



THE STANDARD

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**PRESIDENT
BILL SKINNER**

**REPORTER
JIM DAVIS**

**EDITOR
ASHA PAUL**



MEETING NOTES

Meeting Chair Harold Aitkenhead hit the bell right on time but had a little difficulty getting the crowd under control with no working mic. Harold shared his Land Acknowledgment by referring to the Residential schools (25 in Alberta) and how he and Christine worked with a young lady who believed she was from an aboriginal community to later find out she had an Inuit background. The message was how we can build relationships in a meaningful way. He then treated us to breadsticks in celebration of National Breadstick Day!

We welcomed guests Julia Assad from Brazil and Giovanna from Italy (NGSE participants), Anastasia and Mercedes Korngut (speakers), Monika Korngut and Natalie Powell.

Steve Dunk did a fine job shining plates and I am sure, with special effort for our guests!

PROGRAM

Jamie gave an excellent introduction of our guest speakers and their "Small Bits of Happiness" initiative. Anastasia and Mercedes gave us a superb presentation on how they are helping everyone find happiness while focusing on teens and how to have a positive network. This three year old program was started when they were 11 and 13 years old using a variety of tools, primarily social media and podcasts to connect with their audience. They focus on the small things and how to build habits to help teens and others focus on thinking about what they can look forward to and reduce the stresses in their life. They have arrived at 8 Key Habits as they believe the power of the "habit" is the key to success will make a big impact. They say it takes 66 days to build a habit, which is only 36% of a school year, leaving most of the year to apply the change.

Anastasia and Mercedes explained the science or examples behind the Key Habits. They are: Gratitude, find something to be grateful for each day; Helping Others, do something small for someone daily; Going Outdoors, 20 min/day; Move Your Body, 30 min/day; Smile – the simplest hack to happiness (children smile 200 times/day, adults 20); Find Excitement, look forward, not back; Box Breathing, a quick hack to calm down and, Take Downtime, we don't always need to go-go-go!

Connections and community are the best ways to find happiness by building healthy habits with others.

Jamie thanked our speakers and compared Anastasia and Mercedes' good work with what we do in Rotary. Jamie presented a certificate for our contribution to Polio.

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



MINUTES

Judy gave us an overview of the purpose and benefits of the NGSE program and then introduced Julia. Julia is a labour lawyer who has been practising for 5 years and spoke about experiences, highlighting both professional and personal growth through her exchange. She is Calgary for five weeks and spent 2 weeks with the Fish Creek Club and is with us for 3 weeks. Judy is hosting Julia and Janet is hosting Gio. Something we have not seen a lot of in recent years is a banner exchange. Judy and Julia did just that!

Richard Broadwith took a few minutes on the 5 year Zone/District pilot project for membership development, part of a North America initiative to reverse the decline in N.A. that has been occurring since 1991. He will be looking for members to participate in a Nov 20 session to develop action plans. Our target groups are Young Professionals and Aspiring Entrepreneurs as well as prospective retirees. Details to follow

John reminded us that the Celebration of Life for Ida Hardstaff is at the Dreamview Village Club House on Sunday (27th) from 1 – 4 pm. It is a come and go event and there is no program. Also sign up for Rotary Remembers on Nov 11th, deadline is Nov 3

MOTIONS

We took care of some business, starting with Lynda Campbell presenting a motion on the 2025 Second Chance Art Sale budget of (approx.) \$55k in revenue, \$14k in expenses for a target net of \$41k. Motion passed. Brian Gentles interjected with a thank you to Lynda on behalf of RAYEC and presented her with the RAYEC medal for their camp Olympic events.

Roger Sonntag had a motion to support Ronald McDonald House for \$2,000. Due to construction at RMH, meals this year are through restaurants rather than us providing meals. Roger also proposed \$1,500 to support Peace by Piece Quilters Guild. And one more from Roger for \$2,000 for the Calgary Poppy Fund. All motions were passed.

CONCLUDING REMARKS

Chair Harold concluded with a story of a recent dental experience and the anticipated police check stop on the way home.

As is now tradition for this year, we closed with the Four-Way Test.

HAPPY BUCKS

Time was short but Harold still managed to extract some Happy Bucks for the coffers!

BIRTHDAYS & ANNIVERSARIES

BIRTHDAY

ELAINE DUNCAN (BRIAN GENTLES).....Nov 5

ROTARY ANNIVERSARY

GRAHAM DRAKE (28YRS).....Nov 1

WYNNE BJORGAN (25YRS).....Nov 1

GARRY GRAY (24YRS).....Nov 1

DAVID MCKEOWN (23YRS).....Nov 1

ART SUMNER (11YRS).....Nov 1

VANITA SAPRE (5YRS).....Nov 1

DUTY ROSTER

NOVEMBER 1, 2024

GREETERTRACEY VAVREK

DOOR SALES.....VINCE VAVREK

INTRODUCE & THANK.....MARK ROWE

REPORTER.....PETER HARDING

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