

St. Patrick's Day Celebration



INSIDE THIS BULLETIN

1. St. Patrick's Day Celebration
2. St. Patrick's Day Celebration
3. Club News
4. Club News
5. Club News
6. New Member Induction: Darlene Whitmore
7. New Member Induction: Darlene Whitmore
8. Dim Sum Luncheon: March 27th
9. New Member Celebration: Up Up & Away
10. Club Announcements
11. Liisa's Literary Lore
12. Partners In Print
13. Calgary Peace Prize
14. RCCS Calendar
15. 2018 2019 RCCS Contact Info

Do you want to watch this week's Meeting?
CLICK THE LINK: <https://bit.ly/2IKLIVc>

John Fitzsimmons introduced Joe Connelly ... with an EXTENSIVE list of accomplishments, awards, jobs, and hobbies!!

Joe Connelly set up the game show for today's entertainment! **Larry Stein, Steve Mason, Liisa Lehtio, Michael Vandezande, Spencer Tonkinson, Christine Kyte** all were asked many questions related to Ireland and St. Patrick Day customs... and to all of our entertainment very few questions were answered correctly! Joe had a real hard time getting a winner!! Cool green glasses were handed out to the winners and oatmeal handed out to the non-winners! And, smarties were given to all!!

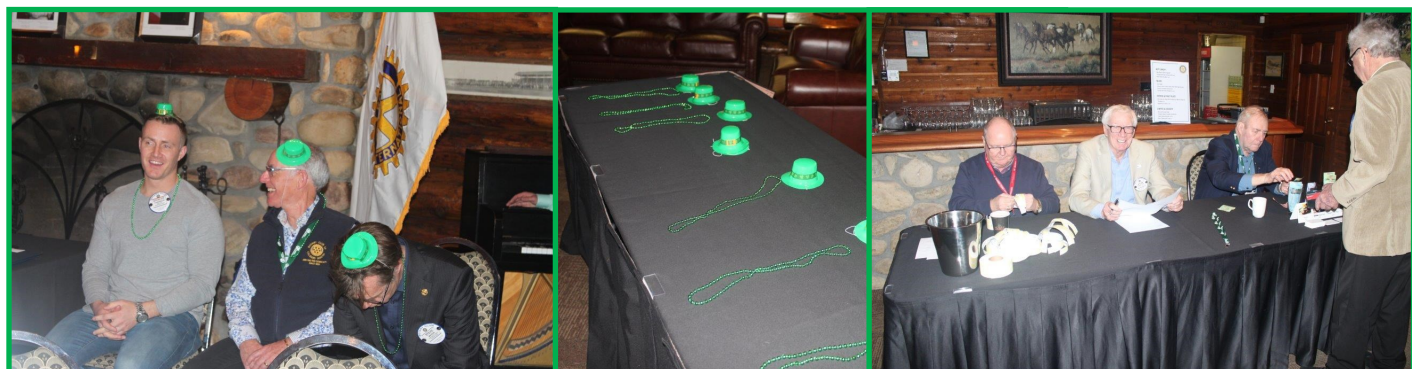
Here are a few of the questions that stumped the panel:

- What was St. Patrick's father's nationality? **Italian**
- What was St. Patrick's mother's nationality? **Scottish**
- What is the most popular liquor in the world? **Bailey's Irish Cream** (or whatever George Deegan is pouring).
- What goes into an Irish Coffee? **Whiskey**
- Britain is #1 on the consumption of Guinness and Ireland is #3... who is #2? **Nigeria**

Joe ended this session by saying "May God bless and keep you always. May your wishes all come true. May you always do for others and others do for you. When I count my blessings, I count **Hugh Delaney** twice".

Larry Kennedy thanked Joe Connelly ... Thanks Joe! As always you bring a lot of fun and thanks for all you do to make us laugh and thanks for the game!

Hugh Delaney then led us in a great rendition of 'When Irish Eyes are Smiling and Mac Namara's Band'. Then, he delighted us with a solo number!! Thanks Hugh – we love hearing you sing!!



Good afternoon and Welcome to the Rotary Club of Calgary South for March 14th.

