

THE STANDARD

THE ROTARY CLUB OF CALGARY HERITAGE PARK



January 30, 2015

President:
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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 FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

In the beginning:

President Sheila called the weekly meeting of January 30th 2015 to order promptly at 7.00 am at Gasoline Alley. She scoured the group looking for the best looking person to lead us in the signing of the national anthem but then decided to ask Don Bell to lead us instead. Don's lung bellowed out a beautiful rendition of our nation's song and left the rest of us in the dust!

Next up was Asha Paul to give us a beautiful grace and then we were all seated. Velma was called to the front with the honour of introducing our guests and visiting Rotarians and this motley crew looked something like this:

Ted Rowsell- South
Neil Magee- South
Charlie Goldsborough- South
Brian Walton- South
Todd Anderson- speaker
Romain- our YEX student
Jack Hayden- guest of Brian Walton
Peter Lee- guest of Raju

The next duty to be allocated was the revered position of "polishing the plates." Since Mr. Din P will be leaving us for warmer climates in Southern Florida shortly, Mrs. President felt as though it would be a good idea for all of us to say good bye to Din and to wish him a wonderful holiday. Sheila asked that the guest and visiting Rotarians lead the way and breakfast was officially underway!

Promptly at 7.20 am Raju took the microphone and welcomed our guest speaker to the club, Dr. Todd Anderson from the U of C – Libin Cardiovascular Institute of Alberta. His presentation was all about "knowing your cardiovascular numbers" as heart disease is the #2 killer of people in Canada. He did put many of us at ease as he told us that Calgary is one of the best places in Canada to be treated for a heart attack as the AHS have created a system of triage that allows them to save 1 hour in the care and treatment of a heart attack, which results in the lowest rate of mortality from a heart attack in the country. Some of the major risk factors for heart disease are as follows:

Inactivity	- cholesterol (LDL)	- diabetes
Post-menopausal	- hypertension	- age
Smoking	low HDL	- obesity

One number that you want to talk to your family doctor about if you are over 40 is the Fram-



**LIGHT UP
ROTARY**

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Our meeting.

ingham Risk Score. This determines your risk for heart disease and will allow you and your physician to structure follow up meetings, and possible treatment.

Din very eloquently thanked Dr. Todd and as a thank you, we gave him a certificate that showed the restoration of the eye site of a 40 year old person from Africa.

Sheila regained control of the meeting and talked about the strategic plan. Harry, Sheila and Harold are going to create an action plan and bring it back to the club to talk about.

The next item that came up was for a request for hosts for the next Rotary Friendship Exchange. We are expecting guests from Australia and Bill Skinner has generously offered to coordinate our clubs efforts. The dates are between June 21-July 4th and July 11- 24th, and if you are able to help out please contact Bill.

The next item on the meeting's agenda was some minutes from the committees:

Peter Harding presented a few on behalf of the Vocational Services Committee

That the RCCHP use \$1500 towards the costs of sending 2 students to RYPEN and 1 student to RYLA. This will cover the program costs as well as the registration expenses. 2nd by Sheila, voted and passed.

That the RCCHP donate \$850 to help the local Rotaract Club with the subsidizing 50% of the cost of 1 RYLA Student and 1 RYPEN student to attend the respective conferences. Also to provide the funding to provide a kid's birthday party at Inn from the Cold for the kids that are staying there. 2nd by Asha, voted and passed.

That the RCCHP donate \$2000 towards the Calgary Bridge Foundation for Youth towards 2- \$1000 post-secondary scholarships. The CBFFY will adjudicate the candidates and RCCHP will pay the monies directly to the institutions. 2nd by Jeanette, voted and passed.

Peter also had 2 tickets to Calgary East Rotary Club's event at Yuk Yuk's- We completed a Dutch auction for the tickets with all of the proceeds going towards RCCHP's Foundation Contributions.

Bill Skinner presented a Motion on behalf of the International Services Committee

That the RCCHP set aside \$7500 of unrestricted funds towards the Rotary Club Centennial's water project in India pending an approval of a global grant. 2nd by Bob Clark, voted and passed.

Mark Rowe quickly discussed the idea of a Club Potluck on March 27th in Okotoks. Lynda Campbell will be helping to coordinate and they are going to get a liquor permit for the event to purchase some beer and wine. A motion was made for the RCCHP to support the purchase of a Liquor License for the event, 2nd by Jeanette, voted and passed.

Sheila reminded us that the meeting on February 6th with Ken King is an RSVP meeting and to please reply to the email Bill Hope had sent out.

Romain came up next and talked about his past week going skiing with the Drake's in Fernie and going to a Chinese New Year event with Brad.

Sheila gave a quick update that Peter Palleson is doing better and hopefully on the road to recovery.

Sheila asked that Asha come back to the front of the room to present the sunshine report. She started with birthdays- Bob Clark, Leighton Fisk, and Doug Hood all had birthdays coming up over the next week, and Eve and her husband Alistair are having their 36 year wedding anniversary! Congratulations to all and we all hope you have a wonderful day!

Asha then told us a very funny joke:

A Polish man moved to the USA and married an American girl.



Rotary International District Grants

Although his English was far from perfect, they got along very well. One day he rushed into a lawyer's office and asked him if he could arrange a divorce for him.

The lawyer said that getting a divorce would depend on the circumstances, and asked him the following questions;

Have you any grounds? Yes, an acre and a half and a nice little home.

No, I mean what is the foundation of this case? It made of concrete.

I don't think you understand. Does either of you have a real grudge?

No we have a carport, and not need one.

I mean, What are your relations like? All my relations still in Poland

Is there any infidelity in your marriage? We have hi-fidelity stereo and good DVD player.

Does your wife beat you up? No, I always up before her.

Is your wife a nagger? No, she white.

Why do you want this divorce? She going to kill me.

What makes you think that? I got proof.

What kind of proof?

She going to poison me. She buy a bottle at drugstore and put it on shelf in bathroom. I can read, and it say:

Polish Remover.

We had a number of happy bucks from the group from the following people: Jeannette, Joan, Graham, Doug, Bob C, Wynne, John R, Brad S, Martin, Jim S, and Bruce.

Next up was the wicked sheriff- Jim Sawers, who tested our mental faculties with riddles to each of the tables. He came away with money from 4 of the 6 tables and you did a fine job sheriff!

50/50 was up next and Aliisa called out the winning ticket. Brad S was the lucky winner to draw a card for the \$460 pot. He unfortunately drew an Ace of Hearts so the pot will continue to grow for another week!

Sheila's final thoughts for the day were that on this day in history:

Ghandi died in 1948

Hitler was named as the Chancellor of Germany in 1933

The meeting was called to a close at 8.35 am and we all went on our way! Have a great weekend!

Duty Roster

06 Feb - Greeter	Bob Price
06 Feb - Door sales	Jeanette Pyle
06 Feb - 50/50	John Radermacher
06 Feb - Grace and sunshine report	Eve Robertson
06 Feb - Introduce speaker	Mark Rowe
06 Feb - Thank speaker	Bob Sadler
06 Feb - Standard reporter	Cheryl Ryan

**THE ROTARY CLUB OF CALGARY
HERITAGE PARK**

**P.O. BOX 30261
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**WEAR YOUR
ROTARY PIN**



The Rotary Club of Calgary Heritage Park Announcements

Feb 6	Joint meeting; Ken King is speaking
Feb 13	Bill Taylor; the science of bird banding
Feb 20	Brittini Kerluke; Trico Foundation
Feb 27	Ujamas Grandmas
Mar 06	Ernest Manning High school; Robotics

