



RCCSP Weekly Bulletin November 4th, 2021
Volume Number 67, Issue Number 15

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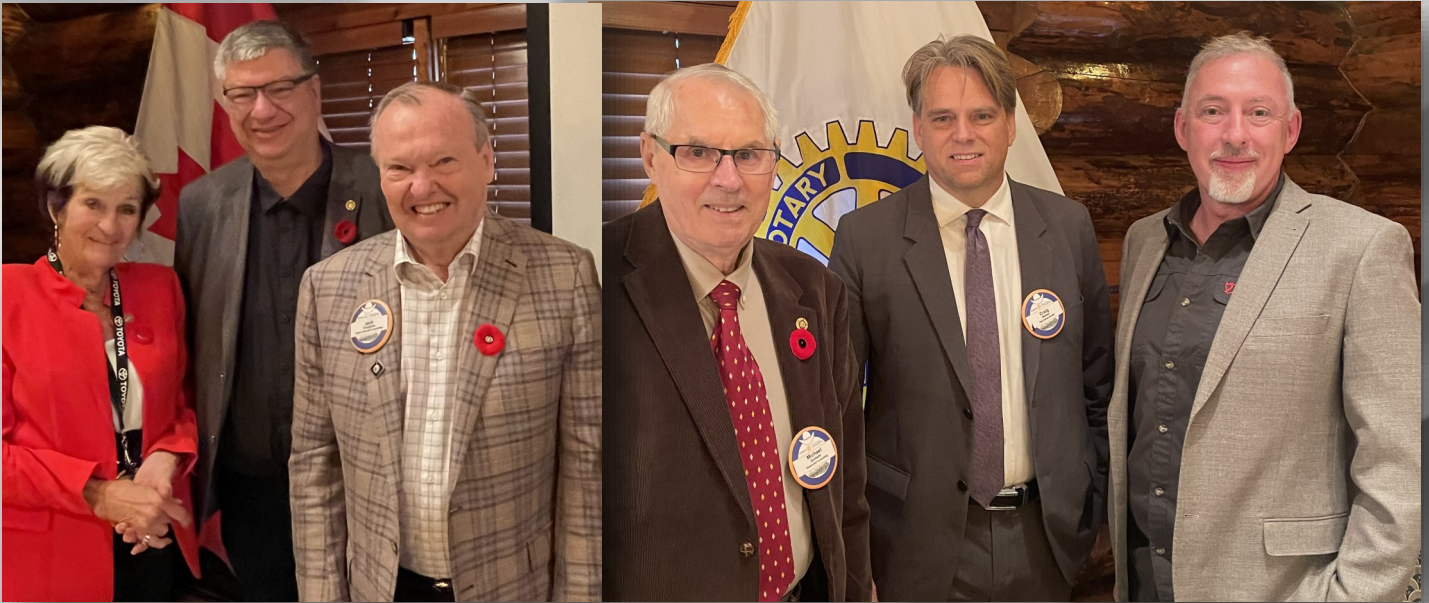
CLUB NEWS

We have a modified program today. Our planned speaker Dr. Tyler Williamson had to cancel due to the death of a good friend and will be rescheduled for a later date. But the great news is that we have **Chef Paul Rogalski** here today. I've always said my favourite meetings are when we have local small business owners who have great success, so I am really looking forward to hearing Paul today. We appreciate him coming on short notice because "Plan 'B'" wouldn't have been "ideal". Without a guest speaker I likely would have had to run the Club through an impromptu 25-minute yoga session, which for obvious reasons could have been slightly awkward. So, we will have to save that for another day. Thank you for coming Paul.



