



Club of Calgary  
at Stampede Park



## RCCSP Weekly Bulletin February 16th, 2023 Volume Number 68, Issue Number 29

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Photography: Keith Davis

Videography: Steve Mason and Jamie Moorhouse

Administrator: Sarah Brown

**Welcome to the February 16th meeting of the Rotary Club of Calgary at Stampede Park.**

**Head Table:** (L to R) **Miles Hamilton** (Newest Member), **Sherry Austin** (Past President), **Bryan Walton** (President Elect), President **Jim Fitzowich**, **Bob Wiens** (Incoming Grants Director), **Don Taylor** (Outgoing Grants Director)



### President Jim Fitzowich

Today we are going to have our own Bob Wiens speak to us about the Evolution of Biosands filters. As is my disposition, I am going to some interesting facts on waterborne illness:

**7 Deadliest Diseases** – are Typhoid, Cholera, Giardia, Dysentery, E Coli, Hepatitis A and Salmonella, in that order.

**CDC** – The Centre for Disease Control states waterborne illness affects 7 million people and costs \$3 billion per year in the *U.S. alone*. Typhoid as one of the Deadly 7 is estimated to affect 20 million people/year world-wide.

**Rotary International** – has invested over \$130 million in water & sanitation projects since 2013 alone. RI estimates it only costs \$24/person to provide safe water.

**Bob Wiens** – has been a member of our Club since 2001 and been involved in Rotary water projects from the start. His experience as an international energy executive and engineer, coupled with his Spanish literacy have been tremendous assets to our club. The rest will wait for Bob's presentation.

Please join **Glen Potter** for the singing of O Canada followed by Rotary Grace.



Rotary



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## Announcements:

### Visitors and Guests:

**Greg Smyth** introduced the couple of Guests in the audience today; Bob Steele, Myles Hamilton, and Evan Strong, as well as Sue Brown, Daughter of **Don Bacon** and Mother to Sarah Brown.



### Health and Wellness:

**Hugh Delaney** will be the contact for Health and Wellness for the balance of January and February. For updates please reach out to Hugh at; 403-255-0422 or [hughdelaney02@gmail.com](mailto:hughdelaney02@gmail.com)

Biba's passing came as unexpected news to many, see her obituary here; <https://calgaryherald.remembering.ca/obituary/barbara-tharp-1087151718>

### 50/50:

President Jim welcomed back **Jim Smith** for the draw of \$130. **Don Taylor** won and turned the monies over to our Ukraine fund.



### Sergeant at Arms:

Keith fined **Bryan Walton** last weeks' 50/50 winner \$15. Bryan actually gave \$20.



At this point **Fitz** moved to the front and took a "close-up photo" of Keith!!!

**Bryan Walton:** We have unfinished business. Last week your wife, Joan, won the 50-50 draw and didn't hand over a single cent to charity. So I know you would like a chance to correct that oversight. Please deposit \$15 in the nearest collection jug.

**Ken Copithorne:** February 16<sup>th</sup> is a very special day on Canada's national calendar. Can you tell us what it is? *It's National Grouch Day. It honours people who are known to be grouchy and hard to approach. Norman Mailer, for example, was a notorious grouch. So was Oscar on Sesame Street; he even became known as Oscar the Grouch. So just to prevent you from getting grouchy, and you being the Club Treasurer, I'm asking everyone at your table to donate \$2.00.*

**Dale Struksnes:** Dale, as the new, incoming Chair of the 2023 Kids at Heart Golf Tournament you won't be able to golf in the tournament this year. You'll be too busy that day. So I know you'll want to be able to contribute financially to the tournament, and here's a perfect opportunity. Your donation today is \$5 and I know **Sjoert Zuidhof**, a member or your committee, will be pleased to make that donation on your behalf.

President Jim reminded Keith that he failed to fine today's 50/50 winner **Don Taylor** but since Don had already donated his funds Keith was asked to make a "generous" contribution to the "kitty".



## Guest Speaker: Bob Wiens

Bob began in 2007 and has been responsible for installing over 9000 filters in various areas of Columbia and the world. They have received over \$325,000 from not only our club but other partners in support of these projects.

They started with a Version 9 model – a cement mould which contains sand to filter the water. They have moved to a newer model version 10.1, many of which are still in operation after over 20 years of service. Plastic has not proven to be a viable option for a variety of reasons. A diffuser is required when pouring the water into the filter so as not to disturb the sand. They tried sheet metal models but they rusted out after four years and finally a manufacturer in Bogota developed a plastic model which has proven to be long lasting and economical. The biggest difficulty is that the concrete all has to be mixed by hand, however they have been able to use a small cement mixer, with air compressor. Once poured, the mould is vibrated by a unit that bolts to the mould and thoroughly mixes the concrete.

