

THE STANDARD

April 7, 2017

President:
Harold Aitkenhead

Editor:
Joe Klassen

Reporter:
Peter Leigh

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:

It was great to be met by the happy and familiar face of Raju Paul who did a great job of greeting us all.

Rotary
Club of Calgary Heritage Park



Our meeting was ably opened by President Harold followed by the national anthem led by Martin Harvey. Jeanette Pyle did a great job of leading us in the grace.

Asha Paul had quite a list of visiting Rotarians and guests, so if I have missed anyone please accept my apologies, my writing speed was challenged ! Here goes :

Visiting Rotarians were:

Deb Hymers from Calgary Sarcee

Rick Istead (incoming District Governor) from Calgary Fish Creek

Ted Rowsell from Calgary South

Dave Townsend from Calgary Sarcee

Guests were :

Edna Rose, guest of Harry Kim

Carolyn Klien guest of Christine Martin

Debra Armstrong, guest of Doug Kinley

Our very capable plate shiner was John Radermacher who did an excel-

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Our meeting.

lent job, I am sure I saw my face reflected in my plate – great work John, and fast too.

President Harold's remarks :

Our 2017 District Conference in Red Deer is having a celebration of life service for loved ones, as well as for new births during the conference weekend of 5th to 7th May, 2017. Check with Harold Aitkenhead for details, and how to submit names and photos for this.

John Radermacher introduced our guest speaker Deb Hymers from Calgary Sarcee, who is an educator of 27 years whose goal in those years was to teach kids to love science, and who gave us an extremely informative talk on NSTEP, a made in Calgary childrens health non profit registered charity, which is currently active in three provinces, with plans to be active in every province across Canada.

After Deb read a statement in 2002, by the World Health Organisation that we now have the first generation of children who will die before their parents, due to poor food and exercise choices, Deb decided she wanted to do something. NSTEP is dedicated to educating children, teachers, and parents on the smart choices for food and importance of exercise in early childhood lives. By age twelve, 31% of children are now overweight or obese. The cost to the system is huge, as well, physical exercise greatly increases brain learning capacity in children.

Deb decided to do something about this, so with NSTEP, teams go into schools, for Calgary Social Services, and on (Tsu Tina), and off reserve to educate staff and students, and more recently NSTEP has begun work with kindergarten to grade 6, and Junior high classes. Mount Royal will start this September to include NSTEP's course as part of the course for student teachers. One already measureable extremely important result is 42% of school teachers have incorporated physical exercise changes recommended by NSTEP into their daily routines. Calgary Rotary clubs supporting NSTEP include Calgary Sarcee, and Calgary West.



Eve Robertson did a very able job of thanking Deb Hymers for an enlightening talk – now we know what kids and ourselves shouldn't be eating – pop tarts !

Our exchange student Claire updated us on what she is up to, and let us know she is very pleased to be hosted currently with Brad and Cheryl Wellicome, and has been tubing at Mount Norquay with Clara.

Brian Gentles gave us a two minute update on the 18th to 20th August Country Thunder Music Festival in High River for volunteer opportunities. Volunteer enrolment for this event is on track, but more people are still needed, and there is a financial pay back to our club if we provide volunteers for this event.

Our meeting.

Doug Kinley on behalf of our club Community Services Committee, presented Debra Armstrong with a cheque for the South West Calgary Community Resources Centre.

Next on the meeting agenda were some motions.

The first presented by Fran Hochhausen from the International Services Committee, was as follows :

1. "That the Rotary Club of Calgary Heritage Park support Shelter Box with Funding in the amount of \$1808.00 CDN from unrestricted funds to provide shelter and assistance for disaster affected areas of the world." Gary Gray seconded this motion, and the club voted in favour.

The second and third motions were presented by the Community Services Committee as follows :

2. a) To provide funds of \$2,500 to the Calgary Seniors Resource Society to be used for emergency purposes to assist seniors who are at risk. John Radermacher seconded this, and the Club voted in favour.

b) To provide funds of \$5,200 to purchase musical instruments and equipment for the 18-21 year old STAR Choir special needs program. This was seconded by Doug Kinley, and the Club voted in favour.

Jeanette Pyle presented the "not so long" sunshine report, there were no member birthdays, and no Rotary anniversaries, and the one and only birthday is : Tammy, spouse of Ted Wood on her birthday, and although Ted wasn't at this meeting, we hope he remembered that all important day!



The 50/50 draw was presented by Jamie Powell, and the winner was Don Hamilton, unfortunately he couldn't find the joker, thanks for trying Don, and so the pot continues to grow, and is currently at \$727.

Happy bucks were very intense, so with my limited writing speed here is just a sample...

John Radermacher for a successful, easy money casino at the beginning of April, Al Hardstaff thanked Art Sumner for stepping in at the last minute for a casino shift, Harold Aitken was thankful to get Jim Davis safely back from his five week vacation, Stan Christmas for the successful signing of a new lease, Garry Gray for his brothers 60th birthday, and a new grand child, Peter Harding for his successful future grandchild gender reveal party, Jim Davis appreciated getting back to a good Rotary breakfast after five weeks of not so great vacation breakfasts, Doug Kinley for Debra Armstrong getting up so early to receive our cheque on behalf of SWCRC, Debra is not

an early morning person, there were many more but I couldn't write that fast.

Our Sheriff was Fran Hochausen, and oh boy what a round up, I do feel sorry for Roger, the bombardment was relentless, and I think Roger would have needed a stiff scotch when he got home, I could hear knees knocking the entire time Sheriff Fran was in action. Other "targets" were anyone who didn't work the casino, casino day shifters, Bob Clark, Denis Tillotson, chip runners who didn't bring potatoe chips to the overworked cashiers, and those not standing to attention for the National Anthem.

Closing remarks from President Harold :

Our next meeting will be in two weeks time on April 21st when our guest speaker will be Ross MacInnis with a presentation on "Higher Trails Equestrian".

Thought for the day from President Harold : A mind when stretched by a new idea never regains it's original dimensions – anonymous.

I hope you enjoyed reading this week's edition,

Peter Leigh

Duty Roster for April 21

Greeter: Cheryl Ryan

Door sales: Jim Sawers

50/50: Brian Semeschuk

Grace and Sunshine report: Brad Sewall

Introduce speaker: Bill Skinner

Thank speaker: Roger Sonntag

Standard Reporter: Sheila Tyminski

Duty Roster for April 28

Greeter: Art Sumner

Door sales: Dennis Tillotson

50/50: Brad Wellicome

Grace and Sunshine report: Ted Wood

Introduce speaker: Walter Zuk

Thank speaker: Joan Bedard

Standard Reporter: Richard Austin

**THE ROTARY CLUB OF CALGARY
HERITAGE PARK**

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

**WEAR YOUR
ROTARY PIN**



The Rotary Club of Calgary Heritage Park Announcements

April 21	Ross MacInnis; Higher Trails Equestrian
April 28	Meaghan Farquharson; Counseling
May 5	Paul Harris Award presentations
May 12	Iriowen Obasohan—"Inclusion Alberta"
May 19	Classifications: Christi Lange, Greg Smyth
May 26	Bill Cox—Kensington Legion
June 2	Club assembly.

