



SEPTEMBER 26TH, 2019: Volume 65, Issue 11 CRCF CAMPAIGN KICKOFF



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ONLINE MEETINGS: https://bit.ly/2IKLIVc

CLUB PRESIDENT: E. Chas Filipski, Jr. DISTRICT GOVERNOR: Christine Rendell RI PRESIDENT: Mark Daniel Maloney

RCCS WEBSITE: www.rotarycs.org

OFFICE ADDRESS:

Suite 120, 200 Rivercrest Drive SE

Calgary AB T2C 2V5

ADMINISTRATOR: Kathyann Reginato

PHONE: 403 244 9788

EMAIL: kathyann@rotarycs.org

The Calgary Rotary Clubs FOUNDATION

President Chas introduced Sherry Austin saying that he has admired Sherry and very appreciative of her support and guidance. Sherry is the current Board Liaison and Chas cannot imagine being the President without her. Chas said thanks to Sherry for everything she has done for Rotary and him!

CRCF OVERVIEW: Sherry Austin

Our Club supports three amazing foundations:

- The Rotary International Foundation
- The Stay in School Endowment
- and our own Calgary Rotary Clubs Foundation known as CRCF

CRCF is a place where all Calgary Rotary Clubs can invest their charitable funds and is overseen by a Board representing all participating Clubs. Each Club receives annual interest on their investment.

I want to make this perfectly clear: it does not matter the amount of your donation. The important point is that you are supporting our CRCF Foundation and all the charities to which we give funds.

Every single dollar matters. Never think that your \$25 donation is not important. It is far more valuable than you can imagine.

We all started with smaller donations as our lives changed and matured, so did our donations.

The most important gift you can give to CRCF is your participation.

A new member recently started donating \$25.00 per month – *it is not about how much you donate, just that you do!*



BULLETIN CRCF CAMPAIGN KICKOFF



Sherry Austin presented President Chas Filipski a cheque for \$187,831.55!!!

These are funds/interest we received from the investment from our members over many years. The funds returned to our Club now cover all of our Small Grants and all of the Partners Community Grants and this is growing each year!

Please wear your CRCF pins with our beloved Rotary House this month.

Introduction of Committee Members: Sherry Austin, Greg Martin, Bryan Targett, Bob Brawn, Norm Devitt, Neil Fraser, Al Johnson, Penny Leckie, John Price, Jim Fitzowich, John Fowlis, Norm Legare and Ted Stack (Director)

There are three convenient ways to make donations:

- Cheques must be made payable to "Calgary Rotary Clubs Foundation" with a note that it is for "Calgary South". Tax receipts will be sent from the Foundation. PREFERRED METHOD.
- Online donations may be made at www.calgaryrotaryclubsfoundation.ca. Click on "How to Contribute" and then click "Contribute online via Canada Helps". Tax receipts will be received via email.
- Fill out the donation card with your credit card information and we will enter your information for you. You will still receive a tax receipt by email.

And, now, the reason we are here – to learn about the people we help through our charities. At our Club, the interest from your donations goes to our local charities. The most asked question about CRCF every year is 'how are the funds used'? Last week you heard from Renfrew Educational Services about our bus donation. Please note that the funds used came directly from CRCF funds donated by Mario Stella in his will. He designated his funds to be used for 'transportation services for persons with disabilities'.

PARTNERS SMALL GRANTS: Denise MacLeod, President of Partners Club presented an overview of the charities to which they have contributed. This report was prepared by **Karen Grant.**

The Project Research Committee includes at least 4 Past Presidents, 3 members of the Executive and 3 or 4 other members of Calgary South Rotary Partners.

We are committed to helping improve the quality of life for non-profit groups or individuals in need of financial support in the Calgary area. We realize that this is a big responsibility to donate this amount of money, so each of our proposals are researched by 1 or 2 Committee Members and then we evaluate how many individuals our donation would impact and the impact on the community our funds would have.

