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**BULLETIN CHAIR: BEV OSTERMANN**

**EDITOR: SANDY DOUGALL**

**PHOTOGRAPHER: PAUL BRICK**

**President Ken** welcomed us all with a bit of background on the history of Valentine's Day, which is clouded in fanciful legends.

It was originally an ancient Roman fertility festival and later established by Pope Gelasius in 496 AD as a Christian feast day called St. Valentine's Day. Although no one knows for sure, history seems to attribute this day to a Catholic Priest who disregarded the Roman Emperor's third (3<sup>rd</sup>) century decree prohibiting marriage for young men, claiming bachelors made better soldiers.... And Rome needed more soldiers.... This local priest, whose name was Valentine continued to perform marriage ceremonies in secret, but was eventually caught and put to death.



Another legend has it that a different priest also named Valentine who refused to give up his Christian faith to worship the Emperor was martyred for his faith. Thus it is claimed that it is not just passionate love (Eros) but also Christian love (agape) behind the true meaning of St. Valentine's Day.

In 1969, the Catholic Church purged the feast days of saints like St. Valentine whose historical origins remained unconfirmed. However, the tradition of Valentine's Day carries on as we celebrate our personal relationships with our significant others, family and friends. We are also asked to remember this Day as a celebration of "brotherly love" known as "agape love" which is the foundation of good-will toward others, our willingness to support those less fortunate in our society and thus to live by the Rotary Motto of "Service Above Self". Truly a worthwhile goal as most of humanity searches for world peace!

**HEALTH AND WELLNESS:** Contact Hugh Delaney at: [hughdelaney02@gmail.com](mailto:hughdelaney02@gmail.com) or: 403 819 4872 if you know of anyone that is not well or is there anyone you know that could use a visit.

**TRANSPORTATION:** Contact Bonar Irving at [bonar@shaw.ca](mailto:bonar@shaw.ca) or: 403 254 8476 if you know of anyone that may need a ride to meetings



### **Terry Allen: Toast to the Partners:**

For all of us who are married, were married, wish we were married or wish you weren't married this is something to smile about the next time you see a bottle of wine.

Sherry was driving home from one of her many trips in Alberta when she saw an elderly woman walking on the side of the road. As the trip was a long and quiet one she stopped the car and asked the woman if she would like a ride. With a silent nod of thanks the woman got in the car. Resuming her journey, Sherry tried in vain to make a bit of small talk with the woman but to no avail. The old woman just sat silently, looking intently at everything she saw, studying every little detail until she noticed a brown bag on the seat next to Sherry. What's in the bag? Asked the old woman. Sherry looked down at the brown bag and said, it's a bottle of wine I got it for my husband. The woman was silent for another moment and then speaking with quiet wisdom she said "Good Trade!" Now Partners; we don't want you to get any ideas on trading us in. We do think we are worth more than even a great bottle of wine.




Seriously, I sometimes find that people who write comic strips frequently come up with the best way of expressing an appropriate feeling for a special day

Bill Keane (Family Circus): "They invented hugs to let people know you love them without saying anything"

Charles Schultz (Charlie Brown): "All you need is love – but a little chocolate now and then doesn't hurt"

Our club is fortunate to have many supportive Partners of both genders who embrace the work of our club by participating in volunteer work such as: Stampede Dream Home, Country Thunder, Casinos, Feed the Hungry, Mustard Seed, and Terry Fox Run. Whenever and wherever we help in order to make a contribution to the community we know our Partners are with us. At this Valentine's Day luncheon we are pleased to recognize your valued commitment to Rotary and in particular to Rotary Club of Calgary South. We are fortunate to have you by our side in all of our endeavours.

 Rotarians; please rise and with glass in hand give a toast of thank you to our Partners and Valentine's. If you feel so inclined offer them a hug as well.

### **Partners President Pat Farn: Response from the Partners:**

Valentine's Day was set mid- February as an attempt to Christianize a pagan fertility festival called Lupercalia which was dedicated to Faunus a Roman god of agriculture as well as Romulus & Remus the founders of Rome. For this celebration, a goat for fertility and a dog for purity were sacrificed. Young maidens lined up to be slapped with strips made from the skin dipped in blood from the sacrificed animals. The maidens thought this would make them fertile. All their names were put in an urn and then they got to stay for a year with the fellow who drew their name. Some ended up marrying them.

In the 5<sup>th</sup> century Pope Gelasius deemed this festival un- Christian. He declared Feb. 14<sup>th</sup> as St. Valentine's Day. During the Middle Ages in England and France it was commonly believed that Feb. 14<sup>th</sup> was beginning of the birds mating season and thus Feb. 14<sup>th</sup> became associated with love.