Quote of the Day:

"An Irishman is never drunk as long as he can hold onto one blade of grass to keep from falling off the earth"

Please join Lisa Fernandes in the singing of O' Canada and Rotary Grace

Head Table: Hugh Delaney, Joe Connelly, Carol Rosdobutko, Darlene Whitmore, Bill Le-Clair, Len Hamm, Larry Kennedy

Bulletin Editor: Luanne Whitmarsh Photographer: John Shield

Visitors and Guests: Jim Smith started by announcing 'welcome back to **Jim Smith**!' He has been missed!!

50/50 Draw: Jim Hutchens told us a story... Soon after O'Shaughnessy clocked in for work the foreman called him over and told him that he has a phone call in the front office. When O'Shaughnessy returned, he has a mournful expression on his face and his head hung low. His foreman noticed and asked if it was bad news... He said: 'boss, I just found out from Ireland that my mother died earlier this morning'. 'Gosh that is awful' said the boss "do you want to go home?' No, replied O'Shaughnessy 'I will finish the day out'. About an hour later the foreman returned to inform him that there was another phone call for him in the office. This time when O'Shaughnessy returned he looked twice as glum, and the foreman asked if everything was alright. 'Bejeezus Boss, it's even worse news. That was my brother, and his mother died today too'!! Jim handed our \$147.00 to **Harry Pelton** and also gave **Glen Godlonton** a book of '50 easy potato recipes'!



Sergeant-At-Arms: Lynn Grant Lynn was on fire today with the St. Patrick's Day theme and also potato chip day!

He emptied the pockets of many – and especially **John Shields** who apparently just came into some dough to share!



New Member Celebration: Carol Rosdobutko Hot off the press there are sponsorship opportunities available for the event!

The amazing **Sherry Austin** has already stepped up and it is up to many more to follow suit!



The fabulous **Christine Kyte** and her great team from Reflective Catering will be providing an amazing dinner. Registrations are coming in fast and furious! This is one night not to be missed – get yourself registered today!!

Paul Harris Fellowship: Jack Thompson presented the following pins:

Kathy Demorest: PH+1, Dana Hunter: PH+3, Ted Rowsell: PH+4, Jim Fitzowich: PH+5, Gord Weicker: PH+4 and Kevin MacLeod: PH+7



Thank you to these fine people and to the rest of you who have donated

Large Grants Report: Myrna Dube-Thompson:

Because of the wonderful work being done by our Club, our Large Grants Committee had a budget of \$110,000.00 to allocate in this Rotary year. We had 7 worthy proposals, each one of them a testimony to the wonderful work done by the non-profit sector in this community.

But, one of them stood out – it's innovative, it's new scientific research ready for clinical application, it's a new targeted way of treating adolescent depression and other brain disorders.



The Branch Out Neurological Foundation is supporting this pioneering research into a novel intervention for youth with depression called transcranial magnetic stimulation (TMS). Currently one TMS machine is in use for innovative research, but another TMS machine is needed to begin clinical application.

Branch Out Neurological has secured \$80,000.00 towards the purchase of the \$180,000.00 TMS machine, and our committee voted unanimously to fund the outstanding \$100,000.00 as our Large Grant recipient this year.

Thanks to **Gail McDougall** who was the champion for this application.

The remaining \$10,000.00 was returned to **President Ron** for re-allocation.

Large Grants Report Continued:

Our Committee also had the pleasure of choosing the recipient for the Mario Stella Endowment funds for transportation related projects. Two proposals were received, and the Committee unanimously chose Renfrew Educational Services. Almost all of Renfrew's 600 students have disabilities, many of them severe. They need specialized transportation to take them safely to one of Renfrew's 5 locations. Because of these special needs,

Renfrew has its own fleet of 40 buses, many of which are aging and are slated for replacement. The Committee voted to award the \$19,980.00 available this year and \$27,000.00 from next year's Mario Stella funds to match funding from a Renfrew anonymous donor, thereby permitting the purchase of a new specialized bus costing \$95,000.00. Thanks to **Steve Mason** for championing this application!

Thanks to all of our Club members for your hard work making these funds available. You make a difference in our community.

Myrna Dube-Thompson and Jack Thompson presented **President Ron** with a Rotary flag from Africa.

Myrna and Jack just returned from Africa and they observed the work that Rotary does in hospitals.

