

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: Bill Fitzsimmons **President-Elect:** Marlene Doherty **Past President:** Gerry Meek

Secretary: Gail Williams **Treasurer:** Don Edie

Directors: Judy Cochran, Gord Cox, Darren Grierson, Barb Hames,
Ken Montgomery, Drew Turnbull

Together We Are People of Action - Building Community

October 26, 2020 Edition: 54. 14 Reporter: Cory Tretiak Editor: David Williams

Calgary Rotary West Club's Meeting October 26th, 2020

Don't miss a minute! Our meeting recording is accessible online at:

https://us02web.zoom.us/rec/share/3TdgE4k_S5zvEnWLNz1TwQU3fAWyojnWGx5IOutQhgaPdMNAUHotYZU6coHwf3.-it8uxIXPDnhRZDc

Password: Pp8&53@s

(Watch at 2x speed for a good laugh)

President Bill Fitzsimmons opened the meeting by welcoming members attending by Zoom, several guests attended: **Rob Rakochev**, **David Mills**, our guest speaker **Karl Ward**. **Marvin Pawlivsky** joined us from Edmonton.

President Bill thanked team 4 for hosting the meeting today. **Bill Lawless** is our host, **Bernie Ward** is the chatroom question monitor and together they were our greeters. Special thanks to team 4 leader **Debbie McMillan** for organizing.

David Williams – Inspirational Moment

The Jar of Life

A philosophy professor stood before his class and had some items in front of him. When class began, wordlessly he picked up a large empty mayonnaise jar and proceeded to fill it with rocks right to the top, rocks about 2" diameter.

He then asked the students if the jar was full? They agreed that it was.

So the professor then picked up a box of pebbles and poured them in to the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. The students laughed.

He asked his students again if the jar was full? They agreed that yes, it was.

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The professor then picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

"Now," said the professor, "I want you to recognize that this is your life. The rocks are the important things –your family, your partner, your health, your children - anything that is so important to you that if it were lost, you would be nearly destroyed.

The pebbles are the other things in life that matter, but on a smaller scale. The pebbles represent things like your job, your house, your car.

The sand is everything else. The small stuff.

If you put the sand or the pebbles into the jar first, there is no room, for the rocks.

The same goes for your life. If you spend all your energy and time on the small stuff, material things, you will never have room for the things that are truly most important.

Pay attention to the things that are critical in your life. Play with your children.

Take your partner out dancing.

There will always be time to go to work, clean the house, give a dinner party and fix the disposal."

Take care of the rocks first -the things that really matter. Set your priorities. The rest is just pebbles and sand.

President Bill: Don't be afraid of the inspirational moment. There's no need to be afraid of delivering the club's inspirational moment: it could be as simple as a video or a quote found online that has meaning to your life, or relates to club service. Please talk to your team captain to sign up for the inspirational moment.

Robyn Braley – Rotary Remembers

Each year, the Rotary clubs of Calgary celebrate Remembrance Day, normally in person. This year's event, however, is moving to an online format and will feature Dr Stephan Beavermont as our speaker. Dr. Beavermont is a specialist in the liberation of the Netherlands in 1944-1945, and brings with him rare photos and films, including details of the hunger winter in which the Dutch were devastated by lack of food. **Joe Klassen** and President Bill will be involved.

It takes place on Wednesday November 11th from 10:30am to noon online. Find the link on our club event page.

Terry Felton – Wreaths and Poinsettias

Special thank you to **Gord Cox** , **Barbie Hames**, **Claude Massé** and **Will Mitchell** for their support in establishing and running this fundraiser.

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Now it's your turn! Please share this event with your network – a simple e-mail can go a long way towards making this fundraiser a huge success!

Order online at <https://rotarywestfundraising.ca/>

Marlene Doherty – Nomination committee

The nomination committee consists of **Garfield Ganong, Sa'adat Keshavjee, Steve Rickard, Steve Strang, Linda Anderson** and Marlene Doherty (chair). They are working to fill the positions of president-elect nominee, director of membership and director of fund development.

Contact any committee member for the list of roles and responsibilities.

Club Survey

Friday, October 30th is the deadline for the community service survey.

Polio

Watch the video below to learn about Rotary's fight against polio and how our polio vaccination network was used in the fight against Covid-19: www.endpolio.org/world-polio-day.

Sa'adat Keshavjee

As we approach Foundation month, Sa'adat shared a story about a dear friend of his who passed. In his obituary, he wrote "Don't send me flowers, send your money to the Rotary Foundation where it never dies"

Did you know, the first donation to the Rotary Foundation was \$26.50?

