



Valentine's Day Luncheon

Welcome to the February 10th meeting of the Rotary Club of Calgary at Stampede Park. I am the Club's President, **Craig Stokke**.



To prepare for today's meeting, I thought I would spend some time researching **Valentine's Day**. Specifically, I was curious what was the origin of **Valentine's Day**? where does the word "**Valentine**" come from? And finally, how did February 14th come to be considered "**The Day of Love**"?

As it turns out, nobody really knows. There is a ton of speculation regarding the true history behind this holiday, and the fact is, not one of its popular theories completely checks out. Historians have been arguing for hundreds of years as to what truly inspired today's **Valentine's Day** traditions.

Some believe **St. Valentine's Day** was designated by Pope Gelasius I in order to replace the ancient Roman festival Lupercalia. Unlike **Valentine's Day**, Lupercalia was not a romantic holiday. It was a bloody, violent, sexually charged celebration that included animal sacrifice, random matchmaking, and strangers coupling in the hopes of warding off evil spirits and infertility. Today, we call that the Calgary Stampede. Others believe the poet Geoffrey Chaucer linked love with **St. Valentine** in his 14th-century works, and that he recognized February 14th because it was the first day of Spring in England. Others believe it is nothing more than a Hallmark Company creation to sell greeting cards. So, there really is no clear answer. But regardless how it all started, what I can say for sure is, if you're married (or have a significant other) you damn well better remember it!!

Valentine's Day gives us an opportunity to celebrate love and appreciation. Personally, I am very fortunate and blessed to have such amazing people in my life. So with that, I would like to say "thank you" and "**Happy Valentines Day**" to everyone who is a part of my life.

Now, before I hand the program over to today's chair Corrine Wilkinson, I have the honour, on behalf of our Club, to **toast our Rotary Partners**. Our **Rotary Partners** are very unique in the Rotary world. There is no doubt the name of their group is very fitting; you are our true partners in Service, Fellowship, Life and Family. We are deeply grateful for all your contributions to our Club, our Community, and our lives. I invite all present and on zoom to raise your glass to celebrate, and say thank you, to **OUR Rotary Partners**.



Corrine Wilkinson: for the toast our Rotary members, please give a warm welcome to the Rotary Partners President **Rhonda Yaskowich**. Rhonda has been busy leading and organizing great things with the most amazing women I know – including winning the Food Bank contest at Bracko Brothers. This resulted in \$5,000 for the partners to donate to local charities. Rhonda says it only happened because of the effort from the Partners and members. But Rhonda – that effort takes a leader – so thank you for all you are doing and the difference you are making not only to Rotary, but collectively with all the Partners - to our Calgary community. Thank you, Rhonda!

Rhonda Yaskowich's toast to the Members: We are so fortunate and we feel so welcomed by you all. We would love you to come to our events also. We only meet 4 times a year and the rest of the time we are working on committee work. Please join me and raise your glass to toast the Members.





Valentine's Day Luncheon

Corrine: I'd like to thank those who have made today possible. Could I ask the Social Committee members to stand please; some of you are on Zoom. You stand too! We had one collective zoom meeting to brainstorm then everyone went in different directions to make today happen and it all came together like a well-designed Valentine's card. My thanks and gratitude to each of you. I'd like to thank **Kathyann** who keeps us so organized, hosts our Zoom, and makes sure things unfold as they should and to **Steve** and **Jamie** who are literally the glue that keeps us all together each week running technology that allows us to stay connected.



Business Club: The first event will be February 23rd from 6:30 to 8:30 PM. You will hear from **Len Hamm** about his successes, failures and key learnings as owner of Thomas Jeffery Men's Wear. It will be held in Len's retail store on Macleod Trail. This is a new club providing tremendous mentoring and sharing – tickets are available at www.rotarystampedepark.com and must be purchased by Feb 21st More information has been sent to all members and you can also check the bulletin.

Last year's Valentine's celebration was strictly by Zoom as we were not allowed to gather. This year is a special occasion that is just like Christmas that we won't take for granted. We did a Door to Door Valentine's Campaign and dropped off a few Valentine goodies. Mine was delivered by GR (Glen Richardson)! This year GR is proudly, as he himself describes, "trailer trash" living in Mesa AZ. In fact, we have many snow birds who are back to their places in the sun and we are so happy for you – welcome if you are joining us virtually. We said in 2021 that it is not about what was in that little package – it was about what the package represented. It meant seeing each other live and in person. Having a conversation, even though one person was inside the house, and the other outside on the front step. There was so much meaning wrapped up into those little packages. And this year, that same meaning is shared in our hybrid celebration of in-person in our own Rotary House and virtually. I hope our zoom guests are enjoying great conversation as we are here.

