

President Jim opened the meeting and announced there was a fine of \$20.00 for the last person to get to their table. Apparently, he forgot his place.

Joan Beddard belted out the national anthem with some members confused about thy new words.

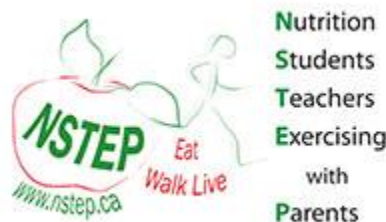
Mark Rowe lead us in thanks for our gathering and meal. Mark's grace was better than his joke – read on.....

Bryan Gentles introduced our guests and visitors. However, he wasn't quite loud enough for the writer so the written list is fewer in number than the announcement. For sure it included Dave Townsend (Calgary Sarcee), Gustavo (Calgary West), who were at the same table as the writer, Hans Tiedemann (Calgary South) who talked to the writer before the meeting and others. Susan (Sue) Robichaud was our speaker. Dave suggested to just make up the rest of the names. Deb Hymers, and Janet is from Calgary Sarcee but Dave didn't say what her last name is even though he is president of their club this year.

Greg Smythe polished up the plates. There were guests at most of the tables so it was a free-for-all.

Martin did a pretty good job introducing our speaker. And Fran was pretty good on the wrap-up too.

Sue's presentation was entitled: Calgary Catholic and NSTEP Partner to Support Families New to Canada



NSTEP's education program is based on Four Pillars

Simplify - Simplify complex messages about nutrition, physical activity and mental well-being. Pizza Pops are NOT part of the four food groups, 9/10 food choices from Four Food groups

Deep cultural shift - Create a Deep Cultural Shift through the introduction of small changes that cumulatively give big results. NSTEP's innovation is the individual classroom support for every teacher to give a framework for schools to build on for sustainability in the future.

Leadership - Leadership in schools, communities and most importantly school STUDENT leaders = SUCCESS they own NSTEP lessons and live it.

Collaborate - Collaborate with stakeholders, businesses, health champions who are passionate about improving children's health and collectively we can create a deep cultural shift together.

Mark did his research and announced member's and spouse's birthdays; Walter Zuk Aug 7, Jim Sawyer Aug 3, Liz Harvey Aug 8. No anniversaries. Mark's grace was AOK but his joke about swimming and ladies personal things was a bit edgy and so the scribe for this week decided on a more appropriate one:

A married man was having an affair with his secretary. One day, their passions overcame them in the office and they took off for her house. Exhausted from the afternoon's activities, they fell asleep and awoke at around 8 p.m. As the man threw on his clothes, he told the woman to take his shoes outside and rub them through the grass and dirt. Confused, she nonetheless complied, and he slipped into his shoes and drove home. "Where have you been?" demanded his wife when he entered the house. "Darling," replied the man, "I can't lie to you. I've been having an affair with my secretary. I fell asleep in her bed and didn't wake up until eight o'clock." The wife glanced down at his shoes and said, "You liar! You've been playing golf!"

Announcement – Christine had a follow-up to her email announcing a program to participate at the Food Bank every third Tuesday of each month. The first session will be September 18<sup>th</sup> and only limited space but you can get onto another if it's booked. There is an online registration.

Having participated at previous events this is a fun evening and yet another opportunity to serve those in our community with some fellowship too.

Brian G also announced our continued meal prep at Ronal McDonald House Sept 22 – he's looking for three more volunteers.

President Jim passed along thanks from Tony Knight for our contribution to the Rotary Atrium project Check out this link: <https://ouratrium.com/>

President Jim also reminded club members to get registered on the YEAH database – a requirement for working with disadvantaged/vulnerable sector.

Gary brought up the 50/50 tickets worth a paltry 89.00 but nonetheless, Joan was so nervous about winning that she pretty well muffed the 4way test.

Hppy Bucks: (missed a few but hopefully Daryl still picked up the money)

Joan's sister Maureen' birthday

Lorne's daughter just married

Stan's first granddaughter

Martin got his guns out as Sherriff:

The most memorable fining anyone a buck if they have air conditioning and reminding all of the first test of the 4way test

Then another buck to anyone not showing their chicken legs covered by pants (or long dresses presumably)

Then Martin ran out of time and more ideas

End of meeting!

## August 17, 2018

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Greeter

**Hood, Doug**

Door Sales

**Kelly, Lorne**

50 50 Sales

**Khanna, Surinder**

Grace Sunshine Report

**Kim, Harry**

Introduce Speaker

**Kinley, Doug**

Thank Speaker

**Klassen, Joe**

Standard Reporter

**Leigh, Peter**

## August 24, 2018

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Greeter

**Luhr, Darryl**

Door Sales

**MacDonald, Doug**

50 50 Sales

**Martin, Christine**

Grace and Sunshine report

**Matthews, Rob**

Introduce Speaker

Thank Speaker

Standard Reporter

**McArthur, Don**