



THE STANDARD

AUG 22 2025

VOLUME 27

ISSUE 07

PRESIDENT
LYNDA CAMPBELL

REPORTER
BOB CLARK

EDITOR
ASHA PAUL

MEETING NOTES



Peter Harding chipperly chaired the morning meeting striking the bell promptly at 7:00:00 am.

O'Canada was led by Stan Christmas.

A land acknowledgement followed.

2 guests were welcomed initially with formal introductions to follow.

August 22 is both Tooth Fairy and Pecan Torte Day. Which came first? A tip of our fedora to Arthur Conan Doyle imagining fairies and also European settlers embracing a wider and denser Pecan Pie, loaded with energy giving sugar.

Our meeting was blessed by Peter and blessed again when Wynne was assigned to plate shining duties.

PROGRAM

Thampi introduced our guest speaker Melanie Hval, and Denielle Mohorich from Compass Rose Care. An emotional presentation that hit very close to home for Rotarians who have cared for aging family and friends. Most audience members could relate to the topic.

Private home care is currently unregulated in Alberta. It is important to have family and friend conversations that focus on asking questions and allowing people to maintain control over their care. The best term is "empowering dialogue". A written toolkit was made available for navigating uncomfortable conversations. It includes dos and don'ts

Asking the current family caregiver, "how are you doing?" sometimes prompts an emotional response. It is essential to ensure that family caregivers feel seen, supported, and valued just as much as the ones they care for.

Melanie and Danielle meet with clients together and also ensure there is a warm handoff to the caregivers. There is a focus throughout on client communication and retention.

Dignity through care can guide the journey of the family journey with compassion and respect.

There were many questions.

The presentation was recorded and is available to Rotarians. I encourage everyone to first watch it, and then hug both the current giver and also the receiver of care within your family and social networks.

Thampi thanked our speaker(s).

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



MINUTES

Mark Rowe reminded us of the Endless Summer event and appetizer extravaganza on Thursday August 28. Please sign up online. Entertainment to be provided. Friday August 29 (5th Friday) meeting canceled.

Bill Skinner reminded us of trailer volunteers needed for Ujamma Grandmas.

Peter Harding advised that there will be volunteer opportunities at Community Kitchen in September and also casino opportunities at Elbow River Casino on October 14 and 15. Details to follow along with signup information.

CLOSING REMARKS

Closing thought from Mae West "too much of a good thing is marvelous".

Support the Stampeders on Saturday and refrain from wearing a watermelon on your head (ever).

A harbinger of autumn: Pumpkin Spice Latte arrives on Tuesday.

No regular Friday meeting on August 29; however, everyone is encouraged to attend the Endless Summer Event.

HAPPY BUCKS

Linda and Richard were delighted to attend an age 3 celebration of granddaughter Pippa.

Wynne was delighted with a staycation.

Bill Skinner thanked our speakers and was delighted with a Brooks visit with Ola.

Bill Hope had \$5 delighted to be back in his house and Katie expecting this week.

Stan had \$5 for his new vehicle, after getting some fraction or multiple of a million kilometers on his previous vehicle.

Thampi was delighted to celebrate his first Rotary anniversary and is looking forward to a three month vacation in India and Vietnam, returning in time to celebrate his second Rotary anniversary.

Doug McDonald has a delightful canoe trip.

Peter Harding was delighted to golf with his grandson.

Bob was delighted with the speakers, who delivered an emotional topic with empathy and grace.

BIRTHDAYS & ANNIVERSARIES

BIRTHDAYS

BRUCE BYFORD.....SEPT 4
NURI PEERANISEPT 6

ANNIVERSARIES

BRAD & KIM SEWALL (43YRS).....SEPT 4

DUTY ROSTER

SEPTEMBER 5, 2025

GREETERTRACEY VAVREK
DOOR SALES.....VINCE VAVREK
INTRO & THANK.....VINCE VAVREK
REPORTER.....STEVE DUNK

If you are unable to fulfil your duties please