

ROTARY NEWS

RCCSP Weekly Bulletin April 9th, 2026
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Administrative Assistant: Grayce Glassford
Bulletin Editor: Grayce Glassford
Photography: Glen Godlonton
Videographer: Steve Mason
Sgt@Arms: Jim Fitzowich



Welcome to the April 9th meeting of the Rotary Club of Calgary at Stampede Park. My name is Gordon Weicker, and I am honored to be your President for 2025/2026.

Please join me in the singing of O Canada and Rotary Grace.

Head Table (L-R) Bill Leclair, Jenn Lau, Jill Conroy, President Gordon Weicker, Jessica Janzen, Myles Hamilton



**Presentation:
Jessica Janzen**

**April 23rd
Alex Fitzowich**

**Next Week:
April 16th - Destiny
Whitney**

Click [HERE](#) to register for upcoming Meetings.

Click [HERE](#) to watch the meeting video.

Today's Meeting:

Blake Pelham introduced our guests followed by the welcome song.



Gail Williams announced At the upcoming district conference, there will be a celebration of life recognizing members who have passed, including Hugh Delaney and Mel Gibson. They are also gathering information about new additions to members' families, such as recent babies, grandchildren, or great-grandchildren. Please contact **Gail** if you have any new additions to your family.

Sjoert Zuidhof shared information about the Ultimate Mountain Getaway Raffle. For more information, please read page 5.

Jill Conroy introduced our newest member, **Jenn Lau**. Jenn is a Calgary-born architect with Denizen Group, known for her confidence, creativity, and down-to-earth nature. She balances a busy career with family life alongside her husband Cam and their two sons. In her free time, she enjoys yoga, family movies, and snowboarding. She studied architecture at Dalhousie University and is warmly welcomed to the Rotary Club of Calgary at Stampede Park.

Past President Bill Leclair shared with **Jenn** a bit about Rotary and our club before **President Gord** gave **Jenn** her new member package and badge.

Jim Fitzowich, our Sgt@Arms for this meeting, introduces a fun, astronomy-themed trivia game inspired by the Artemis moon mission and Canadian astronaut Jeremy Hansen. Participants answer "yes or BS" questions about moon missions, with small fines for incorrect answers.

The trivia includes questions about early science fiction predicting moon travel, the details of the first moon landing (Apollo 11 in 1969), and the last moon landing (Apollo 17 in 1972). The activity is lighthearted, interactive, and meant to engage the group while raising a bit of money through friendly penalties.

Myles Hamilton introduces guest speaker Jessica Janzen, a speaker, coach, author, philanthropist, and mother of three. She is a mental health and rare disease advocate and co-founded the charity Love for Lewiston after the loss of her son, raising over \$3 million for SMA research and support. Jessica was recognized as a Top 40 Under 40. Jessica is known for helping others navigate adversity, shift perspective, and find joy. **Myles** warmly welcomes her to podium.

Jessica Janzen shared her personal journey of struggle, resilience, and the power of joy. She spoke about being bullied and surviving a suicide attempt in high school, an experience that led her to a life-changing Rotary youth exchange in South Africa, where she learned the importance of community and belonging. Later, after building a life in Calgary, she and her husband faced a devastating diagnosis when their infant son was found to have a rare, incurable genetic disease. Despite the heartbreak, they chose to focus on joy and making every moment meaningful, supported by compassionate care at Rotary Flames Hospice. Inspired by their son Lewis, they founded the Love for Lewon Foundation, which has raised over \$3.6 million for SMA research and support. Jessica emphasized the importance of belief, community, and perspective—encouraging listeners to choose joy, support others, and recognize the impact even small actions can have on people's lives.

Jill Conroy thanks Jessica Janzen for her powerful and emotional presentation, noting her ability to deeply move audiences. They highlight how her story demonstrated resilience, perspective, and the importance of purpose-driven. **Jill** emphasizes that her journey is a reminder that service is not just an activity but a way of showing up in life. They conclude by thanking her for inspiring the group and sharing her time and story.

