

THE STANDARD

January 20, 2017

President:
Harold Aitkenhead

Editor:
Joe Klassen

Reporter:
Doug MacDonald

FOUR WAY TEST

In all things we think, say or do

1. Is it the TRUTH ?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

JOHN F. GERM
2016-17 President
Rotary International



**ROTARY SERVING
HUMANITY**

Rotary 

In the beginning:

The Standard - January 20, 2017

After a few "mushy" Chinook mornings, things were "crunchy" as we all gathered at Heritage Park. President Harold was back and he called on Peter Harding to lead us in O Canada. Jeanette Pyle couldn't be with us this morning so Harold filled in with Grace.

Rotary 
Club of Calgary Heritage Park

Martin Harvey introduced a short list of visitors and guests which included two prospective members. Harold called on Jim Coyle to polish plates and we all chowed down.

Following the Sunshine report, Peter Leigh introduced our speaker, Debra Armstrong who is the Executive Director of the Southwest Community Resource Centre.

Debra admits to being neither an early-bird or a night-owl so our 7 am. start is something she isn't used to.

The SW Community Resource Centre serves 28 communities west of Mcleod Trail and south of Glenmore Trail. Most would think of this as a relatively affluent area, not like Bowness or Forest Lawn, but these communities are home to a lot of people in need. There are low income, single-parent, immigrant and refugee families who need help. There are individuals with developmental issues and folks affected by addictions. There are six Calgary Housing projects located in these southwest communities too.

That means that Debra's agency is busy. Her staff of five referred 600 families to food banks last year. The result was 7,000 food hampers. SWCS is a food bank depot, thanks to the refrigerator we donated.

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Our meeting.

Prevention is a key element of their mandate. Helping people learn to budget, be better parents and cope with stress are all things that SWCS help with. This time of year, they will help at least 40 families submit their income tax forms because families need to do that to be eligible for a variety of government services.

Helping vulnerable families stabilize is a key role. Lots of these families are very transient which doesn't help their children succeed in school. That's why SWCS refers families and individuals to agencies who can help them get settled and sustain themselves.

Debra told us about one family. They are Syrian refugees. This family of nine were farmers until ISIS drove them from their farm. They spend four years in a one room shack in a refugee camp in Lebanon before coming to Canada. When they arrived here, a home was found for them in Canyon Meadows but for the first three days there was no one to show them how things worked and that meant even the thermostat during a December cold spell. As the community stepped up to help, they asked SWCS for help.



Going forward, Debra sees her agency connecting families to needed services. That is going to take more volunteers, like what we have been doing.

To learn more about the resource centre, visit www.swcrc.ca

Darryl Luhr thanked Debra presenting an Operation Eyesight certificate.

President Harold invited a number members to make announcements.

Bob Clarke reminded us that he is the good cop encouraging us to sign up, online for the February 3rd joint club event. It is hard to believe that makes Ginny Murphy the bad cop who you will have to deal with if you don't register online. There will be a special 50-50 to raise money for the Cancer centre in, memory of Bob Sadler.

Sheila Tyminski reported that the Life Is A Highway event raised \$13,295. Thirty-two club members attended and another 13 bought raffle tickets even though they couldn't be there.

Bill Skinner says there is still room on his Guatemala trip.

Ron Brooks from Calgary West told us about their annual Valentines Strawberry Shortcake fundraiser. Check out their web site for more information, <http://www.calgarywestrotaryclub.org/>

Claire Hung has had an exciting break between semesters. Her Mom found a Buddhist group here in Calgary and Claire was able to attend a special annual blessing this past weekend. She is looking forward to the Calgary South Chinese New Years event. Darryl Luhr is going to take her and promises to make all future club announcements in Mandarin. I am sure that is what he said.

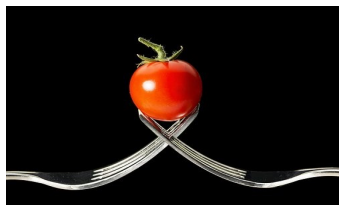


There were lots of Happy Bucks and Sheriff Walter Zuk proved he does have a long memory fining people for misbehaviour over a month old.

See you next week.

Saying the right thing at the right time is like a golden apple in a silver setting.

Proverbs 25:11



Sometimes it is better to lose and do the right thing than to win and do the wrong thing.

Tony Blair

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And a special message from President Harold:

A place for Humour:

May our efforts to lift the spirit of others touch the funny bone until it quivers.

May we all filter well the content of our words as others upon them will dwell

The spirit of our club and Rotary is to build good will and better friendship

President Harold Aitkenhead

Duty Roster for January 27

Greeter: Christine Martin

Door sales: Don McArthur

50/50: Ginny Murphy

Grace and Sunshine report: Leroy Neilson

Introduce speaker: Velma Noble

Thank speaker: Aliisa Paivalainen

Standard Reporter: Asha Paul

**THE ROTARY CLUB OF CALGARY
HERITAE PARK**

**P.O. BOX 30261
CHINOOK RPO**

**WEAR YOUR
ROTARY PIN**



The Rotary Club of Calgary Heritage Park Announcements

Jan 27	Michelle Sterling - Friends of Science
Feb 3	Joint meeting - Todd Hirsch ATB Financial
Feb 10	Club Assembly
Feb 17	Classification: Stan Christmas, Brian Gentles
Feb 23	Club Potluck
Feb 24	No Friday morning gathering
Mar 3	Volcanes project: Brian Semeschuk, Garry Gray

