

THE STANDARD

August 28, 2020

President:
Christine Mihailedes

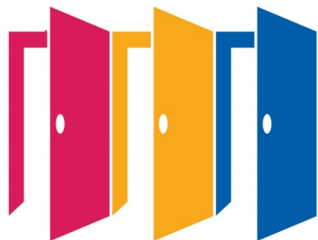
Editor:
Joe Klassen

Reporter:
Peter Harding

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?



Rotary Opens Opportunities

Rotary

**“Everything
we do opens
another
opportunity
for someone,
somewhere”**

HOLGER KNAACK

Rotary Rotary Opens Opportunities

In the beginning:

President Christine got the meeting off to a fine start with an “almost” perfect instrumental version of O Canada.



Bill Skinner introduced some long distance guests joining us today including Beth Warnica from Toronto, Pradeep Godbole from India and our guest speaker Martin Parnell, District Governor Elect, all the way from Cochrane.

Art Sumner provided our Rotary grace and the Sunshine report which included the following special days.

Members Birthdays - Happy Birthday to David Field

Partners Birthdays - A reminder to Din Peerani that Nuri will be celebrating her birthday and may want a gift or dinner or both.

Members and partners celebrating another happy year together are:
Steve Dunk and Catherine Van Brunschot
Darryl and JoAnn Luhr
Brad and Kim Sewall

Club Anniversary – Jeanette Pyle joined us 25 years ago

Art gave us all a chuckle as he described the days of old in Russia when it took about 10 years to get a car delivered and the same time to book a service call from a plumber.



Our meeting.

Guest Speaker: *Martin Parnell, District Governor Elect*, was introduced by John Radermacher.

Martin is an accomplished speaker and Guinness world record holder for running marathons. He loves working with children in sports all over the world and has raised over 1.3 million dollars and provided the gift of hope and fun to over 27,000 children worldwide. He loves challenging himself and setting goals to strive for. With that in mind he provided us with 10 excellent and simple suggestions to help with our mental health and resiliency during these difficult times.

Counting down from 10 they are, in brief.

10) Make your bed every morning. It gives you an immediate sense of accomplishment and productivity, improves your mood and sets you up for the day.

9) Play games with  someone. There are a number of online gaming sites that you can use to connect with family members or friends. Maybe learn a new game. Martin plays online chess with a nephew and occasionally wins.

8) Do a project. Some you enjoy or something new. Woodworking, painting, learn a musical instrument.

7) Take a course. There are so many great online courses in any number of areas that can keep you challenging your brain and keeping it fresh and you'll come away with some new skills and knowledge.

6) Go virtual. Maybe you can't get out and do many of the things you enjoy but you can do something as an equivalent. Martin did a virtual climb to the base camp at Mt Everest but doing the equivalent number of stairs to match the elevation of the base camp. I think he said it took him 95 days of climbing 200 stairs a day. That is about 12,800 feet of elevation. Quite the climb.

5) Get outside. Walk around the block, go for a jog or bike ride or work in your garden. Fresh air, sunshine and exercise are so important for your mind and body.

4) Stay connected to people. Call a friend. It is good for you and good for them. You can also connect with others through the various online programs such as attending a Zoom Rotary meeting. Check the Rotary People of Action site for links to Rotary Club meetings locally or worldwide.

3) Set a goal. Whatever you decide to do set a target so you can recognize and appreciate your accomplishments. Be it walking, running, or learning something new. Set the goal, measure your progress and celebrate your success.

2) Help each other. There are still ways you can help others in your local community. Check the Fifty 320 and other charity sites so see what is available depending on your comfort level.

1) Have a fund raiser. As a club we can still look at ways to raise funds. The Cochrane club held a drive in movie night and the Olds club ran a virtual golf tournament both of which were successful in raising funds of their clubs.



Our meeting.

Some great things to think about.

Martin was thanked by John Radermacher who presented him with our club certificate showing we had donated equivalent funds to Polio Plus to inoculate 40 children against Polio.

Our “Thank you” Language lesson.

