



## ROTARY CLUB OF FONTHILL

### WEEKLY MEETING AGENDA

Wednesday, April 5th

Hybrid Meeting

Dave Schulz, Bob Eamer, Carolyn Mullin, Hugh Graham, Paul Snack, Troy Killick, Annie Holtby, Mike Taylor, Bev North, Frank Adamson, Sean Racher, Paula Racher, Mel Groom, Ann Harrison, Chrissy Sadowski, Collins Acheampong.

- 1. Welcome** to our speaker today, Chrissy Sadowski and to Collins Acheampong who may be interested in joining us! And of course to Paula Racher.
- 2. Land Acknowledgement Lance**  
*We begin this gathering by acknowledging the land on which we gather is the traditional territory of the Haudenosaunee and Anishinaabe peoples, many of whom continue to live and work here today. This territory is covered by the Upper Canada Treaties and is within the land protected by the Dish with One Spoon Wampum agreement. Today this gathering place is home to many First Nations, Metis and Inuit people and acknowledging reminds us that our great standard of living is directly related to the resources and friendship of Indigenous people.*
- 3. Toast: Frank**  
To the King and Canada, To the Office of the President of United States, and To the President of Rotary International
- 4. 4-WAY TEST: Frank**  
Of the things we think, say or do  
Is it the truth?  
Is it fair to all concerned?  
Will it be beneficial to all concerned?
- 5. Invocation: Hugh**  
May we always be mindful of those less fortunate in the world and may we find some way however small, to be of service each day.  
Remember that ROTARY stands for Respect Others Then Act Responsibly Yourself
- 6. President's Report, Correspondence and Announcements. Troy**  
**Breakfast** last week was great! Hopefully we can continue once a month.  
**Welland Club Paul Harris Evening** is May 10<sup>th</sup>. It's a wine and cheese at the Welland International Flatwater Centre. \$25 cost.

**Next Year's District Grant, Frank.** The Board met recently about Tree Planting proposal. It's straight forward and with matching grant, it's \$5000. Plant the trees, promote at FarmFest. Looking for a 'second' to the motion! **Dave and Frank** met with the mayor and he's on side. Kinsmen are on side. Rotary is putting it together with these other organisations. Is there a dedicated place? Supporters of the Steve Bauer Trail are looking at the Trails. Conservation is also interested. They have a \$5000 grant so we could get it up to \$15,000. **Frank.** It would be neat to show kids how to plant a tree and take care of it – take a picture showing growth. It could also happen on their own property. Marlene Streit Park will be planting trees in May - could plant there. **Ann** wants Indigenous Trees. **Carolyn** would like to see them along waterways. John Langendoen is also on board.

**Motion: To have tree planting as our District Grant next year. M/S/C Frank/Bob/ All**

**Paul.** I have Share the Date cards. I'd like a meeting next week (Apr 10-14) at 4 in afternoon at White Meadows. Not a long meeting but one to assess things. **Hugh** put a request into Cogeco TC to provide coverage. We'd have to let everyone know they may be on TV.

- 7. Introduction of Speaker. Troy.** Really looking forward to your presentation, Chrissy. I'm very interested in how younger caregivers are being supported. Please welcome Chrissy Sadowski, of the Young Caregivers Association.

**Guest Speaker. Chrissy Sadowski, Young Caregivers Association.** Link to Chrissy's presentation:

<https://portal.clubrunner.ca/289/Documents/en-ca/40b8b24c-10fb-415c-953f-75458ab2ab04/1/>  
Most of us have an inkling of supporting aging parents, etc. Imagine if you were going through puberty and going through similar things. Children, youth and teens are the young caregivers. It could be mental health issues, physical or emotional with their siblings including Downs Syndrome. With parents it could be aging and dementia. They need emotional support as kids continue to worry about home while they're at school. Some of our pictures show a baby brother with CP, things we've given up/ Chrissy's adoption is a 3<sup>rd</sup> son who is on a tether. Kids ask questions, adults stare. As parents we have to deal with public response so the other two boys understand more. Initial statistics show our kids give 14-27 hours a week. This can come with depression and stress. The organisation began in 2003 – started through an Alzheimer's Program. It's the only organisation that deals with young caregivers/n they're between 7 and 12 and doing a craft, it's to help them deal with stress. Ask kids what they want to do! With our summer program, caregivers might get out once a week to a gymnasium, etc.

