

The Weekly Westerner

Box 4572, Station C, Calgary, Alberta T2T 5N3
Grey Eagle Hotel, 3777 Grey Eagle Drive (Corner of 37 St SW and Glenmore Drive)
Mondays 12.10 pm - 1.30 pm

President: Tim Anderson **President-Elect:** Gerry Meek **Past President:** Ben Kormos
Secretary: Chris Davis **Treasurer:** Judy Cochran
Directors: Debbie Barry, Robyn Braley, Bill Fitzsimmons, Gustavo Jimenez,
Les Morgan, Alex McFadden, Orlin McMillan, Melody Warman
District Governor: Dan Doherty

Together We Are People of Action - Building Community

May 6, 2019 Edition: 52.35 Reporter: Duncan Stanners Editor: David Williams

On club service volunteers today were **Des DeFreitas** and **Steve Strang** on cash, **Bryden Horwood** on 50/50, **Debbie McMillan** our greeter, **Ken Montgomery** on AV, and **David Williams** on set up.

The head table consisted of President Tim Anderson, Stephanie Ralph our speaker, **Bill Quinney** to introduce the speaker, **Kurt Schurer** to thank the speaker, **Barbie Hames** and **Peter Josty**.

Tim started us off with the national anthem, and **Grant Ritchie** provided the invocation.

Guests

Stephanie Ralph, our guest speaker

Gord Cox, guest of **Terry Felton**

Vivian Jones, guest of **Steve Rickard**

Max Britos, guest of **Sharon Fraiman**

Dave Townsend, Rotary Club of Sarcee

Joyce Halpenny, Rotary Club of Sarcee

Announcements

- Tim announced that **our next meeting, May 13, will be at the Ranchmen's Club, 710 13th Ave SW**. There we will be hearing the experiences of exchange students, and a presentation by the Local Community Service Committee.
- **Marvin Pawlivsky** announced that the District Conference in Olds was a great success. Our club won an award for most participants. Marvin also praised **Shelley Dyson**, calling her a "gold standard volunteer".
- **Marlene Doherty** reported that the District has exceeded the \$100,000 target for Polio Plus.
- At the conference, **Gail Williams** was honoured for her polio immunization work, one of only six such global awards. It was also noted that four people were murdered in the last two weeks trying to provide vaccine treatments.

May 3 - 5, 2019: District Conference, Olds

June 1 - 5, 2019: Rotary International Conference, Hamburg



- We also won an award for the greatest increase in membership in a large club, and a Shelter Box Bronze Hero award.
- Bill Quinney noted that the Chestermere Club (which we sponsored) also won an award for increase in membership from seven to 13 members.
- **Bill Lawless** announced that the Local Community Service Committee will be presenting next week, and urged members to attend as there will be a vote on whether or not we adopt a multi-year commitment to "Can Learn"
- **Bill Fitzsimmons** announced the beginning of golf season. Anyone wishing to become part of the golf fellowship is welcome, and should contact Bill.
- Debbie McMillan announced that our member, **Carla Tureski**, has had a baby boy. Also, the President's Ball will be on June 19 at the Ranchmen's Club. And the Okotoks Dogs baseball game.
- Ken Montgomery reminded us of our major fundraiser, the Stampede Parade Breakfast: We need more volunteers and more ticket sales. Ken needs bosses for people flow, logistics, set-up and take-down and dining area. We have sold 450 tickets so far.
- **Les Morgan** introduced David Townsend and Joyce Halpenny from the Sarcee club. We are partnering with them on the Art from the Heart fundraiser. Volunteer positions have been filled. The event is a month away and needs ticket sales. Currently, they have sold 18 tables and need to sell another 12 at \$800/table.
- **Duncan Stanners** said the silent auction to raise money for the village of Altos de Escuapa, Honduras was quite successful, with over \$1,600 raised. He thanked those who contributed: Marlene, **Dan**, Debbie, Les, **Chris Lee** and Shelley. He also put in a happy buck as his new grandson was born Saturday evening!
- David Williams made an appeal for more volunteers for reporters and SAAs. He noted that an email appeal to new members had gone unanswered!
- Tim played his "Which member did what" game, revealing a myriad of interesting facts about our members' lives.