We strive to select a diverse group each year, including children of all ages, women and men that need a helping hand or fresh start; seniors; troubled youth; families in a crisis situation, be it from illness, job loss or struggling with everyday life. Any agency that houses these programs is welcome.

We provided funds for 20 charities last year. Here are a few:

Bb4C "Brown Bagging for Calgary Kids" is a community funded group that provides healthy lunches for thousands of children in Calgary that would otherwise go to school without a lunch. In the last 3 years, the number of children in need of lunches has doubled. Food is purchased from donations and volunteers and staff make approx. 4200 lunches per day, 40% of which are made in their downtown kitchen. Community groups and individuals make the rest in their homes. School staff identify discreetly which kids need a lunch and they are delivered to schools by volunteers. The dedication from these volunteers if something that we can all recognize.





BULLETIN CRCF CAMPAIGN KICKOFF



Calgary Reads is a wonderful program that provides a bridge between home, school, and community. Nearly 29% of kindergarten children in Alberta are experiencing reading difficulties and there are children growing up without books in the home. Calgary Reads provides reading programs, ownership of books, and learning opportunities for parents and teachers. The Calgary Reads house is in Inglewood and is an amazing place. As you walk around you see many little reading nooks filled with parents and kids reading together. They have volunteer storytellers on many days. The look on a child's face when they realize that they are given a book to take home is magical.

Inn from the Cold is Calgary's original and largest Emergency Family Shelter. Their mission is to offer shelter, sanctuary, and healing to assist homeless children and their families to achieve independence. When we visited the location, we were overwhelmed how a whole family, including their belongings, are in a small room not much bigger than a regular bedroom. They have community rooms and an open space for eating but the smallness of it was shocking. We saw multiple families with small children. Their kitchen is old and cramped but they still make sure that healthy meals get served. Last year we heard that they had to go down an ancient elevator and out the alley to the Mustard Seed to use their facility to cook in order to serve the amount that is living there.

Beads of Courage is a program that provides beads to children coping with serious illness. Their mission is to transform the treatment experience by helping them to record, tell and own their stories of courage. Something as simple as a bead can make their experience go away for a few short minutes. Each bead represents a specific procedure. Each yellow bead – a night away from home; a black bead – a needle poke; a white bead – a round of chemotherapy and a beautiful handmade lampwork bead for special milestones. As a child's string of bead collection grows, so do their stories. In Alberta Children's Hospital last year, 100,000 beads were distributed. 8500 patients and families have benefitted from this program. Each child is more than happy to share their journey with you. They are proud of their beads and for a few minutes, they just get to be kids telling a story and not kids who are ill.

When we delivered the cheques to the various charities, it was an overwhelming experience. The appreciation in their eyes and love in their hearts stays with us and makes us proud to represent Rotary.

We are so thankful to be able to share the mission of "service above self" with the Rotary Club of Calgary South and look forward to another successful year of sharing.

RCCS SMALL GRANTS Chair Jim Hutchens: Usually when I am at the podium, I am cracking a funny story – but not today. I am here to speak on behalf of the Small Grants Committee to let you know the difference our Club and as Rotarians make to our society. Last year our Committee and your Board approved grants to 14 charities from \$2,500.00 to \$13,000.00. It is important that we do our due diligence and we ensure to channel funds to the right places which make the maximum impact on our community.



Our Small Grants help make life that much better for so many people due in part to CRCF and our continued contributions to the Fund. Just imagine if we did not have our unbelievable partnership with the Calgary Stampede. We would not be able to fund our Large Grants and our Legacy Projects. Small grants would be our only focus. However, with your contributions to CRCF we can support so many organizations. Our youth, the disadvantaged, those with mental health issues and addiction problems and the abused in our society benefit from our funding. And, it was through CRCF Mario Stella Transportation Fund that we were able to support the Renfrew Children's bus which you heard about last week.