Michael Zacharki had \$70.00 in the 50/50 draw and **Corrine Godlonton** was the happy winner! A second draw was for \$25.00 donated by **Keith Davis** and **Melanie Todd** was delighted to be the recipient!

And lets thank Stephen from Caribbean Son on the Steel Pans today—great work. Stephen donated his artist fee today back to the Club and for that we are so grateful.

As we wrap up today, remember these fun things we heard from the kids. Keep family and friends close to your heart, celebrate by remembering them, calling them, sending a card, going for a visit - because even if we can't hug everyone yet, we can sure tell people how much they mean to us and how much we care about them. So, load up on chocolate – it is Valentine's Day! Visit Ten Degrees Chocolate in Mount Royal Village. Be grateful for anyone and anything that brings a smile to your face and a warm fuzzy feeling to your heart. Happy Valentine's everyone and see you next week.

NEXT WEEK AT ROTARY HOUSE:

Rob Wolfson: Rotary Learning Centre

<https://rotarycs.org/event/rccsp-feb17-lunch--rob-wolfson--rotary-learning/>

MEETING LINK: <https://youtu.be/mF1-RpK682g>

PICTURE LINK: <https://www.rotarycs.org/PhotoAlbums/2022-rccsp-valentine-s-day-luncheon>





Corrine: Let's get this party started! Chocolate awaits ...

I am very pleased to introduce our guest speaker, **Michelle Scott-Roedel**. Michelle is a professional executive coach and a chocolate maker and owner of **TEN Degrees Chocolate**. She is here to share some fun facts about chocolate, as well as educate us on the entire process from the bean to the bar. We are thrilled to run what just might be Rotary's first chocolate tasting. When I asked Michelle where a tasting best fit in our program, I learned that chocolate prepares our pallet for more great food to come. That's why we are opening our lunch with the tasting.



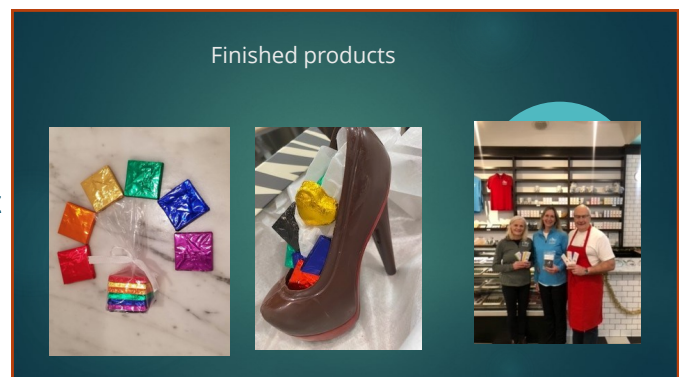
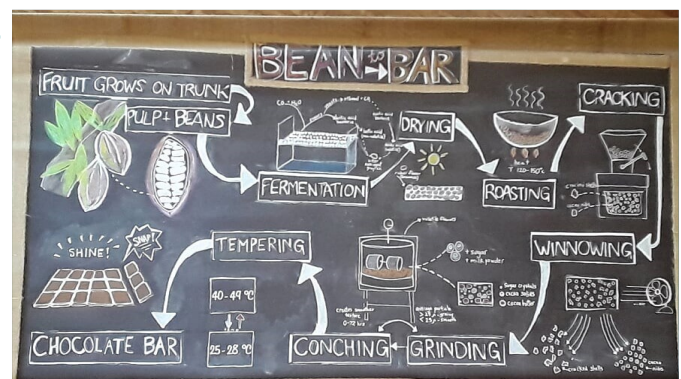
Michelle and her husband left the oil and gas industry to pursue a business that promoted community, quality, and integrity. They started their craft in their basement test kitchen and sold at Farmer's Markets. In August 2020 they opened their factory, retail store and bistro in Mount Royal Village to provide the community with an experience through chocolate. Think of the timing of that – August 2020 and bravely opening a new retail business. Many of us at Rotary are extremely successful local entrepreneurs so I can say that we are all looking forward to your chocolate. But we are also fiercely proud of supporting local. Your journey that resulted in becoming the proud owners of a factory, retail store and bistro in the middle of a pandemic is just as exciting to us as the chocolate. Welcome to the Rotary Club of Calgary at Stampede Park Michelle. Our Social Committee member, Imma introduced us to Michelle. Thank you Imma as we've had a great time learning about chocolate and meeting an amazing woman.



