

Rotary Club of Palgrave?s Weekly Rotary Minute



By Krysta Cadden

Seeing the good you do is one of the best things about being a Rotarian.

Nov. 18, members of the Rotary Club of Palgrave joined Caledon Meals on Wheels volunteers on their regular Friday meal delivery routes.

For many years, our Club has funded the frozen meal program with CMOW. This program allows those in the community who benefit from CMOW to receive frozen meals to keep in their freezers to use on days where inclement weather strikes the area and volunteers cannot safely deliver hot meals.

Friday, members of our club rode along on these deliveries and we were blessed with smiles, thank you's, hugs and handshakes ? all from grateful meal recipients who now know that even on the snowy, blustery days of winter in Caledon, they have a meal waiting for them. What a great way to spend time on a Friday!

It is when we partner with such great local organizations and get to see, first hand, the impact that Service above Self can truly have that warms our hearts and keeps us Rotarians in everything we do.

For more information on the CMOW program, please visit <http://www.cmow.org/>

Please visit www.rotaryclubofpalgrave.com for more information on our club and all the wonderful ways you could get involved!