



RCCSP Weekly Bulletin February 24th 2022
Volume Number 67, Issue Number 29

Editor: Luanne Whitmarsh

Photography: Keith Davis

Videography: Steve Mason / Jamie Moorhouse

Welcome to the February 24th meeting of the Rotary Club of Calgary at Stampede Park. I am the Club's President, **Craig Stokke**.

Before we begin I want to acknowledge the events in Ukraine. As I was watching the news last night I was trying to imagine what must be going through the minds of Ukrainian citizens as they woke up to bombs and sirens. It must be absolutely terrifying. Moments like this are a good time to remember, and be thankful, for the brave men and women who stand up everyday to protect our country and keep us safe. Thank you to the veterans, soldiers, and first responders - the heroes - who put their lives on the line for us everyday. Like all of you, I truly hope for a quick and peaceful resolution in Eastern Europe.

Head Table: Bryan Walton, Myles Hamilton, George Deegan, Steve Mason, Len Hamm

GUESTS: Bill Sumner: let's extend a huge welcome back to **Earl Huson** as well as our other guests live and on Zoom.

Please join me for the singing of O Canada followed by Rotary Grace.

BUSINESS CLUB: Thank you to everyone who attended our first Business Club meeting last night. **Len Hamm** pulled back the curtains on Thomas Jeffery Men's Wear, shared his history, and discussed some of his successes and challenges. Everyone had a great time and we look forward to the next one. Special thanks to **Wendy Giuffre, Melanie Todd and Sharyl Madigan** for making it happen. And of course, thank you Len for a great night and being a great host. It was a lot of fun and we will do it again! - [see photos in bulletin](#)



: Michael Zacharki: gave \$92.00 to **Earl Huson!** Welcome back Earl!!

ROTARY BIRTHDAYS: Last week **Terry Allen** provided a bit of Club history as we recognized our Club's 67th birthday. Well, this week we mark another milestone. Yesterday was the 117th birthday of Rotary. On February 23rd 1905, Rotary International was started by Paul Harris. For 117 years, Rotary members have created access to education, empowered communities, pushed polio to the brink of eradication and improved lives around the world. Congratulations to each and every one of you for making a difference.



Contact for February is **Hugh Delaney**

- ♦ **Sharyl Madigan's** husband had a medical emergency, is home and under the care of medical professionals. The Club wishes our best to Sharyl and family
- ♦ **Chad Hason** is ill and in bed





CLUB NEWS

Keith Davis: It's my pleasure to be back as Sergeant at Arms. Thanks to all who flooded President Craig with emails/texts demanding my return. I find myself preoccupied with the sad events of the Russian invasion of the Ukraine. I try to imagine how I would feel if Canada was invaded by people who speak a foreign language .. However, the chance of being invaded by Newfoundland is remote so I don't spend too much time thinking about it.



We are familiar with the Ukraine and with much of the culture of that vast country. The Ukraine boasts that it is best known for its well-preserved culture, its beautiful and diverse landscapes, and beautiful women. Unfortunately, it also known as the world's worst nuclear disaster at Chernobyl. Let's review a few Ukrainian statistics:

Al, Johnson: Q: How many people live in the Ukraine? A: 44.13 million

Bill Sumner: Q: How many Ukrainians or people of Ukrainian descent live in Canada? A: 2.3 million

Carol Rosdobutko: Q: What is the size of the Ukrainian land mass? A: 603,548 square kilometres. Outside of Russia it is the largest country in Europe. **Bill LeClair** was asked this question, but Bill thought he was going to be asked how many lawyers are in the Ukraine!

Don Taylor: Q: How many Ukrainians or people of Ukrainian descent live in Alberta? A: More than 300,000.

Dale Struksnes: \$2.00 for not handing in your badge last week. Also, Dale stood in for Jim Hutchens (who has a suspect injury???) at curling and he had tons of fun – that will cost \$200.00! This may not be true

Everyone: charged \$2.00 for our rendition of O Canada and Grace!

Terry Allen: charged as he made a math error last week in his presentation.

Earl Huson: donated \$20.00 of his 50/50 earnings.

Debbie Sands: donated \$5.00 as she dropped the ball last week and says she is sorry!

Will all people in this room who are of Ukrainian descent please rise? Everyone at their tables can donate two dollars for the pleasure of their company.

