

Today's Program

Dr. Paul Garfinkel, Professor Emeritus, Department of Psychiatry, UofT and Staff Psychiatrist, Centre for Addiction and Mental Health

Topic

Science and Compassion in the New Psychiatry

Host

Harry Figov

Location

Fairmont Royal York, Imperial Room



Dr. Paul Garfinkel is Professor Emeritus, Department of Psychiatry, University of Toronto and Staff Psychiatrist, Centre for Addiction and Mental Health.

In 1982, he was appointed Psychiatrist-in-Chief of the Toronto General Hospital. In 1990, he became Chair of Psychiatry at the University of Toronto and President and Psychiatrist-in-Chief of the

Clarke Institute of Psychiatry. He was appointed founding President and Chief Executive Officer of the Centre of Addiction and Mental Health, in 1997 and held this position until December 2009.

Dr. Garfinkel is a researcher, clinician and administrator. He is the author and editor of 9 books on eating disorders, and has contributed over 150 peer-reviewed articles and 80 book chapters to the professional literature. His book *A Life in Psychiatry: Looking Out, Looking In* was published in October 2014.

Other contributions include advocating for the support of psychiatric science, professional education, and public education; fighting the stigma of mental illness and addiction; and mentorship of younger scientists in psychiatric research.

In 1996, he was elected to Fellowship in the Royal Society of Canada. In 2000, he received the Lifetime Achievement Award from the Academy of Eating Disorders. He received the Pacesetter Award from the Schizophrenia Society of Canada in 2004 and a Public 2 Service Award from the Canadian Mental Health Association in 2009. The City of Toronto named, "Paul Garfinkel Park" in recognition of his service to the City, in 2009. He became an Officer of the Order of Canada in 2009.

Senior Citizens' Committee Update: Impressive Work!

– by Barbara Thomson



The Senior Citizens' Committee continues to have a busy Rotary year. One of the highlights was the 64th Annual Seniors' Christmas Party at the Fairmont Royal York Hotel. It is an event that seniors look forward to all year. A big thank you goes to Club members who donated over \$6,000 worth of lunch tickets in support of this event. Once again, the Committee, dedicated Club members and friends participated in the Thanksgiving Meals-on-Wheels delivery to over 150 shut-in seniors. We are preparing to do our second annual delivery just before Easter this year.

Last year, the Seniors' Community Consultation Forum was held to establish some direction and focus in identifying projects to help seniors. This Forum helped determine where we could have the greatest impact using a proactive and thoughtful approach. The results of the Forum identified the lack of access to meaningful resources and supports as the overarching theme. To help mediate this issue, the committee was able to secure and distribute 33 new and refurbished laptops to 9 agencies to assist seniors in accessing information and services, as well as staying connected with friends and family.

After presenting the results of the Forum to the Foundation Board, the Foundation Board asked that the Seniors' Committee take the lead in developing a proposal submission process and to develop criteria for assessing and recommending proposals to the Research & Appeals Committee for their consideration and due diligence. Those projects receiving Research and Appeals' recommendations would be forwarded to the Foundation Board for approval. This process has enabled the Senior Citizens' Committee to continue to ensure meaningful dialogue with those agencies working with our senior citizens. In addition to this work, the Committee received a request for funds from Art Heart Community Art Centre to begin a Seniors' Art Program in Regent Park. This organization is doing impressive work with seniors programming as well as intergenerational programming with seniors, an area that is vital to increasing seniors' well-being and reducing their social isolation. The Committee voted unanimously to support this program with a grant from the committee's annual budget.



Past President Richard White presents one of the new laptops on behalf of the Senior Citizens' Committee to Adrienne Urquhart, Director of Fundraising and Public Relations at the Good Shepherd Ministries.

International Service Committee Holds Its Head High

– by Maureen Bird



With a large committee of 20 and a mandate that covers the globe, our work is extremely interesting. Since Sunday, March 22 was World Water Day we appreciated Ron Denham's talk on March 20 about Wasrag and how Rotary International is making global grants work better. Rotary is making a difference by providing clean water for those who currently have a need. In 2013-14 we received \$20,000 in addition to our regular budget, specifically to assist other clubs with large grants.

The front page of the Voice on March 20 highlighted Toronto Eglinton's grant project in Kenya. We donated \$5,000. Barb Bocking, their ISC chair, just returned from the site. Richard Mewhinney of Newmarket has just returned from Ongutoi, Uganda, and the new clinic there supported by a grant. Great progress is being made in HIV testing and treatment as well as better maternal care for pregnant women with HIV/AIDS. They also received \$5,000.

Cijay Shah and Tamara Levine were in Northern Uganda in February and saw the progress in Aloi and Barlonya. This is the location of Oakville-Trafalgar's \$459,000 grant to which we contributed \$5,000 from these extra funds and \$5,000 from our committee.