This week Vannita presented “Thank you” in her native language of Marathi spoken by about 90 million people in Maharashtra, India.

The phonetic version is – Dhan ya vadh

Club Business

Second Chance Art Sale

Brad Wellicome presented a motion regarding the Second Chance Art Sale scheduled for April 23 and 24, 2021. It is proposed to be in a larger location with all the appropriate COVID protocols in place.

We presently have 700 items in storage and expect to have twice that much for the sale.

The motion was to request the support of the club for the committee to move forward with the planning of the event for next year’s dates.

The motion received unanimous support.

New Member introduction.

Doug MacDonald announced the new member application of Ben Cormose.

Ben is presently a member of the Calgary West Club and hopes to join our club.

Ben’s classification will be Law Estate and Civil Litigation

Sarcee Club casino

President Christine advised that the Sarcee Club casino will not be going ahead but that the club president was very thankful for all the members of our club that volunteered to help.

RCCHP in person club meetings.

President Christine announce plans are in place to have our first in person meeting at the Gunn Dairy Barn on Friday Sept 25th.

The meeting will restricted to a maximum of 35 members with a minimum required of 25 members.

There will be 5 people per table to ensure proper social distancing and masks will be required whenever you are not seated at your table.

The buffet will have a limited number of items and will be facilitated so there will be no self-serve.

Due to the increased costs involved the meeting cost will be \$22 per person.

To attend you have to pre-register for the meeting and prepay on line. No quarterly billing at this time.

An email from President Christine will be forthcoming.



Our meeting.

Happy Bucks

Vannita happy to have Pradeep joining our meeting from India.

Sheila Tyminski happily worn out from having 3 grandchildren visiting at the cabin but sad to have lost her wallet and telephone in one short mental lapse. Also to have DGE Martin and other guests at our meeting.

Brian Gentles happy to have DGE Martin and Beth Warnica at our meeting.

Pradeep Godbole provide some insight on the COVID issues around his area of India.

The situation there is made worse by the large population with crowding in residences, on transportation sources and market places, the lack of ability to enforce the protocols and communicate the procedures to combat the virus and even the issue of being in a drought so there is not enough water for the majority of people to wash hands properly and as frequently as required.

Not a good situation.

President Christine closed the meeting with the Friday Foresight:

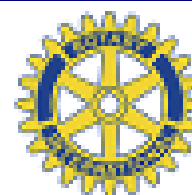
You are not born with a fixed amount of resilience.

Like a muscle, build it up, draw on it when you need it.

In that process you will figure out who you really are and you just might become the very best version of yourself.



Position	Assigned Member
☞ September 4, 2020	
☞ Greeter	Rowe, Mark
☞ Grace and Sunshine report	Sapre, Vannita
☞ Introduce and Thank speaker	Klassen, Joe
☞ Standard Reporter	Sawers, Jim
☞ September 11, 2020	
☞ Greeter	Tyminski, Sheila
☞ Grace and Sunshine report	Wellicome, Brad
☞ Introduce and Thank Speaker	
☞ Standard reporter	Wood, Ted
☞ September 18, 2020	
☞ Greeter	Bailey, Lukas
☞ Grace and Sunshine report	Bailey, Patricia
☞ Introduce and Thank speaker	
☞ Standard Reporter	Blahun, Janet
☞ September 25, 2020	
☞ Greeter	Cameron, Neil
☞ Door Sales	Dunk, Steve
☞ Grace and Sunshine Report	Christmas, Stan
☞ Introduce and Thank Speaker	
☞ Standard Reporter	Coyle, Jim
☞ October 2, 2020	
☞ Greeter	Clark, Bob
☞ Grace and Sunshine Report	Davis, Jim
☞ Introduce and thank Speaker	
☞ Standard Reporter	Drake, Graham
☞ Door Sales	Gentles, Brian



**THE ROTARY CLUB OF CALGARY
HERITAGE PARK**

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

**WEAR YOUR
ROTARY PIN**



The Rotary Club of Calgary Heritage Park Announcements

Sept 4

Sept 11

Sept 18

Sept 25