



## Calgary Food Bank

### Sheryl Barlage, Chief Development Officer

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Bob Montgomery introduced our guest speaker, Sheryl Barlage, Chief Development Officer of the Calgary Food Bank. She has 30 years of experience in fund development and positions in both the nonprofit and private sectors. She is adept in her leadership, strategy, fundraising, communications, events and stewardship. As part of expanding her appreciation for donors and philanthropy in the corporate sector, Cheryl was fortunate to hold roles in community investment, marketing, communications, government relations and aboriginal affairs at three major energy companies in Alberta. In 2016, she received the National Philanthropy Day Outstanding Fundraising Professional in Calgary, Alberta.



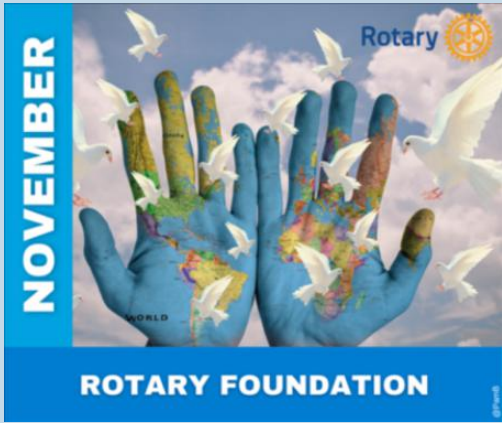
Cheryl began her presentation by thanking Rotary for inviting her today. Her intent is to share where the food bank has been, and where it's going. At the Calgary Food Bank they have just begun a new distribution model which includes having a volunteer meet you at your vehicle and review your needs, including amounts and types of food you would prefer, and then the volunteer goes back into the food bank and immediately arranges to have a hamper prepared to your specifications (as much as possible).

The Calgary Food Bank is the main charitable hub providing food for all Calgarians in need of assistance. Cheryl noted that there are other smaller food banks in the city which also help to meet these needs.

Their operation does not receive financial assistance from any level of government and therefore depends on donations and many volunteers to make it work. Volunteers make up 62% of their workforce.

Cheryl advised that last year they distributed food hampers at a pace of approximately 750 hampers per day. Their plan for this year is to increase this level to 900 hampers per day. She realizes that this is a significant goal but it is important as our community continues to grow. She noted also that they continue to support major community food suppliers like Mustard Seed and other community food services. She told us about two unique programs by which

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### 2023-2024 Officers and Directors

- Rob Wolfson, President
  - Wayne Wiebe, President Elect
  - Anthony Tonkinson, Past President
  - Dale Perret, Secretary
  - Vlad Sasarman, Treasurer
  - Pam Montgomery, International Service
  - Dean White, Youth Service
  - Brennen Pell, Community Service
  - Neil Beatty, Club Service
  - Keith Wellon, Club Operations
  - Peter Bickham, Club Financial
  - Sharon Fraiman, Membership
  - John Charrett, Rotary Foundation
- 
- RI President Stephanie Urchick
  - Rotary Club of McMurray, Pennsylvania USA
  - District 5360 Governor Christina Hassan
  - Rotary Club of Calgary Fish Creek

OUR PILLARS		
<b>CLIENT CENTRED</b> Accessibility Choice Experience 95% like the food choices. 76% say it suits their dietary restrictions better than our old model. 73% say it suits their cultural requirements more than our old model. 76% say they are able to use more food than the old model.	<b>COMMUNITY FOCUSED</b> Inform Collaborate Engage	<b>COMMITTED TO EXCELLENCE</b> Systems Operations Culture
<b>VOLUNTEERING</b> Volunteers provide 62% of the Calgary Food Bank's workforce. 26 Volunteer Roles 468 Hours A Day 163 Volunteers A Day		

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President Elect Wayne called our meeting to order at 12:15, welcoming all in attendance.

### Indigenous Fact

The Jay Treaty was signed in 1794 between Great Britain and the United States. It provided that American Indians may travel freely across the international boundary into what is today Canada. Under the treaty and corresponding legislation, native

Indians born in Canada, were entitled to freely enter the United States for the purpose of employment, study, retirement, investing, and or immigration. In order to qualify for these privileges, eligible persons had to provide evidence of their Indigenous background at their point of entry.

We had 30 participants at our meeting today which included 4 **Guests**, our speaker Sheryl Barlage, Rotarian Pat Neuman from the Rotary Club of Calgary Stampede, and Rotarian Suzanne Raderkovic from the Rotary Club of Burlington with her guest Roger Kelley. Our guests were introduced by Joe Hooper and welcomed with our 'Welcome to Rotary' song.



Wayne **thanked** Paul for being our scribe today. He also thanked Joe and Jim Hennessy for being our greeters today and for making everyone feel welcome. He thanked Stephen and Anne for all they do for our Club, most notably the regular production of our e-Arch. In addition, we also wish to thank both Neil and Hank for operating our payment system.

