

# THE STANDARD

November 23, 2018

President:  
Jim Coyle

Editor:  
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Reporter:  
Peter Harding

## 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?



**BE THE INSPIRATION**

## In the beginning:

A wonderfully noisy crowd today. Once things got settled, at least as close to settle as possible, Peter Harding led the gang in O'Canada followed by Asha Paul giving thanks for our fortunes, fellowship and the meal. Guests and visiting Rotarians were introduced and welcomed and then those tables fortunate enough to have one of those guests were able to lead the charge to the breakfast buffet.

Each member and guest was cheerfully greeted by Ola Olutuyi, our honorary plate polisher of the day.

**Guest Speaker:** Tanya Wilson, Youth Development Counselor with the Foundation for the Future Charter Academy. Introduced by Aliisa Paivalainen.

Tanya described the program she teaches to students from kindergarten through grade 4 entitled

“Promoting Social and Emotional Skills in Children.”

The material deals with things like:

Self-Management – managing emotions and behaviors to achieve ones goals

Self-Awareness - recognizing ones emotions and values as well as strengths and limitations

Responsible Decision Making – making ethical constructive choices

Relationship Skills – Forming positive relationships, working in teams, dealing effectively with conflict

Social Awareness – showing understanding and empathy for others

Students learn the difference between Big Problems (scary, dangerous, feeling really wrong) and Small Problems (issues that upset or bug us but are not scary or dangerous) and steps to deal with these.

Included in this are suggestions on taking control of our feelings and taking the time to cool off before proceeding and then the various choices of steps to follow towards resolution of these issues to benefit all concerned. There were a few hands on materials to help with the decision process including cute stuffed creatures called Kimoichis or toys with feelings inside.

Tanya concluded with strategies to promote social and emotional learning including:

Be an emotional role model

Be an “emotion coach”

Use stories to highlight social and emotional skills





## Our meeting.

Provide choices

Use positive discipline strategies

Tanya's presentation included an extensive list of reading materials and read aloud stories for the various age groups.

I dare say a lot of the material and lessons taught by Tanya would benefit many adults in our world.

For more information contact Tanya Wilson at [tanya.wilson@ffca-calgary.com](mailto:tanya.wilson@ffca-calgary.com)

Tanya was thanked for her informative and interesting presentation by Doug Hood

### Sunshine Report – Asha Paul

Asha congratulated birthday boy Stan Christmas and Phil Hochhausen, Brad Wellicome and Harold Aitkenhead who were all celebrating various Rotary anniversaries.

Asha's joke involved an elderly lady being prosecuted for shoplifting a can of peaches and her zealous husband who wanted to ensure justice was completely and properly served with no room for ap(peas)ment.

### Minute People

Eve Robertson provided an update of a district grant application which has been late in final reporting and how it is being resolved and brought to conclusion.

The grant was for GW Skene Elementary School, a high needs school that our club has been working with for the past 12 years.

The grant was issued in the Spring as part of a total donation in the amount of \$12,500 (\$5,000 from RCCHP and \$7,500 District Grant) to fund their fine arts program including but not limited to items such as art supplies, musical instruments and storage facilities for these. There were delays in purchasing items due to the unexpected illness of the fine arts teacher. A new teacher is now in place and the program is moving forward. With the approval of our club and the District Grants authority the balance of the funds has been spent on the acquisition of 10 mini I-pads to be used specifically for the arts and music program.

Quoting directly from the school request:

"These I-pads will be used specifically in the Fine Arts classroom. They will be used by the students to increase their learning in art, drama, and music. Instead of music sheets the i-pads will provide a great variety of types of music. This technology will allow student to share their work and learning to a greater audience, publishing it on the school website and blogs. They can participate in photography and digital arts and of course student will also be able to use the technology for research and inquiry around topics related to the fine arts."

With this approval we are on track to finish the program and complete the grant report by the end of next week. We have enjoyed our past relationships with this school and expect that this unfortunate delay caused by staffing issues beyond the school's control will not detrimentally affect our dealings with the school going forward.

### Jeanette Pyle – Christmas Party update

Mark your calendars for Dec 6<sup>th</sup> for a wonderful evening of fellowship, great food and some special entertainment. This year's theme is "Santa's Workshop and tickets are expected to be \$65 per person.

An added bonus this year is you can bring as many family members or friends to the Christmas party as you like, the more the merrier.

We are asking that members bring a special food item for the Calgary Food Bank, something that you would not normally donate remembering it is the Christmas season.

Also bring a gift for a youth in the age range of 13 to 18 as these young people are often forgotten at this special time of year. Stand by for more information on the party and suggestions for gifts.



