

December 7th, 2017: Volume 63, Issue 21

Bulletin Chair: Bev Ostermann
Editor: Sandy Dougall
Photographer: Paul Brick

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**TAKING A BITE
OUT OF HUNGER**



Toby Oswald-Felker introduced Sundae Nordin by saying: I met **Sundae Nordin** just over a year ago as I was given the job of researching Calgary Community Kitchen on behalf of the Small Grants committee. Marilyn Gunn, the Founder and CEO of Community Kitchen (who many of you may know) was just retiring after 25 years and Sundae had extremely big shoes to fill. As I have gotten to know her in the last year it has become obvious to me that Sundae was a perfect fit for the job. Her compassion for others, astute business sense and unfailing vision to change lives within the city of Calgary and make a difference are at the heart of Calgary Community Kitchen.

So a little about Sundae: she was born in Calgary and moved away when she was 2 and was raised on the farm two hours outside of Edmonton. She returned to Calgary with her family 14 years ago and is the mother of Three grown children 24, 22, 19, one boy and two girls. She considers them one of her biggest accomplishments in life.

Sundae was a professional athlete and traveled to many places in the world, and even went to Mexico city to the "Worlds" in Arm wrestling. She won first Place in my right arm and second in my left in the women category when I was only fourteen years old. I didn't even know that there were individual categories for each arm!!

Sundae was a pre- school educator before getting involved in Community development and Volunteer Management. Before taking on the role of CEO Sundae spent 6 years with Community Kitchen in the Community Development and Volunteer Management role.

Her Vision for the Community Kitchens is Working with individuals, families, and Communities to reduce hunger in Calgary and area. Making Calgary stronger.

Please help me welcome **Sundae Nordin**.



Sundae thanked **President Bill and Toby** for giving her the opportunity to share a little about the Calgary Community Kitchen. It was started in the basement of one of the women involved some 26 years ago with a vision to help families cook healthy meals at a low-cost. It has evolved and grown over the years and now has 6 different programs running. Her vision is to change the organization from the best kept secret in Calgary to being the best known in Calgary.

Our Vision

"Working With Individuals, Families And Communities To Reduce Hunger"

Our Mission

" Working To Reduce Hunger By Promoting Healthy Food Choices And Enabling The Community To Educate, Equip And Feed Themselves"

Community Kitchen is the second largest Food Bank in Calgary and served over 173,000 people in the last year. Of these 75,000 are children, 22,000 seniors and 74,000 Adults. They currently have 6 programs running in Calgary. *(See headings at the top of this page)*

The "Good Food Box" is where Calgary South and Calgary West came to the rescue. This program involves delivering Food Boxes to 130 Depots located throughout the City for pick up by their clients. This required reliable transportation and their present truck was having problems. The two Clubs came up with \$7,500 each and then obtained a \$15,000 matching Grant from District to get them into a new truck. The Truck will be ready in February and will proudly carry the Rotary emblem throughout the City daily.

So thanks to all the Rotarians for **"Taking the bite out of Hunger"**.

Sundae took some questions and one interesting one was about Volunteers. She responded that this is a continual need for both individual and group volunteers to look after the ongoing services they provide daily. So if anyone is interested give them a call.



President Bill opened today's meeting right on time..... Today in History was the attack on Pearl Harbor. This was followed by a rambling joke! Someone at our table suggested this meeting should be called "Bad Long Joke Day" Anyway **President Bill** told one of his famous PEI jokes about an "Old Fella"..... We all got it Bill! We then joined Lisa Fernandes in O Canada and Rotary Grace.