It was very sad and educational to see how other less fortunate individuals have to live.



President Ron ended the meeting with a prayer

*May you always have a sunbeam to warm you
Good Luck to charm you
And a sheltering angel so nothing can harm you
Laughter to cheer you
And, Whenever you pray
Heaven to hear you!*

HAVE A GREAT ROTARY WEEK



New Member Induction: Darlene Whitmore

When **Bill LeClair** came to the podium he said 'you all thought you got rid of me, but I have been at the podium in January, February and now March but I am not sure what is in place for April' and a clever Club Member shouted out 'April fools'!! Got to love our Club!!

Past President Bill LeClair introduced Darlene Whitmore



Here are some details about Darlene by Darlene!

- I was born child #13 of 14 snotty-nosed Newfie children, all single births (my poor mother eh?)!
- I have a marketing degree from Ryerson University
- I also have Honours Diplomas in Hotel, Restaurant and Bar Management; and in Culinary Management from Algonquin College in Ottawa
- My careers have spanned many industries:
- Junior Account Executive with a Toronto ad agency
- Real Estate Broker in Toronto
- Restaurant Owner and Chef of 2 restaurants just outside Ottawa - Kemptville, Ontario – a Steakhouse and a Roadhouse
- Financial Advisor with Sunlife Financial
- Since moving to Alberta 6 years ago, I've been an Insurance Broker and have several professional Licenses for General and Commercial Insurance, currently enjoying my tenure with MKMK Insurance (More Knowledge, More Kindness)
- I have 3 adult children who I consider my greatest achievements in life:
- Tyler 32, who is CEO of his company in Vancouver;
- Jessica 29 who is studying Psychology at U of C and is mother to 2 of my amazing grandbabies - John who's almost 2 years old, and Summer who is 6 months old; and
- Sarah 26 who studied Event Management and is currently a stay-at-home Mom with my 8 month old granddaughter, Scarlett. Both of my daughters live in Calgary which is why I moved here 6 years ago
- I currently volunteer with Discovery House (for battered women) and the Calgary Interfaith Food Bank
- I am an Event Organizer with 3 very active Meetup.com Groups in Calgary
- I attend Calgary Centre for Spiritual Living
- My hobbies include dancing, music of most genres, singing, movies, live theatre, concerts, volunteering, socializing, helping others, promoting kindness, dancing, and did I mention dancing?

My claim to fame is that I once shook the hand of Keith Richards of Rolling Stones fame in my church in Toronto. And, I am a hugger!

I live in Signal Hill area of Calgary, am single with no dependents, which means that my time is my own so desiring to give back to the community is why I'm joining Calgary South Rotary.

I am looking forward to becoming a Member.

Past President Len Hamm inducted Darlene Whitmore

Today we are honored to induct **Darlene Whitmore** as a new member into Rotary Club of Calgary South. There are several milestones that are life-altering. We go through life so focused on career and family. But, at some point, we realize that we must give back to society, to our community. We believe that joining Rotary is one of those life-altering moments. When I was inducted into Rotary, I thought it was one of the most important decisions that I had ever made. And that set the tone for me as a Rotarian. I hope it does for you also.



You have been chosen for membership in the Rotary Club of Calgary South because your fellow members believe you to be a leader in your vocation and community. We look to you to be a liaison between us and the other members of your profession. We expect you to educate us about your classification, and on the other hand, it becomes your duty to carry Rotary ideals and principles of service to your friends, business associates and the members of the vocation which you represent.

While membership in Rotary is an honor and privilege, it also involves corresponding obligations. An important requirement of membership is regular attendance at the weekly meetings. I know it's not always easy to make the meetings, but only busy people are eligible for membership in our Club. Good Rotarians must constantly keep before them the primary object of Rotary – Service Above Self, is our motto, and Rotary expects each member to live up to this ideal.



You must live by the 4-way test

- Is it the truth?
- Is it fair to all concerned?
- Will build good will and better friendship?
- Will it be beneficial to all concerned?

If you live by those rules, you will never go wrong. The community will know and judge Rotary through your example in character and service; and we accept you as a member because we believe the principles and objects of Rotary will be safe in your keeping. We know that we will receive much from you in help and service which will enable us to be better Rotarians; and we most heartily offer you the right hand of Rotary friendship.

