoy? Have our minds discovered the cures that heal us, the vaccines that immunize our children, the skills that have extended our life span? Is it because of our excessive virtue that we live on a continent which has 15% of the world’s territory and 50% of its goods? Are we more deserving than the hundreds of millions of our fellow human beings around the world who are hungry, cold and illiterate? Has our abundance of nobility spared us the fate that overtook millions of persons in Europe or Asia, or

the devastation that was visited upon those unhappy continents in two world wars?

If we truly cherish our freedom then we must be concerned with the plight of those who still bear chains. If we are grateful for our abundance, then we must share at least some of our abundance with the desperate and hungry. If we are genuinely appreciative of our own good health, than the plight of the handicapped becomes a legitimate claim upon our financial resources.

6. Maintain a sense of perspective.

There is wisdom in the old maxim; “Today is the tomorrow you worried about yesterday.” The long view of history provides a necessary sense of proportion. The world is not coming to an end tomorrow or the day after. At the Hayden Planetarium in New York, an elderly lady came up to the narrator after a performance and asked, “How many years before the sun blows up?” “Twenty billion,” said the man. “Thank heavens,” she replied with a sigh of relief, “I thought you said 20 million.”

Even the troubles of the day yield to new possibilities. A biologist one day observed an ant carrying the burden of a big piece of straw. The ant came to a crack in the earth, which was too wide for it to cross. It stood for a time, as though pondering the situation. Then it pulled the straw across the crack and walked across it as a span. The impressed biologist said: “What a lesson for us. Even the burden can become a bridge for progress.”

7. Really live Rotary’s motto, “service above self.”

Our society cries out for volunteers, interested in serving their fellowmen. Such lives can never be without meaning or excitement. People who live this way will never be overwhelmed by a sense of uselessness or futility. The real invalids and discarded of our time are the self-centered, the socially unaware, the prisoners of selfishness who live in a world of low ceilings.

Every blessing we enjoy has been sacrificially paid for by others. It is no accident that the word “bless” and the word “bleed” come from the same root. Every important blessing we enjoy—our freedom, our health, our heritage, our security—is dipped in the blood of generations of benefactors. There is nothing we can give which we did not first receive. Such obligations can never be fully repaid, but neither are we exempt from making some sustained effort at repayment.

8. Never lose your sense of wonder.

Albert Einstein wrote: “The most beautiful thing we can experience is the mysterious. It is the source of all true art and science. He to whom the emotion is a stranger, who can no longer pause to wonder and stand wrapped in awe, is as good as dead; his eyes are closed.”

Psychologists often define intelligence as the capacity to learn. But perhaps far more significant is the capacity to wonder. The larger the island of knowledge, the longer the shoreline of wonder. It was Kant, the great philosopher who

taught: “Two things fill the mind with ever new and increasing wonder—the starry heavens above me and the moral law within.” We are all born with a sense of wonder, how quickly most of us lose it.

9. Don’t be afraid of growing old.

Our society has fostered the silly concept that in youth alone there is beauty, excitement and achievement. This is nonsense. Millions of senior citizens across the land demonstrate the fallacy of that notion. The best preparation for old age comes with taking a positive attitude throughout all of life—that is to say, to live each stage fully. One elderly woman said, “I make the most of what comes and least of what goes.”

Those who realize life’s highest fulfillment keep mentally alive as long as they live. When Franklin Roosevelt went to Washington, D.C., in 1933 to be inaugurated as president of the United States, he set time aside to call on Justice Oliver Wendell Holmes, then in the 92nd year of his prodigious life.

Roosevelt found Holmes in his library. Why are you reading Plato, Mr. Justice?” Roosevelt asked, to which Holmes replied, matter-of-factly, “I am trying to improve my mind.” Our education must go on as long as we do.”

The late Rabbi Abraham Heschel wrote” “We must not regard old age as a time of stagnation but as a time of opportunity for inner growth. The years of old age are the years in which to attain the wisdom we’ve ignored. They can be formative years, rich in possibilities to unlearn the bad habits, see through our self-deceptions, deepen our understanding and compassion, widen the horizons of honesty, and refine the sense of fairness.”

Methuselah used to say, “The first hundred years are the hardest.” That may be, but be assured that it is better to add life to our years—than years to our life.