Editor: Sandy Dougall

Photographer: Paul Brick

Head Table: Michael Zacharki, Christine Holstine, Keith Davis, Toby Oswald- Felker and Sundae Nordin (Our Guest Speaker)



Guests: Ken Farn was asked to introduce the Guests and he "favoured" us with a long Lawyer joke. Like it was said..... Bad Joke Day! The Guests were: **Sundae Nordin and Judy Anderson (Guests: Calgary Community Kitchen), John Amonson (Guest: Dilan Perera), Karen Gallagher-Burt (Guest: Bryan Burt), Vanji (Guest: Sam Switzer), Walter Flores (Guest: Ron Prokosch), Lynn Topp (Guest: Don Mintz), Christine Holstine (Guest: Michael Zacharki) and Rotarian Brian Jantles (Rotary Club of Calgary Heritage Park)**



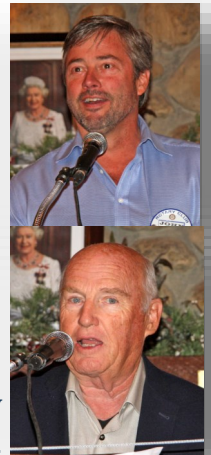
50/50 Draw: Bill Sumner gave out lots of money today. First of all he presented **Sid Smith** with \$150.00 for today's 50/50.

Grey Cup Pool Winners: Bill Sumner then announced the Grey Cup Pool winners. Your cheques are in the mail!

First Quarter:	John Fitzsimmons	\$50	Half Time:	Corinne Wilkinson	\$50
Third Quarter:	David Young	\$50	Final Score:	Hugh Delaney	\$300
Reverse:	Craig Stokke	\$50			

Sergeant-At-Arms: John Fitzsimmons took over as Sergeant and levied his usual friendly fines. He welcomed back **Jim Burns** ...good to see you Jim..... and fined all others at his table. He also fined **Mark Ambrose** for spending 6 weeks in Hawaii and only doing 3 make ups!

CRCF: Greg Martin reminded us that the year-end was coming and not to forget Calgary Rotary Clubs Foundation in our year end giving. Go on line to donate and pick up an extra donation from ATB.



Christmas Luncheon: Toby Oswald-Felker (our Rotary Elf) reminded us that the Christmas Lunch is at the Carriage House next week.

Bring an unwrapped toy (Value: \$15.00 for the Salvation Army and you could win a \$200 Gift Card). Register ASAP online. The sooner the better as registration will close soon so that the catering numbers can be given.

Click this link to Register you and your Guests:

<http://portal.clubrunner.ca/952/Event/christmas-luncheon>



Have a great week and see you at the Carriage House Inn next week!!!

Michael Zarcharki introduced **Christine Holstine**, our newest inductee. Christine's classification will be "Chef-Event /Catering". She grew up in Calgary but moved to Vancouver and Taber before returning to Calgary. She attended SAIT and worked at various hotels and restaurants before starting her own catering business in 2014. She eventually purchased Michael's business! She is a keen hiker and loves Rock Climbing and Kung Fu! **Keith Davis** then took over and welcomed Christine to the Club.

Christine, it is with great pride, on behalf of the Board of Directors and the Members of the Rotary Club of Calgary South, to welcome you as a Member. This is a very special opportunity for me, but I will spare the members of our club the many stories I could tell about watching you throughout your life grow and mature into the wonderful young woman and entrepreneur that you are today.

While I can induct you as a member of our Rotary Club, I cannot make you a Rotarian in the true sense of the word. That is a distinction which you must earn for yourself.

We welcome you not only for the fine fellowship which we will share, but also for the assistance you will provide to help us carry out the club's Projects for the purpose of making our community, our country, and the World a better place to live.

Rotary is an organization of business and professional people pledged to the highest ethical standards. The members of Rotary Clubs are people who believe that world understanding and peace can be improved through an International fellowship of business and professional people united in the cause of service to others.

Christine, you have been chosen for membership in the Rotary Club of Calgary South because we believe you to be a leader in your industry and because you display those characteristics which will enable you to enjoy rotary and to impart its message of service. You are the representative of your vocation in this club, and information pertaining to your vocation must naturally come to us through you. At the same time, you will be an ambassador from this Rotary Club to for your vocation, and we will rely upon you to convey the principles and ideals of service, which we here advocate, to the people in your vocation whom you have the honor to represent. You are also fortunate to have a mentor from your profession as an associate, and friend. That person is Michael Zacharki, and when you have Mike as a mentor and friend you are, indeed, a very fortunate young woman.

The community will know and judge Rotary by your embodiment of it in character and service, and we accept you as a member with confidence that our principles and organization will be safe and secure in your hands.