On behalf of the Rotary Club of Calgary South may I welcome you to our Rotary Wheel – which faces inward for friendship and outward in service to our community and to the world. We have a particularly great Rotary Club because of all of the outstanding women we have in the Club. They have truly made our Club special. Enjoy the comradery and fellowship, get to know everyone and have fun!

President Ron gave Darlene her new member package, including her name badge.



Rotary
Calgary South
SOCIAL COMMITTEE



ROTARY DIM SUM LUNCHEON

Wednesday, March 27th
11:45 AM

Central Grand Restaurant
Second Floor
1623 Centre Street North

Join our hungry group of enthusiastic Dim Sum Rotarians. You'll be glad you did.

Please RSVP to Keith Davis by March 25th
in order to insure you can be accommodated.

Cell: 403-630-1983 or daviscomm@shaw.ca

Rotary
Calgary South

Join us for an Evening of Laughter,
Celebration &
Shopping as we go

Up, Up & Away!

**To new heights of Fearless Fundraising!!!
Rotary Club Calgary South Annual
New Member Fundraising**



**Dinner & Auction
Thurs. April 11th, 2019
The Hangar Flight Museum**

5:00pm: Cocktails – Silent Auction

6:00pm: Delicious Buffet Dinner

by fellow Rotarian Christine Kyte of Reflective Catering

7:00pm: Entertainer – star of stage, TV screen & banquet ballroom,
the hilarious stress management expert & certified credit card utilization consultant, Dr. Shirley Best

8:15pm: Live Auction

**Tickets only \$65 until April 4th - Worth every penny!
(\$75 after April 4th)**

**Win big! 50/50 draw, bring a bottle of wine – ‘win a barrel’ draws
Come, Fly High With Us! Buy your tickets online NOW!**

Hangar Flight Museum - 4629 McCall Way NE, Calgary T2E 8A5

(Please advise of allergies or dietary restrictions.)

SMALL GRANTS

David Young presented a \$4500 cheque to Stephanie Ralph at **Calgary Meals On Wheels** to purchase insulator bags for meal delivery



FEED THE HUNGRY: NEXT VOLUNTEERING OPPORTUNITY

The Ronald McDonald House is booked for **Tuesday May 7** to prepare Dinner. 5 volunteers are needed. Please contact Harry Pelton if you can help out

Email: harrypelton@gmail.com

Cell: (403) 585 - 2625

Home: (403) 244 - 9140

Volunteers Needed



The Rotary Club of Calgary West is having a fundraiser on March 30th for a Honduras Water Project that our World Community Service Program is supporting with \$2,000.00 The details are on their website at the link below.

<http://www.calgarywestrotaryclub.org/Fundraising/WaterIsLife.htm>

Here are the details - Save the Date

We will celebrate 'Water is Life!' with a dinner and dance to raise funds for this project. What is the purpose? To provide clean water for the people of Honduras! Beautiful, clear, drinkable, life-giving water.

Water is Life! Banquet and Dance March 30, 2019

Place: Marda Loop Community Association Hall

Address: 3130 16 St SW, Calgary, AB T2T 4G7

Time: 6:30 - 12:00 Cost: \$60



I went to my first lacrosse game. I enjoyed it! I wish I will see the Roughnecks play again

I'm really busy with school, my artwork is going to be shown in "Celebrate Western" which is a visual arts event in our school and I still have a lot to do before that.

My plans for Spring Break, besides playing ringette, are to write a 10 page essay about Canadian criminal law for my Legal Studies Class. I still have to pick my topic and discuss the issues in the law and come up with a solution.



I met two Finnish guys here in Calgary and showed them few places in the downtown. They're here for one month through a school exchange program.

I'm a bit disappointed because I still haven't won anything from the "Roll Up The Rim", but I'll keep trying!



After an exploratory trip to check out the location and how to get there I have chosen **THE BLUE FLAME CAFÉ** for our March Lunch Bunch on **March 21st at 11:30 am**



This is in the beautiful new Atco Headquarters campus at **5302 Forand Street SW** on the West side of Crowchild Trail. It connects with Glenmore Trail as you turn onto Crowchild Trail North and then take Mount Royal Gate .which leads to an overpass over 50th Avenue SW. Another way is to go past Central Memorial H.S. on 50th Avenue.

