



THE STANDARD

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PRESIDENT
LYNDA CAMPBELL

REPORTER
JIM DAVIS

EDITOR
ASHA PAUL

MEETING NOTES



A warm greeting by Brad Wellicome put everyone in the right frame for a great meeting.

We had a reasonable rendition of O Canada; Pres Lynda provided a land acknowledgment then reminded us of all the National days we were celebrating this Oct 10th. World Mental Health Day, Angel Food Cake Day, Handbag Day, Cake Decorating Day and for Peter H and Harry, Hug-A-Drummer-Day. A brief (?) history on Canadian v US Thanksgiving was provided suggesting that our Thanksgiving can be traced back to Martin Frobisher in 1578 enjoying a meal giving thanks for safe passage and arrival in Newfoundland. We then had the blessing and headed to buffet, tables with guest first, of course.

The crowd was energetic this morning so bringing us back to order was a slight challenge before introducing our guests. Keith Curtis, a friend of the Vavrek's and part of Heritage Park, Alison Colpitts, Henry Hunyh, guest of Bob Clark, Dan Doherty RCC West, Cliff Tyminski RCC North.

PROGRAM

Mark Rowe introduced the guest speaker, our own Harold Aitkenhead with an impressive bio and his 52-year history with the Salvation Army.

With his life's experiences, Harold brought us "a few thoughts" (his words) about being able to express gratitude in a stormy or changing world. He focused on what does gratefulness look like, what are the benefits of being grateful and how to grow our gratitude.

He referred to the "camera approach – focus, develop, reframe". Focus on the small things, it's those "WOW" moments which we least expect that remain in our mind and imagination forever. Gratefulness experienced stays with us. Focus on what is important and capture the good times, if things don't quite work out, step back and take another shot.

Gratitude is linked to higher satisfaction and a less stressful life. It gives a stronger coping mechanism for those who have gratitude for the positives. Social connections are key to well being. Gratefulness acts as a lens through which we can view our experiences; it reminds us that amidst hardship, there are blessings waiting to be recognized.

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



PROGRAM (CONTD)

And how can we grow gratitude? Be kind, share gratitude with others, do something that brings a smile to your face and don't worry if it makes you look silly. Brew tea, a ritual that can be very calming and meditative. He gave each table a short exercise to reflect and share what we are grateful for.

Mark thanked Harold for sharing his experiences with us.

CLOSING REMARKS

Pres Lynda provided us with some solid thoughts on how to celebrate today from baking a cake to hugging our local drummers, reflect on the importance of inclusion and mental health, promote positivity and support for all. Cheers to a day filled with love, creativity and meaningful connections.

And our thought for the week "Gratitude turns what we have into enough" - anonymous

We closed with a solid Four-Way Test and a Happy Thanksgiving!

MINUTES

Pres Lynda advised the Club that the Board passed a motion to support the Rotary Remembers celebration in the amount of \$400, to come from the Club's operating budget. Bill H will send an email on how to register for the event. Deadline Oct 31st.

Also, we will be helping the Ujaama Grandma's next week with their fundraiser and could use a couple more volunteers. Lorne Kelly sparked some interest in the Car Rally scheduled for Oct 18th, there are still some open lanes for more participants.

Marlene gave us an update on Polio Plus and had some asks – donate to Polio Plus, Join the Polio Plus Society, there is a Twin the Win for Polio on Nov 1 and we have a Club challenge to reach US 1,500 in donations. Marlene offered a "pin prize" for the RI Magazine Polio quiz although I missed how you would collect your prize.

HAPPY BUCKS

There were only a few Happy Bucks today; Jamie for Joe's tech support, Bob Clark for his trip to Nashville and how he turned a cancelled concert into a fun trip of music and friendship, Steve for the Ghouls Night Out at Heritage Park, he is in this musical production which targets 7 – 12-year-olds, and Shiela for Cliff joining us.

BIRTHDAYS & ANNIVERSARIES

BIRTHDAYS

SHEILA TYMINSKI.....OCT 10
VINCE VAVREK.....OCT 19
IVY KRAUSE.MACDONALD.....OCT 15

ROTARY ANNIVERSARY

BRUCE BYFORD (15YRS).....OCT 15

DUTY ROSTER

OCTOBER 17, 2025

GREETER RANDAL DYCK
DOOR SALES.....PETER MCLAUGHLIN
INTRO & THANK.....MIKE MIKKELSON
REPORTER.....SHEILA TYMINSKI

If you are unable to fulfil your duties please