



Club of Calgary
at Stampede Park



RCCSP Weekly Bulletin September 1st 2022 Volume Number 68, Issue Number 6

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Welcome to the September 1st meeting of the Rotary Club of Calgary at Stampede Park. It is my pleasure and honour to be the Club's President, Jim Fitzowich.

Head Table: JRF, Penny Leckie, Linda Hunt, Luanne Whitmarsh, Sjoert Zuidhof, Len Hamm

Announcements: President Jim Fitzowich

This weekend is the Labour Day long weekend, and with the long weekend comes the CFL Labour Day Classic. Some history on the event:

The Labour Day Classics originated in 1949, and predates the formal creation of the CFL.

We are most familiar with our own provincial contest of the Stamps vs Edmonton, but all the other CFL teams have their own contests other than BC.

Although the Stamps & Esks have not played every year since 1949 (1954–1958, 1964–1968, 1973, 1981), 2020 was the 1st year in CFL history that all the Classics were cancelled due to Covid.

In the 60 times the Calgary and Edmonton have played, there was only 1 tie in 1978. Otherwise Edmonton is ahead 30 games to 29. Go Stamps Go!

Please join **Glenn Potter** and myself for the singing of O Canada followed by Rotary Grace.

Enjoy your lunch and we'll be back soon.

Health and Wellness: Tommy Low is **no** longer at the South Campus Hospital. He has been moved to the Bethany Care Center at 916 18A St NW, Calgary.

Ed Whitaker – Ed's daughter Wendy Cartwright advises Ed's Celebration of Life will be on Monday October 17th. Details will follow in the Bulletin once received.

50/50: Neill Magee advised that the pot this week was \$135. Benno Nigg was the lucky winner. Congrats Benno!





Announcements Continued:

Sargeant at Arms:

Spencer Tonkinson-After commenting that President Jim stole his material, Spencer did a great job of adding to the coffers by asking some questions about President Jim’s trivia to see who was paying attention. Great job Spencer!



Red Stripe Removal:

Sjoert Zuidhof’s red stripe was removed by **Luanne Whitmarsh**. President Jim added his congratulations but added a warning that he was now fair game to be fined by the Sargeant at Arms. Congrats Sjoert!

Ribbons for Peace Fundraising Dinner on October 12: Len Hamm-We are now set up at the meetings to sell tickets to the dinner and the ribbons as well as take your donations. We anticipate 35,00 evacuees from the Ukraine will be arriving in Calgary by next spring, mostly women and children. Most will arrive with nothing but the clothing on their backs. We know that Calgary with a “can do” attitude will step forward and help.

The biggest need is communication and to assist them to learn to speak, read and write English. This will be our Club focus for the adult group in particular.

We want to fill all of the 450 seats but not with just Rotarians. We need you to reach out to corporate Calgary-all those 50 somethings who are the next generation of executives. We encourage you to invite the younger generation and put together a table. It will be an authentic Ukrainian dinner with wine and beer and lots of fun.

Price per ticket is \$175. You get a tax receipt for \$175 minus the cost of the meal (approx.. \$50.00) = \$125.00.

Put together a table of 10 for a cost of \$1750. Less the meal cost and your receipt is \$1250. Add a ribbon to each seat at a cost of \$100.00 each.

Sponsors to date: Thanks to **Todd Richardson** and Charlesglen Toyota for the \$10,000 sponsorship, **Gail and Alec McDougal** from Ecco and **Murray and Arlene Flegel** from Boss Lubricants who each sponsored a \$5000 sponsorship and “Friends of Ukraine” sponsorship of \$1000 by **Lynn and Jane Topp**.

Auction items are coming together and we need those as quickly as possible. We are hoping to put together 8 to 12 packages to auction.



Club of Calgary
at Stampede Park



Announcements Continued:

President's Party: Pat Neuman advised that the President's Party is coming up on September 15 and you need to purchase your tickets by **September 7**. Go on the Rotary website where we buy our lunches to purchase your tickets.