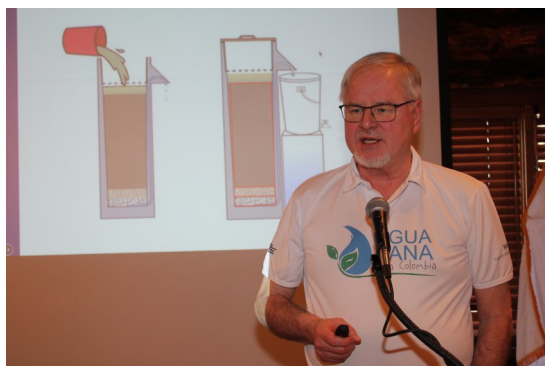
They require a lot of space for this process. They often are building over 15 units which then need to cure for five days and they all need to be finished and painted before shipping them off to families. They often have to wait to get a truck to do the hauling but sometimes the families will simply haul the unit themselves, manually. (Very strong backs!)

The units have been painted various colours, initially blue was the choice but that raised political concerns and then gray was used and now white is the chosen colour. The biggest reason for this is that the lime in the cement tends to leach and the white helps to identify when this is happening. Each unit will have a “logo” label attached.

To set up the unit, they have had to go to gravel pits and get the correct granular consistency of sand. The sand must be dried, (tough in rainy season), fine screened and then washed to remove all the clay dust. Although it has proven to be more expensive, they have been able to purchase suitable bags of the material.

The water source is most important – ponds have been used but these tend to dry up depending on the climate. Shallow wells can be used but care has to be taken due to the danger of latrine run-off. The other major source is spring water and especially if they are located high up in the mountains. The water is then piped to the village.

In 2013 a training program was established. Educators came to Columbia to educate the people about the filters. Other models had been tried but the Mann sand filter proved to be the easiest and best available. Six day workshops have been established to facilitate the training of the operators.





## Guest Speaker: Bob Wiens

The logistics and collaboration problems have been gradually worked out. Once the units are built, shipping is still a big challenge, especially when it rains. Tractors have become a big asset. It's a time of excitement when a filter arrives, volunteer technicians now help to set the unit up and train the families in its ongoing operation and maintenance. Experience has shown that at least three follow up visits are needed for families to come to know how to use and understand how to clean the unit. In addition the volunteers work with the families on many hygiene and medical issues. The volunteer come from various surrounding villages and since many families are just renters the filter stays in the home where it was installed.

The dream for the future is to provide safe water in all areas of Columbia.

## Thanking the Speaker:

**Jamie Moorhouse** thanked Bob for his leadership in Water Filter technology world wide and also his role as a mentor.

## New Member Induction:

**Introduced by Bryan Walton:** Myles Hamilton is the President of Canmar Foods Ltd. Myles holds a B.A. in Business Administration from Washington State University, College of Business and Economics graduating with Honors in 1984. He also completed an Executive Management Program from Harvard Business School in 2010.

Myles spent the first 6 years of his career at Procter & Gamble (P&G). Following P&G (84-91), he spent most of his 15-year career as the Western Canada Vice President at Frito Lay Canada (now called PepsiCo Foods Ltd). During his tenure at Frito Lay, he led the Western Region through a very high growth period seeing sales grow from \$70 million to \$280 million. Brands such as Lays, Tostitos, Sun Chips, Smart Food, Munchie Snack Mix, Miss Vickie's were all introduced into Western Canada under Myles leadership.

In February 2006 Myles left his role as Vice President of PepsiCo Foods Ltd to purchase an equity position in Spitz Sunflower Seeds. A 50-person business located in Bow Island Alberta. As managing partner, he was able to increase the sales by 50% in the first 2 years at Spitz with a 90% market share in Western Canada and achieved the #3 brand in the USA. As a result, they were approached by PepsiCo Foods (Frito Lay) and after 14 months of negotiation the company was sold to PepsiCo Foods Ltd. Following the successful exit at Spitz Sunflower Seeds, Myles along with Hokanson Capital from Edmonton bought Regina based CanMar Foods Ltd. CanMar Foods is the largest producer of Food Grade Flax in Canada with 30 employees. These products are sold in 20 countries around the world including all major Grocery stores in Canada, Costco Canada, USA, Japan Spain. The company has a fully integrated 25,000-acre Farm operation growing their own conventional and organic Flax and Hemp.



Continued on next page...





