



Spinofff

ROTARY CLUB OF WEST OTTAWA
Jean Bégin, President

February 6, 2018

Editor: Cameron Ross

PROGRAM: Rob Muir on Team Diabetes

Getting Started

The usual group of friendly, talented and hard-working team members were on hand: **Claudette Léger Paillé** greeted members and guests while **Mary Wattie** ensured we signed in and had lunch tickets, **Doug Rowlands** sold Past President Draw tickets and **Henry Akanko** handled reception of guests and visitors

The Meeting

President Jean Bégin called the meeting to order and asked us to rise for the national anthem with **Rod Holmes** at the keyboard. **Caroline DeWitt** was called and gave a very eloquent invocation. **Henry Akanko** introduced five guests: program speaker Rob Muir; new RCWO member Brian Foster, guest of **Ken Murray**; Ben Shaw-Wood, guest and son of **Robert Shaw-Wood**; Gavin Schnobb, guest and son of **Gaye Moffett**; and Christopher Blake, a visiting Rotarian from St. Catherines.

Clive Talbot won the Past President Draw, a \$25 prize.

General Announcements

President Jean started the meeting by awarding **Nigel Lever** with a Paul Harris Fellow award for his donation to the Rotary Foundation. She then noted that our thoughts and prayers are with **Jack Troughton** while he is in the hospital and as well with **Bob Harrison**, who fell while skating on the canal and will be out of commission for a while

Dave Morton told us the Community Services committee had received thanks from

1. the OutCare Foundation for a \$1,200 donation that will provide a bed at the Ottawa Mission Hospice.
2. Cityview United Church for a \$500 donation to their Hamper Program. Our donation helped feed 37 families over Christmas.

The Program

Gaye Moffett introduced her long-time fellow cottager and occasional club house bingo supporter, Rob Muir. Rob is a marathon runner and coach with Team Diabetes. Rob started his presentation with a slideshow showing the recent accomplishments of this national fundraiser - \$35 million has been raised since the year 2000.

Team Diabetes events such as marathons and shorter runs and walks in interesting destinations like Iceland for which Team Diabetes arranges travel and accommodations. Participation in an event requires a minimum fundraising amount that Rob admits was initially daunting. As he got used to it, however, it became motivating and quite feasible. As he explained, most members are not marathon runners but want to raise funds and walk the event in a unique event & location.

Rob coaches other aspiring participants in Team Diabetes events and gives guidance and assistance for others to reach their goals. Areas of help cover fundraising and preparing for the marathon itself. Over the past nine years he has raised over \$50,000 and helped others raise much more.

Robert Shaw-Wood thanked our speaker with the usual memento and a commitment to contribute \$25 to End Polio

Happy Dollars

Our happiest members for the day were:

- **Pardeep Ahluwalia** was happy that **Caroline DeWitt** will take over chairmanship of the Calendar Committee.

- **Ken Murray** was happy to connect with his former exchange student guests.

- **Stu Picozzi** was happy to learn from the Dictionary 4 Life dictionary that he has been spelling bicycle wrong for the past 70 years.

- **Bill Rolph** was happy to have a new hearing device that has made a noticeable improvement to his enjoyment of speaker presentations like today's

- **Gaye Moffett** was happy that she, her brother-in-law **Don Butler** and her sister were going to the Bahamas for a 2-week vacation.

Meeting end

The meeting was concluded by **President Jean** with her reminder that we are Rotary Making a Difference and her call to bring likely contacts and friends to experience one of our meetings

Cash calendar

Here are the winners of the Cash Calendar draws for January 30 to February 5, 2018:

3733	\$25	Lynne Fraser, Ottawa, ON	2878	\$100	Donald & Barbara Clark, Metcalfe, ON
283	\$25	Becca King, Fort McMurray, AB	3420	\$20	Roger Skidmore, Nepean, ON
1663	\$20	Susan Ashworth, Ottawa, ON	3410	\$25	Alex Fraser, Ottawa, ON
662	\$25	Carolyn & Mayson Henry, Cantley, QC	2508	\$1000	George Darouze, Greely, ON

Tuesday, February 13, 2018

Victor Mazzola – Classification Talk

Intro: **Mike Traub** Thanks: **Ken Murray**

Greeters: **Susan Diening, Jen Soucy** Invocation: **Susan Diening**

Reception: **Ron Scott** PP Draw: **Len Baird** Ticket Sales/Attendance: **Mary Wattie** Editor: **Rocco Disipio**

Tuesday, February 20, 2018

The Predictors of 2018: **Rocco Disipio**- sports; **Cam Ross**- finance; **Carol Bell Thomson**- real estate

Intro: **Jen Soucy** Thanks: **Ed Balys**

Greeters: **Doreen Ide, Navin Parekh** Invocation: **Alan Bowles** Reception: **Brian Hartley**

PP Draw: **Linda Flynn** Ticket Sales/Attendance: **Mary Wattie** Editor: **Joseph Redhead**

