



Spinoff

ROTARY CLUB OF WEST OTTAWA

a

Marcia Armstrong, President
November 19 2024 Editor: Don Butler

This meeting was hybrid
(In person at **New Desi Zaiqa Restaurant**
Carlingwood Shopping Centre)

Program: Ana Ideias -Classification Talk. Peter Fisher -4 Way Test Awards

In-person: 43 members, 2 visitors
Online: 17 members, 1 visitors

Meeting Video: <https://youtu.be/hcapbyNcLhg>

Opening:

President Marcia Armstrong opened the 21st meeting of the 120th Rotary Year, acknowledging the traditional territory of the Algonquin Anishinaabe people. She recognized Camrose Burdon wife of **Cletus Peters**. Later in the meeting we were joined by Maureen and Faye, guests of **Bea Osome** who could not be with us

O Canada: video by the Sultans of Swing

Classification Talk ;Ana Ideias

President Marcia introduced **Ana** saying she had been a member since January, worked on two Club committees and is a keen photographer (one of her pictures is in the Cash Calendar). **Ana** would tell us about herself,

including her classification- Residential Real Estate for Seniors.

Ana took the mic and told of her journey from childhood in Portugal to her career as a specialist in residential seniors' real estate. A keen photographer and active volunteer, **Ana** prioritizes giving back and pursues two life goals: making her children proud and leaving the world a bit better

She lost her mother at age four and was adopted by her aunt and uncle who brought her to Canada. She shared amusing anecdotes of her adjusting to a new culture- as her discovery of Halloween and learning English words while avoiding the use of Portuguese words which sound impolite to anglophone ears.

Ana is the mother of two grown children amicably coparented with her ex-husband. She is recently remarried.

Ana's career path has been diverse—spanning roles as a conference planner, for Nortel ESL teacher, personal trainer, and, for the past 13 years, a real estate agent.

She specializes in helping seniors navigate the complexities of downsizing and moving. Her approach focuses on empathy, patience, and providing comprehensive support, from coordinating estate sales to helping clients determine what to keep, sell, or donate. **Ana** shared strategies for easing this transition, such as taking photos of sentimental items and engaging trusted professionals. Her deep connection to seniors stems from her upbringing with her grandparents, shaping her understanding of the challenges older adults face.

Her focus on giving back led her to join Rotary, the Ottawa Women's Canadian Club, the Ottawa Council on Aging and. to volunteer for #AbleTo which pairs volunteers with adults who have learning or physical challenges. She loves to travel and to be outdoors. Her happy place is anywhere with her camera in her hand

Ana concluded by emphasizing the importance of building relationships and giving back, echoing her favorite quote: *“We make a living by what we get, but we make a life by what we give.”*

Ana's slide presentation

<https://drive.google.com/file/d/1uFFBOAywmbbHZ2VwIssjx6N5HUoA5afu/view?usp=sharing>

President Marcia thanked **Ana** and passed the mic to **Peter Fisher**

Peter Fisher provided a historical overview of the **Four-Way Test Awards Program**, established in 1994 to honor grade eight students at six public schools with exceptional interpersonal skills. **Peter** recognized volunteers who presented awards last June: **Gaye Moffett, Jennifer Broad, Eric Armstrong, Richard Fisher** and **Nigel Lever**, and encouraged members to participate in the 2025 program.

Club Business and Announcements:

1. **Paul Harris Award:**

Jake Maars received his **Paul Harris +4 Pin** for contributions to the Rotary Foundation.

2. **Attendance Recognition:**

Larry Chop was honored for one-year perfect attendance, which credits his actual attendance and the make ups earned active involvement in the Mums fund raiser and other Club activities.

3. **Gord Leverton** called for more donations to Polio Plus. The Club foundation would match up to a total of \$2500. Donate by mid December to **Dave Morton** to get the tax receipt.

4. **Past Presidents Draw.** **Ana Ideias** drew the number and **Alan Bowles** won

5. **Youth Services Committee:**

Phil Powel Smith called for volunteers, highlighting the committee's busy schedule and importance in fostering hands-on member involvement. **Beryl Puddifer** is helping with this. Let her know if you want to be involved.

6. **Dave Morton** promoted **Russander Farm** fresh holiday turkeys. The farm has programs for challenged youth. See

<https://www.russanderfarm.ca/holiday-turkeys>

7. **President Marcia** read us notes of thanks from a lady whom we had helped buy a special bed and from the Ottawa Mission for support to its food truck program.
8. **President Marcia** asked **Hugh Williams** to update us on the publication of the “Why I joined Rotary” elevator pitches we had recorded at a meeting last summer and on some podcasts he and **Larry Chop** had been working on. The WIJRs will be on the Club Facebook page.
9. **Hugh** continued that three Big Ideas podcasts have been filmed and are ready for editing. One done with Operation Come Home outlines an approach to housing for homeless youth Another with **Jean- François Pinsonnault** will cover aging safely at home.
10. **Rod Holmes** told us the December 17 Christmas program was coming together, but he still needed a few more carol singers.
11. **Ron Doll** thanked his Soc and Rec Committee members Lynne and Miriam Fraser and told us the 2025 **NewYear’s Levee** would be on Sunday Jan 5 at 2pm. Watch for his email.

Happy Dollars:

- **Jim Maxwell** shared stories from his granddaughter’s wedding in Dubai, marveling at the culture and service of Emirates Airlines.
- **Bob Harrison** and **Beryl Puddifer** really enjoyed **Soc & Rec Tour** at the Canada Agriculture and Food Museum, sharing fun facts learned about livestock care.
- **Rod Holmes** announced his upcoming knee replacement surgery and his plans to recover at a local retirement residence.

Closing:

President Marcia put in a pitch for the 2025 International Convention in Calgary, reminded members of the 26 Nov program on **Big Brothers Big Sisters of Ottawa**, presented by **Erin Helmer**. Adjourn

Calendar winners

<https://rcwo.org/>

**Next Meeting - Hybrid
Tuesday, Nov 26 2024**

**New Desi Zaiqa Restaurant
Carlingwood Shopping Centre
Luncheon at noon. Meeting at 12:30**

Program: Erin Helmer and Brianna – Big Brothers/Big Sisters of Ottawa
Intro and thanks: Lynne Fraser
Spinoff: Don Butler

For log on info for Zoom see invitation