President Gordon Weicker thanked Jessica and announced that we will be making a \$100 donation to CRCF in her name.

Click [HERE](#) for the photo gallery

Announcements

Abigail Mclsaac Montly Check In

Yet another month in Italy has come and gone, and the end is drawing nearer. As much as I look forward to coming home and seeing everyone, I can't imagine my life without some of the amazing people I have met here, like my host family and friends. I've reached the part of my exchange where I'm feeling like I do not want to come home. This whole year has flown by, but especially the past two months, and I know the next two will as well. As for this month, I've spent most of it on the Rotary tour of Italy. We visited Milan, Venice, Florence, Pisa, Pompeii, Sorrento, Naples, Rome, Vatican City, and Genoa. My favourite city we visited was Florence because of the beautiful architecture and art, but that's not to say that literally every single city we went to wasn't absolutely stunning; Florence was just the one I liked the best. Another notable last of this trip was the Rome Marathon. The Rotary district in which Rome is a part partnered with the marathon for the End Polio Now movement, so I participated in a 5k fun run along with the rest of the exchange students on the trip to help bring awareness. This month I also got up to a lot of fun things with my host family. During the beginning of the month, they taught me how to make gnocchi, which was so much fun, and my host nonna was super excited to make it as well. This month we also went a couple of times to their mountain house. Once again, my host dad and I went for a hike, but don't worry he was on me about remembering to reapply my sunscreen every two hours. Although I don't think I will ever forget again, I am glad that he is there. This last weekend we went, him and I did 23km on Saturday and then another 12km on Sunday. It was a lot of fun however we made the mistake of assuming that because it was the end of march there wouldn't be that much snow, well we ended up walking through knee deep snow, and sometimes we hit a soft spot and would sink to our hips, nonetheless it was so much fun and we were laughing the whole time, and I can't wait to do it again next weekend. That's it for now, as always. Thank you so much for everything you do. Until next time!



The Invermere Golf tournament is on June 5th, 6th, and 7th. More information and a link for registration will be coming soon.

Health and Wellness contact is
Dorothea Schaab
403 660 6232 or schaabd@gmail.com



You're Invited

Rotary Partners Blooming Friendships Spring Luncheon **Celebrating the freshness of Spring and the joy of gardening**

Date: Monday, April 27, 2026

Location: Calgary Golf & Country Club, 919 – 50th Avenue SW

Registration: 11:00 am | Lunch: 12:15 pm **Cost:** \$50.00 per person

Featured Speakers

Merle Coombs — Owner, Garden Centre Spruce It Up

Lisa — Nursery Manager, Container Gardening & New Plants for Containers

Menu

Roasted Chicken Thighs · Orange Soy Glaze, Potato & Fresh Vegetables
Lemon Posset Dessert · House Baked Rolls · Freshly Brewed Coffee & Tea

Prizes & Giveaways

Door Prizes | Jewelry Giveaway

*Cash donations gratefully accepted in support of the Hearts & Flowers and Lavender Teas
(in place of 50/50 and jewellery raffle tickets)*

RSVP by April 20th

Confirm attendance, payment and any dietary restrictions or allergies

Karen Grant 403-239-8987 partners@rotarycs.org

We encourage you to bring a guest!



Announcements

Ultimate Mountain Getaway Raffle **WIN THE ULTIMATE ROCKY MOUNTAIN ESCAPE**

The Experience

Morning walks along the river. Open roads through the mountains. Iconic bike rides through breathtaking landscapes. Evenings in a quiet alpine setting. This isn't just a getaway — it's a story waiting to be lived.

What You Win

One-week stay in a private Canmore home
Two-week use of a Lexus GX 550
Unforgettable access to the Canadian Rockies
In Support Of

Rotary Kids at Heart

Every ticket purchased helps support children and families in our community.

