



THE BULLETIN



Rotary Club of Etobicoke

District Governor: **Valarie Wafer**

RI President: **Ron D. Burton**

Week November 04, 2013

Board 2013-2014

President: Michael Bell, Secretary: Ron Miller, Treasurer: Don Edwards

Speaker: November 13, 2013 – Norma Davies RC Toronto Eglinton: Rift Valley Kenya Water & Sanitation Project

Reporting: Ron Miller Pictures: Ron Miller & Peter Dusek



Let's We Forget

In Flanders Fields

By: Lieutenant Colonel John McCrae

In Flanders Fields the poppies blow

Between the crosses, row on row,

That mark our place; and in the sky

The larks, still bravely singing, fly

Scarce heard amid the guns below.

We are the Dead. Short days ago

We lived, felt dawn, saw sunset glow,

Loved, and were loved, and now we lie

In Flanders fields.

Take up our quarrel with the foe:

To you from failing hands we throw

The torch, be yours to hold it high.

If ye break faith with us who die

We shall not sleep, though poppies grow

In Flanders fields.

Today's Speakers Fred Mandryk & Wayne McConnachie – Kids Against Hunger



President Michael asked Gill to introduce Fred and Wayne.

Gill introduced Wayne McConnachie who is with Kids against Hunger's Canadian centre in Peterborough. Their programs give groups the opportunity to participate in the packaging of food for distribution. Gill wanted everyone to know that our Club will partner with Kids against Hunger for a food packing event on Saturday, November 30th at Kester Trim's "new" Salvation Army Temple on Kipling Ave from 12:30 PM to 4 PM. Gill said this is just a "little bit of time" to spend for a good cause. She also wanted to mention Fred Mandryk from the

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Bowmanville Rotary Club who is one of the Rotary Clubs who are involved with this program.

Wayne said he has been working with Fred for a while and that he was going to let him do the presentation today.

Fred said that he was happy to be invited to speak to us today and was "overjoyed" that Etobicoke Rotary was participating. He says he can "speak from experience" since the program began a year or so ago. When KAH (Kids against Hunger) came to speak to the Bowmanville Rotary Club, Fred says a "seed was planted in his club". Once they found out that KAH was Canada based and they answered all of the club's questions, they became "very focused" on what the immediate problems were; acute hunger, malnutrition which causes "underweight children". "They don't have the opportunity to sit down to a proper meal like we did today."

Fred noted that "every 6 seconds a kid dies of starvation". There is nothing we can do but move forward. There is abundant "opulence in the world, yet kids are dying". An answer has to be found. Richard Proudfit is the founder of KAH. On a visit to Honduras after a devastating hurricane he saw starving children who were "literally dying around us". His went home with the mission that he was going to "feed the children of the world". He met with several executives from the food industry (General Mills, etc.) asking the question "What would be the ideal food for starving children". They were looking for a way to meet the needed to meet the basic nutritional needs of just about any child around the world. The executives put their food scientists to work and began testing various formulations of a highly nutritious dehydrated food package. What they developed was a "model of simplicity". It is made of made from 4 readily available dry ingredients; soy beans, rice, vegetables and a vitamin-mineral mixture that is easy to package, keeps for long periods of time and only requires boiling water to prepare. Despite its simplicity of the food's content, it is a nutritionally complex and well balanced meal. In the places that these food packets have been distributed, "big changes" have occurred. Follow-up checks have

shown that these previously malnourished kids have "gained weight, are smiling".

Fred attested that the food is also "tasty". He has served the meals to his Rotary Club and others, to Rotaract and Interact clubs, and to students at Bowmanville High school. One 400 mg packet will serve 6 children. The packets are filled by volunteers on an "assembly" line system then boxed for shipping to anywhere in the world. He added that one important fact is "no matter where the food is shipped in the world, it is handled by competent people who get the food to where is supposed to go". He also wanted everyone to know that this is a "real easy" project to get involved with. The equipment is supplied. It only takes the volunteers to package the food. At a recent packaging event he had 115 people volunteering including 19 Rotarians, 2 District Governors, 35 students, people from a local senior citizens home, and from the local fire and police service. It is a type of "sweat equity" project that brings the community together where everyone can take part and take action to help out. This is a good example of Rotary's "service above self" motto. It also shows younger people "what volunteering is all about and how much it does". Fred says "teenagers are our future and this sets a good example for them". He thinks this is a "terrific event" and he is "so happy that he got involved with it".

Fred closed by saying that he would like to see this event spread to the District level with all clubs from Toronto to the west to Belleville on the east become involved. With the 2018 RI Convention taking place here in Toronto, Fred says that maybe we can hold a major event during the convention. He says he "gets excited thinking about it".

