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Prehistoric Aliens Barry Berman



Bart introduced our Guest Speaker, Barry Berman aka 'The Discussionist'.

Barry is originally from Winnipeg. Barry was in business, consulting on tax and international advice for many years in Calgary and Edmonton. He settled in Calgary to spoil his grandchildren.

He started making presentations at Seniors' Homes. He coined the moniker 'The Discussionist' so he could engage the Residents in discussion rather than make a speech.

His topic was pseudo history — an interesting and curious phenomenon that gives an alternative view of pre-history. It has been totally discounted by science, but still persists. If you want to read more on this topic, google his site Ancient Pseudo History.



"Pseudohistory is purported history which treats myths, legends, sagas and similar literature as literal truth. It is neither critical nor skeptical in its reading of ancient historians, taking their claims at face value and ignoring empirical or logical evidence contrary to the claims of the ancients."

Paul thanked Barry and presented him with a certificate to show the club had donated money to Polio Plus.



The Nazca Lines in southern Peru are a group of pre-Columbian geoglyphs etched into desert sands. Covering an area of nearly 1,000 sq kms, there are about 300 different figures, including animals and plants. Composed of over 10,000 lines, some of which measure 30 meters wide and stretch more than 9 kilometers, the figures are most visible from the air or nearby hilltops.

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November 26th 2019

Scribe: Anthony Tonkinson



Greeters: Bev and Rhea

Manning the Chase the Ace table: Harry and Graham



President Paul called the meeting to order at 12.15. Thanks to Ruth ... our anthem and grace sounded ok.

Paul said that Wayne is looking for two shifts to be filled at the Sally Ann Kettles at South Centre. They are Saturday November 30th, 5-6.30pm; and Saturday, December 7th 6.30-8pm.

In Past President George's absence, Paul announced that Nominations would remain open, and close hopefully on December 17th, the date of our next regular meeting. This was caused by some changes.

Rhea introduced our guests: Sally, wife of Pat, Alina Oprea (a member in waiting), and Barry Berman (Guest Speaker).

Pat H gave the Sunshine Report. According to Janet Hansen (Keith's wife), Keith is not doing well.



Rhea made an announcement on behalf of Wayne. Wayne's wife Muriel is the Choirmaster for the Master Singers, a male choir. It is their 20th Anniversary and they will be performing at the Bethany Chapel on Saturday November 30th. George VS has recently joined the choir.

Rob reminded everyone that Bowling Night is this Saturday November 30th at Toppler Bowl. The event is from 5.30-7. Rob said to be there 15 minutes early to get shoes and be ready to bowl at 5.30. Cost is \$20 to \$25.

Networking night is this Thursday at the Cat 'N Fiddle Pub. It is organized jointly with the East Club. Speakers are Francis, Jane Audet (East) and incoming DG Mary Turner.

Hockey Pool winners: Wayne, Michael, Alex, Ron M and George K, who won \$20 ea.



Grey Cup Pool: Sold Out! \$980 donated to Polio Plus.

Winners: Q1, Peter \$75.; Q2 Mike Siciliani (Scotia) \$150.; Karen Lacharite (East) \$75.; Final still to be determined, but Rob thinks Anne \$300; Reverse, Bruce, \$100.

Tammy said how proud and pleased she is with the work of the Grey Cup Committee, of which she is a member. "The Committee is over the moon."

For the Seniors' Lunch on December 3rd, there is still one spot open. Currently there are six members eating.

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THE VALUE of ROTARY

Besides the community benefiting from your service, what other kind of value can be derived from being a Rotarian?

1. Educational Value

At one of the last Rotary meetings I attended, I learned about concussions from a University of Calgary Researcher who was one of the foremost experts on concussions in the world! Dr. Katherine Schneider informed our group that the new medical science suggests that going into the "Quiet Room" after experiencing a concussion is not the preferred medical advice, instead one should continue their activities within reason as normal as possible.