<https://www.tendegreeschocolate.ca/>

Michelle provided a very informative talk about the ethical practices of the farmers they buy their beans from and the process involved. Michelle and her husband have been to Ecuador and had a wonderful time and were treated so well by the farmers. Interestingly, it costs more to ship than actually buy the beans!

The concept of chocolate is through your senses. Eat chocolate with all of your smell, snap and chew with your mouth open. Chocolate reduces inflammation and helps rid headaches. See – good chocolate is very good for you! Come and see us!



Imma Dike-Shittu thanked Michelle for her very interesting session. We love to support local businesses and appreciate the coupon. And remember; buy the ladies the chocolate shoe!!



WHAT DOES VALENTINE'S DAY MEAN TO YOU

Submitted by Luanne Whitmarsh

Craig Stokke: **For me, Valentine's Day is a day to celebrate love and appreciation. I know how very fortunate and blessed I am to have amazing people in my life. While I like to think I show my gratitude and appreciation everyday, Valentine's Day allows me to consciously reflect on, and celebrate those who mean so much to me. So with that, I would like to say "thank you" and Happy Valentines Day to everyone who is a part of my life.**

Hugh Delaney: It is when my wife Louanne would come to our meetings. I miss that.



Len Hamm: It's a special day to acknowledge your partner and let them know how much you appreciate them.

Neil Magee: it reminds me there is 4 more days to my Wedding Anniversary.

Ernie Yaskowich: It is when Rhonda and I first met and it was the beginning of a very good life.

Gail McDougall: It's time to watch the children with their excitement as they get valentine cards at school.

Spencer Tonkinson: I will remember to be romantic and it sounds expensive.

Lynn Topp: Special day for women, especially my wife and granddaughter.

Dale Struksnes: It's a day to honor loved ones with flowers and Cookies by George.

Glen Godlonton: I get to show love and joy to my wife.

Martin Parnell: It is a day for lots of hugs.



Stan Cichon: A time to show respect and happiness for others in your life.

Paul Brick: It reminds me of my wedding anniversary a week later.

Jim Fitzowich: Time to buy flowers.

Steve Mason: It's a pretty big day in my home as my daughter looks forward to Valentines Day as soon as Christmas is over.

Wendy Giuffre: I'm probably not the best one to ask. Valentine's Day doesn't really mean anything to me. It is one of the holidays that makes some people feel badly about themselves which bothers me. Other than always buying something red for my husband and enjoying dinner together it's just another day. And the one day we would never buy flowers!





WHAT DOES VALENTINE'S DAY MEAN TO YOU

Submitted by Luanne Whitmarsh

John Fitzsimmons: I celebrate it every day... don't ask Carol!

Pat Neuman: It's a day of love and appreciation... a day to spend with a loved one or ones... spouse, partner, or friend (s). Candy, flowers and all good things!!! Dinner out or at home, specially prepared... with chocolate fondue and espresso for dessert!!

Jim Hutchens: It's a time to reflect on all the joys you have shared with that special someone in your life and to look forward to all the good things that lie ahead.

Stacy Johnson: it's a made up day created by men saying for being in the doghouse the other 364 days



Rotary



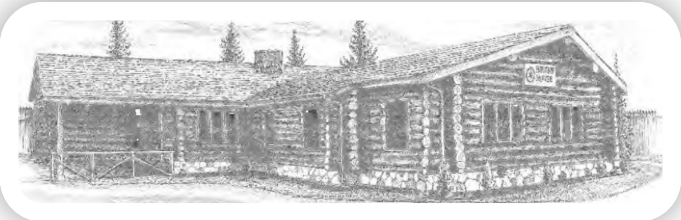
Club of Calgary
at Stampede Park

Carol Rosdobutko:
Valentine's Day is all about my
Rotary Friends & Family!

THE POINT: Every day (even Valentine's Day) can mean something different to every individual in the world

We can celebrate our differences and believe in the power of love and connection





BUSINESS CLUB EVENT

**February
23rd**

**Hosted by
Len Hamm
at
Thomas
Jeffery
Men's Wear**

ROTARY CLUB OF CALGARY AT STAMPEDE PARK BUSINESS CLUB MEETING



Learn how the business was built.
Networking & Refreshments to follow.

*Listen to Len talk about successes, failures
and key learnings*

 6:30 to 8:30 pm

**23
FEB**

Join us at: #303, 7337 Macleod Trail SW

tickets at: rotarystampedepark.com



LEN HAMM
Owner of Thomas Jeffery Men's
Wear

[CLICK HERE TO REGISTER](#)

DETAILS

Host: **Len Hamm** will be our host for our first RCCSP Business Club Meeting

When: Feb. 23, 2022 6:30 to 8:30 pm

Where: Thomas Jeffery Men's Wear
#303, 7337 Macleod Trail SW

Cost: **\$20.00** (includes food & drink)

Focus for each meeting:

- A narrative of their success & failures, key learnings.
- To promote Rotary Motto **"SERVICE ABOVE SELF"** – mentorship to other members.
- To demonstrate the value of not only philanthropy and fellowship but networking and education.