We, as Rotarians, really do make a difference. And being a very small cog in the Rotary wheel certainly makes me proud to be part of something much larger than myself which can change the lives of so many and them so much hope. It is thanks to you, our members, who support CRCF that we say thanks so we can continue to support our community in so many ways.

Thanks to CRCF as being the gift that keeps on giving and with your help it will be more and more each year, allowing our Club to continue our great work helping those who need it most.

Remember: Small Donations to CRCF to Small Grants = MAXIMUM IMPACT!



BULLETIN CRCF CAMPAIGN KICKOFF



Here are some testimonials:

Sonshine: Thanks to you, we can continue fostering empowerment, saying 'yes' to one more child that needs therapeutic care to help her heal; offering a safe and warm home to a mother; supporting and counseling a family. The donation you make creates a ripple that turns crisis into relief and eventually empowerment. You can be confident that as a direct of your generosity lives are being changed for good.

AARC: When I was young, I enjoyed fishing, camping, video games, woodworking and soccer. I spent a lot of time with friends and family and I was happy and carefree. When my Dad passed away when I was 9 years old, I became withdrawn and cynical. I didn't want to put an effort into anything. I started smoking weed and drinking in high school. I began to care less about what mattered. I gave up on living, and was falling into a downwards spiral. I arrived at AARC on December 11, 2018. At first, I didn't think I had a problem nut once I bean to listen and become honest, I saw how much I could change. I worked the 12-step of AA and got my life back. I started to rebuild the relationships with my family and made real connections within the group. At AARC I've made a solid foundation on which to build a life.

ARBI: This video will show the impact of our donation. Thank you to **Steve Mason** and **Jamie Moorhouse**. Thank you to **Stan Cichon** for serving as our liaison with ARBI. Here is the video link: https://vimeo.com/352539393/2d5cc57b27

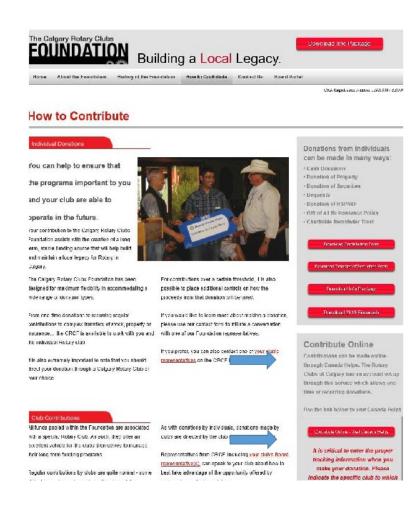
President Chas thanked Sherry, Denise and Jim. When the cheque was presented there was an audible gasp – and we can continue to grow our fund to continue to do the good we do. The impact of CRCF is due to members who came before us. The smallest contribution is going to make such a huge impact for our community. Here is my challenge to you... Please consider donating the cost of a lunch to CRCF and let's watch it grow. Imagine how large the next cheque will be!!!

ONLINE CRCF DONATIONS

- The screenshot to the right shows you how to donate online.
- Go to website:

<u>www.calgaryrotaryclubsfoundation.</u> ca

- Go to: Contribute online (see blue arrow)
- Click the red bar: CONTRIB-UTE ONLINE—VISIT CANA-DA HELPS (by 2nd blue arrow)
- Enter "on behalf of the Rotary Club of Calgary South in the comment box
- You will receive a tax receipt by email





BULLETIN CLUB NEWS



President Chas welcomed us to the meeting.

- In 1960 the Nixon/Kennedy debate occurred and it changed how voting happens since. In 1963 President Kennedy authorized a 10% cut in taxes for everyone.
- In 1969 the Abbey Road album was released with the iconic cover to the right (just kidding)

Editor: Luanne Whitmarsh Photographer: Chad Hason

Head Table: Deb Sands, Ted Stack, Sherry Austin, Denise MacLeod and Jim Hutchens

Lisa Fernandes & **Hugh Delaney** led us in singing the Canadian National Anthem and Rotary Grace.