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

HEAD TABLE: Jack Thompson, Myrna Dube-Thompson, Michael Zacharki, Chef Paul Rogalski, Bryan Walton



GUESTS: Lynn Topp introduced our Guests today: Paul Rogalski (Guest Speaker), Harold Weir (Pat Neuman's Partner), Dale Strukness (Guest of Penny Leckie, Todd Richardson (Guest of Glen Richardson), Melanie Todd (Guest of Sherry Austin) and by Zoom Gail Urquhart from the (Bethany, Guest of Stan Cichon) joined us as well. We joined in on the "Welcome" Song.

LUANNE WHITMARSH: President Craig said that we wanted to let everyone know that our own Luanne Whitmarsh is one of three finalists for the **2021 Women of Inspiration Award** that will be announced on November 11th.

Luanne is our Club Secretary and has been a huge inspiration to all of us. So congratulations Luanne.





CLUB NEWS

CLEVEN AWARDS: Bryan Walton would like to remind members to submit nomination forms and letters for the Cleven Award to him on or **before November 12**. There will be information attached to the bulletin.



SMALL GRANTS: Jim Hutchens asked everyone to seek out possible recipients for the Small Grants program and to get applications in as soon as possible. If you need information about the parameters, please contact Jim. The **Small Grants application is available on our website**.

50/50 DRAW: was won by **Hugh Delaney**. The pot was \$108.



ROTARY FOUNDATIONS: Jamie Moorhouse thanked all the members for all the support they have shown in the past for this program. Jamie indicated that our club was the recipient of two awards: One for having the highest donations of any club on a "per capita" basis and the second for being the highest contributor in Zone 28 which contains approximately 1055 clubs and over 4000 members.



Jamie went on to point out the relationship between the two Foundations. CRCF and TRF. It's important to know that projects rely on our being able to leverage fund monies. The club provides seed monies which are then matched by Foundation Grants to provide funding for the projects. For example, an initial amount of \$4000 can spiral into \$31000 for the project. Initial funding is often provided by CRCF as we are not able to use casino or lottery monies in any of the projects. Jamie showed examples of the various categories the committee has to use for the development of projects.

Jamie concluded his presentation with a video clip: <https://vimeo.com/642546148>

President Craig indicated that operations of the two Foundations have now been combined into one committee.

PAUL HARRIS: Jack Thompson presented PHF pins to: **Spencer Tonkinson and Benno Nigg, Carol Rosdobutko, Hugh Delaney and Dilan Perera**. The highest level is a +8 designation and the next level is Major Donor – and today our recipient is **Bill LeClair**. Spencer returned to the mic and explained why he contributed to CRCF and TRF. He pointed out that these Foundations are one of the more successful ventures in the world and that their funds truly do get to the target.





CLUB NEWS

ROTARY REMEMBERS: Jim Fitzowich: Rotary Remembers: The cost is \$35.00 and can be purchased through District 5360 website – tickets must be purchased by **midnight** on November 4th. This event will be live streamed, but we encouraging people to attend the live event. Rotary Remembers is also a wonderful time of fellowship for Rotarians, family and guests from throughout the city and area. If you can't attend, registration for the streamed event is also on the District website



REGISTRATION LINK: [Rotary Remembers 2021 Event Link](#)



SERGEANT-AT-ARMS: John Fitzsimmons:

- Anyone NOT wearing their poppy was asked to pay \$1.00
- John asked Spencer to donate "Happy Bucks" which he did to celebrate the birth of his son.
- Terry Allen and Hugh Delaney were both asked to contribute part of their 50/50 winnings.
- Melanie Todd and Dale Struksness were asked to contribute \$2.00 each in anticipation of becoming members of the club.

John also took the opportunity at the mic to mention some very special individuals:

Meet the 2021 Top 7 Over 70 Award Recipients – Top 7 Over 70

<https://top7over70.com/2020/11/25/nominations-open-for-2021-top-7-over-70-awards-plus-new-noble-neighbour-citation-program-announced/>

Closing Remarks: President Stokke: I finish by asking you to think about something as you leave Rotary House today ...

What do you need from our Rotary Club this week? What does our Club need from you this week?