Now the story of St. Valentine: When Emperor Claudius II of Rome required vast armies, he banned marriages to keep his troops from being homesick/lovesick men. Valentine, a priest, thought this was unfair so he performed marriages in secret. He was found out and Claudius II ordered him to be put to death. While in prison he was visited by the jailer's daughter. Some say he fell in love with her and on the day of his execution, Valentine left her a letter signed "from your Valentine". Thus the tradition of letters signed "from your Valentine". This is a true story. Trust me I Googled it!

Please raise your glasses in a toast to love and Our Rotarians.





**Keith Davis** began with his history of Valentine's Day:

Valentine's Day has existed, in one form or another, for hundreds of years. I will spare you the chronological development of this special day, as I'm sure you've heard it many times before.

Perhaps what is more important than how Valentine's Day evolved, is why it evolved. It seems that over the centuries men and women have struggled to find an appropriate way to express their love for one another; to find that perfect phrase, that perfect card, that perfect box of chocolates. It also seems that much of that burden has fallen to the male of the species, although it affects all genders equally. Today, Valentine's Day involves not only heterosexual unions, but also the LGBTQ community and now, potentially, those of indeterminate gender.

Some of our greatest writers have struggled with this challenge, and it centers not on gender, but on love in all its forms.

Here are just a few examples:

**If you live to be a hundred, I want to live to be a hundred minus one day so I never have to live without you.**

**A.A. Milne (British Author: Winnie the Pooh)**

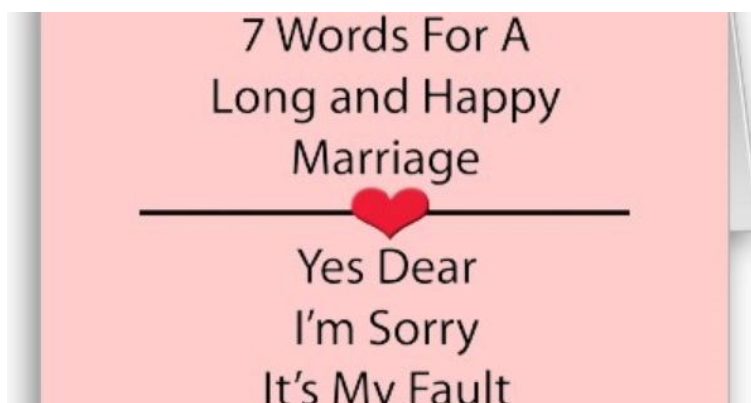
**Love is our true destiny. We do not find the meaning of life by ourselves alone - we find it with another.**  
**Thomas Merton, American Catholic writer and priest known as Father Louis**

**The Eskimos have fifty-two names for snow because it is important to them. There ought to be as many for love.**

**Margaret Atwood, Canadian Author and repeat winner of the Giller Prize**

*Doubt thou that the stars are fire,  
Doubt that the sun doth move.  
Doubt truth to be a liar,  
But never doubt that I love.*  
**William Shakespeare**

Love takes many forms, and marriages that last for many years all tend to boil down to seven key words that inject the magic required to live blissful, happy lives throughout the decades:





**Toby Oswald-Felker** then took over with some fun. We had a "Name the World Leader's Spouses" contest. Three "Vanna's", (**Corinne, Peggy and Dorthea**) delivered the contest lists to each table. We had to come up with the names of 17 spouses ..... our table was stumped on the name of Putin's wife or ex? No asking "Siri" was allowed! The only table to get all of them right was the Head Table and they won a valuable prize!

**Keith Davis** then introduced our featured entertainment. In the spirit of the West, our entertainers today comprise the "Cowtown Opera" group – but don't be misled by that colloquial name. This is a group of very accomplished musicians and vocalists: Cowtown Opera has become a signature artistic company of Calgary, surprising audiences with cheeky, English-language interpretations of operatic classics, remarkable vocal calibre and daring new projects. Cowtown Opera provides unique and entertaining performances that holler "Calgary".



**Carlos Foggin** is an award-winning keyboardist, conductor and recording artist, with over 20 major scholarships and prizes to his credit. He has been involved in a number of major recording projects, including two solo albums available on iTunes.

**Melissa Jackson (Phil Jackson's daughter-in-law)** is a Soprano with an impressive list of performances to her credit – far too many to recount for you today. She studied voice at the University of Calgary, is the recipient on Calgary Opera's Brian Hanson Scholarship award, and has also received the Royal Conservatory of Music Medal Award for voice.

