

August 27th, 2020



Rotary Opens
Opportunities

2020-21

Agenda

7:15 Fellowship 7:29 O Canada 7:30 Call to Order

Toast -Carol

Giving Thanks

Introduction of Guests- Bob (PE /membership chair)

Rotary Moment – Bob

Announcements

7:50 Feature Presentation

Dr. Matwinder Phull

Ayurvedic Therapy and Herbal Centre

Introduce the speaker - Bud

Thank the Speaker- Lynda

8:20 Attendance Review – Carol

Happy Bucks

Humour -Hema

Closing Notes- Fionna

8:30 meeting adjournment

Heart Lake Meetings

[https://rotary7080.zoom.us/j/92294117597?
pwd=dUg2ajlxR3h5OTB2R1IrdTRlK2pVUT09](https://rotary7080.zoom.us/j/92294117597?pwd=dUg2ajlxR3h5OTB2R1IrdTRlK2pVUT09)

Meeting ID: 922 9411 7597

Passcode: 971135

3rd September David Dorward

Why there have been no Covid cases in Mongolia

12th Social at Hema and Buds

17th September Kathy McDonald PDSB Trustee

24th Svd Harmon All About Svd

ROTARY MEMBERSHIP MONTH

Invite a friend

Save the new date!

A social (with appropriate distancing)

September 12th at Hema and Buds details to follow

Topic: Heart Lake Weekly Meeting

Time: Aug 27, 2020 07:30 PM Eastern Time (US and Canada)

Every week on Thu, until Sep 3, 2020, 2 occurrence(s)

Aug 27, 2020 07:30 PM

Booked at 7:00

Sep 3, 2020 07:30 PM

Social Time at 7:15

Please download and import the following iCalendar (.ics) files to your calendar system. Weekly:
<https://rotary7080.zoom.us/j/92294117597?pwd=dUg2ajlxR3h5OTB2R1IrdTRlK2pVUT09>
<https://rotary7080.zoom.us/j/92294117597?pwd=dUg2ajlxR3h5OTB2R1IrdTRlK2pVUT09>

Join Zoom Meeting

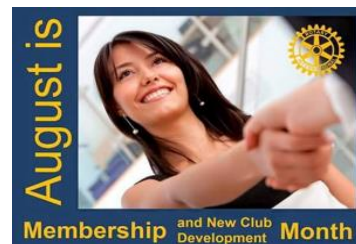
<https://rotary7080.zoom.us/j/92294117597?pwd=dUg2ajlxR3h5OTB2R1IrdTRlK2pVUT09>

Meeting ID: 922 9411 7597 Passcode: 971135

One tap mobile

+14388097799,,92294117597# Canada

+15873281099,,92294117597# Canadameeting.



Happy Wedding anniversary Syd and Heather

27th August, 2020

Dr. Matwinder Phull: Ayurvedic Therapy and Herbal Centre



13th August, 2020

All about Stan



SUMMARIES OF KEY-NOTE SPEAKERS' PRESENTATIONS —*Summarized by Glenn Harewood.*

For August 13th, 2020

KEYNOTE SPEAKER: Stan Besik

SPEAKER INTRODUCED BY: Lynda Noll

SPEAKER THANKED BY: Hema S.

TOPIC: "All About Stan."

THE GUY BEHIND THE MASK: The guy behind the mask “really wanted to be a Marine Biologist, but I ended up a Dentist”.

MOVE TO CANADA FROM SLOVAKIA: It all started in 1967 when my father was offered a position as Associate Professor at McMaster University, in Hamilton, Ontario. First, my father came to Canada from Slovakia, while my mother, a chemist, followed, bringing my brother Fred and me, to Canada in 1968.

Although my parents were professionals in the Mathematics and Science fields in Slovakia, they also were active in entertainment, and the Arts, being actors in Slovakian playhouses.

GROWING-UP IN CANADA, FAMILY LIFE, AND CAREER CHOICE: I grew up in a strict family environment, where both of my parents worked, were gone all day, leaving my brother, Fred, the task of looking after me, his younger brother who at times strayed away from home during daytime. I started and learned English from Kindergarten onwards.

As I grew up, I had little choice in choosing a career. My father made it quite clear that I had to choose from the following: either a doctor, lawyer, dentist, or an engineer. I, being a slow reader, but also liked the practical (hands-on), chose through a process of “eliminating which one I believe would be less reading and work for me ; dentistry.” Although my concentration was on/in the technical subjects, I also had an interest in acting, and therefore took elective courses in Drama and Creative writing.

ARRYTHMIA AND SPORTS: Because I also had arrhythmia, or an irregular heart beat, my parents insisted that I play sports because they believe that sports would help to regulate arrhythmia. Consequently, I played recreational soccer, and hockey. I have coached soccer teams and played in leagues at all levels, from house league to professional. I liked the good exercise, and the competitive nature of the game (soccer). Recently, I have taken up playing golf.

My brother, Fred, played volley ball, and focused on the field of study which he wanted to go into: Today he is a Palliative Care doctor/physician in Mississauga, Ontario.

MY FAMILY, BROTHER’S FAMILY, & PARENTS STILL ALIVE AND ACTIVE IN MEADOWVALE: My brother has a family of two daughters and one son, while I have two sons and one daughter. My oldest son, 30, is a lawyer; my daughter, 28, works in the Hospitality industry; my youngest son, 26, is studying Media Relations at Humber College Of Arts and Technology.