SAVE the DATE

Rotary Celebrates our Presidents

Thursday, September 15

ATCO Blue Flame Kitchen

7:00 pm - 9:00 pm

Come enjoy an evening in a theme that might be best described as the Calgary Stampede meets Downton Abbey! Men in your casual business attire complete with your cowboy hat, and women dressed as you please, complete with your favourite fancy hat or fascinator.

A reception style evening that includes the fabulous entertainers from our Christmas luncheon, Mary Boyes vocals and David, her accompanying guitarist. The evening includes cheese, charcuterie and appetizers, along with wine, beer and non-alcoholic beverages, dessert, coffee and tea.

There is plenty of free parking at the ATCO Blue Flame Kitchen, both surface parking as well as underground. There is also a round-about at the main south front door where you can let people off before parking.

Plenty of seating is available at the reception.

-Corinne

Celebrating Rotary Presidents
Thursday, September 15
ATCO Blue Flame Kitchen, 5302 Forand Street SW
7:00 - 9:00 PM reception, live entertainment, appetizers, beverages



Think Downton Abbey

Enjoy an evening of men in your business casual, complete with your fedora or cowboy hat, and women in your casual/cocktail with your favourite fancy hat or fascinator. Join us to celebrate the Presidents of the Rotary Club of Calgary at Stampede Park in this fun themed evening.

There is free parking at ATCO above and below ground with an easy main south front door drop-off. (Note the North door will be locked).

While this is a reception style evening featuring the Red Seal Chefs, there is plenty of seating in this stunning venue.

Enjoy the much-loved live music of Mary Boyes and her guitarist, Dave who you'll remember joined our Rotary Christmas luncheon.

Cost is \$55/person - includes hot and cold appetizers, cheese and charcuterie boards, desserts, and two drink tickets per person for wine, beer, and/or non-alcoholic beverages.

Book the same way you book Thursday lunch at www.RotaryStampedePark.com. You will see the event listed there. **YOU MUST BOOK & PAY BY SEPTEMBER 7 as we are required to give ATCO the final count September 8. Sorry, there is no flexibility on this date.**

See you for our long-awaited celebration.



Speaker Introduction:

Penny Leckie

Linda grew up on a farm south of Lethbridge and now has her own farm. She obtained her BSc in Agriculture at the University of Alberta, specializing in Range and Pasture Management. She is currently the Program Director for the Alberta Farm Mental Health Network and she brings over 20 years of experience in the

Alberta and Saskatchewan agriculture industry, working with governments, non-for-profits, and farmers. Their mandate is to reduce stigma, connect service providers and advocate for farm specific solutions and resources.

Main Speaker:

Linda Hunt-“Update on Rural Mental Health”

(Edited for length-for the full presentation click on the video link on page 7)

Who We Are

We are Alberta’s approach to farm mental health. Our network is committed to creating services that address the real needs of farmers, to live their best life, contributing to the local economies and resilient rural communities.

Why should we be concerned about the mental health of farmers as a society?

The mental health of farmers has a direct impact on issues that are important to Canadians:

- Animal Welfare
- Food Safety
- Environmental Stewardship

You might be surprised to learn that Canada is catching up on the farmer wellness discussion. Australia, Europe and US are monitoring things like suicide rates and other wellness indicators in farming.

Initial Canadian research is showing that 68% of farmers are more susceptible than the general population to chronic stress, which can lead to physical and mental illnesses.

The challenge for farmers is that so much is out of their control. They can’t control the weather which can lead to a bumper crop or a devastating loss. They can’t control international relations which has a direct impact on who is prepared to buy their product. They can’t control commodity prices which go up and down..





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at Stampede Park



The Agriculture Services Boards concerned with the sustainability of agriculture in the province, passed a resolution in 2019 asking for resources to make mental health a priority for farmers. Funding services is an issue.

In 2021 we got some seed money to look into resources needed. What we found was a need for a more compassionate system and peer support. It was clear that we can't use the same delivery model as urban centres.

The Agriculture Societies of Alberta are integral to the delivery of mental health services. These societies bring people together with events like a hockey program. There is a reason to get together and make things happen.

