



Spinoff

ROTARY CLUB OF WEST OTTAWA;
Pardeep Ahluwalia, President
July 10, 2018 Editor: Don Butler

Program: 1) Award presentations. 2) **Anne DeButte on managing grief**

Intro

On this bright July day we gathered around noon with **PP Graeme Fraser** sitting in for **President Pardeep Ahluwalia**. Eric Armstrong greeted us, **Jim Maxwell** recorded guests and visitors, **Doug Rowlands** on Past President Draw sales (with a little help from his friends) and **Linda Flynn** handled lunch ticket sales and attendance. We served ourselves at the buffet and at 12:30 **PP Graeme** welcomed us to the 2nd meeting of Rotary Year 2018-19. National anthem sung with Music Master **Rod Holmes** on the keyboard, **Phil Bronsther** reminded us in his grace that, as Rotarians, we can achieve great things and to be the best we can be.

Jim Maxwell recognised our guest speaker, Anne DeButte, to be introduced later and introduced former member Linas Pilypaitis now visiting from RC Ottawa Bytown and his wife Nicolette, Serge Oga from RC Accra East, Ghana, and guest Barry Wellar. At **Jim's** call for other visitors Cindy Wheeler rose to say that she had been in the neighbourhood and heard our food was good. Cindy was, of course, with us from the Rotary Home Foundation for a purpose she would shortly disclose.

Doug Rowlands asked our guest speaker to pull the winning PP Draw ticket and, **Alan Bowles** was the winner.

PP Graeme then wished Happy Birthday to **Joseph Redhead** and the absent **Chris Wanna** and called on **Alan Bowles** to do presentation of Paul Harris Fellow Awards to **Jim Maxwell** and **Linas Pilypaitis** who had been absent from the Changeover and Awards Meeting in June.

Award presentations

Reading from the citation for **Jim Maxwell**, **Alan** reminded us of the importance of the Sergeant-at-Arms crew in preparing our meeting rooms and clearing them afterwards and **Jim's** role as a crew member for many years and his chairmanship thereof for a couple of years. He told us of **Jim's** work as wordsmith and certificate designer in the Awards Committee which he had also chaired for a few years and of his contributions to the International Service Committee which he had also co-chaired. **Jim** had been instrumental in pulling together a partnership with USA Rotary clubs to provide a six-figure Rotary grant and other financing for an irrigation dam in Eswatini (formerly 'Swaziland'). **Alan** finished with a review of **Jim's** contributions to other club activities and presented to him the Award scroll. He then passed mic to **Rocco Disipio**.

In the citation for Linas Pilypaitis **Rocco** told us about this former RCWO member's work in promoting basketball for young people including gold medals for an Under-15 Girls team in the National Championships. **Alan** reviewed Linas's leadership of the RCWO presentations to seniors and others on protecting themselves from scams and other frauds. Linas now supports our Cash Calendar and golf tournament fundraisers. While in RCWO Linas helped to stage our Club Visitors' Day and still cooperates with our Club while also an active member now of RC Ottawa Bytown. **Alan** finished his presentation of the Award by citing Linas for his service work and as a role model community builder.

Announcements

PP Graeme Fraser acting for **President Pardeep**

- thanked the Award recipients for their service and the Awards Committee.
- reminded us about the District Conference in Kingston October 26-28. Early registration savings end July 31. Participate. Particularly new members for an overview of the workings of Rotary
- read us a note from former member Susan Goddard saying she enjoys her posting in Germany but appreciates updates from Spinoff on her friends in Canada whom she misses and on Club activities - especially the recent link to the BBQ photos.

Merv Letts introduced Cindy Wheeler, Director of Development for the Rotary Home Foundation, who told us about their new Amazing Race fundraiser. She showed a video from a previous Amazing Race she had run and said this one would also be a challenge of stamina and knowledge for teams of two raising at least \$1000 for the Foundation. Sounded like fun. See <http://rotaryhome.on.ca/news-events/amazing-race/>.