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## **New Member Induction Continued:**

Myles serves as a Director of AVAC Ltd. (specializing in Ag & Food Venture Capital Investment), serves on the Board of Prairie College, and Chairs the Campus Development Committee for Center Street Church. Myles and his wife Corinne have been married for 38 years, and they have 2 children who reside in New York and also here in Calgary. Myles has also been busy volunteering in his community. He is a founding members of ABRIO Health in Airdrie. They will opening a 90 room low cost housing building, that was converted from a Hamptons Inn, in the spring of 2023. He is also a member of the Rockyview Foundation which is focused on providing low cost housing in the community.

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## **New Member Induction Continued:**

### **Inducted by Sherry Austin:**

What a distinct honour to be able to welcome Myles into the worldwide fellowship of Rotary. A new Rotarian always brings a fresh perspective and a host of new and exciting ideas to strengthen our Club and further our charitable contributions to our community. Myles, inducting a new Rotarian into our Club is the highest honour bestowed upon a past president. Let me start by giving you and Corinne a brief overview about Rotary in the world and then focus upon our Club.



Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who come together to make positive, lasting change in communities at home and abroad. Our guiding principles have been the foundation of our values: service, fellowship, diversity, integrity, and leadership. There are many Rotary Clubs in Calgary and the surrounding areas and they all serve their communities in diverse and significant ways. Our motto: Service Above Self Solving real problems takes real commitment and vision. For more than 100 years, Rotary members have used their passion, energy, and intelligence to take action on sustainable projects around the globe. From literacy and peace to water and health, we are always working to better our world, and we stay committed to the end. We are getting closer and closer to eradicating polio from the planet.

Rotary throughout our City and surrounding area has also completed numerous projects for our local community that involve working with youth, seniors, schools, the homeless, persons with disabilities, and others in need. Buildings have been erected, facilities renovated, parks built, and essential equipment supplied all over our City. You will see many products of Rotary generosity in our Club such as the Rotary/Flames Hospice, the park outside Ronald MacDonald House at the Children's Hospital, MRI machines for our hospitals, Southern Alberta Urology Centre, playgrounds for the disabled, Project neuro-arm, Rotary/Mattamy Greenway, bursaries and youth leadership facilities at Stampede Park, and scholarship programs to help kids finish high school and then succeed in postsecondary and so very many more. Our Stay-In-School Program has ensured that numerous youngsters are mentored, supported, and funded until they have completed their postsecondary programs.

To fund these projects, our July Dream Home sales are the foundation of our fund-raising activities. You must participate and I know you will enjoy the fellowship and learning that will be part of this experience. Then later in July we have our second annual Kids at Heart golf tournament that creates funds for organizations that focus on youth in need. We have our Rotary International Foundation (TRF) and local Calgary Rotary Clubs Foundation (CRCF) to further our work at home and around the world.



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## Inducted by Sherry Austin:

A note for our guests:

We are you; we come from all walks of life. But most importantly, we are all volunteers. Rotarians donate their time and resources to help create a better, healthier, and stronger community for you and all those around you. Myles, our Club expectations:

Attendance is very important to our Club as we believe that meeting together builds bonds of fellowship that will help us to fundraise for our charities and volunteer in our community. To create fellowship, I encourage you to have lunch at a different table every week so that we can get to know you and you can learn about us. There is such a depth of experience around this room, and I know you will enjoy the unique and amazing stories you will hear from your fellow members.

Committee involvement in a variety of areas is essential to your integration into our culture and will allow you to learn more about our Club and allow us to use your considerable expertise. We believe in the Four Way Test and try our best to integrate its principles of truth, fairness, goodwill, and benefit to all into our daily personal and professional lives. This Test keeps us grounded in unity.

As so many of your fellow members will relate, if you choose, this Club will become a big part of your life. As time goes on your friendships will deepen and soon many of your activities will be Rotary related. Fear not, we will keep you busy! You will also see that we support one another in good times, and we will have your back in times of challenge. Norman and Corinne, while some of our members are at a distance right now, please know the spirits of your new Rotary friends, wherever they may be today, are shining through in unison to welcome you into our Club.

We look forward to you enriching our lives as I hope we will enrich yours. Welcome to the worldwide fellowship of Rotary. And, welcome to the Rotary Club of Calgary at Stampede Park.



*Welcome*



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## Special Thanks for the Stay in School Program

In honour of **Bill Sumner**, we wanted to share a message from the Principal of St. John XXII School. Bill loved working with the Stay in School program and his legacy will live on through his kind and generous work. We sure miss you Bill! Read below the impact our program makes beyond the 2 students we select from their school.