We also expect assistance and inspiration from you in helping us to become better Rotarians, and I can assure the members of this club, as your uncle, that you will meet and exceed those ideals. It is with this hope that I will now invest you with the distinguishing lapel pin of Rotary Membership and to offer you the right hand of Rotary fellowship and, as always, a hug.

Your membership card shows that you are a member of the Rotary Club of Calgary South in good standing, and it is the only identification needed for you to visit and be welcomed by any of the more than 34,000 Rotary clubs throughout the world in more than 200 countries, with membership in excess of 1.3 million Rotarians.

Fellow members, I have much pleasure in presenting to you our new member and Red-letter chef, Christine Holstine.

President Bill gave Christine her Pin and reminded us all that Membership, both new and retention is so important to our Club and all of Rotary.



Meeting Attendance Minute:

Leave of Absence

A member's absence may be excused under circumstances and for reasons approved by the Board, such as: health, excessive business workload, extensive business or vacation travel or out-of-town work assignment. Such leaves of absence shall not extend for longer than twelve months, however, there are provisions for extension with the approval of the Board.

Rule of 85

A member's absence shall be excused for attendance purposes if the aggregate of the member's years of age and membership is **85 years of more** subject to membership in one or more clubs for a minimum of 20 years and Board approval.

Members are required to make application for a Rule of 85 excused absence; it does not just happen with the passage of time.

Bulletin Committee Request: Requirements for Speaking at the Podium

Anyone that speaks at a weekly meeting needs to provide electronic copies of their speaking information before or immediately after the meeting to the Weekly Bulletin Editor or to: kathyann@rotarycs.org

President Bill will be expecting you to submit an electronic copy of your information so that we can have accurate Club News on your behalf. Thanks very much for your assistance.

Bev Ostermann: Chair: Bulletin Committee

Health, Wellness & Transportation:

Contact **Gena Rotstein** at: grotstein@karmaandcents.com or: 403 860 7572 if you know of anyone that is not well, that could use a visit or a ride to a Rotary Meeting.

Don O'Dwyer: Chair: Health Wellness and Transportation Committee



Toby Oswald Felker picked up a nice velvety brown glass case with Tom Ford on top and purplish brown frames at Rotary.

Toby will take them to the Carriage House next week

This glass case and glasses were left on the table in the coat area.

Please contact Toby if these are your glasses.

Click this link to Register you and your Guests:

<http://portal.clubrunner.ca/952/Event/christmas-luncheon>

Rotary
Calgary South

2017
Christmas Luncheon

Thursday, December 14th
Carriage House Inn

Turkey and all the trimmings
Cocktails 11:15 Luncheon 12:15
\$45 per person

Seasonal songs and carols by the
ever-popular St. Mary's Choir

Enjoy the mastery of "Acclamation",
the advanced handbell choir from First Baptist Church,
under the direction of Anne Hergott

Bring a new, unwrapped toy worth \$15 or more
for Charity (optional) and receive a free ticket
in a raffle for a \$200 dining experience

Tickets go on sale November 2nd

ROTARY CLUB OF CALGARY SOUTH MEMBERS:

From Earl Huson:

Below is an announcement on our next Rotary International Convention scheduled for Toronto June 23rd to June 27th, 2017. We want to highlight the discount for registration.

Early registration savings end in one week on December 15th.

Rotary Conventions are always a blast, please register next week to enjoy the savings.

Earl

From: Rotary Convention [mailto:CPromo@rotary.org]

Sent: December 6, 2017 1:06 PM

To: ehuslink@telusplanet.net

Subject: Don't miss your chance

INSPIRATION AROUND EVERY CORNER

We hope you'll join us 23-27 June 2018 at the Rotary International Convention in Toronto, where you'll be inspired by diverse cultures and unforgettable experiences.

Make sure to take advantage of early registration savings by 15 December.

Visit [our website](#) to learn more about this year's inspiring program, including preliminary breakout session highlights.