We do have social workers that help – they don't give a cap to numbers or time – some kids go for longer time with social workers. They get life skills, etc. in that time as well. POWERHOUSE in schools is where the kids don't have access to social workers. The social workers go into the schools. It's a 6 week program at lunch time. We have good relations with both school boards/ All is free.

We offer transportation. Chrissy drives a mini-van so she can take more kids. Our future goal is more transportation. We're trying to get kids across Canada more access to our programs. We do a pre and post survey and it keeps us going. We DO make a difference in coping skills! We take photos of different things the kids are doing. Their mascot is ECHO, the sea turtle – it came back to its beach home, it rides the waves of life, it stays calm and cool. Echo goes with them into schools, etc. I just did a presentation to a group of doctors. Kids don't see themselves as caregivers. Her son, after 8 years of caregiving doesn't see himself as a caregiver, just as a brother.

We're always looking for partnerships. Maybe the tree planting would work. I'm hoping to lobby the government. That's the end of my presentation.

**Troy.** Do you have a physical building? **Chrissy.** We have one on Ontario St in St Catharines for programs. Our Hagersville location is just an office. We do summer programming out of the parks. We get the caregivers out of the schools. We're present in Haldimand County and Hamilton. Niagara has a large amount of families. We tried Welland for a summer camp. Welland has a schools' program – a socio-economic role.

**Mike.** I know of the role John Howard plays. Is it similar in its coverage? **Chrissy.** 8 of us cover our areas. Kiwanis has donated money that's being used locally. **Mike.** That's a lot of territory to manage. **Chrissy.** My dream is to take it across Canada, going into other provinces and training them. Just Niagara has the schoolboard connection.

**Paul** Good for you! Our Father's Day event, Family Farm Fest, is looking for exhibitors. There's a need for people to recognise what's going on around them. **Chrissy.** During Covid they developed a KIT to take home. **Ann.** How long has the relationship with the School District been going on? **Chrissy.** 4 years before Covid – it was just in elementary schools, not high schools. **Frank** inquired about funding. **Chrissy.** We write grants. For example, one with Branscombe is very specific to kids and horses. Siblings, Guardians/Parents are asking for money for addictions. Again, it's very specific. When we were applying for funding from Ontario Health, the need was for Social Workers. **Bob.** The old problem of how to decrease the number of organisations but increase the service! **Chrissy.** How can we collaborate? We have difficulty with counselling. In terms of working with other agencies, we're also going to agencies and checking if we can work together. Our list is long about what we're working with. **Mike.** I'm wondering about FACS. They do a lot of transition. Another organisation is REACH – deals with autism for one – they do a lot of work.

**Troy.** An Amazing topic! Thank you for joining us. We make a donation to the Lincoln Pelham Library as a thank you for our speakers.

There's a board meeting next week. The 19<sup>th</sup> will be our next meeting. May do Breakfast the first week of May as May has 5 Wednesdays.

We still need coverage for the Home Show. THAT WAS RESOLVED THANKS TO FRIENDS OF ROTARY!!

#### **Rotary Moment and Happy Loonies –**

**Lance.** I'm looking forward to Leafs beating Boston.

**Ann.** Happy to be here. Appreciate your work, Chrissy.

**Frank.** Happy to be here!

**Mel.** We're past Covid!

**Bev** got a new kitty.

**Paul.** We still need sponsors

**Annie.** Wish you were all here!

**Troy.** Busy at work but all good!

**Carolyn.** Kudos to Chrissy! Alex just accepted to grad school at Brock – recruited by a prof that has a grant and works in bullying. Her year paid for!!

**Bob.** I enjoyed your presentation. If you come up with a way to have more organisations work together, I'd like to hear about it!

**Hugh.** I follow St Mary's Facebook and found a great bakery. I then went from hockey to baseball and found that a stolen base is now called 'defensive indifference'

**Dave.** Grateful for Rotary – it brings the world to us; we get to meet new people and collaborate.

**Frank.** Thanks for the presentation. Have you spoken to many Rotary Clubs? I could introduce you to the ones I deal with from NF to Dunnville. **Chrissy.** I've spoken to a few. An intro would be great.

**Mike.** These things start small and end up big. I know a lot of people who could help. We also picked up the puppy this weekend at the same time we were having lots of company.

**Troy.** Thanks, everybody. Rotary allows us to see more of the world. Anything else for the good of Rotary?

**Next Meetings/Events:**

**April 19<sup>th</sup> Professor Jayasankar Subramania (JAY) Tree Fruit Breeding and Biotechnology**