With that, our meeting is adjourned

THIS WEEK'S MEETING LINK: <https://youtu.be/0c6vVTTLVbo>





GUEST SPEAKER: CHEF PAUL ROGALSKI

Speaker Introduction: Bryan Walton

**Culinary Director and Co-Owner of Rouge Restaurant and
Culinary Director and Host: Wild Harvest TV Series**

Chef Paul is a renowned and passionate gastronomic leader and artist who finds his inspiration in locally sourced ingredients, the natural environment and collaborations with the great people he works with and learns from every day. His culinary career has taken him to Singapore, Malaysia, Grand Cayman, Scotland, The United States and across Canada, where he has amassed deep culinary experiences and great relationships. Among his many adventures,

Paul is the Culinary Director & Co-Owner, Rouge Restaurant, Calgary where he

led the vision and kitchen team to achieve the prestigious ranking as one of the San Pellegrino's World's 100 Best Restaurants.

With his inner-city garden inspired restaurant, Paul helped define farm to table in Calgary and beyond, focusing on creating exceptional culinary experiences using fresh, garden and local ingredients. Today, Rouge remains a top ranked Canadian restaurant and Chef Paul remains a culinary adventurer at home and abroad. Paul's passion for sustainability and the natural environment has kept him busy as a speaker and guest chef locally and internationally at Cook it Raw, Terroir Symposium and The Cayman Cookout. During Canada's 150 Year Anniversary, Paul was invited as a guest chef for Canada's C3 Arctic Expedition. Additionally, he partnered with Canada Beef and hosted one week-long epicurean events in Mexico, with The Eldorado Hotel and was an inaugural Canadian Chef at Mexico's Chili Pepper Festival.

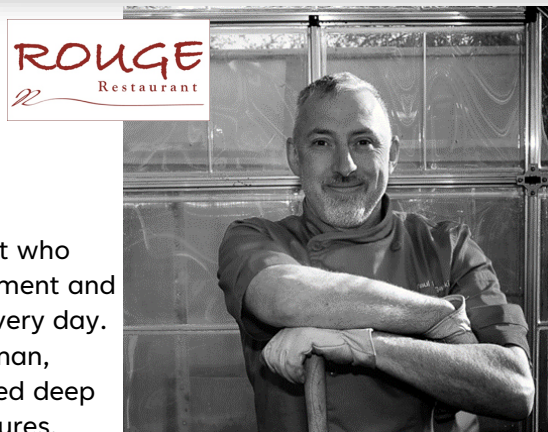
A few of the accolades and recognition Paul has received for his work as a chef, restaurant owner and food advocate include: University of Guelph Food Day Canada, Good Food Innovation Award, Southern Alberta Institute of Technology, Distinguished Alumni, Canada's 100 Best Restaurants, Best Overall Restaurant, Where Magazine, #1 Tried, Tested & True, Avenue Magazine, Calgary, #1 Best Overall Restaurant, Avenue Magazine, Canada's Best Restaurants, Vacay.ca, Pinnacle Award, Independent Restaurateur of the Year, Canadian Food Service & Hospitality Magazine, Food Service and Hospitality Magazine the Independent Restaurateur of the Year, Alberta Venture Magazine: Alberta's Most Influential People, Business in Calgary Magazine: Twenty Business Leaders of Tomorrow and Leadership and Support of Organic and Sustainable Cuisine: Monterey Bay Aquarium, California, USA

Speaker: Back Story to Wild Harvest: <https://wildharvestfilms.com/>

Chef Paul began by saying that, "he's just a cook!" and went on to describe how "Wild Harvest" began.

In 2012, his restaurant ROUGE won a major award and from that point on it put a culinary focus on him, the restaurant, Calgary and Canada. As a consequence, he got involved in a TV program where a catamaran was used to cruise the oceans and put into a port where they would meet a local chef and have a "cook off!" and then on to the next port. One of the producers of this show was Les Stroud. During one of their conversations the germinal idea for another show was developed. The cool idea was to go out into the country, forage and see how the local vegetation could provide "flavour" to a meal.