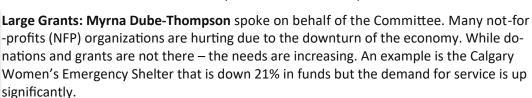
Guests: Ernie Yaskowich read out the list 'as they arrived' with 'no preference'!

50/50 Draw: Bill Sumner passed \$165.00 to Tony Fisher.

Sergeant at Arms: Chad Hason lifted 10% of the profit from **Tony Fisher.** Then he proceeded to have fun with members by seeing their talents understanding children's jokes. **Craig Stokke, Jim Bladon, George Deegan, Stacey Johnson, and Norm Legare** were caught and donated!

President Chas updated the Club on:

- Health and Wellness: Constance Jackson is recovering from her recent back surgery.
- **Dinner Club**: is looking for 10 more people to join.
- Supreme Windows Tour is next week. Be sure to register by Tuesday October 1st.
- **Funding Committee:** What a fantastic night more information will come as the detail are available. Many thanks to the Committee who worked so very hard in a short timespan.



Our Rotary Club provides significant funds for many NFP through the Dream Home the Large Grant Committee takes their responsibility very seriously. Applications are now open and anyone can champion a project. January 17th is the deadline for submission – please provide the submission to **Myrna**.

The Committee was acknowledged and recognized.

Oktoberfest: Glenn Potter announced October 18th Oktoberfest event! Fun, Beer, Schnitzel, Beer, Dancing and Beer! Get your tickets now!

Thank you everyone, have a positive Rotary week.











SUPREME WINDOWS ONSITE TOUR: OCT 3RD



CLICK LINK TO REGISTER: https://portal.clubrunner.ca/952/Event/2019-supreme-windows-site-tour

SUPREME WINDOWS ONSITE TOUR

WHEN: OCTOBER 3RD 2019

COST: \$20.00 per person

TIME: 11:45 AM TO 1:30 PM

Accepting online Registrations now—An Invite has been sent

The Rotary Club of Calgary South has a huge supporter in **Ann MacKenna** and Supreme Windows. They are one of the main reasons we can host an Annual Stay In School Golf Tournament. We have been offered the opportunity to go to Supreme Windows for a Tour on October 3rd, 2019. Ted Stack will be speaking at this meeting.

Ann MacKenna, President of Supreme Windows, says the company's long-term success can be attributed to its commitment to serving its customers with a high degree of knowledge, experience and integrity.

"We have always operated on the business principle that we supply our customer with a good product and excellent service, at a fair price, we can expect a reasonable return for our effort."

Supreme utilizes only top quality window and door components and produces its products at its own manufacturing plant in Calgary. The end result is windows and doors which are perfectly suited to Calgary's variable climate conditions. When combined with the company's very exacting installation standards and highly trained staff of installers, it is small wonder the company enjoys such an outstanding reputation in the marketplace.





CAMBODIAN DANCERS ONSITE MEETING: CARDEL THEATRE

Rescue Cambodia Dancers

When: October 17th, 2019 Offsite Meeting

Where: Cardel Theatre

180 Quarry Park Boulevard SE

Calgary AB T2C 3G3

Cost: \$20.00 per person

REGISTER FOR CAMBODIAN DANCERS MEETING

The Dancers (Children) from Rescue Cambodia are

using one of their rare days off from their 31 City Tour to share a little Cambodian culture with us.

This is their way of thanking the club for our past support.



There will be traditional dance, costumes and a heartfelt thank you from Rescue Cambodia's founder Marie Ens.

Lunch will be catered by our own **Christine Kyte** at the Cardel Theatre.

This would be a great meeting to bring your Partner, Guest or Friend to.