There is parking outside the entrance and also guest parking downstairs close to the elevator. There is a very varied menu and each order is individually made. Click the link below to preview the menu online: <http://www.atcoblueflamekitchen.com/Documents/ATCO-BFK-Cafe-Menu.pdf>

I know I am a little late sending this notice but if you can join us please either phone me at 403-246-0497 or email me at marennny@shaw.ca

Submitted by: Maureen Watson

CALGARY SOUTH ROTARY PARTNERS' ACTIVITY SCHEDULE



Sarcee Bingo: Thursday during September, October, November, January and April. Rose Tea is the first Thursday in May 2019.

Contact: Lois Silverthorne: 403-288-6695 lsilver3@telus.net
Assistant: Dianne Ostermann: 403-278-3654 ostercms@telus.net



Bridge Club: Our group has become small. All members are invited. We play on 2nd & 4th Wednesday of each month: Calgary Golf & Country Club. Lunch: 11:45, followed by bridge.

Contact: Norma Carroll: 403-252-2655 crcnec@telusplanet.net
Carol Cairns: 403-288-3873 cairnsjandc@shaw.ca



Lunch Bunch: Third Thursday of each month (except December and February). Visit some of Calgary and area dining gems!

Contact: Maureen Watson: 403-246-0497 marennny@shaw.ca



Investment Club: The Second Thursday of every month. 9:00 am Breakfast at The Calgary Golf & Country Club

Contact: Lorna Hamm: 403-720-005 lorna@lornahamm.com



Movie Club: Tuesdays (when available) Mixed day/evening times

Contact: Denise MacLeod: 403-771-1913 denmacleod@shaw.ca



Calgary Peace Prize

Dear Rotary Club of Calgary South,

My name is John Lamming, a member of the Calgary Peace Prize Committee. The annual Calgary Peace Prize is awarded to those individuals who dedicate their lives to advancing justice and equity for a peaceful society.

This year we are pleased to announce that the 2019 Calgary Peace Prize will be awarded to the former president of Kiribati, His Excellency Anote Tong, for his diligent advocacy of global climate justice and peace.

Attached are details of the event and poster.

Date: Wednesday, April 3, 2019

Location: Jack Singer Lobby, Arts Commons

VIP Reception (appetizers and wine included), followed by the Award Ceremony and 30 minute speech by His Excellency.

Tickets are on sale now at: mru.ca/PeaceTickets

All ticket proceeds from this event go directly to the operation of the Calgary Peace Prize.

We truly hope that members of Rotary throughout Calgary are able to attend this celebration. We also hope that you can share the poster with your contacts. The Calgary Peace Prize aspires to engage Albertans in a productive dialogue around peace and justice. With your attendance, we can promote the dialogue together.

For more information about the Calgary Peace Prize and the John de Chastelain Peace Studies Initiative, please visit mru.ca/peaceinitiative. A video of the 2018 event can be found here mru.ca/peaceprize2018.

Please do not hesitate to contact me with any questions. I look forward to hearing back from you.

Regards,

John Lamming, M.A., Rotary Peace Fellow
Calgary Peace Prize Organizing Committee
403-651-8798

MARCH 2019: WATER AND SANITATION

- Mar 18:** RCCS Board Meeting at Ranchman's on 13th
Mar 21: BitQuest CEO Koley Karringten: Intro to Blockchain and Crypto Currency
Mar 27: Rotary Dim Sum at Central Grand Restaurant: Contact Keith Davis to join
Mar 28: Christina Hassan: FullSoul

APRIL 2019: MATERNAL AND CHILD HEALTH

- Apr 4:** To Be Determined
Apr 11: New Member Celebration: Evening Meeting: Hangar Flight Museum
Click Here: <https://www.crsadmin.com/Gen/EventPlanner/EventClubRegistrationForm.aspx?aid=952>

New Members
Celebration

- Apr 16:** Mustard Seed Dinner Prep and Service
Apr 18: Ann Maria Sysiak: Canadian Parks Society
Apr 24: Partners Luncheon: Willow Park Golf and Country Club: 11:30 am
Apr 25: Bob Sartor: Calgary Airport Authority: Blue Room