The Rotary Foundation helps Rotarians to promote peace, fight disease, promote clean water and sanitation, support mothers and children, improve education and strengthen local economies. Through the Rotary Foundation we have vaccinated 3 BILLION children against polio.

Please consider making an annual donation to the Rotary foundation.

Cory Tretiak – Speaker Introduction

Cory introduced our speaker, Karl Ward from Caffe Monte and thanked him for his work to support the Rotary Club of Calgary West in the creation of the subscription coffee program.

Karl Ward – The Art and Science of Coffee

Karl has been in the coffee business for seven years and started his roasting operations four years ago and they have now grown to roast 2000 pounds of coffee every day.

Did you know? Coffee is the seed of a coffee cherry, that grow on coffee trees. Coffee trees take around seven years to bear fruit.

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Due to the seasonality of coffee, many small hold farmers grow more than just coffee in their fields and will plant other trees and vegetables between the coffee trees.

Karl’s coffee is brewed at 3800 feet here in Calgary, and, due to our elevation and lower air density, coffee develops a cleaner and richer taste than those roasted at sea level.

Caffe Monte buys their coffee directly from small farmers who cultivate coffee from as little as three acres of land. By selling direct, farmers earn more money per pound.

Caffe Monte roasts each bag of coffee **to order**, unlike the coffee you can find at the grocery store which may be over 6sixmonths old.

The first 10 Rotarians who subscribe to our coffee fundraiser will be registered for a private tasting at Karl’s’ brand new facility where we’ll be able to see a roast from start to finish, and sample a variety of coffees, including those with a retail price of over \$60/lb. Participants will also receive a bonus gift.

For \$34, we will deliver two bags of freshly roasted coffee to your door. Go to <https://rotarywestfundraising.ca/> for details.

Founding 10 subscribers	
1. Ken Montgomery	6.
2. Terry Felton	7.
3. Les Morgan	8.
4. Cory Tretiak	9.
5.	10.

Bill Fitzsimmons – Winter Comfort packages

Thank you to new member **Pat Fitzsimmons**, and **Duncan Stanners, Linda Anderson**, Debbie McMillan, **Les Morgan, Natalija Reljic** for their design and implementation of “Winter Comfort packs” which will include a puzzle, a mug and either hot chocolate or coffee. Visit <https://rotarywestfundraising.ca/> for details.

In Closing

President Bill thanked team 3 for hosting last week’s meeting as he ran out of time during that meeting. Bill reiterated his thanks for team 4 hosting today’s meeting.

Meeting adjourned.

Coming Events

November: Foundation Month	
2	LCS Presentation of Grants and Projects
9	Phil Levson – Wills -Estates and Rotary Foundation
16	ISC Presentation of Grants and Projects Vote
23	CFL Commissioner – Future of the CFL at this time? (Tentative)
26	Evening Meeting. TBD
30	Days of Giving / Board Election – Ken Keelor from Calgary Co-op
December: Disease Treatment and Prevention Month	
7	Brian Lee: Healthcare Canada and USA (Tentative)
14	Christmas Lunch - Carols led by a noted member – To Confirm re In-Person/COVID/Zoom??
21	No Meeting – Christmas and New Year Holiday
28	No Meeting – Christmas and New Year Holiday
2021 – IT’S A BRAND-NEW YEAR!	
January: Vocation Service Month	
4	VSC
11	Review of Scholarships and Initiatives
18	LCS
25	Hands on Service Opportunities
28	Evening Meeting: Past Presidents #3
February: World Understanding Month	
1	Membership, Initiatives and Recommendations
8	TBD
15	No Meeting. Family Day
18	Evening Meeting. TBD
22	TBD
March: Literacy Month	
1	ISC
8	Presentation and Proposals for DDF: Pre-approvals
15	LCS
22	Review and Updates: New Proposals
25	Evening Meeting. TBD
29	TBD
April: Maternal and Child Care Month	
5	No Meeting. Easter Monday
8	Evening Meeting. Possible Spring Assembly
12	TBD
19	Projects
26	Developing Projects and Discussion
May: Youth Service Month	
3	ISC: Project Reviews and Updates
10	TBD



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17	TBD
24	TBD
27	Evening Meeting. TBD
31	TBD
June: Rotary Fellowship Month	
7	Youth
14	RYLA and YEX
21	Gavel Handover
24	President Evening celebrating Bill Fitzsimmons' Rotary Year – Date timing tentative
28	TBD
July Stampede and Okanagan Cherries Month	
5	TBD
12	TBD
19	TBD
26	TBD