[REGISTER TODAY](#)

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One Rotary Center, [1330 Sherman Ave., Evanston, IL 60201](#) -3698, USA



BLACK, Myrtle (Myrt) Julia

December 11, 1922 – Calgary, Alberta
November 28, 2017 – Calgary, Alberta

It is with profound sadness we announce the peaceful passing of Myrtle Julia Black on Tuesday, November 28, 2017. She was thirteen days shy of her 95th birthday. Myrt was born in Calgary on December 11, 1922, an identical twin to Marion. Myrt was very proud of the fact she spent her entire life living in Calgary. Myrt met John (Jack) Black at Penley's Ball Room and they were married on May 20, 1948. After Jack's graduation in Pharmacy from the University of Alberta, they started the family business of running a drugstore, and raising a family. Although Myrt was key in working at the various stores Jack owned over the years, especially Britannia Pharmacy, her most important and cherished role was at home with her children. She was a wonderful mom and then a fantastic grandmother, and great-grandmother. There was always fresh baking in her house (which was always spotless!) and she attended as many sports events, concerts, and school activities as she could.

Myrt is survived by a very loving family; her husband of 69 years, Jack, and her four children, Douglas (Linda), Cathy Buckle (Doug), Wayne (Daimi) and Michael (Diane). She is also survived by seven grandchildren, Sarah Black (Andrew MacNiven), Ian Black (Julia Miller), Melissa Bartlett, Chelsea Limoges-Black, Kaitlyn Black, Andrew Black, and Dylan Martinez-Black. Myrt also leaves three great-grandchildren, Mason and Avery Bartlett and Henry Black. She is also survived by her sister, Hazel Whittal and many nieces and nephews. She was predeceased by her three brothers and her twin sister Marion.

The family would like to extend their deepest gratitude to the caregivers of Units 73 and 57 at the Rockyview Hospital and to those at the Carewest Sarcee Hospice. Their kind and compassionate care will never be forgotten.

To say Myrt will be missed by her family is a dramatic understatement. A Celebration of Myrt's Life will be announced at a later date.

Condolences may be forwarded through www.mcinnisandholloway.com.

In living memory of Myrtle Black, a tree will be planted at Fish Creek Provincial Park.

It Starts with Water

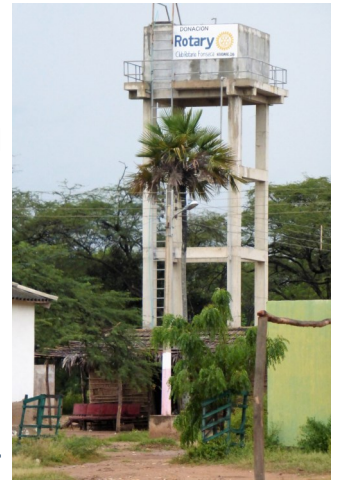
There is a village near Fonseca, la Guajira, Colombia called “El Confuso”. You will be mostly right about its meaning, even if you do not speak Spanish. When I visited this village more than 2 years ago, it was depressing - the village had a well, a wind-powered pump that actually worked, a rapidly disintegrating elevated water tank, and piped water to the 60 plus homes in the village.



BUT as in many, many places in Colombia, the water was brackish. People did not have many options for drinking water and ended up with parasites, stomach problems, and skin infections. Not even the vegetation would grow when watered with this brackish water. Nor did concrete last long when mixed with brackish water. Somehow the leaders in the community connected with the Rotary Club of Fonseca (friends of mine) and this started the ball rolling.



What a difference 2 years have made! Together, Rotary Club of Calgary South and Rotary Club of Fonseca got some funding. It was matched by The Rotary Foundation, and then the local Rotarians and the community started working the approved plan – a hydrogeologic study, a new deeper drilled well producing sweet water, an electric pump, a new concrete overhead tank and BioSand filters in the homes.



The community received some training in hygiene and filter maintenance and set up a monthly payment system to pay for repairs to the pump and controls. Each family pays C\$1.00 per month and sometimes this is difficult for them – but they have seen the results. A recent electrical problem would have stopped everything if they did not have some funds for repairs. This experience provided much needed positive reinforcement, because it is not unusual for maintenance funding to disappear, effectively killing any progress to date. The Rotarians are involved in the management of this maintenance fund.