**Matthew (Bruce) Johnson's** passion for the performing arts inspired him to study voice, acting and dance at the Canadian College of Performing arts in Victoria, and at the Victoria Conservatory of Music. He is a tenor, and is thrilled to be able to share his love and enjoyment of music with the broader community.

This group put on a great performance and are all very accomplished performers. Here is a small sound byte of the performance thanks to **Alex Reginato** for providing the sound clip:

<https://vimeo.com/203489071>

**Bill LeClair** thanked then on behalf of the Club. **President Farn** thanked them as well and also put out a **thank you to Toby, Keith and the Social Committee for their hard work today.**





**President Ken Farn** opened the meeting at the Carriage House today with an announcement of finding a set of keys! Guess who.... Lisa Fernandes .... She then led us in O Canada and Grace.

*Just a comment about the venue. The room at the Carriage House was a perfect size for this group. The bar area and table settings left lots of room to visit before sitting down to dinner. The table settings were very elegant with lots of Valentine's Day colors. The meal was excellent.*

**Head Table: Keith and Peggy Davis, Jack Thompson, Myrna Dube-Thompson, Pat Farn, Ron Prokosch and Bill LeClair.**

**Guests: President Ken** welcomed all the guests but due to the number we did not get into introductions nor did we sing our favourite song.

**Health and Wellness: Jim Burns** is on the mend. **Bernard Benning** was in the hospital but is now home and accepting visits or calls. Condolences went out to **Lynn Grant** whose father just passed away. President Ken thanked all the Members who had made it out yesterday to **Wayne Smith's** Celebration of life.

**Paul Harris Awards: Jack Thompson** again thanked all for their support last year and mentioned that all your Tax Receipts had been issued by email. Jack said that we had been waiting for some time to present this award.

We are all so happy to see **Susan Brick** back and receive a Paul Harris Award today. Good picture by our photographer **Paul!**



**Sharon Allen** was presented with a Plus 5 award, **Penny Leckie** with a Plus 8 award and **Myrna Dube-Thompson** a Plus 2 award.



**Thought for the Day**...Valentine's Day is a reminder.... To love without conditions, to talk without intention... listen without judgement... give without reason... and care without exception.... This is the art of true relationship....





# Epworth Primary gets furniture, new look from Rotarians and friends



BRENDA McKINLEY

These students are elated to be sitting in their new seats. Back row from left- principal, Kirk Spencer; club Admin, Althea Dawkins; club VP, Larkley Williams; club president, James Henry; Rotarian, Brenda McKinley and club project director, Orlando Dawkins. Front row from left- students, Shanyia Mesquita, Toryann Minto, Jevan Sinclair and Benjamin Wallace

Janelle Christie

The Rotary Club of Ocho Rios East in partnership with the Rotary Club of Calgary and Global Liberty out of Canada, are on a mission to 'Spread the love' in some rural schools in St Mary and St Ann.

One of the beneficiaries of this venture was Epworth Primary School, near Ocho Rios, in St Ann which was adopted by the club.

Epworth Primary is a Methodist school which started in a 'very old' Methodist church located across from where the school now stands. There are 101 students on roll, five teachers and one principal.

Although the Ministry of Education has administrative control over the school's operation, its day to day activities, as is the case with many other schools, is governed by a board which is controlled by the church.

The school, however, according to principal Kirk Spencer, is not privileged enough to have much of the needed resources, that other schools do in the 'town areas'. He also added that a number of the items of furniture are not suited for the school and that students usually damage their clothing on them.

It is with this in mind that the Rotary clubs of Ocho Rios East and Calgary decided to pool their resources and donate some of the needed items to the school, on Wednesday, January 19. A total of twenty five sets of desk and chairs were handed over to the school by president of the Rotary Club of Ocho Rios East, James Henry and his team, including: vice president Larkley Williams; club admin, Althea Dawkins and project director, Orlando Dawkins.

Along with them were two busloads of visitors from other Rotary clubs overseas, lead by Brenda McKinley.

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Members of the Rotary Club of Ocho Rios East, the Rotary Club of Calgary and Global Liberty of Canada, are excited to get their hands dirty.



Some of the people who made this venture possible (from left) Bill Dosanjh, outreach sponsor, LB Seminars in Canada; Kirk Spencer, school principal; Little Dosanjh, outreach sponsor, LB Seminars in Canada; Orlando Dawkins, project director of the club; Brenda McKinley, Rotary Club Calgary South; Althea Dawkins, club admin and Larkley Williams, vice president Rotary Club of Ocho Rios East.



