



THE STANDARD

MARCH 15, 2024

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**PRESIDENT
GRAHAM DRAKE**

**REPORTER
PETER HARDING**

**EDITOR
ASHA PAUL**

MEETING NOTES



Harold Aitkenhead was our surprise chairperson today, resplendent in his St Patty's Day green bow tie. Wishing everyone a Happy St Patrick's day and a "Top of the morning!" he gave the bell a hearty clang and got the meeting off right on time with Stan leading us in O'Canada. Harold combined the Indigenous minute with his reminiscence of his youth in Paris, Ontario where he learned to play lacrosse and also learned that the local Six Nations team, the Brantford Warriors, made up of Mohawk Oneida, Onondaga, Cayuga, Seneca and Tuscarora first nations, played it much better. Don't be too upset Harold, after all, they did invent the game. Our one and only guest today was Ashley Yu from Inclusion Alberta and Ashley gladly led the lucky gang at her table to the buffet

PROGRAM

Velma Noble was introduced by Tracey Vavrek.

Velma's presentation was entitled "Kindling Hope During Times of Great Uncertainty"

Velma started with an image from Charles Snyder "A rainbow is a prism that sends shards of multicolored light in various directions. It lifts our spirits and makes us think of what is possible.

Hope is the same."

She spoke about the increasing number of people dealing with the fall out of ongoing stress and uncertainty in their lives and how we can learn to cope with this through creating and sustaining hope using that as a base to move forward. In a group exercise we focus on the positive and identified some good things that happened to us recently. Our rainbows.

We then practiced, as table groups, the step of imagining a plausible, positive future scenario on the topic of either crisis in the health care crisis in Alberta or the heightened racial tensions in Canada.

This resulted in some very interesting and diverse conversation.

What I learned from this is that we are not alone in dealing with stress. We have a support group of friends and family and, if necessary, professional help that we can call on. Don't wallow in despair but look to the positive outcome you seek, make a plan, gather your support team and proceed forward accepting any failure as a learning opportunity and most importantly sticking with it. Follow your rainbow, every day is a new beginning.

Velma left us with 7 strategies for cultivating & sustaining hope:

- 1) Practice daily mindfulness (sometimes described as the practice of being present in the moment)
- 2) Seek support (vs. getting stuck in isolation)
- 3) Practice daily gratitude
- 4) Set realistic goals
- 5) Embrace resilience ("good grit")
- 6) Embrace the learning of setbacks (vs labelling them "failures")
- 7) Practice good self-care & maintain solid daily basics.

Tracey thanked Velma for her presentation and guidance.

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



HAPPY BUCKS

Happy Bucks spilled out of our Pot of Gold
 Sheila was happy the Flames won and for Velma's presentation
 Jamie happy about helping out at Ronald MacDonald House
 and having been involved with Rotary in some way for the past
 5 days.

Peter Leigh happy to have hosted the recent Guess Who's
 Coming to Dinner.

Walter was impressed to hear all of Velma's Rotary
 accomplishments in her introduction

Tracey happy to have Velma as her Rotary mentor and Vince
 as her cheerleader

Diane Kashuba sad her dog passed away but happy that she
 had a wonderful companion for 15 years.

Bob Cove happy with Velma's presentation but sad that he has
 a dear friend now in palliative care.

Deb Duncanson excited that we may have a room painting
 opportunity at Alcove and she will send out an email with
 details and request for 6 volunteers.

John Radermacher threw in 10 happy bucks being \$1.25 for
 each of the 8 volunteers that cooked dinner at Ronald
 MacDonald House on Thursday evening.

THOUGHT FOR THE DAY

Harold did recover with his thought for the week:

Enjoy the little things in life because one day you will look back and
 discover they were the big things



BIRTHDAYS& ANNIVERSARIES

BIRTHDAYS

RAJU PAUL.....	MAR 24
PETER LEIGH.....	MAR 25
DIN PEERANI.....	MAR 27
OLA OLUTUI.....	MAR 27
DONNA BLACK.....	MAR 24

ANNIVERSARY

JOE KLASSEN & CAROL STEEVES (20YRS).....	MAR 25
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MINUTES

Second Chance Art Sale - Linda Craig is looking for
 volunteers to place signs around town in early April
 promoting our Art Sale. There are about 25 signs to
 put up and they are fairly small and light and just stick
 in the ground so if you are able to help please contact
 Linda

Rotary Alberta Youth Entrepreneurship Camp - Sheila
 Tyminski announced the camp for 2024 will be August
 11 to 17 and they are looking for camp volunteers,
 business team leaders, recreation leaders and more.
 If you are interested please contact Sheila.

Rotary Employment Partnership – Doug MacDonald
 and Ashley Yu spoke about a young fellow looking for
 work about 2 days per week. This person is organized
 and personable. If you or anyone you know are able
 to assist please contact Doug MacDonald.

PRESIDENT'S REMARKS

Harold wrapped up the meeting by wishing everyone
 and especially our Irish colleen, Linda Craig, a Happy
 St Patrick's day. He also mentioned he was glad that it
 being March 15th or the Ides of March there was no
 one brandishing knives at his leadership. He may
 have spoken too soon as he then told a joke about 2
 leprechauns and a Mother Superior that might have
 got him in trouble with the Irish, Catholics, flightless
 birds and anyone under 4 foot tall. I think it was the
 luck of the Irish that he escaped unscathed from that
 one.

DUTY ROSTER

MARCH 22, 2024

GREETER	WALTER ZUK
DOOR SALES.....	HAROLD AITKENHEAD
INTRODUCE& THANK.....	RICHARD BROADWITH
REPORTER.....	PETER LEIGH

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

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