It will put a face on our World Community Service: International Giving

Check out this video to get a sense of what you will see: https://vimeo.com/356778443



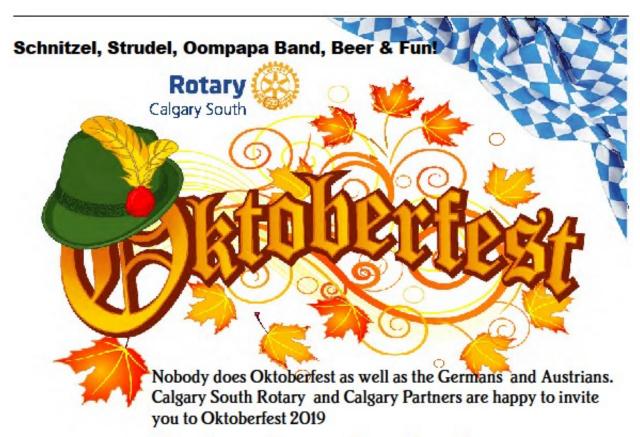




BULLETINOKTOBERFEST EVENT



REGISTER FOR OKTOBERFEST HERE



Friday October 18th

Austrian Canadian Club: 3112 — 11th Street NE Cocktails at 6:00 Dinner at 7:00





BULLETIN FRIENDS OF ROTARY RIBFEST



The September 24th Friends of Rotary Ribfest was a great success and a lot of fun.

If you have photos that you want to send so that it can be added to an album for everyone please send them to Kathyann

Here are a few candid shots of the evening.

Thanks to Murray and his committee for such hard work and on such short notice









RBC: IMPROVING LIFE IN DISABILITY DUE TO SPINA BIFIDA

A Global Grant supported by the Rotary Club of Calgary South

Our most recent Global Grant supports the Colombia Rotary club Medellin-Nutibara in their project Community Rehabilitation – Improving Quality of Life in Disability due to Spina Bifida. Aura Stella Cardona is the leader of this project and dedicated to improving the lives of those affected by this disability.

Spina bifida is a neural tube defect that develops during the first month of pregnancy when the spinal column does not close completely. Spina bifida results in mild to serious disability starting in young children with symptoms of leg weakness and paralysis, orthopedic abnormalities, bladder and bowel control problems, poor kidney function, neurological challenges, difficulties with learning, problem solving and cognitive flexibility.

There is no cure for spina bifida



Most cases of spina bifida can be prevented if the mother gets enough folate before and during pregnancy. Folate is essential for the body to make DNA, RNA, and metabolize amino acids, which are required for cell division. As humans cannot make folate, it is required for the diet, making it an essential vitamin. Doubly so during pregnancy. If all women who were pregnant or planning to be so were to take a multivitamin with the B-vitamin folic acid, the risk of neural tube defects (spina bifida among other complications) could be reduced by up to 70%. A diet rich in high-folate foods such as leafy greens, citrus fruits, beans, breads and pastas is beneficial, though it may not be enough to meet the recommended daily requirement.

The impact of this project will be widespread. Between 60 and 120 health care professionals will be obtain specific training, and 200 – 500 individuals currently suffering from spina bifida will benefit from the program. With a focus on training health professionals and educating prominent members of community as well as working with individuals already suffering from this disability, this program will have long term benefits of prevention, inclusivity, and rehabilitation.

Expected completion date is April 2021



Submitted by: Christine Kyte on behalf of the WCS Committee





CARLOTA'S FIESTA DE BIENVENIDA



On Saturday September
21st The Flores Family
hosted a Fiesta de Bienvenida (Welcome Party) for
Carlota Figueras Ferrer
our newest exchange student from Barcelona, Spain







President Chas and Teri along with YEX committee members were in attendance. Carlota's current host family and future host families were also present. It was a great time and all in attendance got a chance to get to know Carlota better and start making plans for a productive and fun year ahead.

