



**November 12, 2024**  
**Volume 42 - Issue 10**

*"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

Andrew Buskell	November 14
Keith Visser	November 18
Franco Savoia	November 18
Tom Keenan	November 19
David Leslie	November 19

## Anniversaries

(None at this time)

## Inspirational Quote

"It always seems impossible until it's done."

- Nelson Mandela

## Our Rotary Family in Action

Manon Mitchell

Our club meeting last Tuesday November 5, presented an opportunity for all our Rotary family to get together, take action, and have a positive impact.

The event was inspired by a friend of mine, Major John Lilje, with whom I served in the early 1980s. When I reached out to John several years ago when I was MC of the Rotary Remembers event, I wanted to hear his lived experience of being in today's Canadian Armed Forces. I asked him what we, the general public, could do to support our troops and he was the one who mentioned writing Christmas cards.

[Read more...](#)

## Are You Passionate About FOOD SECURITY?

Franco Savoia

A recent report from [Food Banks Canada](#) notes that 1 in 5 Calgarians and 1 in 4 Albertan households were food insecure in 2023. Current experience by agencies providing emergency food in Calgary note that the number of people accessing food banks has greatly increased in 2024.

What is our club doing about this?

[Read more...](#)

## Win a Trip for 2 and Support ECL

Steady Pinney

We are holding an awesome raffle on December 10 at our Christmas Dinner party. WIN TWO (2) tickets on any regularly schedule West jet flight. We have printed only 200 tickets and they are \$20 each. Proceeds from this raffle are in support of Early Childhood Literacy (ECL) programs and projects.

[CLICK HERE TO BUY YOUR TICKET](#)



## Frank n' Stein is moving to Tuesday

Dennis Tran

Please note that starting November 19th, Frank n' Stein, our regularly scheduled get together informal event, is moving to the FIRST and THIRD TUESDAY of each month.

Watch your email for the location which changes periodically.

## SIS Holiday Party December 6<sup>th</sup>

Alana Sargent

The Stay-in-School Program will be gathering again for our annual Christmas Party at Carya Village Commons! Mentors and mentees will come together for an evening of food and fun activities to celebrate the season and get to know each other better. We'll be baking cookies, putting packages together for the Drop-In Centre and playing games. We can't wait!

Interested in joining the Stay-in-School Program and becoming a mentor? Contact Alana at [stayinschool@rotaryclubofcalgary.ca](mailto:stayinschool@rotaryclubofcalgary.ca).



## Youth Centres of Calgary (YCC) Fall Newsletter

Jane Wachowich, Executive Director

Impressionable and vulnerable youth are grateful for the privilege of attending our centres every day. It's not easy being a kid, even at the best of times. As always, the kids are safe and happy at our "home away from home". Your support is key to our continued success.



[Read more...](#)

## New Calm Room at Quest School

Franco Savoia

Earlier this year, Calgary Quest Children's Society opened their new Sunalta Campus for older students and young adults with moderate to severe disabilities. For many students, emotional regulation is a key aspect of their psycho-social development and over all well-being. Small Donations provided Quest with \$9,362 to outfit a new "calm room" with specialized sensory and emotional regulation equipment and supplies. This project is now complete. [Read the report about the impact of the new calm room at the Quest Sunalta Campus.](#)

## Make A Donation ... Make An Impact

Terry McMahon

The Mayhood Honour Roll displays the names of Rotarians who have contributed their treasure to either the [Calgary Rotary Clubs Foundation](#) and / or [The Rotary Foundation](#). It's nearly the end of the year and still time to make your donation to HAVE AN IMPACT and get that CHARITABLE DONATION receipt. These are our Foundations and provide the fuel for our

club and other Rotarians in our District to execute projects of IMPACT in our community and abroad. Every contribution counts- big or small. Make a donation ... make an impact!



## When is the COG published?

Manon Mitchell

The COG, the electronic newsletter informing our members of our club's activities and interesting articles, is published approximately every 2 weeks, usually (but not always) the week when we do not have an inperson club meeting. We'd love to send it weekly but it takes about 6 hours to put together so every other week will have to do.

You can find the publication dates below and on our website under [Members > COG Bulletins](#)

If you'd like to have us publish an article or have an idea about what we should be publishing, please forward your ideas to [Manon](#) or [Diane](#) by the FRIDAY before the Tuesday publication date.

You are also welcome to contact either Manon or Diane to discuss any idea you may have.

Here are this year's publication dates:

Nov 12, 26 (NEW)  
Dec 3, 17, 24 (Xmas edition)

Jan 7, 21  
 Feb4, 18  
 Mar 4, 18  
 Apr 1, 15, 29  
 May 6, 20  
 June 3, 17

If you enjoy reading the COG, [let us know](#) because your comments are the only way we know we are hitting the mark and it is our reward!

## Proudly Presenting Our Corporate Members



## Upcoming Events

### [Raffle - Westjet Flight for Two](#)

Nov. 07, 2024 - Dec. 10, 2024 Mountain Standard Time (UTC-07:00)

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

CHECK YOUR EMAIL

Nov. 19, 2024

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

### [Luncheon - Ed McCauley](#)

Nov. 26, 2024 12:00 p.m. - 1:30 p.m. Mountain Standard Time (UTC-07:00)

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

CHECK YOUR EMAIL

Dec. 03, 2024

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

### [Rotary Club of Calgary Downtown Christmas Dinner](#)

Dec. 10, 2024 6:00 p.m. - 9:30 p.m. Mountain Standard Time (UTC-07:00)

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

CHECK YOUR EMAIL

Dec. 17, 2024

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

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

CHECK YOUR EMAIL

*Jan. 07, 2025*

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

[View entire list](#)

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## COG Staff - July 1, 2024

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