The Rotary clubs also 'spread the love' to the Iona High School in St Mary. They were also presented with a number of items of new furniture.





## REGISTRATION

Is now open for the  
2017 Rotary District 5360/5370

**Curling Bonspiel**  
**February 23-26, 2017**  
**Acadia Recreation Complex**  
240 90 Avenue SE, Calgary, Alberta

\$600/team - 3 game guarantee  
Limited to 32 teams. No draws Thursday

Registration is not considered completed  
until payment has been received.

Register online and Etransfer payment to:  
RotaryDistrictBonspiel@gmail.com

Please include the following information  
for each player:

- Name and Team Position (if known)
  - Rotarian Home Club
  - email address
  - Phone Contact

## SPONSORSHIP

### Bronze Sponsorship

\$250. Includes business card in Bonspiel Program.

### Silver Sponsorship

\$500. Includes 1/2 page in Bonspiel Program.

### Gold Sponsorship

\$1000. Includes full page ad in Bonspiel program  
and mentions at all dinner events.

### Platinum Level Sponsor

\$2000. Includes full back page of Bonspiel Program  
and is a title sponsor with mentions  
at all dinner events.

**Please note:** This is the largest Alberta districts fellowship event  
Rotary has throughout the year, (with one exception... district  
Convention) boasting and hosting, more than 200 Rotarians and  
partners from across the province. Thank you for your consideration.

### Please contact :

Mark Ambrose

Sponsorship

2017 Rotary District Bonspiel Committee

markambrose@shaw.ca

Please include a photo/scan of your business card and cheques payable to  
( Rotary Club of Calgary Fish Creek ) official finance club of the event.

**Deadline for inclusion in program is February 14, 2017.**



Waterton - Glacier International Peace Park Association  
Founded June 18, 1932

**Sept. 22<sup>nd</sup> – 24<sup>th</sup>, 2017**

Due to the popularity of free admission to the National Parks the committee is strongly recommending that Rotarians who are attending reserve rooms ASAP. Here is the information on making hotel reservations.

**WATERTON LAKES LODGE;** Booking fast, necessary to book ASAP to ensure that you can get a room. The code "PEACE" can be used at either the Waterton Lakes Lodge Resort or the Aspen Village Inn. This code entitles you to 5% off room RACK rate.

**Waterton Lakes Lodge Resort:** Email: [reservations@watertonlakeslodge.com](mailto:reservations@watertonlakeslodge.com)

**Phone:** 1 (403) 859 2150 (*direct*) + 1-888-985-6343 (*toll free*)

**ASPEN VILLAGE INN:** NOTE: Aspen Village is currently closed for season (opening mid May), phone messages are being checked sporadically. To avoid booking delays contact the Waterton Lakes Lodge Resort listed above to make any Aspen bookings.

**Bear Mountain Motel:** <http://bearmountainmotel.com/>

**Waterton Glacier Suites:** <http://www.watertonsuites.com/>

**Bayshore Hotel:** <http://www.bayshoreinn.com/>

**Crandell Mountain Lodge:** <http://www.crandellmountainlodge.com>

Submitted by: Terry Allen

**Calling all Rotarians!**



**The Run for L'Arche goes March 25 and we need volunteer course marshals! The event cannot take place unless we have a minimum of 42 marshals. Currently only 16 people have signed up for this position. We need you, your friends, your family etc. for only 4 hours on Saturday morning March 25. It's a LOT of fun for a great cause. Basically all you have to do is cheer the runners on. Easy eh?**

**Click on the link below to sign up:**

**<https://raceroster.com/events/2017/10308/2017-rogers-insurance-run-for-larche>**

**Look for the "Volunteer" button on the left hand side of the page.**

**Thanks!**

**Dave Tod W. 403-930-2263**





# Rotary Employment Partnership

February 2017

## Rotary Spirit Alive & Well



***Service Before Self*** was exemplified by Lynn Perreault's generous donation to the Polio Plus Fund.

Lynn was hired through the partnership three years ago to assist the Sarcee Club with setting up for meetings, taking attendance and manning the registration desk. She is an invaluable asset to the Club.

Lynn loves to be of service and because of her excellent memory she remembers each Rotarian before they even register and pay for their breakfast!

When the club needed someone to lead them in O'Canada, Lynn stepped in to help by sharing her musical talent!

***Lynn receives a certificate of appreciation from David Townsend***

Lynn looks forward to each meeting with joy and anticipation. She enjoys the guest speakers every week and she has been inspired by the many projects that Rotary supports.