Orlin McMillan won \$36 on the 50/50 draw.

Our SAA, **Malcolm Harrison**, promised no fines, taxes or levies. He did however impose some "tariffs". Happy bucks were paid by Marlene for the wedding of **Don Vokey**, Debbie for being re-charged at the District Conference, and Bill Fitzsimmons thanked Linda, Tim, Orlin, Debbie and Judy for putting him up on Saturday night in Olds.

Today's Meeting

Bill Quinney introduced our guest speaker, Stephanie Ralph, who is the marketing manager for Meals on Wheels.

Stephanie told us that Meals on Wheels is about to launch a new marketing campaign with the slogan "When you've got a lot on your plate, let us do the cooking". MOW has the capacity to produce over 5,000 meals a day. Although most of their clients are seniors, the disabled and mentally ill, they will provide food to whomever needs it.



A video with a message from staff was shown.

Calgary Meals on Wheels was started by the United Church in 1965, with eight clients. Their mission: "To build a stronger, caring community, Calgary Meals on Wheels promotes health and independence by providing quality, nutritious and affordable meals to people in need of our services." Their vision: "Offer nutrition and caring support to Calgarians."

Meals on Wheels is not selling meals, they are selling freedom, independence and dignity.

After eight years of fundraising, MOW moved to new facilities in the SE industrial park in 2013. The 15,000 sq ft facility has room for storage, preparation and packaging. The standard daily meal is called "Our chef's daily special". They also do custom meals and hot soup for school lunches. In 2018, they prepared 668,000 meals for 1,558 clients. They also serve the small communities close to Calgary.

Their service is more than just meals. They provide holiday and birthday presents, flowers and cards from school children to their clients.

The food is "soooo good"; not your standard hospital fare. They are introducing breakfast. Orders can be placed on-line. They always welcome new volunteers. Food delivery happens Monday to Friday from 10:30 to 1:00. They are flexible to accept volunteers who work once/week, once/month or any time. The Adopt a Route program allows volunteers to share a route. They also need volunteers for some office work and fundraising.

They need to raise \$1.1 million in 2019 to meet their needs.

The MOW team is tight, having fun while getting the work done. They have special events in the community like Time for Turkeys, Great Pie Chuck and Chomp, YYC Pizza Week, YYC Hot Chocolate Fest and Cookie Kitchen.

Their future objectives:

1. Create exceptional food and service.
2. Be the best place to work.
3. Refresh the brand.
4. Build for the future.

2019 Goals:

1. Introduce breakfast option.
2. Update routes.
3. Revamp the brand with a six-month campaign.

Kurt Schurer thanked Stephanie, and presented her with our world-famous Boltman.



Bill Quinney presented her with a cheque for \$10,000.

Coming Events

May: Youth Service Month	
6	Meals on Wheels – A Calgary West Project
13	Laura Pipolo and Friends – Youth Exchange
20	No Meeting: Statutory Holiday
23	Thursday Evening: Rotary West at the Joyce
27	Adventures in Citizenship – RYLA – Guest Speaker? TBA
June: Rotary Fellowship Month	
3	Manning Innovation Awards (Tentative)
10	Dr Phil Langil: U of C Professor, Astronomy and Astrophysics
17	Rotary Fun and Fellowship. Gavel Turnover, Anderson To Meek.
24	Special Red and White Canada Day Programme
27	Thursday Evening: Rotary West at the Joyce
July: Stampede Parade and OK Cherries Month	
1	No Meeting: Canada Day
8	Stampede Yahoo
15	TBA
22	TBA
29	Manon Mitchell, Cambodia: A Child's Future
August: Membership and New Club Development Month	
5	No Meeting: Heritage Day

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12	TBA
19	TBA
26	TBA
	September: Basic Education and Literacy Month
2	No Meeting: Labour Day
9	TBA
16	TBA
23	TBA
30	TBA
	October: Economic and Community Development Month
7	TBA
14	No Meeting: Thanksgiving Day
21	TBA
28	Hallowe'en Magic, treats and Goblins
	November: Foundation Month
4	RI and Calgary Rotary Clubs Foundations
11	All Clubs Remembrance Day Meeting. No meeting at Calgary West
18	TBA
25	Aaron Goodarzi: U of C Professor, "Evict Radon"