No more parasites, no more stomach aches, no more skin infections and with sweet water gardens will actually grow. In the photos you will see the best ever raised garden. Not everyone has such a large and productive plot, but many now have garden plots, are eating better and have some surplus produce to sell. All because they now have reliable sweet water

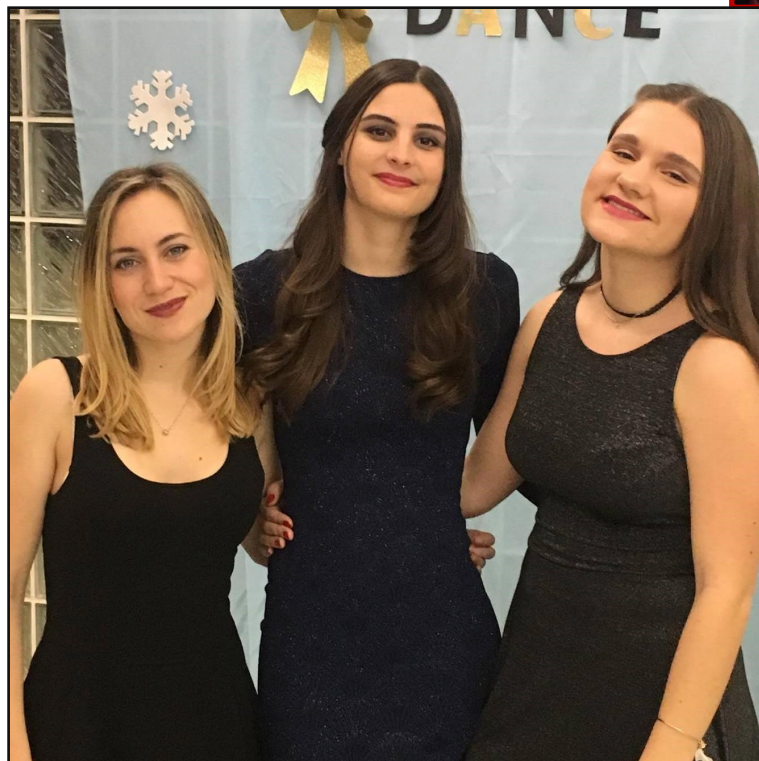


But the success of the water project has had a domino effect. One lady now is raising chickens as well as doing the market garden. 7 A small private donation towards school desks triggered a community school painting day. A few soccer balls now have several teams of kids and adults playing soccer. The village name may sound depressing, but the inhabitants are not confused about one thing- it all started with water!!!

This past week was really fun. On Thursday **Ron Prokosch** took me to my first Flames Game. It was amazing seeing them play.



On Friday we had the snowball dance at my school, and I went with some of my friends. It was a lot of fun.



Saturday I had the Christmas Luncheon with the Partners. It was really good and amazing to meet those woman again.



On Sunday I went to a Christmas Market with Chloe. It was amazing, I have never seen anything like that before. On Wednesday I had my swim meet, I was competing on 50m Freestyle. In my heat I got third.

Maisa Piazza Costa

Partners Book Club Christmas Potluck

It is time to celebrate Christmas with our annual Book Club Pot Luck



Date: Monday December 11th at 10:30am.

Location: Kelly Brittain's House: directions will be forwarded closer to the date).

Food: Please contact Kelly to sign up to bring a food item.

RSVP: Please RSVP to me at kabritts444@shaw.ca or call: 403-256-1379. Don't forget to bring the wonderful books that you have read to share with our group!

Kelly Brittain, Book Club Chair 2017-2018

President Bill LeClair, Rotary Club of Calgary South presented **Karen Grant** with an **\$85,000.00** cheque to be allocated to Project Research.

Pat Farn, Chair of Project Research and Committee have chosen 19 different charities which were announced at the Christmas Luncheon."

