

THE STANDARD

December 4, 2020

President:
Christine Mihailedes

Editor:
Joe Klassen

Reporter:
Martin Harvey

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 Christine Commenced the meeting as usual on time stating that we were on a count-down to the end of 2020

National Anthem was another upbeat version and President Christine is on a hunt each week for something different

Invocation: Jamie Powell provided the Rotary invocation.

Guests: There were 42 participants at any given time on the call this morning and Raju welcomed all warmly including our District Governor, Mary Turner. Also in attendance was our guest speaker Danny LeGresley

Sunshine Report by Jamie Powell

Member Birthdays – Honorary Member and Past President David McKeown on December 8th and Jim Davis on December 9th

Anniversaries – Phil and Fran Hochhausen both celebrated their 47th anniversary on December 1st!

Jim Coyle and Kelly celebrated 13 years on December 3rd.

Din and Nori Peerani celebrate 57 years on December 7th.

Doug and Jackie Kinley have an anniversary on December 8th – Unknown number of years but we know it is a long time!

Congratulations to all.

Jamie concluded with a fun story about a burglar, Moses, Jesus and a parrot! Interesting combination of characters that gave us all a chuckle.

Programme: Lynda Campbell introduced our Guest Speaker **Danny LeGresley**. Danny is the founder of " **Its Okay not to be Okay!**". With a strong passion for helping others, entrepreneurship and community outreach Danny is very well



Rotary Opens Opportunities



"Everything we do opens another opportunity for someone, somewhere"

HOLGER KNAACK



Our meeting.

known within his own community and is becoming known throughout the country. His mission is to break down the barriers surrounding mental health with the message of “Its Okay to be Okay”. He launched the initiative a year ago, as a result of personal experiences (depression and anxiety), with an objective of helping to eliminate the stereotypes that come in dealing with mental health. After suffering for most of his life he decided to seek help for himself and he then set out to help others. Upon launching his initiative, the press were quick to cover the story and as a result he secured support from a large number of businesses and organizations, e.g. Calgary Police Service , Calgary Fire Service, Global TV , A and W – the list goes on.

The organization has so far raised over \$25,000 through the sale of merchandise including T shirts, Firewood and Covid Facemasks. His goal for next year is to raise \$200,000. He is using some of the funds to start a scholarship programme and the first one has recently been awarded. Other than scholarships, funds will go to both the Calgary and Canadian Mental Health Associations. Please feel free to visit his website www.itsokaynottobeokay.ca .

Danny received several great questions and he was thanked by Lynda Campbell for a most interesting presentation.

Club Elections

The following members have been nominated and were voted by acclamation:

President	Doug MacDonald
President Elect	Brad Wellicome
Vice President	Graham Drake
Secretary	Kathy Le
Treasurer	Greg Smythe (2 nd year of 2-year assignment)
David Fields	Club Service
Janet Blahun	Community Service
Lynda Campbell	Vocational
Steve Dunk	Youth Service
Ola Olayudi	International Service
Aliisa Paivalainen	Public Image
John Radermacher	Sgt.at Arms
Patricia Bailey	Chair of Grants Committee
Don McArthur	Foundation Chair

Congratulations to all

Greeting of the week – Flemish and presented by Lynda Campbell

Bedankt – Thank You

Heel erg bedankt – Thank you very much



Our meeting.

Rotary Business-

The Huron Carole – Brad Wellicome once again announced that tickets to the virtual concert by Tom Jackson are available for \$20 per zoom link. A separate Email has been sent to all and you can register online via the information provided. Concert is at 7:00pm on Friday December 18th and The Club will hold a virtual Christmas Social following, at 8:30. So make sure you have your favourite beverage and snacks on hand – not to mention your business suits and cocktail dresses!

A link for the Concert will be sent on December 16th

Calgary Rotary Clubs Foundation -Jim Davis thanked everyone for their contributions. Still time to contribute this year. If you do or if you have recently donated, please let Jim know.

Around the World in 80 days- Peter Harding and Ginny Murphy entertained us in the announcement of an exercise programme commencing in early January – sounds like great fun an opportunity for commitments by all of us. We have all been placed in teams and you will receive info. shortly.

Christmas Kettles

Jamie advised that Kettles at Heritage Park were starting on December 5th – Members will receive information on their shift a few days before it.

Interact for Health Pin

Western Canada High School and Sir Winston Churchill High Schools Interact Clubs have produced a Health pin that they are selling for \$7.00. You can contact Christine should you want one.

Happy Bucks.

Martin H donated for a sad buck that his Cousin David Prowse -AKA Darth Vader in the first 3 Star Wars movies had passed away. David was the body – not the voice. He also acted in other films and received an MBE for his work with school safety in England.

Martin also recommended an episode of Schitts Creek each night instead of the news prior to hitting the sack.!!

Bob Clark – looking for a home for a pussy cat.

Thought for the day

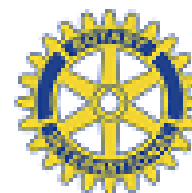
“What Mental Health needs is more sunlight, more candour, more unashamed conversations about illnesses that affect not only individuals but families as well families as well”. Glenn Close

Next Week

December 11th -Zoom Meeting – Dr Joe Pavelka – Tourism after Covid



Position	Assigned Member
<div> <div></div> <div>December 4, 2020</div> </div>	
Greeter	Paul, Raju
Grace and Sunshine report	Powell, Jamie
Introduce and Thank speaker	Campbell, Lynda
Standard Reporter	Peerani, Din
<div> <div></div> <div>December 11, 2020</div> </div>	
Greeter	Pyle, Jeanette
Grace and Sunshine Report	Radermacher, John
Introduce and Thank Speaker	MacDonald, Doug
Standard Reporter	Rowe, Mark
<div> <div></div> <div>December 18, 2020</div> </div>	
Greeter	Robertson, Eve
Grace and Sunshine Report	Ruptash, Peter
Introduce and thank Speaker	Mihailedes, Christine
Standard Reporter	Sapre, Vannita
<div> <div></div> <div>January 8, 2021</div> </div>	
Greeter	Sawers, Jim
Grace and Sunshine report	Semeschuk, Brian
Introduce and Thank speaker	
Standard Reporter	Sewall, Brad
<div> <div></div> <div>January 15, 2021</div> </div>	
Greeter	Sonntag, Roger
Grace and Sunshine report	Simmins, Geoffrey
Introduce and Thank Speaker	
Standard reporter	Skinner, Bill



**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

Dec 11	Joe Pavelka, MRU—Tourism post-COVID
Dec 18	Classification talks
Jan 8	Club Assembly
Jan 15	Classification—Lukas and Trish Bailey