Andre Dugas thanked Fred and Wayne for their presentation and said that their passion for this cause is "overwhelming". Andre said that the Club would also like to show their support and appreciation by presenting KAH with a cheque for \$3,500.

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Legacy Project Approval – Microskills:

A special meeting was held after the regular luncheon meeting so members could vote on the proposed Legacy Project. Prior to the meeting information on the project was sent to all members via email. Proxies were also sent out to members who wanted to vote but would be unable to attend today's meeting.

Jack Fleming made the presentation to the members.

The Legacy Project Committee, made up of members from the Rotary Club of Toronto West and the Rotary Club of Etobicoke chose Microskills as the "winning" candidate for the joint Legacy Project. Jack explained in detail how the decision was reached and what the criteria for selection were. After the presentation there was an opportunity for questions then ballots were distributed to the members present. Jack Fleming and Erlene Brown volunteered to be scrutineers for the vote. The vote was tabulated as follows, there were 12 Proxies received that were unanimously in favour. 17 members voted unanimously in favour. There were 0 disapproval votes. The motion was passed unanimously that Microskills be selected as the Legacy Project.

Rotary Club of Etobicoke – Proposed Slate of Directors 2014-2015

President Michael was happy to announce that the Nominating Committee (Michael Bell, Andre Dugas, Ingrid McGaughey, Paul Roeser and Lynda Ryder) has drawn up the proposed slate of candidates for the 2014-2015 Board of Directors that will be tabled at the Annual General Meeting on Wednesday, December 4, 2013 for approval by the membership. The candidates are;

President – Mark Winson

Vice President – Hugh Williams
President Elect – Jack Fleming
Past President – Michael Bell
Secretary – Ron Miller
Treasurer – Don Edwards
Senior Director – Frederik Martin
Director – Donna Cansfield
Director – Gregg Dobson
Director – Gillian Dugas
Director – Ingrid McGaughey
Director – Kester Trim

Visitors & Guests

Visiting Rotarian

- **Alice Otupiri** – Rotary club of Nepean-Kanata
- **Fred Mandryk** – Rotary Club of Bowmanville Speaker

Guests

- **Wayne McConnachie** – Kids against Hunger – speaker
- **Irene Chen** – Guest of Michael Bell - Potential new member
- **Steve Black** – Guest of Ingrid McGaughey – Potential new member

Attendance:

Members –19
Guests –06
Total – 25



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50/50 Draw

Theresa Sherwood - 8 Of Hearts The Pot starts its slow growth



HAPPY BUCKS

Mark Winson – Mark he was happy to contribute “a dollar for every year he has been a member” for today’s Happy Bucks. He also was happy (he thinks) to receive the nomination for President and is thankful for the support the Club has shown. He is looking forward to next year, but is asking President Michael to “not to do such a good job this year that would be tough to follow”.

Ingrid McGaughey – Ingrid was happy to have served on the Nominating Committee and wanted to encourage other members to do so in the future. It was a great way to learn about the Club. Ingrid was also happy to say that she thinks all of the committees are very worthwhile to be a part of. The committees have “good people with good opinions and very diverse points of view” that help structure our Club. She also noted that being on the Nominating Committee showed her that the way we run our Club is “much different than the current politics here in Toronto”.

Andre Dugas – Andre said that first and foremost he is “happy to be married to Gill”. He was also happy to say that he was finally getting their basement back together and that Gill and he were going to be repainting it. As well, Andre said the he too was happy to have served on the Nomination Committee.

Michael Lu – Michael was happy to that the project he has been working on is “ready to go”. Michael’s project called “Light On for Seniors” is designed so that “no seniors feel lonely mainly during the Christmas season”. These are seniors with no family or community support. Michael has a group of volunteers from Nurse Next Door who will visit seniors beginning next Monday. This will be “friendly visits (i.e. chats, some light housekeeping, put up some Christmas decorations, etc.) This will show theses seniors that people “care for them and value them”. They are getting referrals from churches, hospitals and other agencies that know these seniors. Michael was also happy to say that our Rotary Club has become a partner and this is now a Rotary sponsored program. He wanted to thank Michael, Hugh, Gill and the Community Service Committee for their support.

Paul Roeser – Paul wanted to say that he was very happy with the slate of candidates for next year’s Board. He was pleased to see some new “first time” names on the list as well as a “wealth of experience”.

Judy Burnell – Judy was happy to say that she already had a sponsor for next year’s Ribfest...Lowe’s on the Queensway. She also said that the Canadian Tire on the Queensway may also become a sponsor.

