



THE STANDARD

NOVEMBER 17, 2023

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**PRESIDENT
GRAHAM DRAKE**

**REPORTER
PETER HARDING**

**EDITOR
ASHA PAUL**



MEETING NOTES

What a crowd we had at the meeting today!! It was wall to wall with members and guests and an spectacular display of Boston Marathon jackets and various marathon medals courtesy of our guest speakers Lil Fairburn and Sheila Leigh

Brad Wellicome chaired the meeting and got things rolling quickly with Peter Harding leading O'Canada followed by a land acknowledgement covering the numerous Treaty regions that he had resided in over the years.

PROGRAM

RUN FOR YOUR LIFE

Peter Leigh introduced our speakers Lil Fairburn and Sheila Leigh both of whom are avid runners and recently achieved their "Six Star" marathon medal for completing the six most famous marathons in the world: London, Tokyo, Berlin, New York, Chicago and Boston.

They gave us a short history on the Marathon itself starting in Marathon, Greece in 490 BC and how the official length of 26.2 miles was established in 1908 at the Olympics in London, England.

They spoke of the numerous races they had run around the globe and how they each got started running and met each other through the sport. They detailed how they motivate themselves through goal setting and staying positive, what they enjoy about running these races and the support they have received from friends, family and fellow runners in achieving their running goals.

Their presentation was energetic and informative and made me feel like dusting off the runners and hitting the streets; almost.

Running a marathon is in itself an amazing accomplishment and to complete the number of marathons that Lil and Sheila have and then topping that off with the Six Star marathon medal is truly awesome.

Peter Leigh thank Lil and Sheila for sharing their stories and medals with us.

HAPPY BUCKS

Happy Bucks were aplenty today matching the enthusiasm of the crowd.

Rob Matthews, Peter Leigh and Bill Skinner for today's wonderful presenters. Vanessa for tonight's book club meeting and for getting through almost 95% of her book. Walter for his trip to California with his grandson but sad he was leaving for Puerto Vallarta without his grandson. Sheila reminding us it is National Metis Week Bill Skinner grateful for Velma's mental health guidance.

FRIDAYS 7 AM. GUNN'S DAIRY BARN, HERITAGE PARK, 1900 HERITAGE DRIVE SW, CALGARY



MINUTES

Velma Noble provided our "Mental Health Minute" speaking about the rising cases of anxiety in our society. She discussed methods to decrease our anxiety through relaxation such as focusing on pleasant things we can detect with our 5 senses of seeing, hearing, smell, touch and taste.

I tried it and it does work.

Brad Wellicome brought us up to speed with the Move for Polio program. 52% of our club participated and as a group they did over 13,000 km of activities with Bill Hope and Graham Drake topping the activity list. To this point we also raised \$3,690 towards our battle against Polio.

John Radermacher advised our meeting December 1st will be in the Selkirk Grill and there is no meeting December 8th because of our Christmas party on December 7th.

Brad Wellicome also reminded us that Nov 28th is Giving Tuesday, a perfect day to donate to the Rotary Foundation Annual Fund. Half of all funds donated to the Annual Fund come back to our district and is used for District Grants which our club has taken advantage of for several of our club projects.

MOVE 4 POLIO

Here are the 3 goals we set for the campaign:

1. Member engagement (goal-80%)
2. Fundraising (goal-USD\$4,000)
3. Wellness (goal-5,000 kms)

The results:

- 27 members participated (~52% of the club)

1st place= Velma Noble with 1344 kms.

2nd place= Bill Hope with 1239 kms.

3rd place= Graham Drake with 1204 Kms.

Honorable mention= Vic Varek

- 13,631 Kilometers of activity were recorded (273% of our goal)

- \$3,639 USD has been donated to Polio Plus (91% of our goal)

Overall, I think it was a very POSITIVE outcome!

PRESIDENT'S REMARKS

Brad Wellicome closed the meeting with a thanks to all those members who stepped up to help make this meeting happen and that today is International Students Day.



BIRTHDAYS & ANNIVERSARIES

BIRTHDAYS

DEBRA MCARTHUR NOV 17

ROTARY ANNIVERSARIES

PHIL HOCHHAUSEN (15YRS) NOV 20

DUTY ROSTER

NOVEMBER 17, 2023

GREETER JIM SAWERS

DOOR SALES.....BILL SKINNER

INTRODUCE & THANK.....ART SUMNER

REPORTER.....PETER LEIGH

**If you are unable to fulfil your duties
please find your own replacement.**