A Sweat Equity team is going to Malawi in April and while there will see the new work being done by Dignitas through Uxbridge's global grant, again a grant \$5,000. Ron Denham talked about bigger grants being better and our participation in these grants will pay off. In the past few years we have refurbished orphanages in Sri Lanka devastated by the Tsunami, bought books for a library in Ecuador, purchased supplies for an after-school program in Peru, built classrooms on a sweat equity trip to Cambodia, supported landmine removal in Mozambique and provided water filters for families in Laos.

Toronto Eglinton is going to be host club for a major WASH (Water, Sanitation and Hygiene) global grant in Bugiri, Uganda with a first phase costing \$210,500. Our committee will assist with contacting clubs for fundraising. The committee has participated in the Annual Trump AIDS Walk and uses the funds for specific AIDS-related projects, often school fees to keep orphans in school.

We are delighted that our Foundation has just donated \$15,000 through Shelterbox to help the people of Vanuatu recover from Typhoon Pam. Quoting Bill Gates, in *Macleans* of March 16, "In countries such as the U.S. and Canada, where a lot of people are doing quite well, the question is: Can you take your loyalty and your values and go further than yourself and your family, or even beyond your region and your country? Can you have, as a member of the human race, the idea that you volunteer time or your voice, or whatever means you have to give?" We as Rotarians can hold our heads high.



New medical testing equipment for the clinic in Ongutoi, Uganda.

Help Needed!

The Aboriginal Service Committee has received an urgent request for food and clothing from our partner First Nations School of Toronto for one of their families with five children who lost everything in a fire over March Break. The youngest child is a six-year-old girl and then there is a seven-year-old boy. The next boys are nine and eleven. There are also two tall teenage girls 14 and 15. Anyone able to help should contact Carolyn Purden at cpurden@sympatico.ca.

The Aboriginal Service Committee has also partnered with the remote fly-in community of Neskantaga. We are raising funds for the replacement of the school playground and have committed \$5,000.00. An additional \$15,000.00 has been raised from other sources. The community is attempting to find additional funding.

The sizes of the children are sizes 8 or 10 for the grade 1 girl, 10 or 12 for the grade 2 girl, size 16 for the grade 4 boy, size 16 tall for the grade 5 boy, size large ladies for the grade 9 girl, and size xl for the grade ten girl.

For additional information and to make a contribution see:

[CLICK HERE](#)

A small donation really does make a difference. Not only are you investing in a playground and in the children, but you are sending a clear message that Southern Ontarians care about conditions facing their fellow citizens in the north.

JOIN ROTARY NOW!

www.rotarytoronto.com





Events You Missed or Are Not to Be Missed!

Tuesday, March 24: RI President Honours District 7070



Our Presidents: David Hetherington, Hedley Hunter, Neil Phillips, Susan Hunter, Michele Guy and Steve Smith

We were delighted that President Gary Huang and his wife Corinna were able to change their plans to include a brief stopover on their way to Mexico this past Tuesday, March 24. More than 300 Rotarians joined them for a dinner at the Sheraton Parkway.

With 530 Districts worldwide it is indeed an honour to be able to enjoy this chance to meet him personally. Special attention was paid to over 30 new members who received a photo opportunity with the President and "Light up Rotary."

Thursday, March 26: Speakeasy; Our ONLY Fundraiser this year!

This is our club's major fundraiser that we held this past week. Congratulations to the fundraising team as all tables were SOLD OUT. Donations, however, can still be made. Thank you!

[CLICK HERE](#)

Tuesday, March 31: Instead of Our Friday Meeting Next Week . . . Cocktail and Hors d'oeuvres!

Once again, a reminder goes out to everyone about the Cocktail and Hors d'oeuvres get together at the National Club. We are going to be mixing things up a little bit this coming week. Instead of our regular Friday lunch, we are going to replace it because of the Easter weekend with a Cocktail and Hors d'oeuvres "Get Together." Some Committees will be presenting information too.

Only one lunch ticket will be needed to cover your cost of appetizers and two drinks at this social and networking event. Please e-mail Carol in the office (office@rotarytoronto.on.ca) if you will attend so that we can plan for enough appetizers!

Wednesday, April 1: Join Us for A Great Night of Rotary Fellowship!

The Fellowship and Entertainment committee is proudly organizing a dinner at the SIGNS restaurant, the first Canadian restaurant whose staff and servers are all deaf and mute. This promises to be a unique experience that will raise awareness as well as fun to share with fellow Rotarians!