In 2021, we connected with a number of health care, service providers, agriculture associations and farmers to try to determine what the response should be for Alberta. This led to the development of our whitepaper, Farm Mental Health: A Recovery-Oriented Approach to Support Alberta Farmers for a Sustainable Future.

Our greatest achievement is working alongside Dr. Rebecca Purc-Stephenson of University of Alberta and formally kicking off our research program this fall. She is working with researchers across Canada but the focus of her work will be on Alberta.

Our initial research will be on:

- Depopulation (greatly reducing the population in a farming community).
- Farm Transition which requires planning for the future often causing increased stress and substance abuse.
- Wellness Supporters which provides stress management for them and who to contact.

Our goal is to start a community of practice with professional who have an understanding of farmers' issues.

For more information, visit farmmentalhealth.ca or connect with Linda directly at linda@areca.ab.ca.

**** please review the recording of the meeting for the complete presentation!**

Thanks to the Speaker:

Roselyn Jack expressed her thanks and appreciation for what she shared today and that she and her team are needed. Roselyn is a retired rancher and commented that the farming/ranching folks are a shy quiet group. Linda's presentation was important and timely.



In Closing:

Next Week's meeting: Will be District Governor Steve Leavitt.

Guests and prospective members are always welcome at Rotary for lunch and the 8th would be a good meeting for your guests to learn more about the larger Rotary International organization.

Looking forward in seeing you all on September 8th.

Final words:

Thought for the day: *"All we have to decide, is what to do with the time allotted to us."* -J.R.R. Tolkien

And with that, our meeting is adjourned.

Thank you for coming. Have a great Rotary week!



Final Reminder to Register for Next Week's Meeting

www.rotarystampedepark.com

THIS WEEK'S MEETING LINK:

https://youtu.be/g_3pjZpJoqw



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We received a lovely phone call the other day from the Daughter of a Patient at **Providence Care Center**, who called to say how grateful she and her Mom are for the beautiful Garden that our Club has contributed to. She said “I am sitting in a beautiful garden while visiting my Mom, and I just wanted to say how absolutely beautiful this garden is and I am so grateful and so is my Mom! Please pass on our gracious thanks to all involved. You have no idea how much these means to us!” This phone call warmed my heart and we love to hear how our hard work in the Community is appreciated so I wanted to pass it on! —**Sarah Brown. Admin**

Also, many of you might have seen **Gena Rotstein** at the Meeting today. She wanted to send a quick Thank You to the Club

Dear Rotarians;

On behalf of my mom and sisters and my father's extended family I want to thank you for all the kind words of support that were shared this past week. Needless to say it has been a whirlwind of activity and emotion. A few of you knew my dad long before I was a member of the club and some of you mentioned how you met him. Thank you for sharing those stories with me. Your thoughts and support is greatly appreciated.

All the best and again thank you from the bottom of my heart.—Gena Rotstein



COMMUNITY KITCHEN VOLUNTEERING OPPORTUNITY !!!

Volunteers are required to build Good Food Boxes. Click on [Sign Up](#) to view available slots and book yourself directly online

Monday September 12th:

Tuesday October 18th:

Monday November 21st:

Tuesday December 6th:

5:00 pm to 8:00 pm

1:00 pm to 4:00 pm

5:00 pm to 8:00 pm

1:00 pm to 4:00 pm

Earl Huson (403) 686-0828/ ehuslink@telusplanet.net

Ken Farn: (403) 560-6770/ kqfarn@telusplant.net



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ROTARY RIBBONS FOR PEACE FUNDRAISER

SUPPORT FOR UKRAINIAN EVACUEES TO ALBERTA!

Join the **ROTARY CLUB OF CALGARY AT STAMPEDE PARK** in raising funds to assist Ukrainian evacuees relocating to Alberta.

OCTOBER 12, 2022, 6 PM - 10 PM
POLISH CANADIAN CULTURAL CENTRE, 3015 15TH STREET NE

Master of Ceremonies/Auctioneer: Danny Hooper, Danny Hooper Productions

Guests of Honour: Hon Ed and Marie Stelmach

Remarks: Olesandr Danlyeiko, Consul General of Ukraine, Edmonton

Special Entertainment by Vykrutas Ukrainian Dance Society, followed by live Auction.