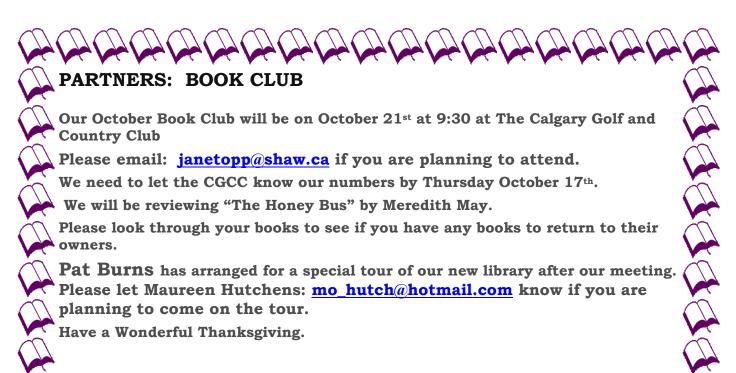
. Submitted by: Walter Flores





BULLETIN CLUB HAPPENINGS





Pat Burns has arranged for a special tour of our new library after our meeting. Please let Maureen Hutchens: mo hutch@hotmail.com know if you are planning to come on the tour.

Have a Wonderful Thanksgiving.



RICHMOND HILL

November Wine Club - A Special Event!

Contact: Gena Rotstein: gena@genarotstein.com



In addition to the regular Wine Club gatherings in Rotarians homes, the November Wine Club Event will be held at a Wine Shop. Below are the details.

Where: Richmond Hill Wines

Cost: \$40/per person No. 108, 3715 51 Street SW

Calgary AB T3E 6V2

When: Saturday November 23rd 2019 at 7:00 pm

Doin us for an evening of tasty delights as we are walked through 12 wines by the fine folks at 9 **Richmond Hill Wines.**

This is the event to attend if you are looking for a unique wine gift for the holidays or simply want to learn about some of the top producers from around the world.

Cost: \$40/per person



BULLETIN HIKING CLUB



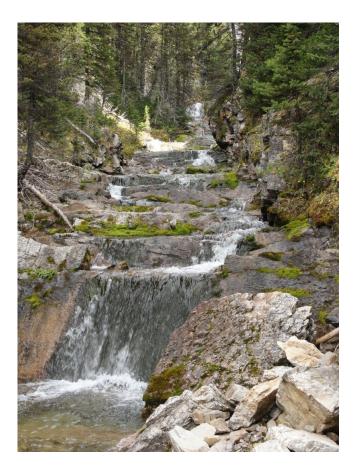


Only four brave souls set out for Rummel Lake when the weather promised to get to 15 C (doubt that it did). With wet trail conditions we saw countless strange mushrooms, some as big as your foot. We were again fortunate to see Spruce Grouse only this time we saw five juveniles. They are incredibly tame and came right up to our feet as we took pictures. The terrain was very rocky and at one point we had to cross a narrow ledge with the creek below us.



The creek was a series of waterfalls culminating in this stepped waterfall. We finally reached the larch trees and Rummel Lake where we had lunch surrounded by beauty. There was fresh snow on the mountains and it tried hard to snow on us as we trekked 12.8 kilometers. Temperature didn't allow us to have ice cream and time didn't allow us to have a hot drink, but we all went home very pleased with the day. Submitted by: Pat Farn





HIKERS: On Wednesday October 2nd weather permitting the hike is to Troll Falls. This is off Hwy #40, near the Kananaskis Village. The trip is only 4km long, with a height gain of only 100m. The trip there should be beautiful, until you see the wicked TROLL! For more information, please contact DONNA JAKUBEC at 403-217-0456, or diri@shaw .ca

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Rotary Club of Calgary South RCCS CLUB CALENDAR