Here's a link to a review:

[CLICK HERE](#)

When

April 1st, 2015 at 6:30PM

Where

SIGNS Restaurant and Bar,
558 Yonge Street
(647) 349-7446

Cost

\$50/pp not including taxes and gratuities

RSVP

kateryna@arcadiahomecare.ca

May 22-24: Camp Scugog

You've seen the images; you've heard the tales . . . now it's time to sign up for another weekend of hard work, great food and abundant fellowship. Don't delay register now! Contact Susan Howson at showson@mackieresearch.com



For more information go to:

[CLICK HERE](#)

The Rotary Club of Toronto Club 55 – 1912

Officers:

President: Steven Smith
President-Elect: David Hetherington
Vice President: Susan Hunter
Treasurer: James McAuley

Executive Director:

Carol Hutchinson

**Rotary Club of Toronto
Charitable Foundation:**
Robert Smith, President

The Four-way test of the things we think, say, or do

1. Is it the Truth?
2. Is it Fair to all concerned?
3. Will it Build Goodwill and Better Friendships?
4. Will it be Beneficial to all concerned?

Submit an Article to the **Voice** Newsletter:

voice@rotarytoronto.on.ca

Upcoming Speakers & Events

March

31 Rotary Members and Guests Cocktails Networking, Committee updates

April

3 No Meeting - Good Friday Holiday
10 Mark Sakamoto: *Forgiveness: The Japanese-Canadian Perspective*
17 To Be Determined
24 Neil McOstrich: *Once Upon A Brand - The Art of Corporate Storytelling*

May

1 Kelly, Murumets, CEO, Tennis Canada
8 Steve Cornish, Doctors Without Borders
14 Thursday Evening Cocktails at the National Club

Propose a Speaker – Contact

Alex Brown

Program Committee

alexbrown@integratedappliances.ca

Editor of the Week:

Brian Porter

WYM Editor, March 27:

Shelley McIntyre



What You Missed, March 20, 2015

— by John Andras



It was a fine Friday at the National Club. I had opportunity to sit beside a newer member that I had not yet met. It was a delightful experience and I highly recommend it to all longer-serving members. As part of the New Members Committee process, new members graduate and have their “red stripes” removed at a meeting. Last Friday we had two graduate members: Marcy Berg and Karl Kramer. It was remarkable how involved these fine new members are in the club’s activities. I felt our club is in very good hands!

President Steve made a request for Meals on Wheels delivery taking place on April 1. I talked to coordinator Jack Robertson. He told me he had confirmed the drivers and helpers to deliver meals to 150 disadvantaged seniors. Remember that there is another opportunity for service at Thanksgiving.

President Steve announced that the Club’s Foundation and Executive have directed \$15,000.00 to be made available to Shelterbox for Vanuatu. This donation will provide shelter, bedding, cooking, water purification and other emergency relief materials for families devastated by Cyclone Pam. Please see www.shelterboxcanada.org for updates.

Past President Susan Howson announced that the Camp Scugog weekend will take place May 22-24. The cost is only \$100.00. The chefs are preplanning menus. The cabins await!

There was a presentation on the upcoming Taste@SKETCH event which will honour our club and Past President Geoffrey Johnson for the development of the community kitchen at SKETCH. This event, featuring fine food and beverages, will highlight the many creative programs run by SKETCH for 800-900 homeless and street involved youth every year. Tickets for this not-to-be-missed event can be purchased through www.tasteatsketch.eventbrite.ca.

Our guest speaker was Past District Governor Ron Denham. The Founder and Chair Emeritus of the Water and Sanitation Rotarian Action Group (WASRAG) was introduced by David Libby. David reminded us that although Rotary’s focus on water and sanitation is in the developing world, there is much work that needs to be done in our own country especially in remote fly in First Nations.

PDG Denham presented the UN Millennium Development Goals which targeted a reduction by 50% of people without access to potable water and basic sanitation from 2000-2015. Although the number of people unable to access safe water has declined from 1.2 billion to 700 million, the number of people lacking basic sanitation remains at 2.4 billion, the same as 2000. Far too often the



The Aloi Water team that is helping provide clean water in Northern Uganda, one of the projects mentioned by our speaker.

billions of dollars invested in water and sanitation infrastructure have failed to benefit communities due to inappropriate technology, inadequate project funding, poor management and lack of buy-in from communities and local authorities. Rotary International and Clubs are rising to the ongoing challenge. Clubs are joining together forming partnerships with clubs and communities in the developing world. They are applying for RI Foundation Global Grants. These partnerships help provide adequate monitoring. They focus on the empowerment of women who no longer have to walk miles for water can begin micro enterprises. They can take the time with communities and local government authorities to craft solutions that are sustainable and use appropriate technology. PDG Ron urged us to follow and join WASRAG.

Although I did my very best to win the Ace of Clubs my number did not come up and Gloria Lee won the wine.

Next week we meet at the Imperial Room of the Fairmont Royal York and remember that March 31st is a special cocktail party starting at 6:00PM at the National Club.



SKETCH invites you to an evening to celebrate & appreciate the Toronto Rotary Club and Geoffrey Johnson at

**Taste@Sketch:
A Celebration of the Palate**

[CLICK HERE to Purchase Tickets](#)

The Rotary Club of Toronto

The Fairmont Royal York

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