Get Your Tickets

One ticket \$50.00

Three Tickets for \$100

Draw May 21, 2026 7:30 pm

Your Private Canmore Retreat

Tucked into the trees on a sunny southwest corner lot, this warm and inviting South Canmore home captures the essence of mountain living. Thoughtfully renovated to offer modern comfort while preserving its alpine character, the three-bedroom, three-bathroom home features open beam ceilings and a timeless, rustic ambiance. Expansive outdoor spaces — including a wraparound main floor deck and two private upper balconies — invite you to fully embrace the beauty of the surroundings. Ideally located, this home offers immediate access to Canmore's renowned trail system, parks, and pathways, and is just a short stroll to Main Street and the Bow River. From local cafés and restaurants to galleries, festivals, and mountain adventures — everything that makes Canmore special is right at your doorstep.

Your Luxury Driving Experience

Experience the all-new 2026 Lexus GX 550. One of the most in-demand luxury SUVs today, the GX 550 has quickly become one of the hardest vehicles to acquire, with waitlists stretching years — making this a truly rare opportunity. Boldly redesigned, it combines refined luxury with true capability. Whether cruising through Canmore or exploring the winding roads of Banff and Kananaskis, every drive becomes part of the experience. Your Two-Week

Rocky Mountain Escape

This exclusive package brings together the best of relaxation and adventure. Spend one week unwinding in your private South Canmore retreat — enjoying peaceful mornings by the Bow River, scenic walks, and the charm of downtown just steps away. Then, take full advantage of your second week behind the wheel of the GX 550, exploring some of the most breathtaking landscapes in the world — from Banff to Lake Louise and beyond. License #777211

Full Details and ticket purchases at:

[Ultimate Rocky Mountain Escape | Rafflebox DRIVE FOR FIVE](#)

Double the Impact. Double the Healing. Double the Hope.
The DRIVE FOR FIVE continues with this new raffle,

A generous anonymous community leader will MATCH every NEW and INCREASED sponsorship dollar raised up to \$100,000.

That means when we push beyond last year's total, your support doesn't just help — it doubles.

Your Sponsorship Makes Possible:

Life-changing youth mental health counselling.
Recovery and healing for young burn survivors.
Mobility programs that transform a child's daily life.

This is not a hard ask. It is a heartfelt invitation.

An invitation to stand with us. To lead with purpose. To demonstrate that when business leaders lead with heart, communities grow stronger.

In our **Drive for Five**, every new dollar carries twice the impact. Twice the healing. Twice the hope. Let's drive this across the finish line — together. With your sponsorship. With your donation. With your leadership.

Sponsorship Packages information is available on the website

[Rotary Club of Calgary at Stampede Park – Event Ordering Page](#)

Let's Drive for Five — and make it count.

Contact: Sjoert Zuidhof, Chair: Sharyl Madigan, Co-Chair: Kim Hickson, Sponsorship

Announcements



Join us for a Lunch & Learn on Nutrition: The Foundation of Brain Health and Mental Wellness

Most people think of food as fuel for the body, not as building material for the brain. Every thought, emotion, and stress response depends on nutrients coming from our food. The brain requires a wide range of nutrients to make neurotransmitters, regulate mood, and stay resilient under pressure. When eating patterns are dominated by ultra-processed foods, the brain can quietly become under-nourished, and mental wellness can decline. When nutritional gaps are addressed, people report clearer thinking, steadier moods, and better coping. Once you see how fundamental nutrition is to brain function, it's hard not to ask: why doesn't everyone know about this?