Three years went by and then Les called Paul and indicated he was coming to Calgary and he wanted to pursue this idea. They met up with Kevin Costlin from Edmonton and filmed a pilot episode near Sundre and a new TV program came into being. Paul showed a short video clip to illustrate. In it he had to chase away a bear who was really interested in the steak that was being cooked. He also indicated that not ALL the flavours were successful!





GUEST SPEAKER: CHEF PAUL ROGALSKI

Warner Bros. and PBS were interested in “airing the show”. Ultimately they decided to go with PBS and the series has now been shown on every PBS station in the US and has gone on to air in Asia and other parts of the world.

Paul indicated how the restaurant industry is a “tough” industry to be successful in and he’s both made money and lost money in his ventures. They wanted their TV program to be “FUN” and he talked how it provided people with the opportunity to explore nature, use their own resource and how it really got people “outdoors” during time of COVID.



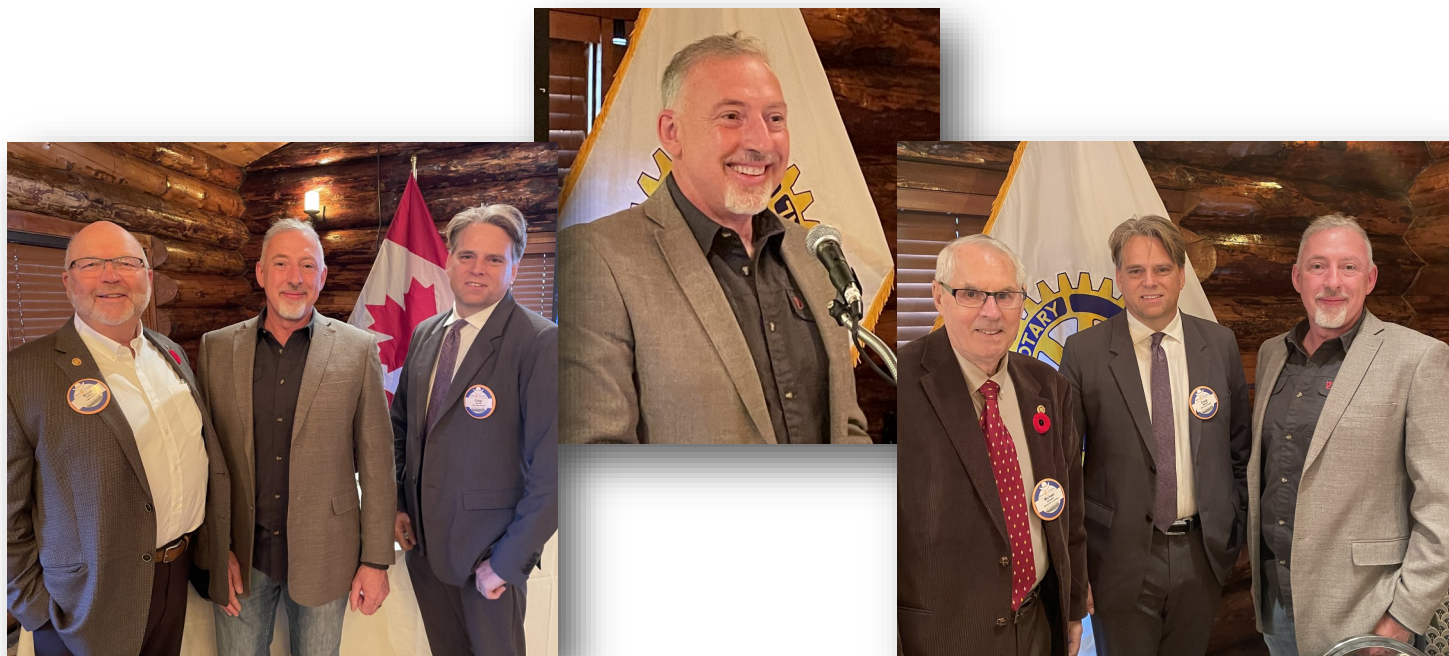
They did not want the program to become another competition and this ultimately led them to chose PBS. It has aired in the US to over 360 million viewers.

