

The Standard August 16 2019

President Elect [Christine Mihailedes](#) had the gavel this morning and got the meeting going promptly at 7am.

Asha Paul said a thoughtful Grace for us.

Raju Paul introduced a long list of guests.

Rotarians : Dave Leslie (RCC), Bill Stemp (Chinook) , Dave Townsend (Sarcee) , Sabina Drew (RCCHP YEX 2019/20)

Member Guests : Joan Rowe (Mark), Kelly King (Jim Coyle) , Lorraine Coyle (Jim), Paige Bjornson (Peter Harding), Kelly Phelan (Peter H), Ahmed Ali (Matt Knox), Nicole Guday (Matt), Alice Post (Mark Rowe), Steven Wayne (Mark R). Kate Cheryba (YEX 2018/19) Short Term Exchange Students : Fariha Khan (Calgary) & Alondra Valerio (Puerto Vallerta)

Christine appointed the about-to-be-Birthday Boy , Max Patel as Plate Shiner.

Our Speaker, Alice Post was introduced by Mark Rowe

Alice Post is the coordinator of Side by Side, an informal care program for people with dementia started in 2012 and funded by donation. It provides a day of respite for care partners and a day of companionship, activity and fun for the patient. The day has a planned repeated schedule of activities : Brain Gym, exercise, crafts, music therapy, lunch, games, sing-a-long, afternoon tea. It is run by volunteers and is found in St. Andrew's Presbyterian Church and Varsity Acres Presbyterian Church, each with approximately five to eight participants. The dementia patients build confidence and social connections through fellowship in this relaxed but supportive environment. Al Black is a regular at Side by Side and Alice brought photos of Al enjoying the programme.

Alice played a video of The Bookcase Analogy of Dementia.(This link is to a similar video <https://www.youtube.com/watch?v=kkvyGrOEIfA>)

The video helps explain how memories & feelings are dislodged by being shaken by dementia. It ends by encouraging the public to keep visiting patients with dementia. When they reach the point when they forget your visit it is tempting to say why bother going? However, the knowledge that they are loved and cared for will remain and will be a source of comfort and pleasure for the patient.

John Radermacher thanked Alice for her presentation and let her know that in appreciation a donation to Polio Plus had been made by the club in her name.

Minutes

Kate Cherba : Kate presented Sabrina with a Canadian flag. This flag was first given by Fran Hochhausen to her daughter when she went on exchange and has been given to many Calgary YEX students since.

Ahmed Ali : recipient of Global Grant Scholarship (for study starting in Rotary Year 2019-20) sponsored by RCCHP.

Ahmed Ali was born in Somalia and came to Canada in 1991. He completed an Honours Degree in Sociology from the University of Ottawa and a Masters Degree in Social Work, with a concentration in Community, Planning, Policy and Organization, at Sir Wilfrid Laurier University. During his academic years, he worked with forced migrants in Uganda providing programming that pertained to mental health, psychosocial wellbeing and access to justice services. In his research, he recognized the impact of microfinance and how it can help empower a community impacted by the trauma of conflict. His research showed that the benefits of collective saving and microfinance systems include education for children and stable incomes for families.

Ahmed is a practicing social worker. His volunteering includes creating a youth basketball league and a youth mentorship program for first-generation Canadian youth.

Ahmed will be attending MIB Trieste School of Management (in Italy) to complete a Masters in Business Administration in International Business with a concentration in emerging markets and plans to learn financial principles that can transform poverty alleviation strategies in East Africa. (1 year prog taught in English)

His long-term professional goal is to shift existing remittance funds that are sent to East Africa towards sustainable investments (i.e. microfinance and social enterprise) and entrepreneurship. He would like to use the MBA to empower various diaspora populations towards investments and to build the social capital of East Africans.

Watch for postings about his time in Italy in RCCHP Facebook account.

Paige Bjornson : RCCHP sponsored Paige's attendance at RYLA in May 2019. Paige thoroughly enjoyed the 3 day camp. She learned and laughed a lot. She entered the camp feeling shy and reserved. She left feeling confident and determined to make a difference in her community. She now thinks a career in counselling would suit her well.

50/50 draw was managed by Din Peerani. Pot = \$247.50
Ahmed drew Jim Sawers ticket but he couldn't find the joker.

Happy dollars

Bill S : travel plans have been finalized for the Guatemala tour in Jan 2020. 9 travelers are going from 5 Rotary clubs. There is room for one more (see Bill's email of Aug 16)

Doug K: exchange students Fariha & Alondra

Jim C : safe travels to Ahmed, glad to have his mum & Kelly with him

Mark R : wife Joan, guest Alice Post & her husband

Peter L: just back from great holiday in UK

Bob C : anniversary of Woodstock & the power of music

Peter H : exchange students Fariha & Alondra and YEX Kate & Sabrina

Matt : exchange students Fariha & Alondra, good luck to Ahmed in Italy, partner Nicole at meeting

Sunshine Report from Asha

Member birthdays : Max, Harold & Brad S

Member wedding anniversaries : Peter & Elaine H

Joke was about a rabbi, a priest & a minister competing to convert the bears of the forest to their religions. The minister & priest did well, soon had bears baptized and signing up for Communion. The rabbi was found in bad shape in hospital. "Looking back," he says, "maybe I shouldn't have started with the circumcision."

Next week : International Services Becas Presentation

Thought for the week :In a gentle way, you can shake the world. *Mahatma Gandhi*

The Sherriff was allowed to hold his/her fire for a week and the meeting closed at 8:10 am.

Standard Reporter : Eve Robertson