ALL CLUBS EVENT



James Wheeler Davidson Luncheon Celebrating the "Marco Polo" of Rotary

Join The Rotary Club of Calgary (Downtown) on March 1st for a special ALL clubs Rotary luncheon celebrating James Wheeler Davidson, who dedicated himself to expanding Rotary worldwide. His background as an adventurer, journalist, diplomat, and businessman created his vision of Rotary as a vehicle to spread peace through friendship worldwide. He is now celebrated from Bombay to Melbourne to Athens and many places between and beyond.

James Wheeler Davidson had a huge impact on the Internationalization of Rotary. I believe that his legacy, more fully known among Rotarians in our region, could be very valuable in building member and community pride, recruitment and multi-club collaborations.

Here is the 3 minute video that we produced earlier this year to celebrate the 100th anniversaries of those four Australasia clubs of Melbourne, Sydney, Auckland and Wellington:

<https://vimeo.com/529070687/213d5acd40>

Advance ticket purchase is required for this luncheon on March 1st, at the Palliser Hotel's Crystal Ballroom. Spouses and partners are welcome. **Purchase Your Tickets to the First Annual JWD Luncheon**

DISTRICT 5360 EVENT: ROTARY FOUNDATION

<https://tinyurl.com/TRF-2022>

CELEBRATE OUR FOUNDATION!



Join us for a fast-paced 90-minute variety style show, with entertainers and some of the most talented leaders in Rotary.

**Celebrate Rotarians
Doing Good In The World.**

This is our call to action!
Rotary is needed more than ever!

Join us on February 23, 2022
<https://tinyurl.com/TRF-2022>



CELEBRATE OUR FOUNDATION!



WORLD CLASS ENTERTAINMENT!
One Voice Children's Choir, Violinist Francisco Fullana, BYU Vocal Point and Alex Lifeson of RUSH!

Join us on February 23, 2022
<https://tinyurl.com/TRF-2022>



CELEBRATE OUR FOUNDATION!

SPOT AUCTION



"A Little Bid of Hope"
A visit to your local DISTRICT SERVICE PROJECT by Jen, Valerie & Dean
VALUE: \$1000.00



Custom Les Paul Access guitar from Rush's Alex Lifeson

A visit to your club or event by the First Ladies of Rotary Jennifer, Valerie & Dean

A 2 day + overnight hotel trip on the Rocky Mountaineer

Plus More!

Join us on February 23, 2022
<https://tinyurl.com/TRF-2022>





CLUB FUNDRAISING AND VOLUNTEERING EFFORTS



SKIPTHEDEPOT:
Download the
SkipTheDepot App



Download **SkipTheDepot** from the [App Store](#) or [Google Play](#), or visit our [web app](#). Share your sign-up link with friends, family, and potential donors

Follow the recommendations in the app - promote on social media, share with your donor lists, friends, family - everyone! That's it! Redeem your donated funds via e-Transfer or cheque!

you book a pickup time and the depot will come to your home or office and pickup your recyclables (including old electronics and clothing). <https://skipthedepot.com/locations/calgary-recycling>



COMMUNITY KITCHEN VOLUNTEERING OPPORTUNITY

Submitted by: Earl Huson

Here are Community Kitchen Volunteer needs dates for 2022.
Our task is to assist with packing of food hampers.

| | |
|-------------------------------|---------------------------|
| Tuesday March 15th: | 1:00 pm to 4:00 pm |
| Monday April 4th: | 5:00 pm to 8:00 pm |
| Tuesday May 17th: | 1:00 pm to 4:00 pm |
| Monday June 13th: | 5:00 pm to 8:00 pm |
| Tuesday July 12th: | 1:00 pm to 4:00 pm |
| Monday September 12th: | 5:00 pm to 8:00 pm |
| Tuesday October 18th: | 1:00 pm to 4:00 pm |
| Monday November 21st: | 5:00 pm to 8:00 pm |
| Tuesday December 6th: | 1:00 pm to 4:00 pm |

Contacts:

- ⇒ **Earl Huson at: (403) 686-0828 / ehuslink@telusplanet.net**
- ⇒ **Ken Farn: at: (403) 560-6770/ kgfarn@telusplant.net**

THANKS FOR VOLUNTEERING !!!