STAY IN SCHOOL NEWS



- ◇ Please contact your STAY IN SCHOOL PROGRAM Student to get Report Cards for Semester One. The semester ended in December or January. We have a few but need more. This includes post-Secondary Students as well.
- ◇ We still need last June Report Cards for some Students
- ◇ Thank you very much for taking responsibility for this.
- ◇ Please send to me for filing and let me know if I can assist.

SUBMITTED BY EARL HUSON



CLUB NEWS

NEXT WEEK'S MEETING: We are back at Rotary House celebrating International Woman's Day and our guest speaker will be non other than **Her Worship Mayor Jyoti Gondek**. This should be a great meeting so if you have a friend, a Rotarian from another club, or an amazing woman in your life who may be interested please consider inviting them to our meeting.

Remember; **you must register by 9:00 am tomorrow morning to attend.**

- We're changing from ordering meals on ClubRunner to a new platform that is simpler and easy to navigate. It's like buying something on Amazon. You'll be able to order and pay for a sandwich, a meal, or coffee online.
- **Please remember when registering guests to give their name and email address.**
- **Go to: www.rotarystampedepark.com to register for March 3rd.**
- If you have not registered for anything on this new platform you will be required to enter a username and password which has NOTHING to do with ClubRunner. Please remember to write this down

NEXT WEEK'S MEETING

**March 3rd at Rotary House Presents:
Calgary Mayor Jyoti Gondek
and International Women's Day**

To Register go to:

www.rotarystampedepark.com



**You MUST register before FEBRUARY 25 at 9:00 am
To be able to attend**

Final words:

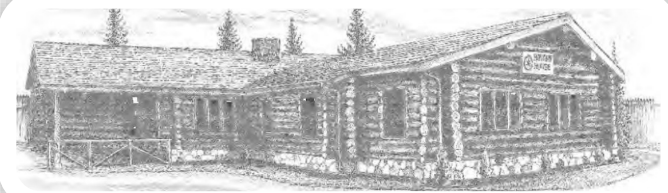
As always, I finish by encouraging you to ask yourself:

What do you need from our Rotary Club this Week? And What does our Club and Community need from you this week?

And with that, our meeting is adjourned

Thank you for coming. Have a great week!

THIS WEEK'S MEETING LINK: <https://youtu.be/CQt-IJ2Aqe0>



MYLES HAMILTON: PLANT PROTEIN INDUSTRY IN WESTERN CANADA

SPEAKER INTRODUCTION: BRYAN WALTON

Myles Hamilton is a graduate of Airdrie's George McDougal Class of '79. 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, 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.

Always having the dream to be an entrepreneur, at the age of 45 he 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 20,000-acre Farm operation growing their own conventional and organic Flax and Hemp.

Myles has a passion for agriculture, and he maintains Agricultural Holdings in Southeast Saskatchewan near Estevan. 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 recently celebrated their 37th anniversary and they have 2 adult children. His daughter is a business graduate doing a Food Startup in Calgary and his Son a trained actor who resides in New York City.

SPEAKER: Myles Hamilton: President, CanMar Foods - <https://canmarfoods.com/>

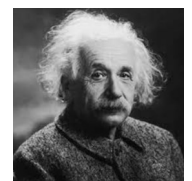
Myles serves as President of CanMar Foods Ltd. with over 30 years of experience of consumer-packaged goods. He is passionate about functional foods to enhance nutrition for a healthier world.

The Mission: It is our mission to provide consumers worldwide with superior flaxseed and hemp seed quality and the best tasting roasted seeds. We aim to disrupt the flax and hemp market with innovative products that cater to the taste and needs of today's consumers.

Locally Grown: We are proud to be from Saskatchewan, where 85% of Canada's flax is grown and where the best growers are located. Our dedicated team is passionate about helping consumers understand the health benefits of flax and how to easily incorporate roasted flax into breakfast and everyday meals. Watch to learn more about our team and our commitment to traceability.

CanMar Foods Ltd. is based out of Regina, Saskatchewan, Canada. CanMar has been in the business for over 15 years and in our state-of-the-art food grade facility, we specialize in the cleaning, roasting, milling and packaging of flaxseed. Through research and development, product experiments, and trials, CanMar has developed and owns a Canadian patent on a process which evenly roasts flaxseed to a consistent taste and identical colour. While many consumers initially consume flaxseed and hemp seeds for its nutritional value, they choose golden roasted flaxseed and roasted hemp seeds for its taste and aroma! CanMar is the largest food grade flax processor in Canada and exports to over 20 countries worldwide.