### Club Business

#### Volunteer Opportunities

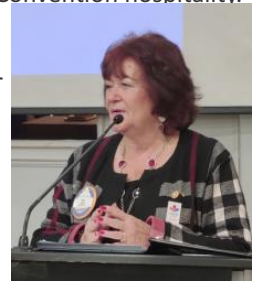
Wayne reminded us that we have been contacted by the

managers of the Millarville Christmas Market, (which is coming up November 7th-10th and 14th-17th) and they have asked us for volunteer assistance in various roles. They will pay us \$15 per hour per volunteer. They can be contacted through this link:

<https://volunteersignup.org/XBXFC>

### Rotary Convention Update

Wayne noted that Bev is our Club Champion for the next Rotary International Convention (June 21st to 24th, 2025 in Calgary). He then asked Pat Neuman to share an update regarding "hosting the world for dinner". She reminded us that it was Calgary that started the idea of home dinners in 1996 when we hosted our initial Rotary International Convention, and it was so popular that it has become a very well accepted part of Convention hospitality. At the present time the organizers are seeking groups in the local area to host dinners at a variety of places including their own homes or restaurants or anywhere else that might work. If any of these groups decide to host over 50 convention goers, then arrangements can be made to have them delivered by bus. As an example of a dinner arrangement, Pat told us about one which has already been planned which includes the Tonkinsons, the Popoffs, and Rob Wolfson, who will be hosting a group of registrants for dinner at the Tonkinson residence. Anyone who would like to arrange a 'home dinner' should go on to the convention website and enter your plans to do so (ask Bev if you need help). Pat also highlighted that everyone who registers for the convention and therefore has a convention pass, will be provided with completely free bus and LRT fares in Calgary throughout the convention. On a general note, Pat told us that there have been 11,000 registrants who have paid to date and that they are anticipating reaching the 30,000 level.



### Birthdays and Anniversaries

Paul announced our **Birthdays** for November. We have six member birthdays during the month with Sandy Swan starting us off on November 4th, Rob Wolfson on the 11th,



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John McBean on the 23rd, Moe Tynan also on the 23rd, Ted Wada on the 27th and Dean White on the 28th.

Our **Spousal Birthdays** during November are Eeva White on the 5th and Nancy Soutar on the 25th.

We only have one **Anniversary** this month, for Ted and Grace Wada (52nd) on November 25th.

Congratulations and best wishes to Ted and Grace!

### Anniversaries of Joining Rotary

- John McBean, 45 yrs on November 1st
- Jim Hennessy, 24 years on November 1st
- Pam Montgomery, 2 years on November 1st
- Brennen Pell, 1 year on November 7th
- Keith Wellon, 1 year on November 24th

### Rotary Remembers

Jim Hennessy reminded us that “Rotary Remembers” is being presented on November 11th at the Carriage House (\$50 per person), and recommended attendance for this educational and entertaining event. This year there will be three speakers who will present their unique perspectives. The presentation will begin at 10:30am sharp so plan to arrive at 10am.

### Foundation Month



John Charrett reminded us that November is an important month in the Rotary year — it is Foundation Month. The Rotary Foundation is the means by which Rotary helps to meet needs around the world including our own community. We are proud to note that of our current membership of 44, 37 are Paul Harris Fellows. This means that these 37 members have contributed at least \$1,000 USD to the Rotary Foundation. In addition our Club has 11 members who donate monthly to Rotary.

Last year our Club donated over \$6,000 to the Annual Fund of the Foundation, and another \$1,500 to Polio Plus. John noted that it would be wonderful if we could meet this level of giving during the current year or if at all possible increase it. We ask that all our members consider supporting the Foundation (including Polio Plus).

### Chase the Ace

The winner of today’s draw was Joe Hooper who missed picking the Ace of Spades, so won our weekly prize of \$60. The Club received \$80, and our jackpot is now \$1,476. Our next draw will be from a 31 card deck and will be made at our November 19th meeting.



### Nominations

Secretary Dale reported that she had attended the Inclusion Alberta Breakfast Event this morning, and was extremely

impressed by the work they are doing to provide employment opportunities for the disabled in our community. If you know of any employers which could potentially participate in this program, kindly put them in touch with Inclusion Alberta.



With regard to nominations, we are seeking candidates for four Board positions which are required for our 2025/2026 Rotary Year. (Note that the Rotary year begins on July 1st and ends on June 30th the following year). We need a President Elect (who will become our President for the following year, 2026/27) and three Directors. If you are interested in filling any of these positions, please contact Dale and/or discuss the role with anyone currently on the Board. In addition, if you would like to nominate another Rotarian, by all means do so, however be aware that the nominee has to agree to being nominated.