Season 3 is now “in the can”. They have received numerous plaudits that have shown how they’ve be able to “touch people” and helped them find a reason to “breathe”. It’s a wholesome means of escapism and that “trees really can TASTE GOOD”!

Speaker Thanks: Michael Zacharki thanked Paul for filling in at the last minute and providing us with an illuminating talk.

In Closing: Paul, thank you for taking the time to visit us today. It is wonderful to see a local business flourish. 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.

Meeting Presentation Link: <https://youtu.be/0c6vVTTLVbo>





ROTARY REMEMBERS

This is the 10th Anniversary of “Rotary Remembers”, which began as a Calgary Rotary Presidents initiative in 2012



Rotary Remembers



Thursday, November 11, 2021

The Carriage House Inn
9030 Macleod Trail South

10:30 a.m. – 1:00 p.m.

(Doors open at 10:00 a.m.)

Guest Speaker

Tom Leppard



Tickets \$35.00 for in person

Ticket registration deadline November 4



We will be resuming Rotary Remembers on an in-person basis. The meeting will be livestreamed and you can register to watch as well. There will not be a recording of this so you must attend in person or watch in real time at no cost



Speaker: Our guest speaker this year will be Tom Leppard, BA, MA (Canadian History). Tom is a well known speaker, author and documentarian and will share remembrances of Calgarians who have served our country valiantly over the last 100 years.

Registration: [Rotary Remembers 2021 Event Link](#)

Where: The Carriage House Inn. A sit down lunch will be served after the presentation. Any funds raised will be donated to the Calgary Poppy Fund.

Cost: Ticket price is \$35 and Proof of Vaccination will be required at the door

[Rotary Remembers 2021 Event Link](#)





Recipes from members & friends of the Rotary Club of Montreal-Lakeshore

My name is Knud Petersen and I am a long-time member of the Rotary Club of Montreal-Lakeshore. Many people feel lonesome these days, so we decided to create a website with interesting and unusual recipes and offer them to anyone on the internet. As a gesture ... from one human being to another. We hope you will consider passing on the website: rotaryrecipes.ca to interested members. Everything is free.

Knud Petersen,
quedar@bell.net (450) 451-0881

Recipes: There are no restrictions attached to our offer for recipes – they are free and can be shared. But if, when you have tried one or more, and are pleased with them and would like to support our efforts to help others, we would, of course, be exceedingly pleased to receive your [donation](#)! Every [donated Dollar](#) goes to charity.

Sharon Kachmarski:

Please pass this message on to DG Martin Parnell, ADG Dan Kameron and Calgary South (they sponsored us originally)

We are having an anniversary celebration on the evening of **Saturday, November 27th, 2021**.

Due to covid this will be a low key event of appetizers, drinks, games and socializing.

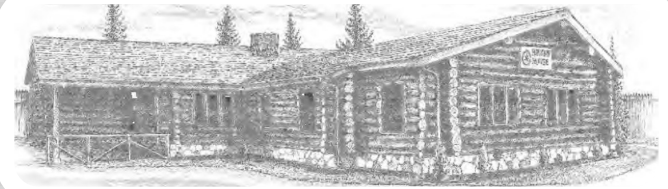
Location: Basement Hall of the Kindersley Legion: 118 2nd Ave East, Kindersley.

Time: 7:30 pm.

We ask that people wear masks when not actively eating or drinking but we will not be asking for proof of vaccination. If people can contact us (either this email or the one listed in ClubRunner): KindersleyRotary@outlook.com by **November 19th** to let us know if they will be attending. That way we can plan food appropriately.