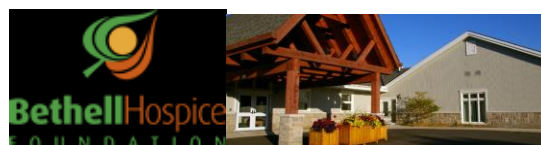
All other members of my extended family still live in Europe. Only my immediate family is here in Canada. My parents are still alive: my mother, at 84, still cooks for herself, while my father, 91, is still active. Weekly, all of us visit with each other regularly at our parents, in Meadowvale.

**20th August 2020 Kelly Stronach – Bethel Hospice
Caring For patients and their families during the pandemic**

info@bethelhospice.org

<https://bethelhospice.org/about-bethel-hospice/>

905-838-3534



Our Social details:

Date: Saturday 12th September

Time: 4:30-7:00

Place: Hema and Buds

107 Kennedy Road, Caledon Ontario L7C 2M7

Catering by TKS and will be served

Main entrée Chicken \$50 per head or Salmon \$58

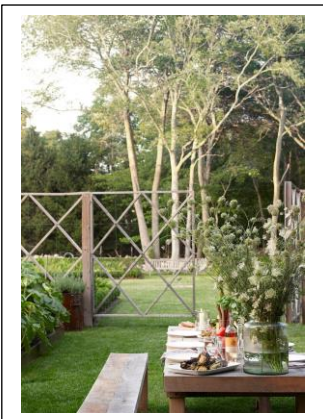
Please e transfer the money to John ASAP

(the password is Heartlake) by 3rd September please

B.Y.O.B.

We will be respecting the restrictions and conventions unfortunately imposed by Covid so: socially distancing, staying outside (please go to the bathroom before you come if possible) and bring your mask.

https://www.youtube.com/watch?v=uAHR7_VZdRw



Went to a garden party to reminisce with my old friends
A chance to share old memories and play our songs again
When I got to the garden party, they all knew my name
No one recognized me, I didn't look the same

But it's all right now, I learned my lesson well.
You see, ya can't please everyone, so ya got to please yourself



The World Health Organization Declares Africa Polio-Free



<https://time.com/5883233/africa-declared-polio-free/>

EVANSTON, Ill., Aug. 25, 2020 /PRNewswire/ -- Rotary and its partners in the Global Polio Eradication Initiative (GPEI) are proud to announce an historic public health achievement as the World Health Organization's African region is now certified wild poliovirus-free.



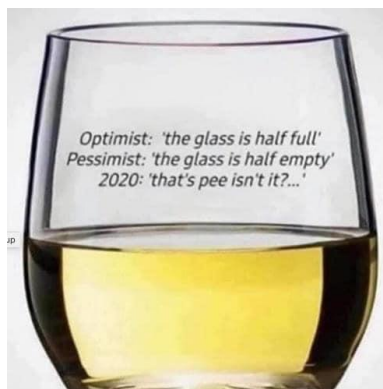
Five out of six World Health Organization regions are now wild polio-free



Today (Wednesday) was Dog Day. No one can win hearts like man's best friend and in honor of this bond between man and canine, Dog Day is celebrated.

Take time to appreciate the love and value that dogs bring to our daily lives, and to do your bit for homeless and abused dogs the world over. From keeping us safe working for the emergency services to supporting people who are blind, deaf, or disabled, dogs do a lot for us humans, and this is an opportunity to give something back.

Send me (Fionnahferguson@gmail.com) a picture of your favourite pooch.



Rotary Club of Windsor-Roseland member makes history as first woman president nominee



A female member of the Rotary Club of Windsor-Roseland is making history for the Rotary International.

Jennifer Jones has been chosen by the nominating committee for president of Rotary International for the 2022-2023 term — after serving Rotary in various roles since 1997.

The organization calls her selection “groundbreaking” as Jones could become the first woman to hold that office in the organization’s 115-year history.

Jones is founder and president of Media Street Productions Inc. in Windsor and has served as chair of the Windsor-Essex Regional Chamber of Commerce and chair of the board of governors of the University of Windsor.

She is currently a Rotary Foundation trustee and has been a member since 1997.

Jones will officially become president-nominee Oct. 1 if no other candidates challenge her.

*You told us what you thought...
In response to your thoughts and
comments we have responded to
your survey with a chart on a
separate attachment that outlines
our actions to date and changes
still to be made.*

Heart Lake Food Cupboard

Here is the latest list from Valerie:

Here is a list of non perishables they provide on a regular basis.

Canned tuna and chicken
Vegetable or chicken soup
Canned veggies and fruit
Pasta
Pasta sauce
Canned pasta
Cereal (non sugary)
Peanut butter
Jam
Canned beans
Dried beans
Rice
Family size juice
Juice boxes
Lunch snacks
Cookies
Crackers

Once a month they provide:

Toilet paper
Kleenex
Paper towels
Tooth paste
Tooth brushes
Soap
Shampoo
Laundry detergent
Dish soap
Hand sanitizer



Our Carol...

Delivering food from
Downeys to the Heart
Lake Food Cupboard on
Tuesday.



Foodland Caledon
East

Thanks for your help
Matthew.

If it looks a lot that's
because it was!



Rebecca. Super
volunteer.

They will miss her
when she returns to
Queens for her 4th
year in September.

She works on
Wednesday handing
out food.

