

THE STANDARD

May 18, 2018

President:
Jim Sawers

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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?

In the beginning:

President Jim Sawers called the meeting to order promptly at 7 and invited Peter Harding to lead us in O Canada.



Stan Christmas delivered grace, followed by Joan Bedard's introduction of our guests:

Guest Speaker Andrea McTague

Kim and Lindsay Sewall - wife and daughter of Brad

Ola Olutuyi

Bob Clark introduced our guest speaker, Andrea McTague, a psychologist, based in Edmonton. Andrea's 'Shift Psychological' (www.shiftpsych.com) has expanded to include a clinic in Calgary.

Andrea shared that she is very selective about groups she presents to so we're lucky to have her and the opportunity to learn more about 'Why'd we do that?'

Andrea positioned her topic as helping us understand why we think, feel and do as we do, and that people do what they do based on patterns.

It all begins in childhood when we're like baby ducks following mama duck and looking at the world with awe and wonder. We absorb our environment, taking in all the good, and the bad. It's like coding a computer - we had all this code going into our brains, and some of it was bad code. It's what Shift refers to as 'non-nurturing'. Some of non-nurturing may have been big(ger) disturbances, perhaps illness or abuse, poverty, and some small, like favouritism. These disturbances cause us to develop limiting beliefs. They come early so we accept them as truths and then we collect evidence to support



ROTARY:
MAKING A
DIFFERENCE

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Our meeting.

these limiting beliefs. Basically, we amass a giant landfill of this garbage of evidence we have collected to support our limiting belief, such as 'I am not good enough'.

Even when we have evidence to the contrary, we don't accept it and turn it into something to support what we believe. So some of this garbage in our landfill may be real, but most skewed and distorted.

Our brains are smart in a stupid way and we develop a protective mechanism, a dysfunctional behavior to protect ourselves as when the hurt gets triggered it unloads the whole landfill of garbage on us! So the dysfunctional behavior may not be/feel great, but better than the whole garbage pile. These dysfunctional behaviors can be like opt-outs such as drugs or alcohol, or even watching too much Netflix.

For some these problems don't surface until later - when we start to date, or become parents, or retire. To fix the behaviour, Andrea says we have to go back and fix the original coding glitch.

If you are in opt out mode you are acting on dysfunction so have to go back to what it is. What are you afraid of? That is always a feeling so 'What feeling am I afraid of? What is the limiting belief? Our dysfunction is always opposite of our limiting belief so it provides cognitive context to the dysfunction when you walk back through the steps.

Andrea says that the evidence we collect to support our limiting belief is distorted - it has a global effect. e.g. I am not good enough, vs. I am not good at math but I am exceptional at writing and psychology.

Understanding this and why people do what they do makes us compassionate.

Due to technology issues we were not able to see Andrea's slides but she did a great job making a complex topic easy to understand. If you missed today's talk or want to learn more they have great blog posts/videos on their site www.shiftpsych.com. The February 11 post by Lindsay Sewall 'Fix Your Relationship Difficulties By Fixing You' expands on today's talk. You can also follow Shift on Twitter @ShiftPsych and Instagram @shiftpsychological

Jim Coyle thanked Andrea for her talk with a great recap and a relevant reminder to have compassion for each other and all of our opt-out behaviors!

Sunshine Report by Stan Christmas

Member Birthdays:

Neil Cameron May 17

Al Hardstaff May 18

Bill Hope May 22

Spouse's birthdays:

Susan Hope May 17

Anniversaries:



Our meeting.

Raju and Asha celebrating 48 years on May 24!

Rotary Anniversaries:

Brad Sewall 6 years May 18

Stan's a natural joke teller! There were three Rotarians flying home from a conference. The plane was hijacked and the hijacker said he would kill 3 passengers every half-hour if his demands were not met. He selected the 3 Rotarians first. He asked the first one if she had any last requests. She said she normally leads the singing of O Canada at club meetings and finally had the new line 'in all of us command' down so would like to sing the anthem.

The hijacker asked the second for his last request. He said he was the club president and had been working on his speech about the new club bylaws so would really like to deliver his speech.

The hijacker asked the third what was his last request and he replied that he would like the hijacker to shoot him before the president delivered his speech!

50/50 jackpot of \$963. Bill Hope was the lucky ticket holder but not lucky enough to draw the joker.

