

THE STANDARD

February 19, 2021

President:
Christine Mihailedes

Editor:
Joe Klassen

Reporter:
Garry Gray

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



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

HOLGER KNAACK



In the beginning:

February 19, 2021 - 7:01 am

Temperature -2C - Sunny/Cloudy

President Christine

Welcome

Land Acknowledgement

National Anthem – sung by some very enthusiastic Young Canadians with
Bright Smiling Faces to cheer us up and on



Steve Dunk - Introduction of Guests and Visitors

Karen Murray

Katlyn McLaughlin

Deb Hymers

Brian Gentles – Thanks and Sunshine Report

Dear Lord, You've got it, We need it, Please give it!

Amen

Sunshine Report

15th – Harry Kim – 29th birthday again

16th - Duane

16th Roger & Karen Sonntag – 37 years

13th Sheila for 10 years of service

Today we have a story rather than a Joke

Modeled after the 1839 Rowing competition on the river Thames in England downstream from Oxford called Henley on the Thames. Now fast forward to Alice Springs in the Northern Territory in the Aussie outback and 59 years ago the Rotary Club there started Henley on the Todd.

Our meeting.

The Todd River runs through the centre of Alice Springs – this is a fundraiser for them which they have only had to cancel once since *there was actually water in the river*. So, they built these boats and it is literally a race *running* down the river course there.

It is a very successful project for them. This reporter is thinking this is not a joke!! Ha

Christine -Introduction of guest speaker

Deb Hymers – Founder and Director NSTEP – How to Build Better Brains

Founded in 2010 NSTEP – Nutrition Student Teachers Exercising with Parents

Calgary charity that has expanded into three provinces

January 2010 to June 2020 NSTEP has educated over 55,000 children and youth in both school and community programs. Deb will explain why healthy eating and activity builds better brains for Toddlers Teens Adults

Deb is:

2020 Woman of Inspiration Nominee

2010 CBC Top 50 Champions of Change

Member of the Calgary Rotary Club Sarcee

Married to Aaron and has two children and three energetic grandchildren

Deb Hymers

As a Rotarian we all want to be doing good in our communities whether locally or internationally and that is her motivation of what she wants to do in life and why is this important because....

By 2040, up to 70% of Canadian adults aged 40 years will be either overweight or obese.

By being overweight is associated with many chronic diseases which costs billions of dollars

56% fewer physician visits for mental illness for teenagers if you meet 7 out of 9 recommendations:

Increase veggies and fruits

Decrease ADDED sugar

Increase whole grains

Decrease saturated fat

Increase milk & alternatives

Decrease SCREEN TIME

Increase meat & alternatives

Increase PHYSICAL ACTIVITY

Increase SLEEP

Maslow's Hierarchy of Needs - you cannot go to the next level unless you have met all of those needs.

5 Self-actualization – desire to become the most that one can be

4 Esteem – respect, self-esteem, status, recognition, strength, freedom

3 Love and Belonging – friendship, intimacy, family, sense of connection

2 Safety Needs – personal security, employment, resources, health, property

1 Physiological need – air, water, shelter, sleep, clothing, reproduction

Students have to meet the basic needs before they can ever bloom to learn.

Thank you in Arabic: Shukran



Our meeting.

Darryl Luhr – Including Albert

Indicted that there is an expansion of program and a new co-ordinator

Will send updates

Karen Murray – welcome – co-ordinator of partnership

Started in December

Program brings employers and employees together

Happy to open doors

Karen looks forward to Breakfast some day at the club

Velma

District Initiative

Rotarians for mental health Jan 1 to Dec 1

District wide response to pandemic

Two webinars next Thursday and second one is March 6th

Go to website for access

Harry

Fellowship at ATCO tomorrow – Feb 19th in lieu of Guess Whos' Dinners

Christine thanked past presidents who have served in our club as well as Charter members. We still have most of our past presidents still serving after 22 years as RCCHP. Christine indicated February 23rd is the actual club's birthday. We can be proud of what we have achieved together!

Club Service

Trivia and Cocktails Event coming – Peter Harding

March 19th 7:00 – 8:30 pm

\$10.00 per person

Member & spouse

Saint Paddies is the theme dress

Cut-off for sign up is March 12th

Around the World

Ginny

Thanks for heading south to Antarctica, McMurdo Station 1,360 km at South Pole

It takes 24 days to ship food from California according to our world traveler, Harry Kim

All food imported and no Skip the Dishes or Amazon down there

Ginny – 15,000 km next week off to Australia



Our meeting.

Club Fellowship Cooking Class

Harry -February 19th from 3.30 to 5

25 participants

Tips on things to be ready

Mute your speaker

Happy Bucks

Matt Knox

To Deb and the NSTEP program

This week pursued Indigenous relationship certificate

Darryl Luhr

Welcomed Karen Munro into the club

Next week speakers – Alcove re: Addiction Recovery

Thought for the week

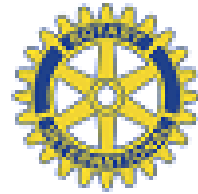
OUR FOOD SHOULD BE OUR ANCHOR

OUR WISDOM SHOULD BE OUR FOOD

PRESIDENT Christine adjourned the meeting!

Reporter

Garry W Gray



February 26, 2021

Greeter	Harding, Peter
Grace and Sunshine report	Harvey, Martin
Introduce and Thank speaker	Blahun, Janet
Standard Reporter	Hochhausen, Fran

March 5, 2021

Greeter	Hochhausen, Phil
Grace and Sunshine Report	Hood, Doug
Introduce and Thank Speaker	MacDonald, Doug
Standard Reporter	Hope, Bill

March 12, 2021

Greeter	Kelly, Lorne
Grace and Sunshine Report	Khanna, Surinder
Introduce and thank Speaker	Mihailedes, Christine
Standard Reporter	Kim, Harry

March 19, 2021

Greeter	Kinley, Doug
Grace and Sunshine report	Klassen, Joe
Introduce and Thank speaker	
Standard Reporter	Knox, Matt

*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

Feb 26	Beck and Sydney Black—Alcove Addiction Recovery
Mar 5	Martin Harvey and Ed Bourassa—Classification talks
Mar 19	Membership Committee Presentation
April 2	Good Friday—No Meeting
April 9	Club Assembly