“We are nearing the end of the application-writing process for the Rotary Stay in School program and wanted to share with you some observations about the impact of the program so far.

When we embarked on the partnership with the Stampede Rotary club Stay in School Program, we knew that that it would be a life changing opportunity for two of our students. What we didn’t anticipate was the role the program would play in helping reshape our school culture and climate. As we emerged from the pandemic and school life returned to what the adults knew to be ‘normal’ we noticed significant deficits in students’ understanding of what it means to be a student and work together in a community. Cohorts, online learning and isolation deprived our students of traditional school experiences for the last few years and school pride and the intrinsic sense of civic responsibility were at an all-time low. As staff embarked on classroom conversations about caring for each other and our school community, we leveraged the power of the volunteer component of the Stay in School scholarship to use as a motivator for students. We heard from Rotary members about amazing Rotarian work in the community and across the world. As the buzz about the scholarship grew, we saw more and more students stepping up and seeking out opportunities to volunteer in the school. Attached are a couple photos of a student-initiated lunchroom leader program that sees our Junior high students delivering the Fans lunches and snacks to the elementary students. We had one grade eight student start buddy reading with younger students as she was once a reluctant, struggling reader and wanted to help younger students like herself. Yet another group of boys have started collecting recycling in the lunchroom and are helping the caretaker clean up after lunch. Our senior boys’ basketball team is stepping up to mentor our elementary students with basketball clinics and intramurals. We recognize there is still much work to be done but see the glimmers of a school community that is beginning to care about our building, and each other just a little bit more and we cannot deny the influence of the amazing Stay in School Rotary Scholarship.

As the application process unfolded, we recognized that most of our grade eight students did not have any experience with an ‘application’ and so we set up a designated option period to support students in the art of application writing. Although there will only be two recipients this year, we feel that so many have now learned how to work through the application process, including gathering references, that they will be better equipped, and more likely to seek out scholarship opportunities in the future! We decided to take this one step further and create opportunities for our younger students to acquaint themselves with the application process. Each of our grade 4, 5 and 6 students were given the opportunity to complete an “application” to attend a free field trip to TELUS Spark Centre. While the process was simplified, we hope to build the foundational skills so that when these students get to grade eight, they will be ready to apply for the Rotary opportunity. In addition to that, we hope the volunteer experiences will foster a greater sense community, and instill in our students an understanding that we are all called to give back in whatever way that we can.

We are beyond grateful for this opportunity for our students and are thrilled to see the ripple effects of the program on our full school community.”

Kind regards,  
Shannon Cormier  
Principal **ST. JOHN XXIII SCHOOL**



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**THIS WEEK'S MEETING LINK:** <https://youtu.be/Hqdmq9us7yk>

### In Closing:

**Next Week's meeting:** Is Rob Hemstock speaking about the facts and fallout of the previous NDP Governments Carbon Policies, and impact on your electricity costs. Visitors and Guests are always welcome at Rotary, and next week may be of interest to those on how Carbon Policy affects our cost of living.

Looking forward in seeing you all on Thursday February 23<sup>rd</sup>.

### Final words:

Thought for the coming week is from the English wit Oscar Wilde:

*"Some cause happiness wherever they go; others whenever they go".*

And with that, our meeting is adjourned.

**Thank you for coming. Have a great Rotary week!**

**Final reminder to register for next week's Meeting by 9am tomorrow!!**

[www.rotarystampedepark.com](http://www.rotarystampedepark.com)



Are you going to the 2023 Rotary International Convention? This time in Melbourne, Australia! If you are planning to go please let me ([admin@rotarycs.org](mailto:admin@rotarycs.org)) know so I can update the names on our Website. <https://rotarycs.org/page/who-s-going-to-the-convention/> As well as the District Convention in Lethbridge.



### **COMMUNITY KITCHEN VOLUNTEERING OPPORTUNITY !!!**

Volunteers are required to build Good Food Boxes.

#### **March 27th, 2023 - 5-8pm Monday evening shift**

April 17th, 2023 - 5-8pm Monday evening shift

June 6th, 2023- 1-3pm Tuesday shift (usually a daytime shift but I could make this an evening shift starting at 5PM)

Email Earl or Ken to sign up for a shift.

Earl Huson (403) 686-0828/ [ehuslink@telusplanet.net](mailto:ehuslink@telusplanet.net) Ken Farn: (403) 560-6770/ [kgefarn@telusplant.net](mailto:kgefarn@telusplant.net) **EARL AND KEN REALLY NEED YOUR HELP!! THANKS FOR VOLUNTEERING!!!**





## District Convention:

On May 5 and 6, 2023, we will welcome you in Lethbridge for the 2023 District Convention “**Dreaming Our Future**”.

