



August 19, 2025
Volume 43 - Issue 4

"Together we see a world where people unite and take action to create lasting change - across the globe, in our communities and in ourselves!"

The Rotary Club of Calgary comprises professional and community leaders brought together in fellowship to make a better future.



Birthdays

Rick Castiglione	August 20
Philip Libin	August 22
William Friedson	August 22
Tom Loucks	August 23

Anniversaries

Lorne Larson	40 years
Rosemary Crawford	30 years
Ralph Lundberg	25 years
David Bromwich	20 years

Message from August 12, 2025 Club Meeting - Say "Yes!"

Doug McMillan

Just under 60 members and guests enjoyed the August 12, 2025 meeting of the Rotary Club of Calgary Downtown (RCCD) at the Glencoe Club.

District Governor (DG) Manon Mitchell was our featured speaker. Introduced and thanked by her husband, PDG Kurt Kowalchuk, Manon started with indicating her Rotary career began with the Rotary Club of Calgary Sarcee in 2012 before she and Kurt transferred to the RCCD. With a strong interest in early childhood literacy, she has been active with Rotary Global Grants in Cambodia and Dominican Republic. Her expertise in Information Technology (including teaching in the Oil and Gas sector) has assisted her involvement with Polio Plus and many other activities within District 5360 (**Editor's note:** Perhaps her role as a dinosaur mascot played an important part in preparing Manon for her current role as DG).

Manon spoke about the importance of Rotary 1. Increasing impact, 2. Increasing Reach, 3. Enhancing engagement and 4. Being able to adapt. Manon attributed much of her success in Rotary (and other aspects of her life) to saying "Yes" when asked to contribute in many aspects of her life. Utilizing her skills in music, information technology, organization and interactions with people, Manon's usual response of "yes" when asked to assist has opened doors to many opportunities for her and is an important lesson for all Rotarians. Her

presentation was followed by a "standing Ovation". See also later in this COG the change of recipients for donations in recognition of club speakers.



DG Manon Mitchell with inspirational address.

Of course, there were other enjoyable aspects of the meeting chaired by Club President Bill Hamilton who continued with "Happy Moments" and introduced a "50/50 draw" (the winner has a chance to locate the white marble initially with 10 coloured marbles before getting the 50%). Dave Macdonald received a consolation box of chocolates for allowing the prize to be carried over for next week when he drew a coloured marble!

Deb Hymers included the importance of gratitude and thankfulness for the many good things in life during her Invocation.

William Friedson had to remind members to curb their enthusiasm slightly while singing to allow him to set the "key".

Tom Loucks spoke briefly about the previous Legacy Grant recipient, Safe Haven, and showed a picture of the plaque presented to the club.

Peter Harrison reminded all of the Sept 8, 2025 Golf Tournament for the Stay in School program indicating that there were still a few opportunities to golf or volunteer.

Barb Young introduced "in absentia" our newest Exchange Student, Valentin Frauenknecht who you will meet in person at a future Club meeting.

A few members went first to the Palliser Hotel and were late for lunch at the Glencoe Club but still enjoyed a nice salmon dinner.

On August 26, 2025 we will be back at the Palliser Hotel where the speaker will be Ernie Tsu from the Alberta Hospitality Association. Please book your tickets early.

Volunteer Opportunities – Save the Dates!

Diane Macdonald

September is coming – and with it there will be two Club activities that will require your help.

1. **Highway Clean-up:** Saturday, September 13th. We need about 10 Club members, partners and friends to help pick up trash in the ditches of a 5 kilometre stretch of Kananaskis highway 40. We work in pairs with each pair doing both sides of a 1 km. piece of the roadway. We will meet at 10 AM at Wedge Pond parking lot, go out to collect our bags of trash which takes about an hour, and then meet back at Wedge Pond – bring a bag lunch and we can have a picnic and a good visit. If you don't have a Kananaskis Park Pass, don't worry – it isn't required for volunteers. If it's raining on the 13th, our alternate date is the following Saturday, September 20th.
2. **Valley View/ Bazalgette Schools Bar-B-Q:** Thursday, September 25th. We will need lots of volunteers to prepare and serve dinner to the students from these schools and their families. The plan is to serve the school staff at 4:30 PM and the students/families starting at 5 PM. We'll need help with setting up, cooking, serving the food and cleaning up.