THE RCCSP SPIKE HIKE



RIBBON CREEK: Today's excursion for 8 of us was a hike with spikes rather than snowshoes due to the packed snow. What a gorgeous day it was! In the parking lot Phil helped visiting 'Kelly from Saskatchewan' get set up with spikes, and then we invited her to join us.

Warm temperatures, sunshine, laughter and sledding down the steeper hills by Kathy, Angie, Phil, Millie & Kelly made for a great day. The trail was in good shape. After starting back on the loop, we found the viewpoint which was an ideal spot for our picnic lunch with a picnic table, soft snow to sit on, and a glorious view. Three whisky jacks flew between the trees just above our heads and snacked on the peanuts offered. The trail back was downhill through the trees, slippery but pretty. The final stretch became another sledding spot for the brave ones!



Submitted by:
Kathy Demorest





PARTNERS in PRINT



HAPPY VALENTINE'S DAY TO EVERYONE

Valentine's Day is a special day for some and just another commercial holiday for others. I personally enjoy the fact that people have been sending cards and notes to one another since the mid 17th Century.

A **Valentine** from someone special in your life is to be treasured. According to the Greeting Card Association of America 145 million **Valentine's Day** cards are sent each year from many people who feel as I do. The fact that little gifts such as chocolates, flowers or diamonds may be commercialism at it's finest - I say, what a lovely way to celebrate traditions of the past!

Enjoy the cards and notes, chocolate hearts and flowers that you may receive from friends and loved ones. Celebrate this very special day in February and may you all have a very **HAPPY VALENTINE'S DAY!!!!**

Rhonda Yaskowich, President, RPCSP



| SUN | MON | TUE | WED | THUR | FRI | SAT |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

Calendar of Events

FEBRUARY 17th: ROTARY HOUSE

Rob Wolfson:

Rotary Learning Centre

<https://rotarycs.org/event/rccsp-feb17-lunch--rob-wolfson--rotary-learning/>



FEBRUARY 23RD: RCCSP BUSINESS CLUB MEETING

Hosted by Len Hamm at Thomas Jeffery Men's Wear

6:30 to 8:30 pm REGISTRATION LINK: <https://rotarystampedepark.com/>



FEBRUARY 24th: ROTARY HOUSE

Myles Hamilton: Plant Protein Industry in Western Canada: CanMar Foods Ltd



MARCH 3rd: ROTARY HOUSE

Mayor Gondek

International Women's Day



International
Women's Day

MARCH 10th: ROTARY HOUSE

Dave Dickenson

Calgary Stampeders



MARCH 17th: ROTARY HOUSE

St. Patrick's Day



MARCH 24th: ROTARY HOUSE

To Be Announced



MARCH 31st: ROTARY HOUSE

To Be Announced



APRIL 7th: ROTARY HOUSE

Rollie Cyr: Calgary Flames

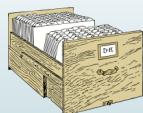




**The Rotary Club of Calgary at Stampede Park is active on FACEBOOK, INSTAGRAM and TWITTER
PLEASE BEAR WITH US AS WE LEARN AND REMEMBER TO FOLLOW US!!!**

This can be done by accessing our Website: www.rotarycs.org at the bottom of the Home page.

To follow, CLICK on icon of platform you wish to enter. Send all interesting Club info to:
social@rotarycs.org



DIRECTORS and COMMITTEE CHAIRS DOCUMENT AND MATERIAL RETENTION



- ◇ **Directors / Committee Chairs:** Remember the importance of keeping digital copies of any documentation
- ◇ **KEEP digital** copies of committee info as we continue to engage with the technology we just spent the last year learning how to do
- ◇ **The Archives Committee** are in the process of digitizing all Club Documents, Minutes, Financial Statements and other relevant information for referential and historical purposes.
- ◇ This will be our document retention policy moving forward.
- ◇ Contact Club Secretary **Luanne Whitmarsh, Kathyann Reginato** or a member of the Archives Committee if you require any further clarification . **Thank you**

2021/2022 RCCSP OFFICERS AND DIRECTORS

President
President-Elect
Past President
Club Secretary
Treasurer
Partners President
Community Service Local/Int'l Director
Fundraising Director
Member Experience Director
Meeting and Events Director
Membership and Recruitment Director
Operations Director
Youth Service

Craig Stokke
Jim Fitzowich
Penny Leckie
Luanne Whitmarsh
Don Mintz
Rhonda Yaskowich
Don Taylor
Mark Ambrose
Wendy Giuffre
Myrna Dube-Thompson
Tony Fisher
Stan Cichon
Walter Flores