There are more photos and information attached to this bulletin for everyone to see and enjoy

Thank you,

Karen Grant, Partners President



DECEMBER 2017

Dec 14: Christmas Luncheon: Carriage House Inn

Dec 18: Interfaith Food Bank: (9:45 am to 1:00 pm)

Dec 18: Board Meeting

Dec 21: Cleven Awards and Christmas Social

Dec 22: Interfaith Food Bank: (12:15 to 3:00 pm):

Dec 28: No Meeting re: Christmas



JANUARY 2018

Jan 4: President Bill LeClair: Mid-Year State of the Union Address

Jan 11: Brian Farrell: REVV52

Jan 18: TBA

Jan 25: Robbie Burns Day



FEBRUARY 2018

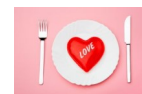
Feb 1: Jeannie Everett: New Alberta Curriculum

Feb 2: Larry Kwong Chinese New Year Dinner

Feb 8: Valentine's Day Luncheon

Feb 15: Dick Shaw: Rotary Profile

Feb 22: Brett Endres: Virtual Construction



MARCH 2018

March 1: TBA

March 8: Nancy Mannix: Palix Foundation

March 15: St. Patrick's Day

March 22: Art Borzel: Rotary Profile

March 29: TBA



APRIL 2018

April 5: TBA

April 12: David Docherty: Mount Royal University

April 19: New Member Celebration Evening Meeting: Carriage House

April 26: Terry McDonough (Deceased): Rotary Profile

MAY 2018

May 3: Dream Home Registration Kick off

May 10: St. Mary's 4 Way Test Contest

May 17: Copithorne Family History

May 24: Stay In School Luncheon: Carriage House Inn

May 25: President's Party: Acadia Rec Centre

May 31: TBA

JUNE 2018

June 7: TBA

June 14: TBA

June 16: TBA

June 21: TBA



Have you applied for your Volunteer Clearance yet? Here is the link from the District to do so:
<http://www.rotary5360.ca/page/volunteer-screening>

This is also located on our website on the Home Page under: Member Resources: Club Protection Policy

Attending the District Conference or the Rotary International Convention? Here are the links to Register:

Discon 2018 Registration: <http://discon5360.ca/registration/>

RI Convention 2019 Registration: <http://www.riconvention.org/en>

Rotary Club of Calgary South

Suite 120, 200 Rivercrest Drive SE
Calgary AB T2C 2V5
(403) 244 9788

Contact: Kathyann Reginato email: kathyann@rotarycs.org Visit us at: www.rotarycs.org

2017 2018 Club Officers

President: Bill LeClair:	leclair@calgarylaw.com
President-Elect: Ron Prokosch:	rprokosch@prokoschgroup.com
Past President: Ken Farn:	kgfarn@telusplanet.net
Club Secretary: Don Bacon:	donbacon@shaw.ca
Treasurer: Larry Kennedy:	treasurer@rotarycs.org
Partners President: Karen Grant:	lkgrant@shaw.ca

2017 2018 Directors

District 5360 Representative: Sherry Austin	srains@shaw.ca
Club Service: Operations: Steve Mason	steve@talkinglightmedia.com
Club Service: Membership and Social: Glen Godlonton	glen@godlonton.com
Club Service: Ways & Means: Gordon Weicker	gord@global-petroleum.com
Community Service: Jim Hutchens	jmh_calgary@hotmail.com
Community Service: Ways & Means: Dana Hunter	drmuir@shaw.ca
International & Vocational Service: Kevin MacLeod	kmacleod@moneyadvisor.ca
Youth Service: Stacey Johnson	sjohnson@printthree.ab.ca

Other Important Contacts

Audit Treasury and Finance Chair: Don Mintz	donmintz@shaw.ca
Dream Home Chair: Craig Stokke	craig1@sellerdirect.com
Health Wellness & Transportation Chair: Don O'Dwyer	dpodwyer@hotmail.com
Large Grants Chair: Bob Brawn	bbrawn@telus.net
Small Grants Chair: Mark Ambrose	markambrose@shaw.ca
Social Committee Chair: Toby Oswald-Felker	toby@shawlink.ca
Stay In School Scholarship Program Chair: Bill Sumner	bsumner@shaw.ca
Programs and Tours Chair: Jim Fitzowich	jfitzowi@telusplanet.net
World Community Service Chair: Jamie Moorhouse	jamie@talkinglightmedia.com