

THE STANDARD

November 18, 2016

President:
Harold Aitkenhead

Editor:
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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?

JOHN F. GERM
2016-17 President
Rotary International



**ROTARY SERVING
HUMANITY**

Rotary 

In the beginning:

Meeting Notes

I don't know what time it was. May be 7 AM or close. All I heard was President Harold shouting "Peter, would you please lead the National Anthem". I didn't know which Peter he meant since there are three Peters in our membership roster. Then from somewhere in the far corner Peter Harding, the tenor belted out the first verses of O' Canada and we joined in.

Velma Noble gave the Grace, a touching one, followed by Jamie Powell who introduced the lone visiting Rotarian Bill Stemp from Calgary Chinook and whole lot of visitors, some potential members.

President assigned Wilma to be the plate polisher as if she didn't have too many duties at today's meeting.

Allisa Paivalainen introduced the guest speaker Lauren Capozzi, a research scholar who is now working towards her medical degree at U of C. She talked about the Cancer Rehabilitation and role of exercise. Exercise is safe and feasible during treatment and essential after treatment. 150 min aerobic, 2 or 3 days of strength training and flexibility training on most days are recommended. Unfortunately of all the patients only 10 percent are active prior to treatment and 20 to 30 percent after treatment.

Ms. Capozzi was thanked by Asha Paul.

Induction of Manuel Tajeda:

President -elect Jim Sawyers introduced Manuel as a new member to our club. Manuel has been attending several meetings and is active with the Community Service Committee already. Manuel's wife Karla was also at the meeting which gave an added touch to the induction. Manuel gave a brief bio of himself after the induction. He and wife Karla have two children Karla and

Rotary 
Club of Calgary Heritage Park

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Our meeting.

Manuel. He is from the Dominion Republic. He and Karla have been in Canada for 19 years and he works at the IT department of Canadian Tire Corporation delivering technology solutions to Mark's Warehouse and FGL (Sport Check) stores.

Their daughter Karla was an Rotary Exchange student to Germany in 2013. It was young Karla's involvement in Rotary that opened Manuel's eyes to Rotary and its work around the world.

Rotary Minutes and motions to spend our funds:

Peter Harding muzzled Phil to get his motion to spend \$1600 to send an younger to Ottawa for the Adventures in Citizenship program by Rotary Canada.

Peter also took a minute to promote "Beef Jerky for Rotary Foundation". Many members have already placed large orders.

It was Phil Hochhausen's turn who then presented four motions (?) in random order as against his display on the screen in front of all of us.

Victory Outreach Foundation - \$3000.00 to provide gift cards and a secured bicycle enclosure which would include some sweat equity from the members.

Senior Secret Service - \$2500.00 to purchase one time use of boxes for the packing and delivery of Christmas hampers.

Peace by Piece: \$1750.0 to purchase fabric for their upcoming projects. Quilts made by them are donated to service organizations to raise funds for them

Calgary Branch of the Poppy Fund - \$2500.00 to purchase a floor scrubber and if the funds are not used for this it will go to the Veterans' Food Bank.

Then there was an outcry from Doug Kinley about a Fridge that the Community Service Committee had approved for SW Calgary Community Association to the tune of \$714.00 which Phil had not included in his random order of motions.

The pandemonium was over by now and back to regular business.

Wilma did the Sunshine report: Linda Campbell had a birth day and so also Steve Carter Edwards (Suzanna's husband). Leyton had an anniversary. Wilma told us a pharmacist joke about poisoning his with cynide.





Max Patel did the 50/50 draw and Jim Sawyer's number came up but he failed to pull the joker. The pot grows again.

Happy and Sad bucks were coming forward left and right and from the middle. I couldn't keep with all the names but I know there were 12 members who forked out one or two coins each.

Sheriff: Phil got up again and fined everybody except me who was asked to just stand up and take a bow. I am sure Greg is happy counting all the coins.

President Harold announced that next week's speaker is Siobhan Chinnery on Mentors vs Sponsors.

He closed the meeting with the following thought:

"Life is too short to be serious all the time. So if you cant laugh at yourself, call me. I'll laugh at you!"

Duty Roster for November 25

Greeter: Din Peerani

Door sales: Fran Hochhausen

50/50: Jeanette Pyle

Grace and Sunshine report: Eve Robertson

Introduce speaker: John Radermacher

Thank speaker: Cheryl Ryan

Standard Reporter: Mark Rowe

Duty Roster for December 2

Greeter: Cheryl Ryan

Door sales: Jim Sawers

50/50: Brian Semeschuk

Grace and Sunshine report: Brad Sewell

Introduce speaker: Bill Skinner

Thank speaker: Roger Sonntag

Standard Reporter: Art Sumner

**THE ROTARY CLUB OF CALGARY
HERITAE PARK**

**P.O. BOX 30261
CHINOOK RPO**

**WEAR YOUR
ROTARY PIN**



The Rotary Club of Calgary Heritage Park Announcements

Nov 25	Siobhan Chinnery– Mentor vs Sponsor
Dec 2	Club Elections
Dec 8	Christmas Party;
Dec 9	No Friday Meeting
Dec 16	Paul Sacco– Critical thinking for problem solving
Dec 23	No meeting; Its Christmas!

