



THE ROTARY CLUB OF CALGARY HERITAGE PARK



Volume 10, Issue 13 October 19, 2007	President: Dr. Asha Paul	Editor: Brian Humphrys	Reporter: Peter Harding
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FOUR WAY TEST

In all things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIP**?
4. Will it be **BENEFICIAL** to all concerned?



Club Planning Session

Rancher's Hall
Saturday November 03, 2007
08h: 00

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Meeting Highlights

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At 6:00 AM on a Friday morning the streets are filled with vehicles madly rushing their passengers off to factories, offices and cubicles. The sun has yet to poke his sleepy head over the horizon yet the road is brilliant as mid day as I drive along with the masses, bathed in the bright lights of a city in full flight. Turning west on Heritage I move away from the rush and din, ascending the hill to a quieter time. Through the gates the streets lights are replaced with the soft glow of moonlight and a million stars, there is darkness and silence disturbed only by the sound of gravel beneath my tires as I drive through the past. A past where people joined together to enjoy friendship and laughter, to share good times and bad, to help neighbors and strangers when needed, to work towards a better world for all. Pulling up to the Gunn Dairy bar I am reminded that, like Heritage Park, Rotary also brings that past to the here and now. With



President Asha Paul

that thought in mind I open wide the door and join the fellowship of my Rotary Club of Calgary Heritage Park.

Of course that mellow thinking quickly dissipates in the usual ruckus that precedes and often carries on throughout our meeting.

With Peter Harding leading the national anthem and Al Hardstaff providing the blessing we were soon as organized as ever. Guests were introduced including Norm Haines special guest, Mr. Al Black. Not sure who was more confused by that introduction.

October is Vocational Service month and to acknowledge that Zuzana Carter-Edwards, our Director of Vocational Service, proudly volunteered to head the breakfast line and demonstrate her newly acquired vocation of plate polisher. I must say with the enthusiasm she displayed it won't be long before we see her moved up to "Senior Plate Polisher".

President Asha sadly announced the passing of one of our past members, Mr. Bob Stockall. Also, Liz Harvey's father past away.

Guest Speaker: Steven Faul—Operation Eyesight

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Introduced by John Radermacher. Stephen is Vice-President of Operation Eyesight, a Canadian organization dedicated to treating and presenting blindness throughout the world.

Operation Eyesight has a long and successful history working in partnership with Rotary in Canada, Africa and South Asia.

Stephen has been with Operation Eyesight for 16 years. He lives in Toronto with his wife Vicki and is a member of the Rotary Club of East York, Toronto as well as a member of the Rotarian Action Group for Avoidable Blindness and the Water and Sanitation Rotarian Action Group.

A few points from Stephen's presentation:

Operation Eyesight started in Calgary in 1963 and since then has been responsible for over 2,000,000 eyesight restoring surgeries and has help prevent blindness in over 33 million people. He advised us that our club along has help restore the sight of over 200 individuals. Tell that to your friends and associates when asked what you do in Rotary.

They focus on avoidable blindness and have recently begun community focus programs to treat the root cause of the blindness such as poor diet, bad water and lack of proper sanitation facilities.

President Asha gave a brief but informative presentation on the Annual Programs Fund of Rotary International.

When we donate money to the annual programs fund of RI it is credited to the individual that donated the money, the club and the district. Three years later 50% of that money is designated to our district to be distributed for various local and international programs and for scholarships at the discretion of the District Governor. This is called District Matching Grants, 3-H grants etc. None of this money is used for administration purposes. The DG may request 20% of the DDF to be sent to the district's bank account. This makes up the District Simplified Grant. Typically in our district this money has been allocated to smaller clubs to do local projects. Our club is eligible to receive District Simplified Grants and our Community Service committee may request these if they so desire.

These grants are not as hard to get as pulling teeth as described in Asha's next story.

