



THE STANDARD

DECEMBER 1, 2023

VOLUME 24

ISSUE 20

**PRESIDENT
GRAHAM DRAKE**

**REPORTER
STEVE DUNK**

**EDITOR
ASHA PAUL**



MEETING NOTES

Jamie Powell greeted the members enthusiastically as we filed into the Selkirk Grill on a cool winter morning. Long lost President Graham started the meeting at 7:02. Tracy Vavrek introduced our guests, speaker Sarah Mateshaytis as well as Montana Wolford Brown, guest of Linda Craig and Richard Broadwidth. Graham noted that Bob Cove was technically a guest as his membership would be effective at our next meeting. An upbeat rendition of Oh Canada was led by conductor Stan Christmas. President Graham spoke about the thriving Metis Community, which was formally recognized as a post contact indigenous nation in 1982.

PROGRAM

Graham introduced our speaker, Sarah Mateshaytis, a Social Worker, therapist and co-founder of Collectively Tangled Counselling and Consulting.

Sarah spoke about mental health, with a focus on entrepreneurs. Entrepreneurs experience mental health concerns at a much higher rate than the general population.

Stress is a normal and necessary emotion which can allow us to accomplish many important tasks, but tolerable stress needs buffers or there is a risk of chronic/toxic stress or burnout. The higher the intensity of the problem, the fewer buffers are available to alleviate it.

It is important for both individuals and organizations to understand when stress is at risk of becoming intolerable and what buffers may be required to manage it. This is critical for both personal and business success.

Graham thanked Sarah and presented her with a Polio certificate.

HAPPY BUCKS

We had many happy bucks at this meeting donate from Steve, Jamie, Sheila, Ted, Jim, Vince and Doug K. Thanks to you all.

PRESIDENTS REMARKS

Graham closed the meeting with a reminder of our Christmas party on December 7, doors open at 6 PM, dinner at 7 PM. No meeting December 8. He closed the meeting with the words "Take care of yourself, and if you can, take care of someone else"

NEW MEMBER ANNOUNCEMENT

The following have been accepted for membership by the board

ROBERT (BOB) COVE

Proposed by: Bill Hope

Classification: Healthcare :Clerk.

BRUCE BYFORD

Proposed by: Graham Drake

Classification: Retired

Barring any objection from the membership, they will be inducted in 2 weeks



MINUTES

Bill Skinner read a thank you letter from the Ujama Grandmas for the RCCHP members that helped move their equipment for their sale. They raised \$40,000 for the Stephen Lewis Fund and were grateful for our support

Graham noted that new members Bob Cove and Bruce Byford would be eligible for induction by next meeting
Stan Christmas asked for members to join his RCCHP 25th Anniversary Planning Committee and received 4 volunteers at the meeting

MOTIONS (CONTD)

Motion 5 – International Service – Eve Robertson moved that RCCHP provides C\$2800 towards a supporting DDF application for the Global Grant "Towards the Elimination of Cervix Cancer in Guatemala, phase 2", led by RC Calgary.....Seconded by Bill Skinner Approved..

Motion 6 – General – Bob Clark moved that we provide \$400 sponsorship as support for District 5360 conference in May ... Seconded by John R - Approved

MOTIONS

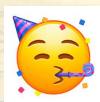
Motion 1 Vocational Service - Jim Sawyers, Moved that RCCHP allocate \$2,700 towards the PROSPECT persons with development disabilities Outdoor Pursuits Program for the purchase a range of equipment to be used in the program including; icers, boots and shoes, hiking poles, waterproof glove covers and stand-up paddle boards." Seconded by Jim Davis - Approved.

Motion 2 – Community Service – Roger Sonntag moved that RCCHP provide \$2,000 to Heritage Park to fund their Accessible rail car project and that we apply for a District Grant of \$5,000. The commitment is not contingent on the approval of the District Grant. Seconded by John R After discussion, the Committee may revise the motion to provide \$2500 in opdrer to qualify for the maximum grant of \$7500 – this was approved.

Motion 3 – Community Service – Roger Sonntag, moved that that RCCHP allocate \$5,000 from budgeted funds as a portion of the total \$227,500 funding required by the Calgary Community Kitchen to expand their refrigeration capacity. This motion is made on the understanding that commitments will be obtained from other sources including but not limited to other Calgary rotary clubs and the federal government for the full amount required before we issue our cheque for said funds. Seconded by Peter Harding - Approvd.

Motion 4 – International Service – Eve Robertson, moved that RCCHP provides C\$2000 to the RC Los Altos (Guatemala) to fund a flow and pressure test of the water well crucial to the RCCHP led Global Grant "Water System Re-design for the Community of Quiacquix". Seconded by Sheila Tyminski - Apporoved.

BIRTHDAYS & ANNIVERSARIES



BIRTHDAYS

TRACEY VAVREK.....	DEC 6
DAVID MCKEOWN.....	DEC. 8
JIM DAVIS	DEC 9
JAMIE POWEL	DEC 14

ANNIVERSARIES

DIN & NURI PEERANI.....	DEC 7
PHIL & FRAN HOCHHAUSEN	DEC 1
DOUG & JACKIE KINLEY	DEC 8

ROTARY ANNIVERSARIES

RICHARD BROADWITH (32 YRS)	DEC 1
LINDA CRAIG (6YRS).....	DEC 13.

DUTY ROSTER DECEMBER 15, 2023

GREETER	VINCE VAVREK
DOOR SALES.....	BRAD WELLCOME
INTRODUCE & THANK.....	TED WOOD
REPORTER.....	SHEILA TYMINSKI

If you are unable to fulfil your duties