

THE STANDARD

March 27, 2020

President:
Brad Sewall

Editor:
Joe Klassen

Reporter:
Ginny Murphy

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:

Brad Sewall started the meeting at 7 am sharp.

Participants were led through a visual version of O Canada, asked to sing along with images of Canadian landscape and lyrics flashing across the screen as we sang along individually, together, but muted.

Peter Leigh was greeter – we were introduced to our guests:

Steve Dunn, guest of Doug MacDonald

Dominic Igbelina - guest of Sheila

Mark Stephen – guest speaker, who had not joined the meeting yet

Bill Hope shared grace, including thanks for those individuals supporting us during this time of crisis. Bill then shared Sunshine report – birthdays and anniversaries (available on Clubrunner)

On a sad note, Max Patel 's father in law passed away this week in London after testing positive for COVID-19.

Bill Hope then created some levity with a joke about creatively getting time off work!

Rotary Global Grants

Dominic Igbelina – Introduced by Sheila - is the recipient of the 30K Rotary Global Grants Scholarship -had been awarded this scholarship after demonstrating high academic performance and strong passion and qualities that will lead him to attend a post-secondary institution in an academic pursuit in one of the Rotary areas of focus.

Dominic spoke about his education history and his plans. He holds degrees in Biological Science, Sociology (where he recognized the wider determinants of





Our meeting.

health). He is currently working at U of C as a researcher in multiple departments and is also a Med Tech. Believes it's everyone's duty to give back to the community as they are able. He has been involved in many different agencies throughout his life, making a difference in the lives of students and other humans in need.

Dominic has varied interests and will pursue his studies at London School of Economics in Global Health Policy – with a focus on disease prevention and treatment, understanding global health issues.

Dominic expressed gratitude for being a part of our club and for the receipt of this grant to pursue his passion and make the world a better place by focussing on those most impacted.

Sheila Tyminski talked about COVID-19 and health related information. Members are directed to the Alberta Health Services website to access information about COVID-19 including testing for those afflicted. Sheila reviewed the NEJM study that investigated the virus's ability to live on hard surfaces and in the air, and also the rationale for physical distancing.

There is a COVID-19 self-assessment tool on the AHS website as well.

Jim Coyle spoke about Christine Mihailedes and Peter Ruptash who are aboard the Holland America ship *Zaandam*, floating off the west coast and hope to gain passage through the Panama canal and disembark at a port soon. Sending best wishes for their safe arrival home.

Ginny Murphy shared that you can sign up to receive a daily positive message by text as you are managing isolation during the COVID-19 Pandemic. AHS is offering the 'Text for Hope' text service.

Sign up by texting COVID19HOPE to 393939.

Asha Paul gave us some stats about the current state of COVID-19 and how it's impacting people Alberta. Suggested that if we get parcels delivered – we should wipe them down, discard the cardboard and wash your hands. Also produce should be washed.

Guest Speaker

Asha Paul introduced Guest Speaker – **Mark Stephen** – CHQR – Voice of the Stampeders – one of the longest serving broadcasters in CFL history.

Mark regaled us with stories with us about his history with Stampeders. He started with the unsure start of the 2020 season with COVID-19, so we will have to wait and see.

2020 will be the 75th anniversary of the Calgary Stampeders.

Mark shared some favourite moments with Stampeders.

- West Final 1970 in the brutal cold and wind

- West Final in 1991 against Edmonton

- Grey Cup 1948 in Toronto, when the Grey Cup was recognized as a national event



Our meeting.

Mark let us know there is a lot of uncertainty about the 2020 season, as the players can't even train as they can't access gyms. Mark then fielded questions from the audience.

Asha thanked Mark for speaking to us, letting him know our club has made a donation to Polio Plus in honour of his presentation this morning.

Happy Bucks

Asha Paul – happy that all of us are safe and healthy

Matt Knox – impressed by how our government and our Rotary district is planning to assist with the COVID effort. Suggests that we shift our paradigm to look on the bright side of how lucky we are.

John Radermacher – wanted to encourage people to reach out and speak to someone they haven't spoken to in a while – make a connection – make someone's day

Ted Wood – happy that he is participating with online social sharing to stay connected with positive messages amongst friends

Brad Wellicome – for this his first virtual Rotary meeting, and sent kudos to Bad Brad for organizing the virtual meeting

Bill Hope – sad buck about his breakfast of porridge

Darryl Luhr – thanks to Dominic for sharing and looking forward to hearing more about his progress

Doug MacDonald – rebuttal – because he loves porridge

Graham Drake - shares Matt's sentiment about looking on the positive side of things – also that he has a new 20 month old boss who lets him know how and when to act - also that his daughter's house sale closed, and how pleased he is to see life progressing positively for next generation.

Velma Noble – for leadership in our club – as assistant governor she is happy to see how clubs are acquiring and sharing supplies with healthcare workers

Asha Paul – for her makeup meeting - when in California attended meeting Menlo Park Rotary Club – a fun club, and she has a flag to present

Matt Knox – for Graham Drake's great presentation to his online MBA class

Stan Christmas – for learning he will be a grampa for a second time (soon)

Brad Sewall – for a supportive and creative board, and thanks to people for sharing their creative fundraising ideas – keep them coming

Bob Clark – for recognizing adaptability of individuals – the law course he is teaching is online – also announced that RCCHP is staying in the queue for our turn to work (and benefit from) the casino when that comes back online. Happy we are looking for opportunities to be creative.

Sheila Tyminski – for her grandchildren(5 and 6) who are using art supplies to design a device to trap and kill COVID-19 virus.

Vocational Talk by Jamie Powell next week April 3 – will be discussing Estate Planning



Position	Assigned Member
April 3, 2020	
Greeter	Hochhausen, Fran
50/50	Kelly, Lorne
Grace and Sunshine report	Christmas, Stan
Introduce and Thank speaker	Campbell, Lynda
Standard Reporter	Hood, Doug
April 17, 2020	
Greeter	Noble, Velma
50 50 Sales	Olutuyi, Ola
Grace Sunshine Report	Paivalainen, Aliisa
Introduce and thank Speaker	Paul, Asha
Standard Reporter	Powell, Jamie
April 24, 2020	
Greeter	Paul, Raju
50/50	Pyle, Jeanette
Grace and Sunshine report	Radermacher, John
Introduce and Thank Speaker	Robertson, Eve
Standard reporter	Rowe, Mark

**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

March 27	Online meeting!
April 3	Online meeting TBD
April 10	No meeting—Good Friday
April 17	Toastmasters—presentation by Regional leadership