One day a man walks in to a dentist's office and asks, "How much will it cost to extract wisdom teeth?" "\$80." the dentist replies. "That is a ridiculous amount!" the man says, "Isn't there a cheaper way?" "Well" says the dentist "If you don't use an anesthetic, I can knock the price down to \$60." "That's still too expensive!" the man says. "Okay" says the dentist, "If I save on anesthesia and simply rip the teeth out with a pair of pliers, I can get the price down to \$20." "Nope" moans the man, "still too expensive." "Well" says the dentist scratching his head, "If I let one of my students do it, I suppose I can knock the price down to \$10." "Marvelous!" says the man "Book my wife in for next Tuesday!"

Remember:

Club Planning Session, Saturday November 3rd, 8:00 AM at Heritage Park, Rancher's Hall. Breakfast and lunch will be provided (about 4 hours apart). The Club Planning Session will replace our regular meeting of Nov 2, 2007

Past President Wynne presented the plaque that will be placed at the school in Dajabon, Dominican Republic that we have supported with our donation of \$10,000 and further matched with \$10,000 from the Wild Rose Foundation.

Doug Kinley advised he would be returning the cheques members gave him for sale of Wine Fest Tickets although he wasn't guaranteeing return of the cash. Just kidding. Don't bother returning the tickets as we will get new ones printed when the next date for the wine festival is finalized.

Moving the Winefest

Sometimes you just have to make change to make an event work and we have moved our Winefest to February 21, 2008 because we were blindsided. When our Club picked November 1st as the date of our Winefest no one mentioned the Italian Community had their huge annual gathering on the same date. Not one wine supplier told us they would not be able to serve us as well as the Italian affair. As we moved to critical decision time we had four suppliers...not the 10 to 15 we need to have a great and successful event.

We have made the decision to make the move to February 21, 2008 because we want to present a quality, fun event with lots of wine. A great deal of successful work has been done in finding some \$12,000 in bidding items and now we have time to do even more.

We'll keep you posted on our progress. New tickets will be printed and thanks to Dennis Tillotson without cost to our Club. So, hang tough....get thirsty and ready for infamous Winefest. Thanks David McKeown, Chair.

President Asha's thought for the day from John F. Kennedy

"Effort and Courage are not enough without purpose and direction."

Have a great week in Rotary.

Guest Speaker: Steven Faul—Operation Eyesight

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He tells us that in the world at present there are 37 million people totally blind, 124 million with very low vision and 150 million who are effectively blind that can not work and support themselves or their families. 75% of this blindness can be avoided or corrected with surgery or corrective lenses.

Operation Eyesight gets the local community involved. Training local doctors, teachers, and individuals so that the programs established can be self sufficient and sustaining.

They are now working in East Africa and specifically Kenya where Trachoma is very serious. They employ a program entitled SAFE or Surgery, Antibiotics, Facial cleanliness, Environmental situation.

SAFE combines education and training along with providing clean water etc. Operation Eyesight is helping with the drilling of 50 new water wells in Kenya to demonstrate their commitment to the new program.

What we can do is provide the financial resources for these eyesight and life saving programs. \$30. can restore the eyesight of an individual and allow them to see their loved ones, support their families and enjoy the beauty of life.

Contact Operation Eyesight to see how you can help and check out their various ways of contributing even as simply as purchasing Christmas or greeting cards. To provide the gift of sight.

SUNSHINE REPORT

Jim Hennessey advised that no one was getting any older, officially, nor were we celebrating wedding or Rotary anniversaries. Slow week for Sunshine and even a slower process that Jim described through a letter of complaint about the process of obtaining a Canadian passport.



Jim Hennessey also took a moment to remind everyone that the cut off for registering for "Guess Who is Coming to Dinner" is Friday Oct 26.



Happy Bucks

Doug Kinley says his wife is away for 4 days and that she is happy.

Joe Klassen announced his wife completed her annual check up and continues to be cancer free.

Norm Haines wife is also away and he threw in \$2. I am guessing because she is twice as happy as Doug's wife.

Wynne is happy after 5 days away with her daughters in Portland and they are still on speaking terms.

Asha happy about spending a day with her grand daughter.