Kids Against Hunger/Rotary Club of Etobicoke Food Packing Project

Please mark your calendar and join us for this important Hands-on Etobicoke event on Saturday, **November 30 at 12:30 to 4:00** at the **Salvation Army Temple, 2151 Kipling Avenue**. A few volunteers are required for set up at 10 a.m. and take down at 4:00. We are looking for 30 to 33 volunteers.

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For information please contact **Gill** at
tyndale746@hotmail.com 416-243-2151



Dates to Remember

Board of Directors Meeting – November 11, 2013
6.00 PM – Venue Michael Bell's Residence. Contact:
Ron Miller.

International Committee Meeting – November 18,
2013. 7.00 P.M. Venue – Andre & Gill Dugas
Residence. Contact Gill Dugas

Club Annual General Meeting – December 04, 2013 –
12.15 p.m. Venue: Old Mill Inn & Spa. Contact Ron
Miller.

Rotary: No child should ever go to bed hungry

Hunger touches every community, nation, and region of the world. It is a problem without a simple solution. At Rotary, we are committed to using the vast resources of our diverse membership and our partnership with organizations like the Global FoodBanking Network to seek fresh insights and pursue innovative answers. In the following letter for the official World Food Day website, Rotary's General Secretary John Hewko explains why Rotary is so motivated to help:

Hunger. Famine. Starvation. Malnutrition. Indeed, as World Food Day (16 October) reminds us, there is no easy way to describe the grim fact that nearly 870 million people on our planet are chronically undernourished. And sadly, so many of those affected are children, whose minds and bodies are denied the sustenance needed to grow into healthy, productive adults.

It is a truly global problem, plaguing communities throughout the developing world and even in developed countries where surprisingly high numbers of families struggle daily to put food on the table.

My organization, Rotary, a global network of volunteer leaders committed to finding solutions to the world's most serious challenges, is well aware of the problem — and well positioned to do something about it. With more than 1.2 million members belonging to 34,000 Rotary clubs in over 200 countries and regions, Rotary has “boots on the ground” where the need is high and also in communities with the capacity to help.

On their own initiative, Rotary members concerned about food insecurity have formed two very active

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international groups: the Rotarian Action Group for the Alleviation of Hunger & Malnutrition, and the Food Plant Solutions Rotarian Action Group. These action groups serve as resources, assisting Rotary clubs worldwide to collaborate and undertake effective, sustainable approaches to the hunger issue.

Recognizing the value of leveraging resources through partnerships with top-tier organizations with proven track records, Rotary in 2012 also became a service partner with the Global FoodBanking Network to combat jointly the issues of hunger and food insecurity through food banking.

Rotary First Harvest, a Rotary club supported charity in Seattle, Wash., USA, has developed a unique and effective way to support the food banking concept. Working in cooperation with growers and processors, Rotary First Harvest each year gathers more than nine million pounds of fresh, nourishing produce that would otherwise be wasted, and then helps deliver it to local food banks and food distribution programs serving families in need.

Other examples of Rotary clubs in action against hunger:

- In Florida, USA, the Flagler Beach Rotary Club co-founded the Family Food Co-op to provide food to needy rural families identified by local schools. A \$30 donation can feed a family of four for a week, and recipients are encouraged to volunteer their own time to help their neighbors.

- In Australia, the Rotary Club of Brisbane Centenary launched the Beef Bank in 2007 to provide fresh meat to organizations working to feed local families. One beef cow can yield 500 pounds of meat, enough for 1,000 servings.

- Since 1998, the Rotary Club of Madrid, Spain, has worked with local hotels to collect surplus meals for distribution to food programs serving families in

need. Trucking and transportation companies donate delivery vehicles.

- Rotary clubs in Ecuador are partnering with Banco de Alimentos Diakonia (Diakonia Food Bank) to provide equipment, expertise and volunteers to reach low-income families in Guayaquil, the nation's largest city.

Of course, there is no single answer to the daunting challenge of hunger and food insecurity. Starving people must be fed on an ongoing basis, as long-term solutions are developed and implemented. Meanwhile, we must lay the groundwork needed to generate the kind of steady, sustainable, economic development that lifts communities out of poverty, which is inexorably linked to the food issue and other problems, including illiteracy, disease prevalence, and violence.

This is what Rotary does. And Rotary clubs will continue to work at the grassroots level to identify community needs and to develop workable, sustainable, culturally appropriate solutions. If you would like to be a part of this effort, visit rotary.org and contact a Rotary club in your area. Learn what your area clubs are doing to alleviate hunger locally or internationally. Donate to or volunteer for a club-supported food project. Get involved.

Remember this simple truth: No child – anywhere in the world – should ever go to bed hungry.

John Hewko, General Secretary, Rotary International

Courtesy – Rotary International