2. Mentoring value and Peer support value

a. I've been licensed to practice law for 6 years now but there is another lawyer in my Rotary Club whose been practising for twenty years plus ... do you think I pick his brain from time to time? The answer is an absolute "yes!"

3. Financial Value

a. Receive referrals for your business.
b. Do you own a business? My business has been exposed through being a Rotarian.
c. I have added additional work to my business by being a Rotarian.

4. Value of Legacy

a. You become recognized in your community
b. Being known for your contribution to the community is a fantastic legacy

5. Mental Health Value

a. Christmas time is my favourite time of the year because the feeling you get from giving all those gifts to others is a feeling for a lot of people that only happens once a year ... being a Rotarian allows me to enjoy that feeling time and time again

6. Health and Wellness Value

a. There is research from Harvard University that says people with many quality relationships live longer .
b. Harvard research suggests:

i. Social connections appear to be good for health.
"People who are more socially connected to family, friends, and community are happier, healthier, and live longer than people who are less well connected," says Dr. Robert Waldinger, a psychiatrist with Harvard-affiliated Massachusetts General Hospital.
ii. Loneliness appears to be toxic. "People who are more isolated than they want to be are less happy, their health declines earlier in midlife, their brain function declines sooner, and they live shorter lives than people who are not lonely," explains Dr. Waldinger. So what does the Harvard Medical School study recommend?
"Make new friends by joining a club or volunteering."

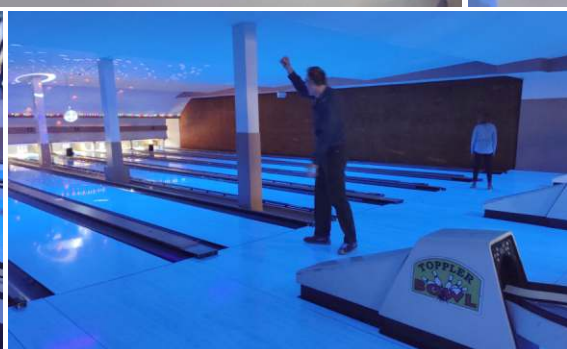
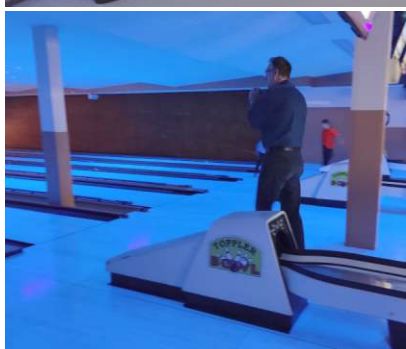
As a new Rotarian, the friendships I've seen so far, and am in the process of developing in Rotary, I can see have the potential of becoming very special to me.

My wife Rhonda and I are new Rotarians. We are also both lawyers, and we are both very busy people. But we joined a Rotary Club because we observed that Rotary has value.

So the question is, what value will you provide or gain from your decision to join Rotary?

- Francis Akinuoye





Rob Wolfson hosted the annual bowling and pizza (and beer) night. This year it was in the "glow in the dark" side.

("Unfortunately the lack of lighting did not improve my game at all!" Stephen said. "I think I have to move over to the kids' lanes with the bumpers instead of gutters!")

It was a fun evening, thanks for setting it up Rob!

Rob also located the missing winning Grey Cup Pool ticket that he suspected Anne Dale had, and he presented her with her winnings now that she is back from her southern vacation.