Meet Dr Rucklidge to hear more about important research on this topic on:



DATE

Tuesday, April 14, 2026



TIME

12:00 PM - 1:00 PM

REGISTER NOW BY VISITING:

WWW.ROTARYCLUBOFCALGARY.ORG/EVENTS

In-Person (Lunch Included): \$30 | Virtual Attendance: \$10



Dr. Julia Rucklidge

She is a clinical psychologist, Professor of Psychology at the University of Canterbury, and Director of Te Puna Toiora, the Mental Health and Nutrition Research Lab. An international leader in nutrition and mental health research, she has authored over 160 peer-reviewed publications and is known for her TEDx talk The Surprisingly Dramatic Role of Nutrition in Mental Health and a widely taken edX course reaching tens of thousands globally. Her honours include the University of Canterbury Innovation Medal, the NZ Psychological Society's Ballin Award, a Braveheart Award, and multiple listings among New Zealand's Top 100 Influential Women.

Walk With the Earth

April 18th
2026



WHY?

- Come together to support HIP youth programs, truth and reconciliation, and environmental action for a stronger brighter future!

WHO?

- This event will begin with a welcome by Elder Alvin Manitopyes and will be followed by addresses from local youth



WHERE?

- Starting point: THE SITE (241001 Range Road, 42 Rocky View County, T3Z 3X5, Hwy 22 at Hwy 8)
- 5k walk route and 2.5k Accessibility option



WHEN?

- registration open 10-11am
- register in advance to save time!
- opening ceremonies commence at 11am walk to follow



HIP
Honouring Indigenous Peoples

Announcements

Walk with the Earth

HIP is a Rotary led charitable organization with a National Board (Directors are both Indigenous and Non-Indigenous - many are both Rotary members and Indigenous) with District Coordinators in all regions of Canada.

Alumni Youth leaders across the 4 selected cities for 2026, have volunteered and developed this walk to support the future Y2Y camps.

Rotary Club of Calgary at Stampede Park in partnership with HIP Y2Y (Honouring Indigenous Peoples, Youth To Youth) and local youth like Bishop Carroll High School Student Alumni Lily Beaton, presents **Walk with the Earth**, a reconnection to the earth, one another and truth and reconciliation action.

All funds raised through this event directly support youth attending the annual HIP Y2Y forum which takes 50 youth (25 indigenous and 25 non indigenous) from across Canada for a week. They will never forget the camp and where they were learning, leading and connecting with others. Students are selected by personal attributes, passion about cultural understanding and adaptability and community engagement and leadership. Applications are circulated to all High schools in each province, including all First Nations High schools.

Register to fundraise or donate online through Canada Helps and support the next generation of youth.

Walk with Purpose, Walk with Community,

Walk with the Earth. Walk with the Earth will take place on Saturday, **April 18 th at THE SITE – Bragg Creek**

(the former Kiwanis Camp at Hwy 8 and 22), with Opening Ceremonies by Youth Leaders, Honourable Elder, sponsors, and special guests. Opening is at 11 am and the walk will be 2.5 km or 5 km culminating at 1 pm. The route is fully accessible.

Can't walk the route? Volunteers always welcome to help with registration, passing out water and cheering on participants.

Clear your calendars! Register your team. Come out for a wonderful walk in the beauty of nature.

More information is in the link below!

<https://honouringindigenouspeoples.com/walk-with-the-earth/#sp-rqveza>

If you have any questions please contact Pat Neuman

pneuman647@gmail.com 416-889-5673

Announcements

President **Gordon Weicker** and **Bryan Walton** toured the University of Calgary's School of Veterinary Medicine on Wednesday and presented a cheque in support of the Rural Experience Bursary, which helps offset costs for students gaining hands-on experience with rural veterinary practices.

In the picture:

Salla Carson - Major Gifts Advisor
Dr. Renate Weller, Dean of UCVM



International Dinner group met at Le Charme a French inspired neighborhood restaurant on Edmonton Trail. 26 diners enjoyed a beautiful dinner created especially for us by co-owner Matt Drummond. Our dinner was complete with bite sized pavlova. Celebrations also were in order for Birthday Girl, Joan Walton! And, a little birdie told us that Carol Dougall also was celebrating her April 1st birthday!!


