**The EyeOpener**

**August 3, 2021 Movement Matters**

Alan opened the meeting with a video of *O Canada* in Cree, French, and English.

**Food for Thought:** Rob talked about the Olympics. Despite the politics and the controversies when he sees the athletes competing in the events, he is inspired. He is reminded of the goals of the Olympics: Excellence, Friendship, Respect.

**Happy Bucks for:** the medal in the 400-meter hurdles, a previous visit to Olympia, Greece; a meal of Finnan Haddie, the call from a cousin which reminded him of how easy it is to get help from those around us, a visit with Robyn, the bookshelf in her new place is fixed, the benefit in meeting another Rotarian while he was on a trip to Killam to get a part for his baler, a successful sailing trip, the sportsmanship in the Olympic events, a road trip to Round Hill.

**Program:** Varghese introduced Jane Yardley. She told us of her research on movement. She outlined the movement guidelines and encouraged us to sit less, move more and sleep longer and better. Exercise, including 150 minutes a week of moderate exercise, several hours of light physical activity, muscle strengthening twice a week and 7 to 9 hours of good quality sleep a day reduces the risk on many diseases and improves length of life. She emphasized the importance of even higher levels of activity in children including lot of time for free play. Increased activity not only reduces the chances of getting high blood pressure, diabetes, heart disease, osteoarthritis, dementia, stroke, and various kinds of cancer but it also decreases anxiety and depression. She answered several questions.

**Announcements**

* The “Chase the Ace” Raffle had it’s first draw and the second is now underway with the proceeds going to the Women’s Shelter.
* Dues are due. Half year $125, full year $250. E-transfer to CamroseDaybreakTreasurer@gmail.com or give Morris cash or cheque.
* We meet next week Monday August 9 at 7 pm with the Rotary Club of Camrose. The speaker is Tina Myles who will talk about changes to “Travel”. The link for the Zoom meeting is:

Join Zoom Meeting
<https://us02web.zoom.us/j/82117292843?pwd=QTRNU2VkRHFDRm95b2lGa1NDdUZKdz09>

Meeting ID: 821 1729 2843
Passcode: Rotary
One tap mobile
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Dial +1 587 328 1099 Canada

* There will be a Board Meeting August 10 at 8 am via Zoom.

We closed with the *Four Way Test* led by Rob.

**ROTARY JOINS LEADERS | ROTARIANS SHARE IDEAS | ROTARIANS TAKE ACTION**