This will be a unique opportunity for you to connect with other Rotarians, learn something new and grow your circle within the Rotary community. The planning team is finalizing guest speakers who are sure to inspire each and every one in attendance. Most of our speakers and events are now confirmed. We will be privileged to have two Rotary International Trustees participate in our conference. Dean Rohrs, as a Trustee of the Rotary Foundation, Former Vice President of Rotary and Chairperson of the Rotary Foundation Canada and Marty Peak Helman, Trustee of the Rotary Foundation, former chair of the Peace - Major Gifts Initiative, will be some of our Keynote speakers.

After February 10th, the conference rate will be \$350, and full payment will be required at the time you register. In addition, the team has secured a great hotel rate of \$129 per night (plus tax). For our youth, including Interactors and Rotaractors, the registration is only \$40 per person and we are asking clubs and organizations to donate to cover the remainder of the youth registration costs.

Don't miss this great opportunity and [Click on this link to register](#) and to find the link to book your hotel room. You will also find a full list of or speakers and the program agenda for the conference.



## Social Club

### Japanese Dinner at OMO Tuesday, Feb. 21 at 6:30 pm

Cost all inclusive (liquor drinks are extra) Payment must be received prior to event!

Still some spaces left for OMO Japanese Dinner...come and be entertained while you have a delicious dinner!! \$80 pp

Contact: **Sjoert Zuidhof** 403-471-6275 or [zuidhofsjoert@gmail.com](mailto:zuidhofsjoert@gmail.com)

### Social Committee is taking you to Grey Eagle Resort Event Centre to see the Legends Show on March

**31.** Get your tickets by calling Sjoert Zuidhof.. 403- 471-6275 or email him at [zuidhofsjoert@gmail.com](mailto:zuidhofsjoert@gmail.com)

Tickets still available for Legends Show at Grey Eagle Resort...March 31...\$58.

Tickets are going fast so don't delay!!



UOCA

UKRAINIANS OF CALGARY

# CANMORE FOR UKRAINE CHARITY EVENT

*Fundraising Night with Light Appetizers,  
Live Performance, Raffle, Silent and Live Auctions*

*when:*

March 4, 2023

6:00 pm, doors open at 5:30 pm

*where:*

Opera House, 400 Spring Creek Dr,  
Canmore, AB T1W 0C8

*donation:*

\$80 per person

tickets via e-transfer to  
DONATE@UOCA.CA

and mention "Canmore for Ukraine"

*dress code:* Smart casual

Admission is by advanced tickets only. No ticket sale at the door

All proceeds will go towards helping Ukrainian  
refugees settled in the Bow Valley and continuous procurement of medical  
supplies, their distribution to the hospitals in Ukraine, and towards support  
for the people of Ukraine



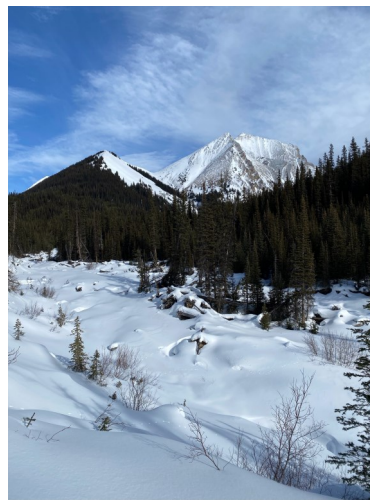


## Hiking Club



A small group of 5 gung-ho snowshoers were treated to beautiful blue skies. We all enjoyed doing Sawmill Loop on Smith Dorrien road. This is a 5.5km hike with a total elevation gain of 213m. The trail was well packed but we were all happy to be wearing snowshoes. We all returned with rosy red cheeks and smiles on our faces.

- Donna Kennedy



## Partners in Print

Our Partners have been very busy this month so we are including all of their updates in hyperlinks for your viewing pleasure. Way to go Partners!!!

Click [here](#) for more cheque deliveries to Charities.

Basically Babies donation from the Christmas Tree Fund, click [here](#)



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**February 23rd: Rob Hemstock - Impact and fallout of the Alberta Carbon Tax**



**March 2nd: Dr. Baetz - International Woman's Day**



**March 9th: David Flemming - Banff Historian**



**March 16th: Joe Connelly and Hugh Delaney - St. Patrick's Day**



**March 23rd: Lorelei Higgins - Peace Ambassador**



**District 5360 Convention in Lethbridge - May 5th and 6th**