The Rotary spirit of generosity was certainly contagious when Lynn decided to donate her monthly wages of \$60 plus \$40 of her own money to give \$100 to the Rotary Foundation Polio Plus Fund. In October, the Sarcee Club awarded Lynn a certificate of appreciation for her generous donation.

Not only has Lynn made a significant contribution to Rotary, Rotary has made a big difference to Lynn. She loves her job and her life opportunities have expanded because of her involvement with Rotary! It's truly been **BENEFICIAL to all concerned.**



*Heather started working part-time at Amica Mature Lifestyles in November. She provides assistance in the fitness department and the dining centre.*

## Partnership Success...

### 8 new jobs in three months!

Thanks to Rotarians like you we are chipping away at the 80% unemployment rate for people with developmental disabilities. Eight new jobs were created in the past three months, which is a significant accomplishment considering our tough economic times. Together we are changing lives by creating meaningful employment opportunities for people with disabilities. Let's maintain the momentum in 2017!

Congratulations to ...

- **Heather** on your job at Amica Mature Lifestyles Ltd.
- **Jessica & Eric** on your positions with the Calgary Public Library.
- **Rhonda** on your job at DREAMS Transportation.
- **Tyra & Dave** on your seasonal positions with Costco.
- **Steven & Rhiannon** on your success at securing a job at J Crew.

*Please call us to learn more about 30 potential employees!*



*Rhonda is a valued member of the DREAMS transportation team. She keeps the busses spic and span for the drivers.*

### Meet Two of your Jobseekers...

**Cody H.** Cody is seeking a part time position in a warehouse or work environments that require some physical labor. Cody's experience in these environments include loading and unloading shipments using a pallet jack and stocking. He's not afraid to roll up his sleeves and get dirty, and he loves being part of a team.

**Mitch D** – Mitch is a poised and motivated job seeker with 8 consecutive years of experience in direct customer service; these highlights his loyalty and dedication to work, which are valuable skills Mitch can offer to any employer. Mitch has many interests beyond work, including video games and sports, and he is open to any full or part-time role that would allow him to expand upon his existing experience and grow into a career.

### Questions? Want to learn more?

Mike Colborne, Rotary Employment Partnership Steering Committee Chair: [mic@corp.rwt.ca](mailto:mic@corp.rwt.ca) 403 248 4300

Carla Hamarsnes, Rotary Employment Partnership Coordinator: [chamarsnes@inclusionAlberta.org](mailto:chamarsnes@inclusionAlberta.org) 587 227 4276

Iriowen Obasohan, Rotary Employment Partnership Coordinator: [iobasohan@inclusionAlberta.org](mailto:iobasohan@inclusionAlberta.org) 403 462 1972





**Regards from Fernie, I got invited by the Rickards to a cabin close to the ski resort. I'm having lots of fun even though I'm stuck here and most of the roads to Calgary are closed, I hope to be back by Wednesday.**



**I have changed my family, I'm not anymore with the Da Silvas whom I want to thanks so much for hosting me and making my experience here in Canada got better if possible.**

**I'm now living with a lovely Peruvian family with two formers that did their exchange, so I'm really happy here too. I let u some pictures of the snow here!**



**See you,**

**Pablo**



## SAD NEWS ...

Our condolences to Lynn and Karen Grant on the passing of Lynn's Father just shortly after the passing of Lynn's Mother.

## Jeanette King is featured in this article from 1981

THE CALGARY HERALD

### Life Today

WEDNESDAY, SEPTEMBER 23, 1981

C

## CODA catering

### Calgary committee used family favorites to entice Olympic dignitaries

Thirty people are coming to dinner. You have two days to plan the menu, buy the groceries, cook it all and if you're lucky, clean the house and polish the silver.

On the other hand you could save your sanity and call a caterer.

But when you're part of the entertaining committee for Calgary's Olympic Development Association and you want to show the visiting dignitaries an informal good time in a Canadian home, you've got to do it yourself.

So Jeanette King, wife of CODA's chairman Frank King and the volunteers in charge of winning and dining, made the old adage, "many hands make light work," their motto.

They also decided nothing could top good old Canadian cooking and they relied strictly on their own favorite recipes.

Put these two ingredients together with the time-honored tradition of the covered dish get-together — and you have the formula for a CODA dinner party. By sharing responsibility, not only for planning the menu but organizing volunteers to bring an appetizer, salad, vegetable accompaniment and dessert, a meal for eight to 30 can be fully orchestrated (on paper, at least) in a matter of hours.

Margie Niven could bring her popular mushroom appetizer or her spinach salad. Deirdre Siler could be asked for her Crab Swiss cheese bites for a meal-starter or her pineapple carrot cake for dessert. Peggy Warren's Grasshopper pie was always a sure winner as a finale.

