



# THE STANDARD

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**PRESIDENT**  
**LYNDA CAMPBELL**

**REPORTER**  
**ROGER SONNTAG**

**EDITOR**  
**ASHA PAUL**

## MEETING NOTES



**President Lynda** rang the bell at precisely 7:00 to get the meeting going. With conversation continuing at a dull roar, it took a while for the crowd to settle down before the meeting could start

**Stan Christmas** led us in the singing of O Canada and Lynda provided the land acknowledgement.

**Guests** Alex McDougall Kushnour (speaker) Dan Doherty Deb Hymers (speaker)

**Breakfast** – Past president Bill Skinner was again our Plate Shiner.

## PROGRAM

Marlene Doherty introduced Deb Hymers from Nstep.

NSTEP (Nutrition Students Teachers Exercising with Parents) was founded in 2002 by Deb Hymers. Since inception it has positively impacted more than 100,000 children and youth directly and an additional 28,000 indirectly. Projections are that by 2040, 70% of Canadians over 40 will be either overweight or obese. Our kids are not alright. NSTEP focuses on prevention rather than treatment. By promoting healthy eating and physical activity through community engagement and education, NSTEP programs have a sustainable impact aimed at creating lasting behavioral changes in youth and communities. Deb provided a comparative graph of the nutritional benefits of whole foods vs ultra processed foods. Very little value comes from ultra processed foods, but their convenience and availability often makes them the food of choice for families. In Canada, 48% of caloric intake comes from ultra processed foods. In the United States this number balloons to 67% for ages 2-19 and 57% for adults. The micronutrients provided by whole foods, along with exercise are essential for emotional self regulation and brain activity. Deb expressed her gratitude to Marlene for her help with the veggie plant fundraiser.

Post presentation questions were engaging and insightful, particularly from Joe Klassen and Sheila Tyminski who also have extensive background in food and nutrition. Questions would have continued indefinitely if Marlene hadn't tapped out Deb in the interest of time. Like all our guest speakers, Marlene indicated that RCCHP would make a donation to vaccinate 20 people in Debs name.

### 50/50

With all the excitement of the return of the 5050 draw, your scribe forgot who actually won the draw. However it was noted that the joker was not drawn today. The pot grows

### SUNSHINE - Bob Cove

Birthdays-Wynn Bjorgan - Nov 25; Stan Christmas - Nov 26  
Anniversaries-Tampi and Mini Thomas - 36 yrs on Nov 27  
Rotary Anniversaries-Harold Aitkenhead - 17 years Nov 28.  
Bob- 'the best preparation for tomorrow is doing your best today'.



## MOTION

**Youth services Committee** moves that RCCHP sponsors one student to attend either Adventures in Citizenship (AIC) or Rotary Adventures In Human Rights (RAHR) this rotary year. Registration is \$1,000 and airfare is \$975 for a total of \$1,975. We would like the Interac Club of St Francis members to weigh in on their preference. Carried

**Youth Services Committee** moves that RCCHP allocates \$1,000 to support the Rotary Calgary Concerto Competition which supports youth in music. Four scholarships in the amount of \$250 are awarded to the runners up. Carried

**Indigenous Services subcommittee** moves that RCCHP fund \$700 for a blanket exercise. The Blanket Exercise is an interactive, experiential workshop that teaches the history of the relationship between Indigenous and non-Indigenous peoples in Canada. Carried.

**Community Services** moves that RCCHP allocate \$1,500 towards the Peace by Piece quilting guild for purchase of quilting materials. Carried.

**Community Services** moves that RCCHP provide \$1,500 to the Poppy Fund. Carried.

**Vocational Services** moves that RCCHP provide \$5,000 to PROSPECT human services to assist low income clients in their social services support program. Carried

## HAPPY BUCKS

There were many happy bucks for guess who's coming to dinner.

### BIRTHDAYS & ANNIVERSARIES

#### BIRTHDAYS

MIKE MIKKJELSON.....	Nov 29
TRACEY VAVREK.....	DEC 25
JIM DAVIS.....	DEC 9
ZENON BEREZNICKI.....	DEC 10
JAMIE POWELL.....	DEC14

#### ANNIVERSARY

DIN & NURI PEERANI (62YRS).....	DEC 7.
PHIL & FRAN HOCHHAUSEN(52YRS).....	DEC 1
DOUG & JACKIE KINLEY (52YRS).....	DEC 14

#### ROTARY ANNIVERSARY

RICHARD BROADWITH (34YRS).....	DEC 1
STAN CHRISTMAS (9YRS).....	DEC 16
DON MCARTHUR (9YRS).....	DEC 16
LINDA CRAIG (8YRS).....	DEC 13
PETER MCLAUGHLIN (1YR).....	DEC 13

## MINUTES

**Roger Sonntag** – Chicken sales are going well. There are 4 great reasons to support this initiative. You are buying something you would likely buy anyway, it is more delicious and wholesome (fits in nicely with todays guest speaker topic) than what you get at a store, it is cheaper, and you are supporting Rotary. Deadline is November 30<sup>th</sup> for orders.

**Rob Matthews** – Keep your calendars open on Thursday January 29 from 7:00PM to 9:00PM for the City and Country Winery tour. For the low price of \$49.00 per person includes items such as welcoming wine, charcuterie and much more. Online ratings for this event are 4.5 out of a possible 5 stars. Don't miss it.

**Mark Rowe** – Provided a Volcanes update that there was a Memorial day for Art Fumerton. Unfortunately the future of the school is still up in the air.

**Jamie** – Wines of the World is sold out. Please bring all your sold stubs back. Please do not bring back unsold tickets.

**The Christmas party is sold out.**

## CLOSING

Lynda provided the group with an interesting take on Black Friday. As it is the biggest retail day of the year, many people have switched to online shopping. However if you have completed your shopping online and still want the mall experience, simply sit in your car for 3 hours, stand outside for 2 hours, sprint into the house and punch yourself in the face.

### DUTY ROSTER

DECEMBER 5, 2025

**GREETER** .....MIKE MIKKELSON

**DOOR SALES**.....DOUG MACDONALD

**50/50**.....VELMA NOBLE

**INTRO & THANK**.....OLA OLUTUYI

**REPORTER**.....BRAD SEWALL

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