Rotary Club of Camrose Daybreak

EyeOpener January 19, 2021 Personal Trainer

January is Vocational Service Month

Odell opened the meeting with a novel video of *O Canada* for 15 members, guest Joshua Hagel and Rotaractors Tristan and Rehma

Odell offered **Food for Thought** noting several interesting easy-read articles in January’s *Rotary* magazine. The article on leadership poses questions such as - Is leadership setting goals and reaching them? Is leadership developing people? Are management and leadership the same? Using Phil Jackson’s basketball success as a model, the author sees three crucial things for future leaders: that they understand the means are as important as the ends; that they use a decentralized and participatory management style; and that they apply a multicultural approach to solving the world’s problems.

Destiny will offer **Food for Thought** next week.

**Happy Bucks**

* Invited to speak to Rotary Club in Savannah, Georgia in May
* COVID test negative, quarantine almost over
* Housekeeper surprise – total house clean while I was away
* 30th birthday was celebrated
* Downhill skiing in Banff, cross-country in Canmore were excellent
* Grandson has developed interest in history and chats with grandpa

**Announcements**

* The Rotaract club is hosting a UofA campus-wide virtual walkathon January 28 to 31. Will have prizes for a variety of categories and will let us know how to make pledges to support participant fundraising. Proceeds will assist COVID relief and the Mustard Seed.
* Odell, Harry and Varghese will assist Robyn is evaluating scholarship applicants. Two $750 scholarships are to be awarded to Camrose and County post-secondary students. A $550 District grant was received toward this initiative.
* The club showed support to pursue the development of disc golf in Camrose. Larry and Destiny will continue discussions with the Camrose Disc Golf Club, the City and other disc golf course providers, such as Leduc and the Fort McMurray Rotary Club.

**Presentation** – *Strength Training and Fitness*, Joshua Hagel

Josh Hagel Personal Fitness Trainer and Hockey Player Skill Developer. Josh’s goal is to help people get healthy. After personal training courses at NAIT and working for others, he opened his gym on July 2nd, 2020 and was able to have some clients on the premises but has moved towards more online classes with changing COVID restrictions. Hockey players and other athletes are a focus with strength training, but he also provides personal fitness training services to individuals as well. Having online options have opened some doors, old clients that have moved away are now able to access his services from anywhere.

With the current 10-person group outdoor limit he conducts training on outdoor rinks in many communities throughout the region as well as Zoom sessions from his gym located behind Royal LePage on the west end of town. He builds plans and routines based on the equipment clients already have and adapts your plan as you progress in your journey.

Strategies to keep your exercise New Years Resolutions! Start small and then add on after you’ve gotten used to your new habit. Sometimes people take on too much right off the start and it gets overwhelming. That is why it’s best to start small and consider habit stacking – follow a current habit with one you want to develop. They add up as you become more consistent.

Contact: coach.hagel@hscandhockeyskills.com Phone 780.554.5674 or follow him on Facebook: <https://www.facebook.com/HSCandHockeySKills/>

**Reminders**

* Tuesday, January 26, 7:00 am Zoom club meeting – *My Year in Germany*, Robyn Gray
* Tuesday, February 2, 7:00 am Zoom club meeting – *KIVA Investing*, Destiny Reay
* Tuesday, February 9, 7:00 am Zoom club meeting – *2020 Nobel Prize*, Varghese Manaloor

Varghese closed the meeting with the *Four Way Test*

Morris

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