MAY 2019: MATERNAL AND CHILD HEALTH

- May 2:** To Be Determined
May 7: Ronald McDonald House Dinner: Need 5 Volunteers
May 9: St. Mary's 4 Way Test Contest
May 16: Janice McTighe: Renfrew Educational Services
May 23: Stay In School Luncheon: Carriage House Inn
May 30: Dream Home Kick off
May 31-June 2: RCCS Invermere Golf and Fellowship Weekend



JUNE 2019: ROTARY FELLOWSHIP

- June 6:** Liisa Lehtio: YEX Presentation and Farewell
June 12: Annual Partners Dinner: Willow Park Golf and Country Club: 5:00 pm
June 13: Stampede President Presentation: Club House
June 20: Small Grants Charity Day Presentation
June 27: Changing of the Guard: Must park in Lot 10

Small Grants

JULY 2019:

- July 4:** Dream Home Kickoff
July 11: No Meeting: On Park: Dream Home Ticket Selling
July 18: To Be Determined: Location to be determined
July 25: No Meeting: Stay In School Golf Tournament



Health, Wellness & Transportation for January and February 2019

Contact **Dorothea Schaab** at: 403-238-1730 or: schaab@telus.net if you know of anyone that is not well, that could use a visit or a ride to a Rotary Meeting.

Weekly Meetings & Bulletin Requirements

If you are asked or request to speak at a weekly meeting please note the following:

- Advise President Ron that you wish to make an announcement on Monday before the meeting by email
- Provide a digital copy of your notes to the Bulletin Editor and/or Kathyann Reginato in advance of the meeting. If you can't then immediately after the meeting
- At a minimum please give the Editor your hand written notes after you speak

This is for Speakers, Intro Speakers, Thankers and anyone making announcements at the Podium.

We cannot guarantee that your announcement can be made if you don't provide this information.

Thank you for your assistance with this. It is very difficult for the Bulletin Editors to take so many notes at a busy and loud meeting so let's help them out

Rotary Club of Calgary South
Rotary International President: Barry Rassin
District 5360 Governor: Dan Doherty

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

Visit us at: www.rotarycs.org

Office Administrator: Kathyann Reginato email: kathyann@rotarycs.org

2018 2019 Club Officers

President: Ron Prokosch:
President-Elect: Chas Filipski
Past President: Bill LeClair
Club Secretary: Larry Stein
Treasurer: Don Mintz
Partners Past President: Karen Grant

rprokosch@prokoschgroup.com
chasfilipski@gmail.com
leclair@calgarylaw.com
larry.stein@shaw.ca
treasurer@rotarycs.org / donmintz@shaw.ca
lkgrant@shaw.ca

2018 2019 Directors

Club Service: Operations: Len Kushner
Club Service: Membership and Social: Glen Godlonton
Club Service: Ways & Means: David Young
Community Service: Jim Hutchens
Community Service: Ways & Means: Dana Hunter
International & Vocational Service: Kevin MacLeod
Youth Service: Dorothea Schaab

lkushner@drivesportswear.com
glen@godlonton.com
dsy39@yahoo.com
jmh_calgary@hotmail.com
drmuir@shaw.ca
kmacleod@moneyadvisor.ca
schaabd@telus.net

Other Important Contacts

Audit Chair: Penny Leckie
Communications & Public Image Chair: Toby Oswald-Felker
Constitution, Bylaws and Governance: Sherry Austin
Dream Home Chair: Jim Bladon
Health Wellness & Transportation Chair: Don O'Dwyer
Large Grants Chair: Myrna Dube-Thompson
Small Grants Chair: Mark Ambrose
Social Committee Chair: Keith Davis
Stay In School Golf Tournament: Ted Stack
Stay In School Scholarship Program Chair: Bill Sumner
Programs and Tours Chair: Jim Fitzowich
World Community Service Chair: Jamie Moorhouse

penny@taxtherapist.ca
toby@shawlink.ca
srains@shaw.ca
jbladon@atb.com
dpodwyer@hotmail.com
myrnadube-thompson@shaw.ca
markambrose@shaw.ca
daviscomm@shaw.ca
ehstedstack@gmail.com
bsumner@shaw.ca
jfitzowi@telusplanet.net
jamie@talkinglightmedia.com