10. Finally, nurture the blessing of hope.

The cynics and pessimists would have it that hope is merely disappointment deferred. A young girl on an examination paper discovered the question: “Upon what do hibernating animals subsist during the winter?” She thought about the question for a long time and then wrote, “on the hope of coming spring.” There is no conquering or overcoming the spirit of hope. It makes its way through the stones of despair. You could cover the whole world with asphalt but sooner or later the green grass of hope and fait would break through.

So here all 10 insights or suggestion that I, with understandable trepidation, present to you! My friends! All of us— young and old—are moving towards the setting sun. The path of life leads to the western horizon. There is a beauty and radiance in the sky. Let us walk forward unafraid and undaunted with the glow of that light upon our faces.

Message to Club members

Although I mentioned at last week's meeting that Rick Broadfoot's health was failing fast, it was still a shock when I received the call last Friday morning from his long time associate, Shiran Noseworthy, that Rick has passed away.

The funeral home visitations on Tuesday were overwhelming to the family as both visitation times went well over-time but Rick's wife, Helen, said the turnout helped the family cope with the loss. Rick's Honourary award from our club was on display with his curling broom and golf clubs. He did see last week's Ambassador photo where all BBQ attendees were photographed giving a "thumbs up" pose for Rick on August 18.

Many Rotarians attended the funeral Mass this morning at St Anne's Parish church in Ancaster and in his homily about Rick's life, the priest specifically mentioned Rick's service in Rotary Club.

In lieu of flowers, at Rick's request, the family requested that donations be made to our Sunshine Fund. Rick wanted the donated funds to aid the work of our club with children in the community and internationally. The club's charitable donations committee will insure that Rick's wishes are honoured.

At Thursday's meeting, there will be Sunshine Fund Memorial Donation forms on each table for members, who have not already done so, to make a charitable contribution in memory of Rick. The family will be informed of the names of all who make a memorial donation to our Sunshine Fund.

Yours in Rotary Service,
Keith McIntyre, President

New Member Proposals

The following has been proposed for membership in the club.

Week two notification

Bob Munroe
Partner and Chairperson, Ross and McBride LLP
Proposed by Bob Leek

These membership proposals will be published for two consecutive weeks in the Ambassador. If you have any comments about these prospective members, please contact the Membership Committee chair Jim Commerford.

A PILLAR IN ROTARY

A true Rotarian in every way, Rick Broadfoot was always there. For any task, big or small, Rick would offer his service. A new exchange student, Rick was eagerly willing to take them in for a term until the next host family will be ready for their duty.

All the years I knew him, I never recall an instant that Rick would complain, or be irked on some little matters. Instead, he would do the job himself. God knows how many times we had to rush and do things at the last minute to prepare for the TV Auction. Rick would get to work as he knew it was for a good cause.

An anecdote of Rick Broadfoot, he most loved to have this mechanical wrist-watch that continuously required maintenance. Quite a few times he would say to me, "Emil, I will walk with you", after a few times I realized it wasn't my company, but to go see the watchmaker across the street from my tailor shop, to fix his darn old wrist-watch again. With all the money he spent on it he could have had a high-tech time piece. You know the one they guarantee for ten years, and it will never lose a decimal of a second.

"SERVICE ABOVE SELF", is a true motto for this Rotarian man. Rick did everything for others; his family, his law firm, and his Rotary Club. In two years Rick would have been our president and he surely will be missed by us all, and never be forgotten...

Kudos to Rick Broadfoot, you are a pillar, who will live and be remembered on your foundation of kindness.

Your friend and Rotarian
Emil Fusaro

Project Caring

Al Oakie has just come home after 5 days in hospital with a severe bowel infection, he is also suffering with dementia. No visitors for a few days but if you want to visit, call first. Prayers and cards are always welcome.