"Nothing Will Benefit Health or Increase Chances of Survival on Earth as the Evolution to a Vegetarian Diet" - Albert Einstein





Think Big. Think Saskatchewan's Flax: CanMar Foods is the largest processor of food-grade flax in Canada and North America. We clean, roast, mill, package, & ship our roasted flax & roasted hemp seeds to consumers and wholesalers around the world.

Rich soil, Rich history: Located in the heart of the prairies, we farm near Indian Head, Saskatchewan. As far back as 1882, people were attracted to the fertile land in the area. In 1887, one of Canada's first agricultural research stations was established to research crops and dry land agricultural practices. The town of Indian Head was incorporated in 1902 and was one of the world's largest initial shipping points for wheat. With 17,000 acres of land, CanMar Foods is committed to providing healthy, nutritious foods to people everywhere, starting right at the farm. Today, the CanMar Foods farm at Indian Head stretches over 12,000 acres. We also have two other conventional grain operations located near Lang, Saskatchewan and Russell, Manitoba, covering approximately 5,000 acres.

From organic land to organic grain: In 2015, CanMar transitioned 3,000 acres near Lemberg, SK to grow organic grain thanks to a disciplined crop rotation and agronomy program. Just like our conventional operations, our organic farm dedicates their efforts to maintaining or improving soil health and fertility. Through these efforts, our organic farm exceeds all Canadian Organic Standards and Regulations.

The Team: Our team is comprised of experts in food safety, production, farming, consumer packaged goods, and nutrition.

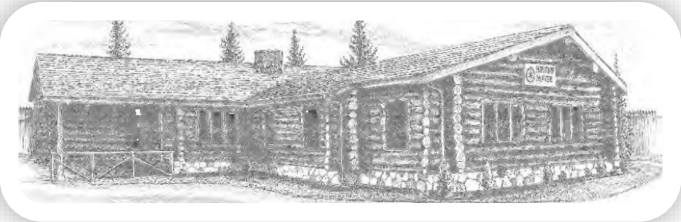
Our Achievements: CanMar Foods Ltd. was awarded the Paragon Award 2015 from the Regina & District Chamber of Commerce for its exporter achievements.

CanMar Foods Ltd. was also awarded the 2015 Exports Awards at the ABEX Awards of Excellence provided by Saskatchewan Trade and Export Partnership (STEP)

SPEAKER THANKS: PP George Deegan: George let us know that Proctor and Gamble hired the best. Along with Myles, we have had many Club members also work at P&G: **Garth Nichol, Bob Schumaka, Al Weigan** and **Lou Kanary** (deceased). George thanked Myles for a very interesting presentation. Myles has been the top in his industry and he does a great presentation. Congratulations on your career – we all enjoyed your talk. Don't be a stranger – come back soon!

In Closing: President Stokke: Myles, thank you for taking the time to visit us today. I know we could have kept you here all afternoon. In recognition of your time today, our Club will make a \$100 donation to the Calgary Rotary Clubs Foundation. This gift will help support our community. Thank you.





INTERESTING EVENTS AROUND TOWN



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 A 3 minute video produced earlier this year to celebrate the 100th anniversaries of those four Australasia clubs of Melbourne, Sydney, Auckland & Wellington:](https://vimeo.com/529070687/213d5acd40)

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

GRANT REFRESHER WEBINAR

It is almost District Grant season. Are you ready? Join the District Grants Team on **March 9th** for a quick refresher on what is available, timelines and expectations. If you are planning to be a part of a District grant (Community Development, Scholarship, Youth) or a global grant (Lead Club, Supporting Club) attending this refresher will help make the process a little easier.

There will be time for a Q & A so bring your questions.

Register Now at <https://rotary5360.ca/event/grants-application-refresher/>

Submitted by:

JAMIE MOORHOUSE, District Foundation Chair [Rotary Club of Calgary at Stampede Park](#)
C: (403)-819-7397 rotaryjamie@gmail.com

CALGARY ROTARY CURLING LEAGUE

We always say 'Rotarian's working together make things happen', and this is no different in our curling league. Some 23 years ago this Curling League started to raise monies for the Calgary Women's Shelter.



We raised \$3,005.00 this past year and in total to date we have contributed \$90,347.00 to assist the Calgary Women's Shelter. The funds have been raised at our Christmas Banquet where the curlers donate items such as Dinner for 8, Golf rounds, Special Cheese, as well as having a wine raffle.