Watch for the email with the sign-up lists for both these events – coming in the next week!

Mental Health Signature Club Meeting

Laurene Wilson

A Signature Event was held as part of our club meeting, June 26, in the Crystal Ballroom of the Palliser Hotel (the day after the RI Convention) with two speakers- Marshall Smith, the former Chief of Staff for our Premier Danielle Smith & Minister of Mental Health & Addiction, Hon. Rick Wilson.

It was very successful with 187 tickets sold.

The Crystal Ballroom was filled and many positive comments were received. New connections were made and our Club is now identified with 'Mental Wellness' which includes Addiction as a primary focus area by a large number within the community we serve.

Examples of Comments received include:

"This was the best Rotary meeting I have ever attended." - Board member

"This was a fantastic event. The turnout, I haven't seen this in over 10 years" - long time Club member.

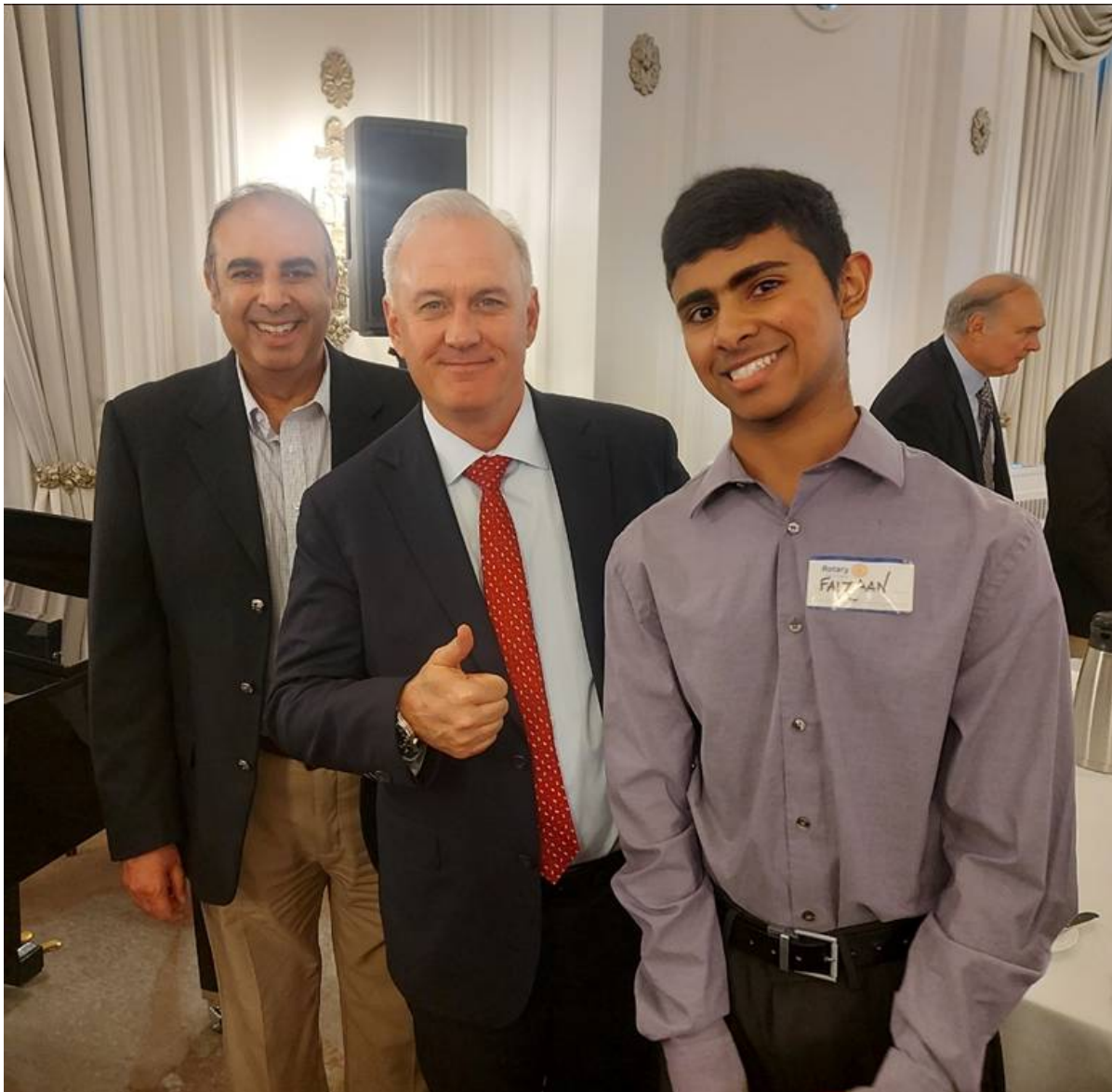
" Everything went so well and it was so great to see 180 people in the ballroom. When I started in Rotary, that was the way the room looked every Tuesday.- long time Club member