Bob Wilson



Specialists in Personal and Corporate Insurance

14th Flr. - 105 Main St. E., Hamilton ON L8N 1G6

525-7259

Fax 521-7989

www.danlawrie.com

dli@danlawrie.com



ROTARY-CLUB
Malmedy Hautes Fagnes
District 1630

President and Members of the
Hamilton, Ontario Rotary club

Malmedy, August 18th, 2005

Dear Rotary friends,

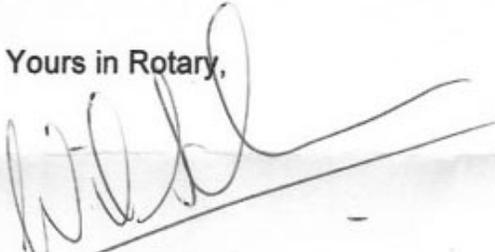
I think you'll agree that one of the most exciting Rotary programs is Youth Exchange. Giving young people the opportunity to reach out to the world and to experience life in another country on another continent will surely bring nearer one of the major goals of our movement: a better understanding among peoples and through that a more peaceful world.

Rotary club Malmedy – Hautes Fagnes, from the Belgian Eastern Townships, is proud to be sponsoring Joanne Albert's one year's stay with you in Hamilton, Ontario.

Thank you for receiving her as your guest, I'm confident she'll be a fine ambassador of her country, her town and of our club.

Wishing you well on behalf of all the members of our club,

Yours in Rotary,



William F. Schuwer
President 2005 – 2006
Rc Malmedy – Hautes Fagnes
District 1630, Belgium



The Ambassador

The Ambassador is the weekly newsletter of the Rotary Club of Hamilton.. Deadline for articles is Monday each week for publication the following Thursday.

The newsletter is distributed by email each Thursday, and printed for distribution the following week.

You can help save the club money for mailing and printing costs if you are able to download the electronic version, and no longer need to pick up a printed copy at our weekly meetings.

Janet McNaught (janet.mcnaught@gmail.com)
Rotary mailing list rotary-l@mailman.mcmaster.ca

Vocal Plus Studio
Vocal and Piano Lessons

Dr. Joan B. Heels
Singing Voice Specialist
49 Glenmount Avenue
Hamilton, Ontario
L8S 2L3

905 - 522 - 5770
joanheels@aol.com
joanheels@hotmail.com

Emil Fusaro
Custom Tailor
for Ladies and Gentlemen



"A man to know"

84 John Street South
Hamilton, Ontario, Canada L8N 2C1 905-522-9113

DESSCO
Design Solid Surface Counters

Certified Fabricators/Installers

CORIAN **ZODIAQ** **SILESTONE** **GRANITE**
SOLID SURFACE QUARTZ SURFACE QUARTZ SURFACE NATURAL STONE

1359 Osprey Drive
Ancaster, Ontario L9G 4V5
ph: 905-304-9449 1-800-863-4207
fax: 905-304-5934 1-866-813-9618

Michael E. O'Brien

Entertainment For All Occasions

* Business Meetings * Promotional Events *
* Company Parties & Dances *
* Fund-raisers * Conventions *

Paul A. Gordon 905-549-4111
pgdancers@sympatico.ca www.paulgordondancers.com

Margarita Invites You...



*Sunday Brunch
*Lunch and Dinner
*Special Theme Nights
*Corporate/Private Events

Baranga's on the Beach

380 Van Wagners Beach Rd. 905-544-7122 www.barangas.com
Hamilton, ON. L8E 3L8 Fax 905-544-7699 bonthebeach@aol.com

CIBC Wood Gundy Expertise that's one to one. **1:1**

Guido Di Cesare, H.B.A., CFP
Investment Advisor
600 - 21 King Street West
Hamilton, ON L8P 4W7
Tel: (905) 523-2360
Fax: (905) 526-4716
Toll Free: 1 (800) 263-0914

CIBC Wood Gundy is a division of CIBC World Markets Inc., a subsidiary of Canadian Imperial Bank of Commerce and Member CIBC.

MARLATT
Funeral Home & Cremation Centre

615 Main Street East
Hamilton, Ontario
L8M 1J4

tel 905-528-6303
fax 905-528-3497
www.funeralscanada.com

Alan D. Macdonald
MANAGING DIRECTOR

Member of
ALDERWOODS GROUP

In life, as in finances, there's a lot to be said for clarity

How can I clarify your finances?

Ike Ahmed CFP CLU
905-528-8691 ext 225
Ike Ahmed Financial Services & Inv. Ltd.
120 King Street W., Suite 1100
Hamilton L8P 4V2



CLARICA

Representing Clarica Financial Services Inc. and Clarica Investco Inc.