Rotarians Doing Business



Seniors Christmas Lunch





Rotary Foundation Month

December 17th	Mike Colborne — Rotary Employment Partnership
December 24th	No meeting
December 31st	No meeting

2020

Vocational Service Month

January 7th	Bart Dailley — Macdonald's History
January 14th	Club Assembly
January 9th	Cribbage @ Horton Road Legion — contact Peter Bickham Fellowship @ 5:30, games @ 6:30
January 14th	Club Assembly
January 21st	Stephen and Anne Pick — Northern Travels
January 23rd	Cribbage @ Horton Road Legion — contact Peter Bickham Fellowship @ 5:30, games @ 6:30
January 28th	Ann Marie Lurie, Chief Economist, Calgary Real Estate Board

Peace and Conflict Prevention/Resolution Month

February 4th	International Service
February 11th	Chris Maderson, Urban Conservation Lead, Calgary Parks — Bobcats in Calgary
February 13th	Cribbage @ Horton Road Legion — contact Peter Bickham Fellowship @ 5:30, games @ 6:30
February 18th	Keith Blake, Chief, Tsuu Tina Police Force
February 25th	Dr. Richard Frayne and Dr. Linda Andersen — Brain Aging
February 27th	Cribbage @ Horton Road Legion — contact Peter Bickham Fellowship @ 5:30, games @ 6:30

Water and Sanitation Month

March 3rd	Wilner Pagaling, Founder, Bread Beyond Borders
March 10th	Rhea Graham — Interact Program



Merry Christmas



Meeting Minutes

.... cont'd from page 2



Be at the hotel by 11 at the latest. Buses start arriving at 11.10. Usual format — the seniors will line up in the hallway to get into the dining room. Each Server will be assigned a table. The Server will take the first 8 Seniors in the line and escort them to the table for which they are responsible. They will take their coats and take them to the Palm

Desert room. The Coat Checkers will take the coats and put them on the numbered table corresponding to the dining table number. Around 1.20-1.25 the server will pick up the coats.

Tammy is asking that all members wear white shirts and black pants or skirt. Bev has Christmas ties. Please remember to return the ties to Bev at the end of the event.

As November is Foundation Month, Anthony gave the figures so far ... US\$5,556 donated this year. 19 members have donated. There are 16 Sustaining Members — always looking to increase that number! Fish Creek Club has 100% Sustaining Members. A Sustaining Member is one who donates automatically every

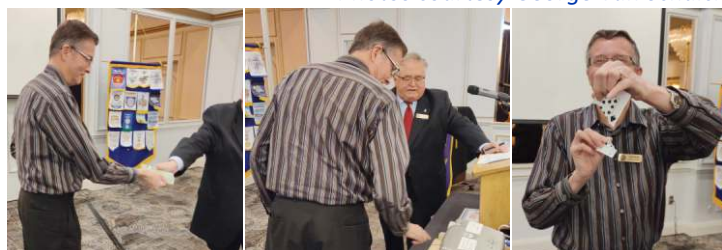
month or quarter. Any member wishing to do this, please contact Anthony. It is a simple one page form.

Peter made a presentation on TRF and CRCF. He had a hand out. Any members who were not at the lunch and would like a copy please email me 44tonk@gmail.com

After the speaker's presentation, Paul adjourned the meeting and reminded everyone that next week is the Seniors' Lunch.

The following week is our own Christmas Dinner, with Elvis, on WEDNESDAY at the Carriage House. Next regular meeting December 17th.

Photos courtesy George Van Schaick



Salvation Army Christmas Kettles



Our club again participated in the Salvation Army Christmas Kettle program at South Centre Mall. Thanks to all who helped in this effort. Our help was very much appreciated by the folks at S/A.

Dave Wylie sent in the photo of the family donating to the Kettle. Dave said that the mother had filled a baggie with loose change, and at each Kettle they came across, the kids dug into the bag and made a donation ... teaching her kids the spirit of giving at an early age.



Calgary Drop-In Centre

A group of 10 Rotarians and Spouses recently worked at the Drop In Centre, preparing 1,080 sandwiches. They are wrapped and given to those in need while they are either going to work or looking for work.

Thanks to Alex Soutar for organizing this "Work Bee" at the Drop In Centre!



Wayne Wiebe



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