

Good afternoon to all Board of Directors and fellow Quota members here today. It is an honour to be among such dedicated Quotarians. I was asked to submit a report as to what I have been doing in my district, plans for the coming year, and how I plan to get the "Give Me Five" program introduced at Conference up and running. My first thought was to run and resign, but my heart said "hey" give it your best shot. I believe in Quota, have for over 13 years and it makes me happy; why, because of some of you right here in this room.

I do know Evelyn Johnson and I are the last of the old Estevan Quota Club. Stacey Drebnicki stand up. She is our new Estevan Quota Club, along with 10 others. They all have joined Quota in the past 2 and a half years. So together, we believe in the "Give Me Five". It works, so we are building, listening, making changes. Things may be done differently now, but the end results are great and that is what counts. For me, I am willing to travel to any other club to help find their buttons because Quota is hot, for all ages.

A friend shared an article with me and I want to share it with you. Why do I have a variety of friends who are all different in character? Most of them can even be considered marginal?

How do I get on with them all?

I think that each one helps to bring out a "different" part of me.

With one of them I am a polite, good girl.

I joke with another friend.

I sit down and talk about serious matters with one of them

With another I giggle at every silly thing.

I have wine with one

And dance with another

I listen to one friend's problems and give her advice

Then I listen to another advising me

They are all like pieces of a jigsaw,

When completed they form a treasure box.

A treasure of Quota Friends

They are my friends who understand me better than myself,

Who support me through good days and bad days.

They are colourful anti-depressants that I take on different days.

Real Age doctors tell us that friends are good for our health.

Dr. Oz calls them Vitamins F (friends and family) and counts the benefits of friends and family to our well being

Research shows that people in strong social circles have less risk of depression and terminal strokes. If you take Vitamin F constantly you can be up to 30 years younger than your real age.

The warmth of friendship stops stress and even in your tense moments, it decreases the chance of a cardiac arrest or stroke by 50%.

I am so happy that I have a stock of Vitamins F.

We should value our Quota friends and family and keep in touch with them.

We should try to see the funny side of things and laugh together, not forgetting to open our mouths big to swallow the floating F!!

So you see some how we convince ourselves that life will be better once we are married have a baby, then another.

Then we get frustrated because our children are not old enough and that all will be better when they are older.

Then we are frustrated because they reach adolescence and we must deal with them. Surely we will be happier when they grow out of the teen years.

We tell ourselves our life will be better when our spouse gets his act together, when we have a nicer car, when we can take a vacation, or when we finally retire.

The truth is that there is no better time to be happy than right now. If not, then when?

Our life will always be full of challenges. It is better to admit as much and decide to be happy in spite of it all.

For the longest time, it seemed that life was about to start.

Real life.

But there was always some obstacle along the way, an ordeal to get through, some work to be finished, some time to be given, a bill to be paid. Then life would start.

I finally came to understand that those obstacles were life.

That point of view helped me see that there isn't any road to happiness. Happiness is the road, and Quota is on that road.

So enjoy the moment. Stop waiting for school to end, for a return to school, to lose 10 pounds, to gain 10 pounds, for work to begin or to end, to get married, for Friday evening, for Sunday morning, for summer, fall, for winter, for the 1<sup>st</sup> or the 15<sup>th</sup> of the month, for your song to be played on the radio, to die, to be reborn before deciding to be happy. Happiness is a voyage, not a destination, so is Quota. There is no better time to be happy and happy with Quota than now.

Live and enjoy the moments, our Quota moments.

Now think and try to answer these questions:

- 1- Name the 5 richest people in the world.
- 2- Name the last 5 Miss Universe winners.
- 3- Name the last 5 noble prize winners.
- 4- Name the last 5 winners of the best actor Oscars.

Can't do? I found it rather difficult.

Don't worry, nobody remembers that. Applauses die away! Trophies gather dust!  
Winners are soon forgotten!

Now answer these questions:

- 1- Name 5 teachers who contributed to your education.
- 2- Name 5 friends who helped you in your hour of need.
- 3- Think of 5 Quota people who made you feel special.
- 4- Name 5 people that you like to spend time with that's right "Give me Five"

Quota 5.

More manageable isn't it. It is easier, isn't it? You're happy, they will be too and your Quota is happy too.

The people who mean something to your life are not rated the best, don't have the most money, haven't won the greatest prizes.

They are the ones who care about you, take care of you, those who, no matter what, stay close by. And Quota friends care, and believe in you.

Think about it for a moment.

Life is very short!

And you're, in which list? Don't know yet Let me give you a hand.

You are among the most "famous" right here; among those to whom I want to remember to send this message.

Some time ago, at the Seattle Olympics, nine athletes, all mentally or physically challenged, were standing on the start line for the 100 meter race. The gun fired and the race began. Not everyone was running, but everyone wanted to participate and win. They ran in threes, a boy tripped and fell, did a few somersaults and started crying. The other eight heard him crying. They slowed down and looked behind them. They stopped and came back, all of them.

A girl with downs syndrome sat down next to him hugged him and asked, "feeling better now"?

Then all nine walked shoulder to shoulder to the finish line. The whole crowd stood up and applauded. And the applause lasted a very long time.

People who witnessed this still talk about it. Why? Because deep down inside us, we all know that the most important thing in life is much more than winning for ourselves. Quota shares, we share. We believe in a Quota that shares.

The most important thing in this life is to help others to win. Even if that means slowing down and changing our own race or button.

Perhaps we will succeed in changing our heart, perhaps someone else's heart, whether young or old, so join Quota happiness. Believe in your happiness, believe in Quota.

A candle loses nothing if it is used to light another one. (Share lighting of a candle with others at each table.)

As Lt Governor I created a youthful spirited guardian angel pin, stretching full body, opening the wings to fly the Quota banner, sharing the spirit of Quota. These are being given to all new members in District 11 so we to may grow. Believe in Quota and be happy. Everyone fly your Quota banner, show your happiness, give me five. Believe in your Quota, it is a journey of happiness. Thank You for your time.

Lt Governor District 11  
Valerie Hall