Thank you for your assistance.

Sharon Kachmarski, Secretary
Kindersley Rotary Club



PARTNERS IN PRINT



PARTNERS CHRISTMAS LUNCHEON

DECEMBER 7TH. 2021

CANYON MEADOWS GOLF & COUNTRY CLUB





RCCSP CLUB CALENDER OF MEETINGS AND EVENTS

NOVEMBER 11th: Carriage House Inn
ROTARY REMEMBERS (All Clubs)
You MUST register by November 4th at Midnight to attend

[Rotary Remembers 2021 Event Link](#)



NOVEMBER 18th: ROTARY HOUSE:
Rollie Cyr Executive VP Customer Service Calgary Flames



NOVEMBER 25th: ROTARY HOUSE:
Rotary Profile: Hans Tiedemann and R.I. Foundation



DECEMBER 2nd: ROTARY HOUSE: Rabbi Ilana Krygier
Hannukah Celebration: Rabbi Ilana Krygier



DECEMBER 7th: Partners Luncheon



DECEMBER 9th: ROTARY HOUSE: Christmas Luncheon with Partners
"Welcome Home"



DECEMBER 16th: ROTARY HOUSE: To Be Announced



DECEMBER 23rd: ROTARY HOUSE:
Cleven Awards and Christmas Social



DECEMBER 30th: NO MEETING



JANUARY 6th: ROTARY HOUSE:
President's State of the Union Address

STATE OF THE UNION

JANUARY 13th: ROTARY HOUSE:
To Be Announced

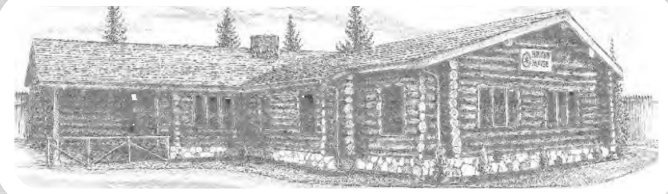


JANUARY 20th: ROTARY HOUSE
Burns Day Celebration



JANUARY 27th: ROTARY HOUSE
Calgary Chamber: Debra Yedlin





Old Rotary Badges

The badges which are reminders of our past name are going to be discarded soon. If members wish to keep their badges please remove them from the table in the registration area at the end of the meeting on Nov. 4th. If members who are not able to attend meetings at this time wish to keep their badges please let Terry Allen know by email and they will be held until you return.

District Conference 2022

Registration for the District Conference 2022 is available now. It will be a one day conference on **Saturday May 14th** held at the Alliance Church in Cochrane. The theme is "Supporting the Environment" and charity partner is Shelter Box. We have an exciting program. Our first sponsor is Mackay's Ice Cream. This will be a hot ticket so book your seat early. **Click here to Register:**
www.discon5360.ca

May 14, 2022



THE DETAILS

Date: Saturday, May 14th, 2022

Location: Alliance Church, Cochrane, AB

Time: 9:00am to 4:00pm, registration open at 8:00am

Social: MacKay's Ice Cream following conference

Cost: Rotarians \$100, Guests \$100, Youth \$20

Charity of Choice: ShelterBox

**VOLUNTEERS
NEEDED**

COMMUNITY KITCHEN VOLUNTEERING

**VOLUNTEERS
NEEDED**

WE NEED VOLUNTEERS to assist Community Kitchens with the Good Food Box program. Shifts are available. This is an important community program located at: **Community Kitchens: 3751 - 21 Street NE** Volunteers must be 18 years and older. We need **two volunteers** per shift. Please contact Earl Huson: ehuslink@telusplanet.net or 403 686 0828

November 30th: 5:00 pm: 2 volunteers needed

December 6th: 5:00 pm: 2 volunteers needed

2021/2022 RCCSP OFFICERS AND DIRECTORS

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

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