



# THE STANDARD

SEPTEMBER 15, 2023

VOLUME 24

ISSUE 10

**PRESIDENT  
GRAHAM DRAKE**

**REPORTER  
PETER HARDING**

**EDITOR  
ASHA PAUL**



## MEETING NOTES

It was a beautiful day driving to our meeting at Heritage Park with bright blue sky, leaves slowly turning gold and red while deer grazed peacefully among the trees.

As you entered the Gunn dairy barn you were greeted by the welcoming smell of fresh coffee and a warm handshake by our greeter Monica.

Many of our members had walked to the barn from the main gate promoting the Rotary Move for Polio initiative. Once the gang was settled the meeting commenced with the duo of Harold Aitkenhead and Stan Christmas leading us in O'Canada followed by President Graham with the land acknowledgement.

There were two new faces and hopefully new members in attendance, Linda Craig and Bob Cove.

Bob had been a member of our club a few years back and is now planning to rejoin Rotary. Looking forward to seeing Linda and Bob at future meetings.

## PROGRAM

Brad Sewall introduced our guest speaker, Cam Stewart, with a series of fact or fiction statements about Cam. Cam retired after a 25 year career from the Calgary City Police Force. He is the lead person for Rotary District 5360 Indigenous Relations and is well respected among First Nations communities around Calgary. Cam's presentation involved removing some of the myths and misunderstandings many of us have around our indigenous neighbours.

Cam divided the room into two teams and challenged us to an Indigenous Diversity Feud.

Sadly no team scored many points but it made us aware of the misinformation that was out there and how little we understood about indigenous people living on reserves and in Calgary.

Since there was no feud winner, Cam presented President Graham with the special coffee mug prize.

## HAPPY BUCKS

Everyone was happy this week and privileged to have known Max and grateful for his special and positive impact on our club.

Several members were happy about Cam Stewart's presentation.

Brad Sewall happy he is attending a session of Elders and Knowledge Keepers presenting on Sept 30<sup>th</sup> at 7:00 PM at the Jack Singer Hall.

Vince and Tracy are off to Toronto to train our new Rotary leaders.

Bob Cove happy to be back at Heritage Park Rotary

Stan happy that Asha is assuming the weekly Duty Roster.

Bill Skinner happy to finally be in his new home.

Richard Broadwith happy that the Club Attributes Surveys were coming in.

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

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## MINUTES

Velma updated us on the Rotary Move for Polio, where we are in our fight against Polio and our fund raising efforts to eradicate this virus. Get moving, record your activities and donate.

Velma also provided a “Mental Health Minute”. As the days grow shorter we are moving into the “SAD” (Seasonal Affect Disorder) season. Mood disorders and depression are increasing notably affecting people as young as 18 to 35 years. Ways to deal with SAD are light box therapy, Vitamin D, exercise and using essential oils (Velma didn’t mention wine but I’m pretty sure that is also essential to a better mood). Take care of yourself and keep an eye on those around you to keep everyone healthy and happy.

Richard Broadwith, Chair of Membership, reminded us of the email he sent out Sept 14<sup>th</sup> regarding the Action Membership Project Club Attributes Assessment survey. His ask is that we complete the five minute survey on line or print out the survey and send it to him by September 22, 2023.

He even put money on the line in the form of Happy Bucks for those who had already submitted the survey. Not sure if that pool of cash is already exhausted but please do the survey as soon as you can.

### DUTY ROSTER

**SEPTEMBER 22, 2023**

**GREETER .....RICHARD BROADWITH**  
**DOOR SALES.....LYNDA CAMPBELL**  
**INTRODUCE & THANK.....STAN CHRISTMAS**  
**REPORTER.....STEVE DUNK**

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

## TRIBUTE



President Graham announced the celebration of life for our member Doug Kyle is Sept 21/23 at 1:30 PM at St Peters Anglican Church, 903 – 75 Ave SW, Calgary. Doug’s obituary was in the Calgary Herald and on the website of Pierson’s Funeral Home

<https://www.piersons.ca/obituaries/douglas-haig-kyle/>.

## PRESIDENT’S REMARKS

President Graham closed the meeting with a “Did You Know?” minute

Did you know that polio affects children under 5 years old with 1 in 200 having some sort of paralysis?

If one child is not vaccinated all children are at risk and stopping vaccinations would result in over 200,000 infections in 10 years.

### BIRTHDAYS & ANNIVERSARIES

#### BIRTHDAYS

**BRAD WELLCOME .....SEPT 21**  
**BARBARA SKINNER .....SEPT 21**  
**SHEILA LEIGH .....SEPT 23**

#### ROTARY ANNIVERSARY

**ALIISA PAIVALAINEN (9YRS) .....SEPT 26**