### Next Meeting at Currie Barracks

Keith highlighted that our meeting in two weeks, on November 19th, will be in a different location than our usual Carriage House. We will be visiting the Officers’ Garden restaurant (formerly the officers’ mess at Currie Barracks). Our speaker will be Garth Mann who is the owner of the operation, and a real estate developer very active in that area. Keith noted also that parking is somewhat of a challenge, so come a little early and find a parking spot in the surrounding area.



### Sunshine Report

Keith reported that Pat Hutchinson is progressing and hopes to be able to attend our meetings in the near future. Joe reported that Bruce Bohnet took a fall while curling last week, and is undergoing concussion protocol. He’s hoping to be able to attend our next meeting. We wish both Pat and Bruce a speedy recovery, and look forward to seeing them soon.

### Guest Speaker

Bob Montgomery introduced our guest speaker, Sheryl Barlage, Chief Development Officer of the Calgary Food Bank.

### Dates to Remember

- November 11th Rotary Remembers, 10 am at the Carriage House
- November 19th Regular meeting at a new location ... the Officers’ Garden Restaurant, located at 150 Dieppe Drive SW (Currie Barracks)
- November 28th Evening meeting at the Village Brewery, 5000 - 12A Street SE on the second floor. Our reservation commences at 6pm. The Calgary East Club will be joining us at this fellowship event.
- December 3rd Regular meeting at the Carriage House

Wayne thanked everyone for attending today, and asked all to stand and help close our meeting with a reading of Rotary’s 4 Way Test. Remember, “The Magic of Rotary”. Have a great Rotary week!  
*Photos courtesy George Van Schaick*

### Rotary Foundation Month

November 19th Garth Mann, owner and CEO — Statesman Group of Companies and Advanced Medical & Surgery Clinics  
@ The Inn on Officers Garden, 150 Dieppe Drive SW

### Disease Prevention and Treatment Month

December 3rd Nicole Oulette — Light Up the World  
December 6th Club Christmas Party — 5:30pm @ Grey Eagle Resort & Casino  
December 17th Club AGM and Bart Dailley

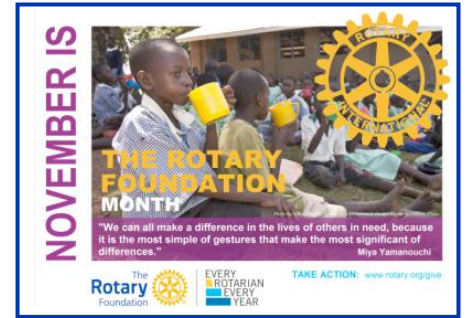
### 2025

### Vocational Service Month

January 7th Alisha Reynolds, President and CEO, Tourism Calgary  
January 21st Mackenzie Murphy, corporate Communications Coordinator, The Calgary Airport Authority

### Peace Building and Conflict Prevention Month

February 18th Shaundra Bruvall, Director of Communications, AlphaHouse Society



## Calgary Food Bank ... cont'd from page 1

they provide food to students on the weekend, and mobile hampers for the homeless. They also distribute food to newly arrived Calgarians who are moving into new housing.

She explained that the Calgary Food Bank receives approximately 90% of their food from major food retailers (such as Co-op, Safeway, Loblaws and others), which are active in the Calgary market. This food is often close to the "best before" date so fast and efficient food handling is imperative. They are very good at picking up and distributing these food resources quickly.

Sheryl explained that they maintain close communications with their clients and are pleased to report that by providing a significant portion of their necessary food requirements, their clients realize major improvements to many facets of their lives. They report mental improvement as well as prevention of homelessness.

We note that their website at [www.calgaryfoodbank.com](http://www.calgaryfoodbank.com) provides a great deal of information for anyone seeking additional details.



Hank thanked Sheryl for her presentation and advised her that a donation would be made to Rotary's Polio Plus Campaign in appreciation of her joining us today.

If life were fair, Elvis would still be alive today and all the impersonators would be dead. - Johnny Carson

Home cooking ... Where many a man thinks his wife is. - Jimmy Durante

The first piece of luggage on the carousel never belongs to anyone. - George Roberts

If God had intended us to fly, he would have made it easier to get to the airport. - Jonathan Winter

The weather person is the only person that I know, that can be wrong 99.9 % of the time and still have a job the next day.

-Johnny Carson



## Club Christmas Party !!



I am excited to invite you our annual Chinook Rotary Christmas dinner and celebration of the season.

When: Friday December 6th at 5pm  
Where: Grey Eagle Casino Buffet & Restaurant  
Cost: \$50 per person

We will have an amazing prime rib dinner with holiday desserts, and violinist Steven Klevisky will be there to provide us with some live entertainment.

All spouses and guests are welcome. Please send payment in advance to the club at [info@chinookrotary.org](mailto:info@chinookrotary.org) ... or contact Vlad to make other arrangements.

Please also send your RSVPs to me at [robwolfrotary@shaw.ca](mailto:robwolfrotary@shaw.ca)

I hope you can join me in some Yuletide cheer and fellowship!  
Yours In Rotary,  
President Rob

