



THE ROTARY CLUB OF CALGARY HERITAGE PARK

THE STANDARD

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**PRESIDENT
BOB CLARK**

**REPORTER
JOE KLASSEN**

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MEETING NOTES

We assemble in a muddy Heritage Park during a break in the rains. It is all we can hope for on a May long weekend. President Bob calls the meeting to order on the mark of 7. We are joined by Paul Hussey from the Chinook club, Hans Tiedemann from Calgary South, outbound exchange student, Katie Rennie, and Suzanne Jackett from *Between Friends*. President Bob demonstrates yet again his ability to think on his feet as he realizes his intended plate duster is absent and creates a great ruse to appoint Steve Smith. Our meal is a feast as usual and we plow through the selection.

Our meeting is a little sparse in attendance, and we attribute this to the strong participation of our club members in the International Conference in New Orleans.

We begin with a presentation from Suzanne Jackett, CEO of *Between Friends*, which has been a recipient of Club support. She is introduced by Harold Aitkenhead and she proceeds to describe the organization's mission and projects. They provide

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recreational and social programs for people with disabilities, such as bowling swimming, or going to a movie for those who may lack experience and have difficulties getting out. This helps to improve social skills and help them be accepted as valued members of the community.

THE PODIUM DASH

Tara Seitz shines in her first appearance on the *minute people show*. Tara presents a green opportunity she has gleaned from other resources that is a \$10,000 chance to make community projects greener and wonders if anyone can see a fit somewhere. Wheels turn in a number of heads.

Jim Hennessey is preparing for Remembrance Day ceremony and advises that November 10 we will host an event at the Ogden Legion with our Lt. Governor in attendance. Please mark this on your calendar and share this with your friends.

SUNSHINE REPORT

Al Hardstaff, Bill Hope and Queen Victoria share a birthday this week. Asha and Raju have an anniversary, and Helen Buchanan celebrates 11 years in the club.

HAPPY BUCKS & SHERIFF

I apologize for having lost this page of notes, but do recall that we had happy people, sad people and a number who fell astray of the law.



50/50

Ray Gosselin recites the 4 way test and yet sees no reward☹





SPEAKER PROGRAM

CLASSIFICATION TALKS

First up is Joe Klassen Naturopathic Doctor, who rambles on about healthy food, wellness and such. But really, I try to express my role as a resource for those who are seeking information and guidance on health issues from a holistic perspective. Contrary to what is often expected this is not a condemnation of the medical system, but hopefully using technology and pharmacy to its full advantage and supporting that information and treatment with nutrient and lifestyle recommendations and providing sound alternatives to those who seek it. Having trained at Bastyr University in Seattle, I am a qualified family physician where I trained, but operate outside the universal system here in Alberta. I operate a small clinic in the south of Calgary with my wife Carole as office manager.

Carole and I have been married 7 years and live in the Canyon Meadows neighbourhood of Calgary. We are quite involved with the *Friends of Fish Creek Provincial Park*, of which Carole is a board member. We spend much time skiing here and in Montana, hiking, camping in our trailer, travelling and viewing wildlife and enjoying wines.

This is my second Rotary membership, having been a member in Prince Albert, SK many years ago in my previous career. I see my future in Rotary growing not only in terms of our club, but also the international mission. As there is an increased focus on clean water and hygiene for the planet, I am certain that I will find an increasing opportunity to serve on a larger level.

Al Hardstaff; Optician ret.

Again I these notes disappeared with my truck, so please forgive me.

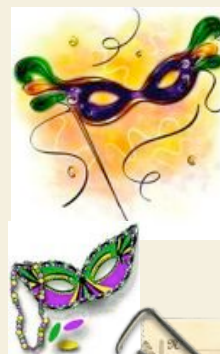
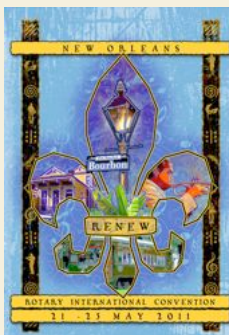
Al has been a President of this club and a founding member after his nearly a decade with the Centennial club. With the help of many familiar charter members, they had the opportunity to create a club in this unique setting. Al was born and raised in the Lloydminster area of Alberta, and learned the many qualities and values of small town community. Al answered the long-standing question about what is an ophthalmologist/optometrist/optician? An ophthalmologist is a medical doctor with a specialty in eyes, who is a surgeon and has prescription rights accordingly. An optometrist is a doctor of optometry who assesses vision and monitors certain conditions without the ability to diagnose or offer treatment. An



optician is trained the design, fabrication and verification of a corrective optical appliance. Al Started Chinook Optical many years ago and spent (I believe) 42 years in the industry. He remarked on the changes in scope and regulation in the categories of practitioner and how that has created more confusion on who does what.

Al and Ida have been married for over thirty years and have 2 children and 5 grandchildren?

Al has been a founder of this club, and also a rock in its foundation, so to speak. It is always hard to adequately describe the hard work of someone who performs it with dignity and humility, as we see week after week. It was noted that all of the Past Presidents are still involved in this club and Al sees this as a testament to its cohesive nature. Having occupied most of the positions available, he has been Seargent-At-Arms for an extended period and performs this with such seamless effort that we may often miss how much work it actually is. Thanks Al.



WEAR YOUR ROTARY PIN



**PRESIDENT'S SOCIAL
FRIDAY JUNE 10, 2011
STAY TUNED**

FRIDAYS 7 AM. GUNN'S DAIRY BARN, HERITAGE PARK, 1900 HERITAGE DRIVE SW, CALGARY