Announcements

Joan Bedard - EarlyAct will join our meeting June 1st and still have bracelets available for \$10 to support their project in Ecuador.

Jim Coyle - President's Social June 7th is free for Rotarians, only a charge for partners. Let them know if tickets needed.

Roger - third of last year's golf tournament sponsors are not able to support this year so please go out to contacts to help find new sponsors. 25% of golf spots filled.

Build a Sponsor auctioned by Brad Sewall. All spots were selected and a draw for the three prizes of a \$1,250 tax receipt, 5 golf lessons, or a \$100 Earl's gift certificate will be held next week.

Happy Bucks

Brad Sewall- having wife and daughter and speaker

Roger Sonntag- new grand baby on the way

Phil Hochhausen - sad buck for Frank King's funeral

Joan Bedard- a reminder to get the shingles shot as she has been suffering from shingles for 5 1/2 weeks

Ted Wood - missed Gary's joke last week but had great 25 year anniversary trip to Victoria

Doug MacDonald - granddaughter graduates high school

Din Peerani - upcoming trip to Amish country and Pennsylvania

Sheila Tyminski- visited Heritage Park and rode train

Al Hardstaff - has two more grandkids on the way

Asha - going to Edmonton to see their grandchild in Beauty and the Beast
 Peter Harding - had a great trip to Nashville
 Surinder - had a great trip and is off again
 Stan Christmas - our exchange student could not be here as is under weather

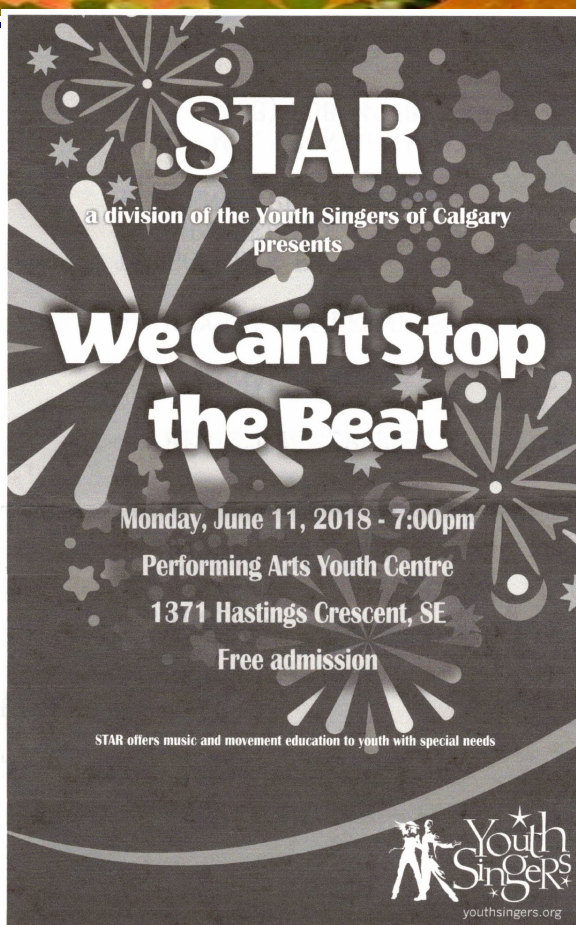
Doug Kinley 'The Sherriff' fined:

Graeme, Eve and Joan for not signing in
 Wore orange last week and got chided for it -
 John Raddermacher for mocking Doug and his fellow wearers of orange last week

Roger, Walter and Ted for getting coffee after President Jim rang the bell
 Walter for being a wise guy

Raju and Asha for taking plates before Doug could polish them

Everyone - for adding to President Jim's stress!



Duty Roster for May 25

Greeter: Graham Drake
 Door sales: Brian Gentles
 50/50: Garry Gray
 Grace and Sunshine report: Peter Harding
 Introduce speaker:
 Thank speaker:
 Standard Reporter: Martin Harvey

Duty Roster for June 1

Greeter: Fran Hochhausen
 Door sales: Phil Hochhausen
 50/50: Doug Hood
 Grace and Sunshine report: Lorne Kelly
 Introduce speaker: Bill Hope
 Thank speaker: Surinder Khanna
 Standard Reporter: Harry Kim

**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

May 25	Strategic plan report
June 1	TBA
June 7	President's Social
June 8	No morning meeting
June 15	Offsite meeting at Rotary Challenger Park
June 22	No Meeting—Golf Tourney is June 21