" I thought Smith was great and certainly the most impactful ...Well done Laurene, just a great Rotary experience!" - long time Club member

" First Class. It doesn't get any better." - long time Club member

Our event was advertised in local media. Individual contacts were made with local and international clubs and individuals. All clubs in the district were contacted. Notifications were posted on the District website and on Social media. Customized invitations were sent to organizations with whom we affiliate- for example: the City of Calgary Addiction & Mental Health Strategy group, the Rotary Civic Partnership, RI International Action Groups, James Wheeler Davidson clubs worldwide, Converge, and others.

A big thank you to Dave Leslie, Pati Dolan, Steacy Pinney, and Manni Gill who worked the registration desk. Thanks to Lindsay Marczak who organized the Rotaract Students, to Michelle DeCecco who shared a life changing Invocation, to Michael Pierson for O Canada, to Christina Hassan for introducing our key speaker Marshall Smith, to Eva Friesen who thanked him, to Bill Hamilton who introduced the Minister Hon. Rick Wilson, to Doug Webb who thanked him and to Joe Frasn who ran the meeting.



New Certificate of Appreciation Highlights Donation to Wellspring Alberta

Al McMillan

When Kurt Kowalchuk thanked District Governor Manon Mitchell for her presentation last Tuesday, Manon became the first recipient of our new Certificate of Appreciation. This year we

are making a donation to Wellspring Alberta to honour each of our speakers. Our donations to Wellspring will continue throughout the year to support Wellspring's free programs and services for people living with cancer as well as their families and caregivers,

Every day in Alberta, over 60 people hear the words "you have cancer". One in two Albertans will hear these words in their lifetime. Living with cancer is not just about diagnosis and medical treatment. Wellspring is focused on the non-medical aspects of living with cancer with hundreds of volunteers providing peer and program support and over 70 evidence-informed programs delivered by paid professionals.

Wellspring is a donor funded charity and programs are available free of charge and without referral - online, in a local community, over the phone and in-person. To learn more, go to www.wellspring.ca/alberta .



Wellspring's Carma House, gifted and built by Carma Developers

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Upcoming Events

[Frank n' Stein \(3rd Thursday_\)](#)

CHECK YOUR EMAIL

Aug. 21, 2025

4:30 p.m. - 6:30 p.m.

[Club Luncheon - Construction, Charities, and Calgary's Hospitality Industry](#)

133 9 Avenue Southwest

Aug. 26, 2025 12:00 p.m. - 1:30 p.m. Mountain Daylight Time (UTC-06:00)

[Frank n' Stein \(1st Thursday\)](#)

CHECK YOUR EMAIL

Sep. 04, 2025

4:30 p.m. - 6:30 p.m.

[29th Rotary SIS Charity Golf Classic Volunteering](#)

Sep. 08, 2025

10:00 a.m. - 6:00 p.m.

[Club Luncheon - Beyond the Court: Sport, Identity, and Community Impact](#)

133 9 Avenue Southwest

Sep. 09, 2025 12:00 p.m. - 1:30 p.m. Mountain Daylight Time (UTC-06:00)

[Frank n' Stein \(3rd Thursday_\)](#)

CHECK YOUR EMAIL

Sep. 18, 2025

4:30 p.m. - 6:30 p.m.

[Frank n' Stein \(1st Thursday\)](#)

CHECK YOUR EMAIL

Oct. 02, 2025

4:30 p.m. - 6:30 p.m.

[Frank n' Stein \(3rd Thursday_\)](#)

CHECK YOUR EMAIL

Oct. 16, 2025

4:30 p.m. - 6:30 p.m.

[View entire list](#)

COG Staff - July 1, 2024

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