

THE STANDARD

October 22, 2021

President:
Doug MacDonald

Editor:
Joe Klassen

Reporter:
Graham Drake

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:

DATE: Friday October 22, 2021

Back at the barn for some of us and ZOOM for others, but overall a good turnout for the late fall meeting of the Rotary Club of Heritage Park . Who knew we could be so technically astute (OK and a little bit challenged) but what a way to keep as many of us in touch as possible!



Bob Clark led off with introducing our guests today, both on ZOOM: Cliff Tyminski and in person: Dave Leslie (our assistant Governor) and Vanessa Freeze-Summer (potential new member)

Jim Davis share some great thoughts with the following 's invocation:

My fellow Rotarians, you have this power. This power to use language to share your ideas, to touch hearts, and to bring about change in the world. The power to speak and share, to explain and to educate, to inspire and to influence. It is our responsibility to share our talents and ideas and to find meaning in other people's messages. May we use our skills to provide service to others less fortunate and help them to be self-sustaining. May we continue to grow as Rotarians so that we stand in our community as a symbol of those willing to freely put service above self and make this, our community, and the world a better place to live.

O Canada was sung A Capella in the Barn, hopefully on key for those "Zoomed in"

SUNSHINE REPORT: Jim Davis

Member Birthdays: Name and date: Jim Coyle: October 25

Spouse Birthdays: Ivy Krause-Macdonald October 15

Rotary Anniversaries:

Jim Sawers: October 22nd, 11 years

Joe Klassen: October 25, 15 years

Benjamin Kormos: October 28, 10 years

Jim shared some exercises for skiers to prepare for the season – Apparently Jim is not a fan of the ski season – or perhaps just a realist!



SERVE TO CHANGE LIVES

Our meeting.

Ski season is almost here!! Hence, the following list of exercises to get you prepared:

Fasten a small, wide rubber band around the top half of your head before you go to bed each night.

If you wear glasses, begin wearing them with glue smeared on the lenses.

Throw away two \$100 bills now.

Find the nearest ice rink and walk across the ice 20 times in your ski boots carrying two pairs of skis, accessory bag and poles. Pretend you are looking for your car. Sporadically drop things.

Buy a new pair of gloves and immediately throw one away.

Go to Macdonald's and insist on paying \$15.00 for a hamburger. Be sure you are in the longest line.

Fill a blender with ice, hit the pulse button and let the spray blast your face. Leave the ice on your face until it melts. Let it drip into your clothes.

Dress up in as many clothes as you can and then proceed to take them off because you have to go to the bathroom.

Repeat all the above every Saturday and Sunday until it is time for the real thing!

Our speaker today was our club's very own Sheila Tyminski, who was warmly introduced by Doug Hood. With a career background in nutrition and her roles at AHS, Sheila shared some research and thoughts on:

What is Household food insecurity and how do we tackle the issue?

Why is it important?

A major public health issue.

Experience a wide range of chronic conditions, such as arthritis, diabetes, heart disease and anxiety disorders.

Higher risk of premature death

Children are more likely to develop asthma and mental health conditions including anxiety, depression and suicidal ideation

Higher healthcare costs.

From the research:

Food insecurity is about being unable to afford basic needs on low income:

Over 65% of households experiencing food insecurity are wage earners

Over 60% of households receiving social assistance are food insecure.

Seniors are largely protected due to guaranteed annual income.

It is not about budgeting better, the money is just not there.

Regarding Food charity programs:

Attempts to solve income problem with food solution. Does not change food security status.

Do not address psychological and social impacts – especially children

Relief usually does not match needs (cultural, provide missing foods, have the appropriate appliances).

Loss of dignity.



Our meeting.

There is a sense that people are OK so long as there are free or subsidized food programs to meet income shortfalls, and that people's needs are temporary.

We have institutionalized the food charity sector x 40 years and in doing so, have let the governments off the hook. Social safety net, minimum wage, part time hours, benefits, etc.

Solutions: What works

Policy solutions: Canadian universal income-based policies (OAS, GIS, CCB) and provincial income policies have been shown to reduce prevalence of HFI. Income solutions to income problems.

What can we do as Rotarians:

Start the conversation: understanding food insecurity, right to food not being fed, ensure dignity and allow people to have control over their lives.

Emphasize food insecurity is overwhelmingly an issue of income not food or money management

Consider programs that help bring people out of poverty, not provide handouts. E.g. 211, Vibrant Communities Calgary. Stable housing, access benefits & entitlements.

Doug Hood thanked Sheila – great to hear from another club member on such an important topic.

Some rotary minutes today:

Lorne Kelly brought everyone up to date on **S.H.O.W. scavenger** hunt planned for Saturday. Participation looks good and should be a fun day.

Vince provided an update on the **Move for Polio** campaign and our club's participation. We had 12 members registered and 6,190km recorded. As well, we are over ½ way to our annual Polio donation goal.

Jim Davis on the **Calgary Foundation** – It has a recognition program to thank donors. RCCHP had \$4,700 donated by 16 members in the year. We now have over \$80,000 in assets

Rotary Remembers – 10th anniversary of the rotary event at the Carriage House Inn – 10 am to noon and lunch noon to 1 pm. Tickets available from the district website – must buy tickets by November 4th due to COVID restrictions and planning. It will be live streamed as well – registration on the district website as well.

Club Service – We will be having a wine tasting event at Market wine on November 20. Check out our website to register

Happy bucks were short and sweet today and the meeting finished off with President Doug leading us in the four way test:

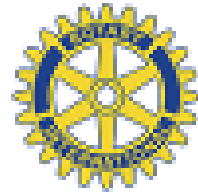
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Position	Assigned Member
📅 October 29, 2021	
Greeter	Dunk, Steve
Grace and Sunshine Report	Gentles, Brian
Introduce and thank Speaker	Clark, Bob
Standard Reporter	Gray, Garry
📅 November 5, 2021	
Greeter	Harding, Peter
Grace and Sunshine report	Harvey, Martin
Introduce and Thank speaker	Le, Kathy
Standard Reporter	Hochhausen, Fran
📅 November 19, 2021	
Greeter	Hochhausen, Phil
Grace and Sunshine report	Hood, Doug
Introduce and Thank Speaker	MacDonald, Doug
Standard reporter	Kelly, Lorne
📅 November 26, 2021	
Greeter	Hope, Bill
Grace and Sunshine report	Khanna, Surinder
Introduce and Thank speaker	Mihailedes, Christine
Standard Reporter	Kim, Harry
📅 December 10, 2021	
Greeter	Kinley, Doug
Grace and Sunshine Report	Klassen, Joe
Introduce and Thank Speaker	Harding, Peter
Standard Reporter	Leigh, Peter

**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

Nov 5	David Spence—CTV Meteorologist
Nov 11	Rotary Remembers
Nov 12	No Meeting.
Nov 19	Classification—Tracey and Vince Vavrek
Nov 26	Mark Kondrat—Beer in Alberta
Dec 2	Christmas party (Thursday evening)
Dec 3	No Friday morning meeting