50/50 Jackpot



Lucky ticket holder Peter Harding aced the 4 way test but drew the 3 of clubs.



Peter Harding had the lucky ticket and did a great job on the Four Way Test. He bravely faced the fan of cards attempting to discern the elusive Joker and win the magnificent sum of \$67. Alas he was banished back to his seat amongst the cheers of the crowd with only the 3 of Clubs in hand for his efforts.



Sheriff Joe Klassen: You're BUSTED!



Sheriff Joe Klassen exercised his prerogative to fine the crowd.

Joe applied his duties in a short but efficient manner fining Jim Davis for no badge and using the excuse of leaving early and John Radermacher for not facing the Canadian flag and signing O'Canada while starting off in to space. He did manage to rack up a few bucks from this apparently sedentary crowd as he suggested anyone who did not get out and enjoy the beautiful Autumn weather in some exercise sort of activity should toss in a dollar. The pot quickly filled up with loonies.



News from Rotary International

How will your club honor World Food Day?

Each 16 October, the Food and Agriculture Organization of the United Nations celebrates World Food Day, which marks the FAO's founding in 1945. This year's theme is "The Right to Food."

Here's just one example of how Rotarians are making sure all children have access to nourishing meals.

Rotarians enhance nutrition through PowerFlour

What do you get when you combine porridge and barley malt flour? Rotarians know the answer: a cereal that can save the lives of malnourished infants.

Since 1995, Rotarians in districts 6220 and 6270 (Michigan and Wisconsin, USA) have been raising funds to package and ship malt flour, or "PowerFlour," to developing countries where porridge is a daily staple.

When barley malt flour is added to a heated starchy food, the starch is converted into sugar, protein is transformed into soluble protein and amino acids, and minerals are released. People who are severely malnourished are unable to produce the enzymes necessary to digest porridge and other starchy foods. Infants younger than about 2½ years of age cannot digest starchy foods at all. But when malt flour is added, they can extract more calories and nutrients from the food. The diet enhancer can be added to rice, corn, oats, wheat, yams, millet, beans, and other starches.

The PowerFlour Action Network, a Rotarian-managed nonprofit in Wisconsin, has sent the powdery food supplement to 66 countries and distributed enough to enhance more than 50 million meals, says Tom Hartzell, the network's president and a member of the Rotary Club of Sheboygan West.

In September, the organization shipped 10,000 pounds of PowerFlour to a nongovernmental organization in Panama with help from a \$12,500 Matching Grant from The Rotary Foundation. The malt flour will be used to feed 5,000 malnourished children for about six months. The grant also helped pay to publish 10,000 copies of a booklet about the use and benefits of the malt flour.

A study of 65 children under 2½ years of age in Panama showed that those who consumed oatmeal containing the malt flour put on more weight than those who ate oatmeal without the supplement. In all other respects, their diets and health status were the same. After five months, the children who ate the malt flour gained about 50 percent more weight than the children whose food did not contain it.

The PowerFlour Action Network gets the malt flour at no cost from malt producers, mainly Briess Malt & Ingredients in Chilton, Wis. A 50-pound bag, which normally costs about \$13, will supplement about 24,000 one-cup servings of porridge.



**Dr. Asha Paul, President
RCCHP**

**The POWER of SHARING
The POWER of ONE**

The Rotary Club of Calgary Heritage Park

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**Wear your Rotary Pin
Service above Self**



The Rotary Club of Calgary Heritage Park Upcoming Events

- **October**
 - Food Drive
 - Wine Festival Committee (Oct 23)
 - Community Service Committee (Oct 24)
- **November**
 - Strategic Planning Session (Nov. 3)
 - Remembrance Day Preparation (Nov. 8)
 - Int. Service Committee (Nov. 16)
 - Salvation Army Kettle (Nov. 17-18, 24-25)
 - Food Drive
- **December**
 - RCCHP Christmas Party (Dec. 14)
 - Salvation Army Kettle (Dec. 1-2, 8-9, 15-16, 22-23)
 - Food Drive