Jeanette King, whose home is in a central location for these gatherings, often handled the hot main entrée and accompaniments. For example, for a fall menu, she served a peach glazed ham, turnip casserole, jellied salad, corn muffins and Danish apple cake. The only time the menu was altered to purposely suit food customs of a guest was the need for a vegetarian.

King added a few more vegetable-based casseroles, usually with cheese for protein so the rest of the meat-based meal satisfied the other guests.

Before the Calgary contingent left for Baden-Baden to find out which city will host the 1988 Winter Olympic games, Margie and Bob Niven held the last dinner at their home in Springbank. The menu was planned around Bob's barbecued whole salmon, stuffed mushrooms for the appetizer, the "Super salad" recipe from Calgary's Best of Bridge cookbook, Jeanette King's jellied cucumber salad with cherry tomato garnish, raw vegetables and a sour cream-dill dip, rolls and croissants from Woodward's bakery and a frozen strawberry dessert.

As always the meal was a success.

But will all this entertaining and good cooking pay off? Next Wednesday, the IOC decision makers could choose Calgary over its two competitors, Cortina d'Ampezzo, Italy and Falun, Sweden. While we wait, here's a small sampling of CODA's good taste.

#### Cucumber ring supreme

The bottom layer is cream cheese-based and thick with fresh grated cucumber, shimmering through a top layer of clear, lemony aspic. Any thin slices of cucumber, Jeanette prefers to measure the unflavored gelatin by teaspoons rather than allowing one envelope to equal one tablespoon. The exact measuring of gelatin ensures a perfect set.

Cucumber trim layer:  
1 1/2 teaspoons unflavored gelatin  
1/4 cup cold water

1 tablespoon sugar  
1/2 teaspoon salt  
2 tablespoons lemon juice  
Cream cheese layer:  
3 teaspoons unflavored gelatin (measure by teaspoon from packaged gelatin)  
2 tablespoons sugar  
1/4 teaspoon salt  
1/4 cup cold water  
2 tablespoons lemon juice  
250 gram package cream cheese, softened to room temperature  
6 medium cucumbers or two very long English cucumbers  
1 cup mayonnaise  
3 tablespoons finely chopped onion (regular or spring green onions)  
1/4 cup snipped fresh parsley

Prepare cucumber trim layer: Sprinkle the gelatin over the 1/4 cup of cold water in small saucepan. Add sugar and salt. Place over low heat; stir constantly until gelatin and sugar dissolves (until no granules are visible) — about 3 minutes. Remove from heat. Stir in the first 2 tablespoons of lemon juice. Pour into 6 1/2 cup ring mould (Jeanette uses a bundt pan which is larger). Chill in refrigerator until partially set. Overlay thin slices of half an unpared cucumber in bottom of mould. Press in lightly so the cucumbers take on the shape of the ring mould. Chill until almost firm.

Meanwhile mix the 3 teaspoons of gelatin, sugar and salt for the cream cheese layer in a saucepan. Add 1/4 cup of water. Stir over low heat until sugar and gelatin are dissolved. Remove from heat and stir in lemon juice. Gradually beat hot gelatin into the softened cream cheese (at this point you could use a food processor or blender, whisk the cheese briefly, then pour in the hot gelatin while the motor is running). Beat until smooth. Pure cucumber, scrape out seeds and grind or shred until fine. (If using English cucumbers, don't bother seeding or paring if you prefer.) Squeeze small bundles of grated cucumber in your hands to extract as much moisture as possible. Measure 2 cups of drained shredded cucumber. Add with remaining ingredients to cream cheese mixture. Pour onto almost firm cucumber trim layer in mould. Chill until firm. Makes about 8 servings.

To unmould, dip container into warm, not hot, water as deep as the gelatin itself. (Count to ten.) Run a sharp knife around edge of gelatin to loosen and let air in. Moisten a serving plate lightly with water, place it on top of mould and turn right side up. Shake gently until gelatin slips onto serving plate. The moistened plate makes it much easier to centre the mould.

To garnish, place cherry tomatoes in centre of ring mould, watercress or leafy greens around outside edge. Chill until ready to serve. This salad is excellent with fish.

#### Stuffed mushrooms

This delicious hot appetizer is ample to serve 4.