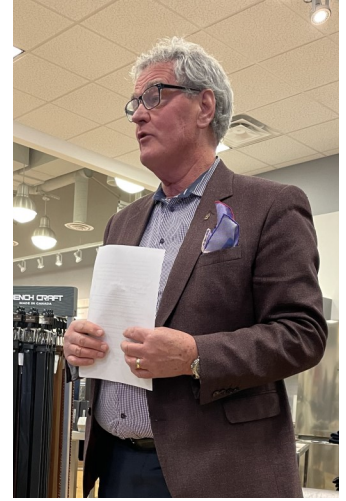
A big thank you to all our curlers for supporting this very worthy cause; but a Special Thank You to **Greg Martin and Tammy Truman** who came up with this great idea and helped get it all started.

This is a great sport and a wonderful group of people, men and women, who enjoy friendly rivalry, comradeship, and just have fun on **Tuesdays at 4:30 pm**. We always welcome new members from all Calgary and surrounding area Clubs. - Submitted by **Al Johnson**



BUSINESS CLUB:

Here are some photos from the first Business Club meeting held last night at Thomas Jeffery Men's Wear on MacLeod Trail. . **Len Hamm** was a gracious host sharing his history, successes and challenges. Thank you to **Wendy Giuffre, Melanie Todd and Sharyl Madigan** for their initiative. We will do it again!



A warm welcome from Palm Springs !

The Flegel's, Legare's and Dougall's got together for a nice dinner together





DINNER CLUB: A "Virtual" Dinner Club was held on **February 18th**. It was a fun evening and we can't wait for the Dinner Club to get mobile! Here are some photos and a great recipe for Brie Bites



BRIE BITES

One 8 oz Can refrigerated crescent dough	1 tsp chopped fresh rosemary and sprig for garnish
TWO 5 oz Wheels of Brie Cheese	1 tsp sea salt
3 tbsp finely chopped dried cranberries	¼ c. pomegranate seeds
3 tbsp finely chopped pistachios	Honey to drizzle
1 large egg	

1. Preheat oven to 375 degrees F. Line cookie sheet with parchment paper.
2. On a lightly floured surface unroll crescent dough and press seams to seal. Make sure all seams are closed! Cut dough into 24 squares and set aside.
3. Cut brie into 24 pieces (save end pieces for snacking).
4. In a small bowl, combine dried cranberries and pistachios.
5. Place a piece of brie on each square. Sprinkle cranberry and pistachio mix on each piece of cheese.
6. Fold edges of each square over to connect at center, pressing lightly to seal. Lay seam side down on parchment.
7. Whisk egg with 2 Tbsp of water. Brush egg wash over each bite.
8. Sprinkle a little rosemary and sea salt over each one.
9. Bake until golden (12 to 14 minutes). Cool for 2 to 3 minutes
10. Pile bites on plate, sprinkle with pomegranate seeds and add a sprig of rosemary to garnish. Drizzle with honey just before serving

LOOKS LIKE THIS WAS MORE OF A
"LIQUID DINNER" The Brie Bites look delicious !





BULLETIN FEATURE: Sarah Brown: Services I Offer

For those of you that haven't had the opportunity to meet Sarah we would like to let you know that she has been assisting the Social Media Committee and she is Don Bacon's grand daughter. Sarah is on the hunt for a paying gig and we would like to thank her for the work she is doing by supporting her in this endeavour.

SARAH'S SKILL SET:

I have a Business Diploma in Finance, a Bachelor of Management majoring in Marketing with a double minor in International Business, (where I went on 2 international exchanges) and New Media, and most recently graduated with a Digital Marketing Certificate. This combination of schooling and my life experiences have contributed to my vast knowledge of Education, Marketing, Business, Digital Marketing, International Business and many different cultures, Finance as well as many other areas. With these vast skills I have a desire to pass on my knowledge and am offering my services in the following, but not limited to, areas.

Tutoring: I have such a passion for education that I have found ways to get others to enjoy it, or learn in their learning style and am able to tutor students of all ages in most subjects. I also specialize in students with ADHD as I have found ways to navigate my own disability (which I call my superpower)

Basic Finance: I enjoy budgeting, taxes, financial planning, financial literacy and saving strategies, among other areas.

Business/Marketing/Digital Marketing: Marketing is mostly all digital these days so I tend to focus on digital marketing but print and paper is still in my wheel house. For digital marketing I am able to start from the beginning and help with a business plan, then build a website and register domains, get the business setup on Google and then everything after from; basic search engine optimization, ads, google analytics, but my specialty is social media where I can increase followers, gain interactions, increase visibility, and in the end increase customers or sales for the business. I also do mystery shopping, if you have a business or client in which you are looking to evaluate anonymously.