Happy birthday to both ladies!!


A great evening of food and fellowship!

Next dinner is May 8!



Dear Friends, You're invited to another fun and informative evening with fellow members, hosted by **Lisa Maragh** of Your Senior's Concierge, from 6 to 8 pm on Tuesday, May 12th. Join us at The Edward at 3023 16th St SW. **Lisa** will be discussing Empowering Seniors Through Life's Transitions. We'll hear **Lisa's** story, get a chance to see The Edward space, and experience a potential living option firsthand! As always, we'll enjoy networking time along with snacks and refreshments. Register at <https://rotarystampedepark.com/>

 ROTARY CLUB OF CALGARY AT STAMPEDE PARK
BUSINESS CLUB MEETING


 Your Senior's Concierge

Empowering Seniors Through Life's Transitions
Networking & Refreshments to follow

🕒 6:00 to 8:00pm

Join us at: The Edward
3023 16 St SW

📅 MAY 12



Get your \$20 tickets by May 8th at:
rotarystampedepark.com

Announcements



Only 84 days until The Calgary Stampede



Dear Volunteers,
Thank you once again for being such a valued part of our team. Your dedication and support make all the difference in helping us achieve our mission.
If you know anyone who would like to join our volunteer community, please encourage them to sign up through the link below so we can get them added to the system:

Here is the link:

<https://keap.app/contact-us/8448978631534359>

We truly appreciate your continued commitment and help in growing our team!

Shifts will be open and available to claim on May 6th, 9 am
For more information, go to the website at:

[Dream Home 2026 – Rotary Club of Calgary at Stampede Park](#)

Thank you,
Stacey Johnson, Chair
and the Dream Home Committee

Announcements



WORKSHOP
THEATRE

&

Rotary
Calgary Millennium



PRESENT



Adapted by
Teresa Maille

Directed by
Jeremy MacKenzie

An Exclusive Night at the Theatre

Tuesday May 5 Reception 6:00 Show 7:30 PM

Special Treats from  **Calgary Chocolatier**

Tickets \$60 via e-transfer to - rotaryclubofcalgarymillennium@gmail.com

 Message Emma Tickets on e-transfer

E mail president@rotarymillennium.com for queries



PUMPHOUSE THEATRE 2140 PUMPHOUSE AVE SW CALGARY T3C 2P5



Calgary Parking has confirmed that they had an outage which affected their enforcement system. This resulted in a number of incorrectly issued tickets being sent to those with memberships. Any members who were affected should be receiving a letter from Calgary Parking in the coming days.



Closing:

Next week: April 16th - Destiny Whitney

The week following: April 23rd - Alex Fitzowich

Thought of the day!

According to Buddha,

"If you deeply observe, everything is your teacher!"

Please think about this as we as we

"Unite for Good!"

SOCIAL MEDIA LINKS

[Facebook](#)

[Linkedin](#)

[Instagram](#)

Calendar

APRIL


April 2nd - Grants & Endowments

April 9th - Jessica Janzen

April 16th - Destiny Whitney, General Manager of the 7 Chiefs Sportsplex on the Tsuut'ina Nation.

April 23rd - Alex Fitzowich

April 30th - Police Chief of the Alberta Sheriffs Police Service



SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

MAY

May 7th - WA Ranches

May 14th - International Service Grants Committee

May 21st - Annual Stay in School Scholarship

May 28th - Presidents Social



SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

DATES TO REMEMBER – SAVE THESE!!

April 8th - International dinner

April 18th - Walk with the Earth

April 19th - Feed The Hungry

April 24th - "The Barber of Seville" Opera

May 8th - International Dinner

May 1,2 3 - District Conference

May 11th - Fireside

May 23rd - Day of the Races

May 28th - Presidents Gala

June 5, 6, 7 - Invermere Golf Weekend

June 12th International Dinner

June 21st - Okotoks Dawgs

July 2nd - Dream Home Kick off party