DATE	EVENT	LOCATION
Oct 3	Supreme Windows Site Tour: Register online	Supreme Windows
Oct 7	RCCS Board Meeting	Ranchmen's
Oct 10	DG Christine Rendell's Club Visit	Rotary House
Oct 17	Cambodian Dancers: Register online	Cardel Theatre: Quarry Park
Oct 18	Oktoberfest: Register online	Austrian Canadian Club
Oct 24	Kent Fraser: ShelterBox Presentation	Rotary House
Oct 31	RI Foundation Campaign Kickoff	Rotary House
Nov 7	Colin Glassco: Zambia Eye Clinics	Rotary House
Nov 11	Rotary Remembers	Carriage House Inn
Nov 14	NO MEETING	NO MEETING
Nov 21	Sylvia Whitworth: Skilled Trades Training	BLUE ROOM
Nov 23	Wine Club	Richmond Hill Wines
Nov 24	Feed The Hungry (Need 100 Volunteers)	
Nov 28	David Yager: Alberta Oil / From Miracle to Menace	Rotary House
Nov 30	Partners Christmas Party	Calgary Golf & Country Club
Dec 5	Bob Wiens: Colombia Projects Update	Rotary House
Dec 12	Annual Christmas Luncheon	TBA
Dec 19	Annual Christmas Social and Cleven Awards	Rotary House
Dec 26	NO MEETING: CHRISTMAS	NO MEETING
Jan 2	NO MEETING	NO MEETING
Jan 9	President Chas: State of the Union Address	Rotary House
Jan 14	Wine Club	Christine Kyte's House
Jan 16	Alex Heron: PimCo Economic Forecast	Rotary House
Jan 23	Burns Day Celebration	Rotary House
Jan 30	Stuart Cullum: Olds College	Rotary House
Feb 6	Brian Farrell: Mind and Music	Rotary House
Feb 13	Valentine's Day Luncheon with Partners	ТВА
Feb 20	Jen Davies: Stigma Roots: Cannabis: from Roots to (Stock) Tips	Rotary House
Feb 27	Stay In School Presentation	Rotary House
Mar 5	Membership Development Day	Rotary House
Mar 12	St. Patrick's Day Celebration	Rotary House





2019 2020 OFFICERS AND DIRECTORS

RCCS 2019 2020 Officers and Directors

President: E. Chas Filipski, Jr. chasfilipski@gmail.com

Past President: Ron Prokosch rprokosch@prokoschgroup.com

President-Elect: Penny Leckie penny@taxtherapist.ca

Club Secretary: Larry Stein <u>larry.stein@shaw.ca</u>

Treasurer: Don Mintz <u>treasurer@rotarycs.org</u> / donmintz@shaw.ca

Partners President: Denise MacLeod <u>denisemacleod67@gmail.com</u>

Club Service Operations: Bryan Walton <u>walton.skyranch@gmail.com</u>

Club Service Membership &Social: Gena Rotstein <u>gena@genarotstein.com</u>

Club Service Ways & Means: David Young dsy39@yahoo.com

Community Service Local: Michael Ruttan mike.ruttan@mnp.ca

Community Service Ways & Means: Ted Stack ehtedstack@gmail.com

International & Vocational Service: Jamie Moorhouse jamie@talkinglightmedia.com

Youth Service: Dorothea Schaab schaabd@telus.net

ClubRunner Mobile App The key to connect to your Club and District on the go!

View an up to date member directory which gives you necessary contact information to Make a call, Text or Email Club Members directly from your device. View your Attendance, Upcoming Events and much more

Download app from the Apple App Store or Google Play, simply type in 'clubrunner' in search bar.

The 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 Android that are 4.0.3 or better.

View link for more info: https://site.clubrunner.ca/Page/clubrunner-mobile-app-now-available

10 loe Skating for a Cause
Feb Feb 10, 2017
2017 (15% Gause

15 Bring a Friend
Feb Feb 15, 2017
2017 Hilton Inn - Hall A

16 Weekly Club Meeting
Feb Thur Feb 16, 2017 at 17,0 PPM
2017
2017 Weekly Club Meeting
Feb Thur Feb 16, 2017 at 12,00 PM - 4,00 PM
2017 Heritage Hill Plank

17 Speaker: Gabby Brookshaw
Mar Mar 17, 2017
2017 Hilton Inn - Hall A

Q Search

Many Rotarians in this Club use the app and have found it to be invaluable. Info is more current and keeps you in touch with all of your Club Members at the touch of a button on your SmartPhone