24 mushrooms (allow 5 to 6 per person)  
1 or 2 green onions, finely chopped  
Sharp cheddar cheese — a piece about the size of an egg

1 1/2 teaspoons Worcestershire sauce  
Red pepper seasoning (Tabasco) to taste  
1/2 teaspoon EACH salt and pepper  
1/4 teaspoon garlic salt  
pinch of Italian seasoning (or use pinch of dried basil and oregano)  
3 teaspoons very fine dry bread crumbs (or use a little extra if you want to extend filling)

2 to 4 tablespoons butter (the original recipe called for 4 tablespoons but Margie finds this makes the appetizer too moist since they are naturally filled with moisture anyhow; she uses 2 tablespoons or enough to hold the filling together)

Wipe mushrooms with a damp cloth to remove any dirt. Carefully remove stems and chop finely (discard any woody stems). Combine with remaining ingredi-

ents in a small bowl. Stuff mushroom caps with a small amount of mixture. Sprinkle each with paprika. This much can be done early on the day of serving. When ready to serve, bake at 350°F for about 12 minutes.

#### Margie Niven's spinach salad

The dressing recipe will cover about 4 packages of spinach greens. Otherwise, use it on any green salad and keep leftover dressing bottled in the refrigerator.

5 slices side bacon, fried until crisp  
3 to 4 hard cooked eggs  
Dressing:  
1 cup salad oil (or use 1/2 cup bacon drippings and 1/2 cup oil)  
2 tablespoons lemon juice  
1 teaspoon seasoned pepper  
about 1 tablespoon minced onion (dehydrated or 2 tablespoons fresh)  
1/4 cup cider vinegar  
1 teaspoon salt  
2 tablespoons granulated sugar  
1 teaspoon garlic juice or powder (or less, to suit taste)  
about 1 teaspoon poppy seeds

Fry bacon and crumble; hard cook eggs and keep both ingredients refrigerated. Combine remaining ingredients for the dressing in a bottle and refrigerate. Bacon fat will settle and harden, but if the dressing is warmed, it can be stirred back into mixture before tossing with greens. Rinse and tear spinach into bite-size pieces; dry well. Sprinkle with bacon. Slice one egg to use as a garnish. Crumble remaining eggs and add to greens and bacon. Other fresh vegetables could be added such as sliced fresh mushrooms and/or small flowerettes of fresh cauliflower. Just before serving, pour dressing over — just enough to coat greens evenly. Garnish with sliced egg, sprinkle with paprika.

#### Grasshopper pie

Peggy Warren's liqueur-laced pie is a sure success for a dinner party.

Crust:  
1 1/4 cups finely crushed chocolate wafer crumbs  
1/4 cup sugar  
1/2 cup melted butter or margarine

Filling:  
1 envelope unflavored gelatin  
1/2 cup cold water  
1/2 cup granulated sugar, divided  
dash salt  
3 eggs, separated  
1/4 cup creme de menthe  
1/4 cup white creme de cacao  
1 cup whipping cream, whipped stiff

Combine chocolate wafer crumbs, sugar and butter. Stir to evenly moisten crumbs; press gently into 9-inch pie plate. Bake for 5 minutes at 400°F for 5 minutes, or 350°F for 10 minutes.

In a saucepan over direct low heat, or in the top of a double boiler over simmering water, sprinkle gelatin over 1/2 cup of cold water. Add 1/4 cup of the sugar, salt and egg yolks; stir to blend. Cook over low heat, stirring constantly until gelatin is dissolved and mixture is slightly thickened. Do not boil. Remove from heat; stir in the liqueurs. Chill until mixture is slightly thickened; it should almost mound from a spoon, but must not be too thick (otherwise the egg whites and cream won't blend in evenly).

Beat egg whites to soft peaks. Gradually add remaining 1/4 cup of sugar, beating until stiff. Fold into gelatin mixture. Whip cream until stiff and fold in. Turn into pie shell, heaping mixture in centre. Chill in refrigerator for at least 2 hours, or overnight.

Makes about 8 servings.  
(If you have fresh mint in the garden, garnish this pie with swirls of extra whipped cream and mint sprigs.)



Here and photo by Paul Cordin

Jeanette King prepares her cucumber ring



## FEBRUARY 2017

**FEB 16 JIM FITZOWICH: ALBERTA POWER INDUSTRY UPDATE**

Feb 23 Dan Doherty: Rotary International Polio Plus

## MARCH 2017

March 2 John Van Der Put: Energy East Pipeline Presentation

March 9 Profile Videos: George Adam and Ted Rowsell

March 14 **Prep and Dinner Service at the Mustard Seed**

March 16 St. Patrick's Day (Cash Bar Available)