Tickets for the Evening are ONLY \$175 and include dinner, entertainment, live auction and special guests.

To show your further support, custom designed **Blue and Yellow Ribbons for Peace** will be available for a donation of \$100.00.

All donations tax deductible according to CRA guidelines.

rotarystampedepark.com/ribbons-for-peace/

Slava Ukraini





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PARTNERS in PRINT



Save The Date



Rotary Partners of Stampede Park

BREAKFAST &

“BIG BOOK-SALE”

Sept 26th @ 10:00 am

The Glencoe Club

625-29 Ave. S.W.

Bring all those books you have
saved for the past year!!!
Invitation to follow.





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<https://www.watertonglacierpeacepark.org/2022-assembly-conference.html>

2022



PEACE PARK ASSEMBLY

GREAT FALLS, MONTANA

Celebrating 90 years of Waterton-Glacier International Peace Park

FRIDAY, SEPTEMBER 16

- 12 PM | Golf Tournament | Anaconda Hills Golf Course | \$50
- 5:30 PM | Welcome Reception | Celtic Cowboy, Downtown Great Falls | Free food, no-host bar

SATURDAY, SEPTEMBER 17

- 7:30 AM | WGIPPA Board Meeting (breakfast included) | Heritage Inn
- 8:30 AM | Peace Park Assembly Program | Heritage Inn
 - Speaker: "Shared Art & Cultural Aspects of Western Canada and the American West" | Jill Cross, C.M. Russell Museum Board of Directors
 - Speaker: "Building Cross-Border Positive Peace" | Michael Collins, Executive Director, Americas Institute of Economics and Peace
 - Speaker: "Great Divide Trail" | David Savage, Rotarian (Canada)
- 1:30 PM | C.M. Russell Museum tour | 400 13th St N | Free Admission
- 4:30 PM | WGIPPA Annual General Meeting | Heritage Inn
- 5:30 PM | Peace Park Assembly Dinner | Heritage Inn | \$45
 - Cocktails (no-host bar)
 - Dinner (business-casual attire suggested)
 - Program including honored guests

SUNDAY, SEPTEMBER 18

- 10 AM | Non-Denominational Church Service | Meadow Lark Country Club
- 10:30 AM | Brunch | Meadow Lark Country Club | \$25
- 11:30 AM | Hands Across the Border Ceremony
Meadow Lark Country Club

 \$50 Conference registration; schedule subject to change
Golf, Saturday dinner, Sunday brunch optional (additional fees apply) | Registration open at greatfallsrotary.org

 Heritage Inn of Great Falls | 1700 Fox Farm Rd | +1 (406) 761-1900
Room block reservations under "[Rotary Peace Park](#)"
Block is in place until Friday, September 2, 2022
Approx. \$115 + tax(USD) per night

**Waterton-Glacier
International Peace Park
Association**



Rotary 
Districts

5080 5370
5360 5390

CONTACT: Lacey Gallagher, Rotary Club of Great Falls
gallagherlacey74@gmail.com



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HIKING CLUB

16 hikers braved the intense heat today to hike Bragg Creek's Moose Meadows Loop. We enjoyed a sunny day but with lots of forested shade on the 10.8 km hike. No wildlife spotted although an area of the field was roped off due to a nearby grizzly mama and cubs. There was also few wildflowers, likely withered from the recent heat. But it was a wonderful morning with great company and lots of laughs. Even Larry did a fine job of hiking a fair distance before turning back.

Submitted by Pat Farn and Daphne Routledge





SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Calendar of Events

September 8: Visit from DG Steve Leavitt

September 15: Siân Matthews - Honens Piano Competition



September 15: Presidents' Party



September 22: Kurt Kinnear - 4H Leadership



September 29: President Dr Vanderpool - St. Mary's University



October 6: David Wartman - Calgary Civic Symphony



October 12: Ribbons for Peace Fundraiser



October 13: Oleksandr Danyleiko Consul General of Ukraine - War in Ukraine