Computers: everything is done on computers these days and I know not everyone grew up in the digital age where this knowledge is second hand. I enjoy helping others with anything on computers. Microsoft programs, basic computer functions, emails, basic design, typing, internet capabilities and anything else one could struggle with on a computer. I am more than happy to help with anything that may be lacking from your computer knowledge.

Basic help: some other things I would be available for are pet sitting, house sitting, dog walking, meal prepping, driving services, transcription, and volunteering opportunities. My grandparents and parents are my biggest supporters and I help them in all of these ways plus many more, I am more than willing to share my services for anyone that needs any kind of assistance.

If any of the above areas are something you think I could help with, please don't hesitate to reach out to me, no problem is too small, and I am confident I can solve any inquiry you have in the above-mentioned areas. Please contact me at **403-510-7347** or

sarah_brown_106@hotmail.com Thanks and look forward to assisting any way I can!

TOBY OSWALD-FELKER'S TESTIMONIAL:

Sarah is a young woman who, as her resume suggest wears many hats. I recently had Sarah in for a private Tutorial on Social Media and not only did we have a great time, but I can now say that I am on my way to some small expertise on Facebook!!!! I thought I knew quite a bit but she taught me tricks I never would have discovered on my own.

We have set up further dates to continue adding to my knowledge base and fixing some of the long standing computer issues I have encountered. She is patient, knowledgeable and FUN and I'm learning so much all in a one on one format and the comfort of my home!!



PARTNERS in PRINT



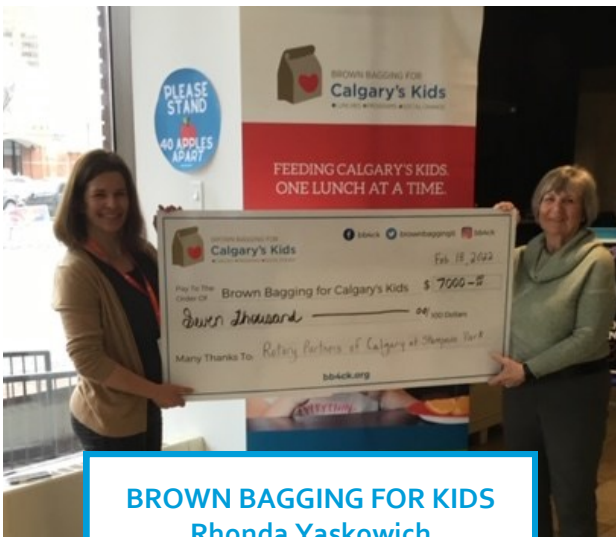
THE PARTNERS HAVE BEEN OUT AND ABOUT DISTRIBUTING THEIR CHEQUES TO THE MANY ORGANIZATIONS THAT THEY WERE ABLE TO SUPPORT FROM THE PROCEEDS THAT THEY RECEIVED FROM THE DREAM HOME EFFORTS



CANLEARN



ROARR
Rhonda Yaskowich



BROWN BAGGING FOR KIDS
Rhonda Yaskowich



CAMP HORIZON EASTER SEALS
Jeanette King



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

March 15th: We are building Good Food Boxes this day and we need 20 volunteers. Your help is needed! Volunteers are required. Click on [Sign Up](#) to view available slots and book yourself directly online.

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 !!!



MARCH 3rd: ROTARY HOUSE:
Mayor Gondek and International Women's Day
Register: www.rotarystampedepark.com

Register by February 25th at 9:00 am



International
Women's Day



MARCH 10th: ROTARY HOUSE:
Dave Dickenson: Calgary Stampeders
Register: www.rotarystampedepark.com

Register by March 4th at 9:00 am



MARCH 17th: ROTARY HOUSE:
St. Patrick's Day

Register by March 11th at 9:00 am



MARCH 24th: ROTARY HOUSE:
Dr. J. Alex Fitzowich: The Road to the Olympics

Register by March 18th at 9:00 am



MARCH 31st: ROTARY HOUSE:
Scott Rennie, CEO Vault 4401:
Alberta Carbon Capture Industry

Register by March 25th at 9:00 am



APRIL 7th: ROTARY HOUSE

Register by April 1st at 9:00 am



2021/2022 BOARD OF 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