Speaker

Gaye Moffett introduced Anne DeButte, also a nurse, telling us they had met at a conference. Anne had written a book, *Grief's Abyss*, on coping with grief and loss based on her personal experience and her experience as a nurse. After retiring as nurse and working through a personal loss Anne thought that nowadays we do not handle the grieving process well and that she could help others. She said that we need to plan for our own deaths, uncomfortable as that may be. Without planning these situations are handled when we are under severe emotional stress. The Victorians understood that grieving is a process and going straight to a celebration of life as is often done now is not healthy. Her book gives a road map though the grieving process and her website has more information: <https://www.annedebutte.com/>. After she dealt with questions on MAID, comments on the internet group <http://www.grieving-parents.com/> and the book *Die Wise*, Anne was thanked by me, **Don Butler**, giving her our usual memento and certificate for a donation to End Polio Now.

Happy Dollars

Doug Rowlands was appointed and collected from: **Dave Morton** spoke of the 12th annual swim across Britannia Bay July 14 and invited us to be safety kayakers

Rocco Dispio told of presenting the Julia Hill bursaries at AY Jackson and Sacred Heart high schools with a representative of the Hill Family Foundation.

Sucha Mann was happy to have received the \$5000 Ontario Electric Vehicle Charging incentive. He would be happy to receive incentives for charging other things. **Brian Hartley** wondered about a grant for charging his phone.

Jim Maxwell was thankful for his Award. He was also happy about his recent trip to Scotland for his daughter's graduation from St Andrews U. He commented on the number of roundabouts there.

Cam Ross put in \$2 for each of himself and his fiancé. They were getting married on the weekend.

Larry Chop happy that, after a long wait, he and Sharon had become grandparents on Canada Day.

Merv Letts said he and Marilyn found RC Ottawa South's Polo in the Park to be a very enjoyable event.

Doug Rowlands put in \$3 for the help he had received in selling PP Draw tickets.

Meeting ends

On **PP Graeme's** call for "anything else?" we learned there would be a Cash Calendar meeting after adjournment and **Brett Brooking** reminded us there would be shoe sorting for Shoe Bank on Saturday. **PP Graeme** adjourned the meeting repeating that Rotarians are People of Action helping to make a difference and called on us to Be the Inspiration for our communities. Know people holding Rotary values? Invite them to a meeting.

Meeting photos

<https://rcwo.org/PhotoAlbums/2018-07-10-anne-debutte-griefs-abyss>

Cash Calendar

Winners for July 4-17 2018

0095 \$20 H. Mirchandani, Ottawa, ON

0806 \$125 John LeBrun, Nepean, ON

3785 \$25 David Collins, Brigus, NL

1152 \$50 Sonia del Rosario, Ottawa, ON

2107 \$25 Kelly Carrière, Ottawa, ON

0004 \$50 Ron Herweyer, Russell, ON

1599 \$25 John & Claire Denis, Kanata, ON

1425 \$20 Tops Car Wash, Ottawa, ON

2009 \$25 Michael Saindon, Orleans, ON
3284 \$100 Katharine Mirhady, Vancouver, BC
2911 \$25 Irene Cunningham, Ottawa, ON

1353 \$25 Kerin Pidgeon, Nepean, ON
0166 \$50 Denis Janveaux, Mattawa, ON
0275 \$25 Glen Deming, Simcoe, ON

Tuesday, July 17, 2018
NO MEETING (Lebanese Festival)

Tuesday, July 24, 2018

Rami Alsaqqa: Classification talk- Immigrant consulting services
Intro: **Merv Letts** (TBC) Thanks: **Ali Pahlavani**
Greeters: **Merv Letts, Norm Thomas** Reception: **Brian Hartley**
Grace: **Jen Ahde** PP Draw: **Hadi Mortada** Editor: **Roy Miller**
Sales/Attendance: **Linda Flynn**

Tuesday, July 31, 2018

Fred Sirotek: "Sage" Member talk. "About me"
Intro: **Ed Balys** Thanks: **Dirk Keenan**
Greeters: **Susan Dening, Jean Bégin** Reception: **Larry Chop**
Grace: **Henry Akanko** PP Draw: **Jim Maxwell** Editor: **Rob Shaw-Wood**
Sales/Attendance: **Linda Flynn**

