



THE STANDARD

AUGUST, 16 2024

VOLUME 26

ISSUE 6

**PRESIDENT
BILL SKINNER**

**REPORTER
BRAD SEWALL**

**EDITOR
ASHA PAUL**



MEETING NOTES

Bill Skinner – Shared that today is National Roller Coaster Day! Day started off with an enthusiastic handshake from Bob Cove (the Greeter) as I came in the door. Stan Christmas had us all singing in time, if not in tune for the National Anthem.

President Bill shared the Indigenous moment about Section 35 of the Constitution Act of 1985. As part of repatriating the constitution, amendments were made that reinforced the rights of indigenous. This was not in the original charter. This amendment reinforced the rights of indigenous that had been established over 100 years before.

We welcomed three guests; Patricia Bathroy (Guest Speaker) Thampi Thomas (potential new member) and Martin Zadecki (Friend of Joe Klassen)

Steve Dunk made sure we could see ourselves in our plates as we went for breakfast!

PROGRAM

Janet Blahun introduced our guest speaker, Patricia Bathory. who spoke about Strengthening & Fulfillment of Life through Stronger Relationships in Family, Work & Community

Patricia Bathory shared her personal experience with some of the curve balls that life throws at you. She talked about trying to maintain control, to work harder, to predict the unpredictable and to control the future. For her this resulted in emotional challenges like anxiety and fear as well as physical impact like fatigue. Judging by the number of heads that were nodding, there were a number of people who could empathize with her.

She went on to describe her personal journey, the research, experience and studies she reviewed to help understand a better way to deal with life's challenges. She believes the goal to thrive, not just survive, lies in the ability to adapt to the shifts life brings; innovate through the chaos and see possibilities; and to grow the confidence necessary to be resilient no matter the challenges thrown at you.

The answer lies in making connections. First with yourself, accept what is and recognize your limitations. Second with others to build the support needed to give the confidence to proceed. Thirdly with the world to provide purpose for your endeavors. She acknowledged that Rotary provides this connection for many people.

Patricia mentioned her book that describes her life challenges and the framework for connection that she shared with us. This was not a shameless plug on her personal behalf. The proceeds from the book go to Big Brothers and Big Sisters to further the work they do on connection.

Janet thanked Patricia and provided her with the Polio certificate, which Patricia really seemed to appreciate.

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



PRESIDENT'S REMARKS

President Bill shared a Rotary story that impacted him. He and his wife had gone to St. John's, Newfoundland to help pack up his son from school there and return him home. HE had a very expensive bike that they wanted to get back to Calgary. Given the time of year Bill was unable to locate a bike box to get the bike shipped back. While in this process, Bill attended a meeting of the St. John's Rotary Club. After sharing his challenge, a local member told him to not worry. The member would get the bike back to Calgary. He didn't know how, but he would let Bill know the cost – it would be taken care of – not to worry. It turned out Bill was able to find a bike box, so he didn't have to rely on the Rotarian. Bill was amazed at the willingness of Rotarians to help out.

THOUGHT FOR THE DAY

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy!" Rabindrathan Tagore, an Indian Poet who won the Nobel Prize in Literature 1913.

The meeting concluded with everyone reciting The Four Way Test



BIRTHDAYS & ANNIVERSARIES

BIRTHDAYS

HAROLD AITKENHEAD.....AUG 22

BRAD SEWALL.....AUG 23

ANNIVERSARY

DAVID & LYNN McKEOWN(57YRS).....AUG 25

MINUTES

President Bill reinforced his interest in having members share a 2 or 3 minute story about Rotary and how it has effected them or some aspect that impacted them.

HAPPY BUCKS

- Joe – that his friend Martin joined him for breakfast
- John – Welcome Thampi as new member – first job is to collect happy bucks!
- Wynne – Velma is recovering well
- Stan – Thampi is doing a good job gathering bucks
- Bob Cove – Thank you buck & Rotary story - Disable Sailing Club is having 30th Anniversary, Bob checked with Jamie Powell about how to find some wine for their celebration. Jamie donated \$500 worth of wine. Above and beyond!
- Judy – Was in Edmonton to celebrate 2 elderly aunts' birthdays
- Bill S – Thanks to Patricia for great presentation

NEXT WEEK

AUGUST 23

Francis Wright - Famous 5 Co-Founder.

Women Who Have Fought for Change

DUTY ROSTER

AUGUST 23, 2024

GREETERJAMIE POWELL
DOOR SALES.....BRIAN GENTLES
INTRODUCE & THANK.....JUDY COCHRAN
REPORTER.....STEVE DUNK

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

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