March 23 Alana Asuchak: Stress Busters

March 30 Charlene Bearden: Club Runner Presentation

## APRIL 2017

April 6 Vimy: 100th Anniversary

April 13 Jon Fennell: Canada's Water Future

April 20 **New Member Celebration: Carriage House Inn**

April 27 Janice Eisenhauer: Canadian Women for Afghanistan (*Stampede Clubhouse*)

## MAY 2017

May 4 Dream Home Registration Kick off

May 5-7 **District Conference (Red Deer)**

May 11 Bob Dubask: Myths About Reverse Mortgages

May 18 **Bethany Centre Site Tour: Details to follow**

May 25 **Stay In School Luncheon: Carriage House Inn**

May 26 **President's Party: Details to be provided later**

## JUNE 2017

June 1 TBA

June 2-4 **Radium Fellowship Weekend: Details to be provided later**

June 8 TBA: At Rotary House

June 15 **Charity Day: Carriage House Inn**

June 12 **Casino at Cowboys (Please contact Harry Pelton to volunteer)**

June 13 **Casino at Cowboys (Please contact Harry Pelton to volunteer)**

June 22 YEX Presentation: Returning Student

June 29 Changing of the Guard

## JULY 2017

July 6 **Dream Home Kick off: Ranchman's DanceHall and Cookhouse**

July 13 **No Meeting: Dream Home Operations**

July 20 TBA

July 27 **No Meeting: Stay In School Golf Tournament**

## AUGUST 2017

Aug 3 President Bill LeClair: Inaugural Address

Aug 10 TBA

Aug 17 TBA

Aug 24 **Mount Royal University Library Tour**

Aug 31 TBA



## ClubRunner Mobile:

### Member Info on your device



Download app from the Apple App Store or from Google Play. Simply type in 'Club Runner' in the search bar.

The mobile app is compatible with all versions of the iPhone, iPad and iPod Touch sets that have iOS 8.0 or later and with versions of Androids that are 2.3.3 or better.

You will need your Club Runner username and password to sign in!

Once that's done you can now view the Member Directory with the most up to date contact info. You can call or email a club member directly from your device. You can even add them to your Contacts List

## Contact Us

**Administrator:** Kathyann Reginato  
Rotary Club of Calgary South  
Suite 120, 200 Rivercrest Drive SE  
Calgary AB T2C 2V5  
(403) 244-9788

[kathyann@rotarycs.org](mailto:kathyann@rotarycs.org)

Visit us at: [www.rotarycs.org](http://www.rotarycs.org)

### 2016 2017 Club Officers

**President:** Ken Farn: [kgfarn@telusplanet.net](mailto:kgfarn@telusplanet.net)  
**President-Elect:** Bill LeClair: [leclair@calgarylaw.com](mailto:leclair@calgarylaw.com)  
**Past President:** Murray Flegel: [mjf@bosslubricants.com](mailto:mjf@bosslubricants.com)  
**Secretary:** Ted Rowsell: [rowselle@telus.net](mailto:rowselle@telus.net)  
**Treasurer:** Larry Kennedy: [treasurer@rotarycs.org](mailto:treasurer@rotarycs.org)  
**Partners President:** Pat Farn: [patfarn@telus.net](mailto:patfarn@telus.net)

### 2016 2017 Directors

#### **Club Service: Operations**

Steve Mason  
Email: [steve@talkinglightmedia.com](mailto:steve@talkinglightmedia.com)

#### **Club Service: Memberships and Social**

Glenn Potter  
Email: [agpotter@telusplanet.net](mailto:agpotter@telusplanet.net)

#### **Club Service: Ways & Means**

Jack Haman  
Email: [hamanj@telus.net](mailto:hamanj@telus.net)

#### **Community Service:**

Luanne Whitmarsh  
Email: [luannew@kerbycentre.com](mailto:luannew@kerbycentre.com)

#### **Community Service: Ways & Means:**

Charlie Gouldsbrough  
Email: [charlie@albertasleepcentre.com](mailto:charlie@albertasleepcentre.com)

#### **International & Vocational Service**

Bryan Walton  
Email: [bwalton@cattlefeeders.ca](mailto:bwalton@cattlefeeders.ca)

#### **Youth Service**

Stacey Johnson  
Email: [sjohnson@printthree.ab.ca](mailto:sjohnson@printthree.ab.ca)

## OUR WEBSITE



[www.rotarycs.org](http://www.rotarycs.org)

Craig Stokke has done some recent updating on the Website Home Page (Public Area) of ClubRunner.

Members may need to look around a bit to re-find some of their commonly used areas.

Craig is undertaking a redesign of the Public Area in the future to simplify the menu.

The new layout makes more sense and should become easier for users to find what they are looking for.

**THANKS CRAIG**