## Our meeting.

### Asha Paul – It's Foundation Month

Asha gave a brief overview of the amazing things done with your donations to the Rotary Foundation.

50% of your donation goes to World project grants and programs while the other 50% is returned to our district after three years to be used by clubs like us in the form of District Grants.

You can make an annual donation easily on the Foundation website or set up a monthly donation that will automatically come from your chequing account. \$100 US per year or about \$11 US per month recognizes you as a Sustaining Member. Besides getting your tax receipt, donations made to the Rotary Annual Fund are accrued towards attaining your Paul Harris designation. Once you have donated \$1,000 US funds you receive your Paul Harris certificate and pin.

It gets even better. Let Asha know how much in US dollars you have donated and she will match that donation up to \$500 with our club Paul Harris points so you can qualify for your Paul Harris designation even quicker. Contact Asha if you have any questions about this program.

### 50/50 – Jim Davis

That razzle dazzle card shuffler, Jim Davis, got the room on the edge of our seats announcing there was \$552 dollars up for grabs to the lucky person with the winning ticket who was able to draw the Joker from a deck that has diminished to a mere 38 cards. A hush grew over the crowd as the winning ticket was read aloud and Sheila Tyminski leaped to her feet victorious and almost speechless (yeah like that ever happened). Sheila did manage to find her voice and recite the Rotary 4 Way Test perfectly but sadly this time diamonds were not a girl's best friend and the Jack of Diamonds was eliminated leaving the prize safe for another week. Now there remain only 37 cards for the Joker to hide in and try to cheat the next challenger from the cash.

### Give a Fork fund raiser

Ted Wood was happy that "Give a Fork" was up and running and prizes were coming in but he is still looking for more gift certificates for meals. If you have a connection at a restaurant and can help out please let Ted know. Tickets go on sale January 19<sup>th</sup> and the draw is Feb 15<sup>th</sup>.

### Happy Bucks

Doug MacDonald just returned from Ontario where he visited his aunt, 89 years old, and uncle, 91 years old and who are in great health.

Sheila is off to Mexico with her husband and a group of Rotarians from our club. She also threw out a "Go Stamps Go!"

David Field was very proud of his children's accomplishments in university.

Bob Clark enjoyed Tanya Wilson's presentation and also had a supportive cheer for the Stampeders

There were more Stampeder supporters including Brad Wellicome and Raju Paul.

Bill Skinner also gave a shout out to our Calgary Flames for their latest winning streak.

Numerous members threw in Happy Bucks for the great times, good food and maybe a little wine enjoyed at the various Guess Who's Coming to Dinner events held last Saturday evening.

President Jim was pleased to have Lyndsay Skinner at our meeting today.

Brian Gentles glowing about our involvement at the Ronald McDonald house and complimenting John Radermacher for his work there.

Sheriff – Brad Sewall made sure everyone was reaching in to their pockets as he fined those without winter tires, Christmas lights on too early (rather Grinchish I think), anyone not attending a Grey Cup party or supporting our Stampeders and anyone who has yet to support our Polio Plus program by buying or selling any beef jerky

The meeting was wrapped up with President Jim's inspirational quote:

*We must all work to make the world worthy of it's children.*

That will keep you thinking for a while.

Next week is our Club Elections. Make sure you come and participate.

Have a great week in Rotary.

Rotary

BE THE  
INSPIRATION

### November 30, 2018

Greeter	Harvey, Martin
Door sales	Hochhausen, Fran
50/50	Hochhausen, Phil
Grace and Sunshine report	Hood, Doug
Introduce Speaker	
Thank speaker	
Standard reporter	Davis, Jim

### December 14, 2018

Greeter	Drake, Graham
Door Sales	Field, David
50 50 Sales	Gray, Garry
Grace Sunshine Report	Harding, Peter
Introduce Speaker	
Thank Speaker	
Standard Reporter	Harvey, Martin

### January 4, 2019

Greeter	Hochhausen, Fran
Door Sales	Hochhausen, Phil
50 50 Sales	Hood, Doug
Grace and Sunshine report	Hope, Bill
Introduce Speaker	Kelly, Lorne
Thank Speaker	Kim, Harry
Standard Reporter	Kinley, Doug

**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

Nov 30	Club Elections
Dec 7	No meeting—Christmas party
Dec 14	Second Chance Art Sale and Classification
Dec 21 & 28	No meetings
Jan 4	Bill Skinner—Global Grant Opportunity
Jan 11	Karl Kjarsgaard—Restoring the Famous Halifax
Jan 18	Dan Doherty—District Governor visit

