



WEEKLY MEETING Minutes
Wednesday, December 4, 2024

Collins Acheampong, Frank Adamson, Paul Allen, Bob Eamer, Mel Groom, Ann Harrison, Paul Hewitt, Annie Holtby, Carolyn Mullin, Sharon Pfeifer, Dave Schulz, David Sherlock, Paul Snack, Mike Taylor, YE Maria Araujo, Guest Speaker Jeanette Dempster, Tina Schulz, Marla Smith. Greg Lewis.

1. Welcome - Collins

2. Land Acknowledgement – Paul

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 & National Anthem – Paul

- a) To the King and Canada, To the Office of the President of United States, and To the President of Rotary International
- b) National Anthem

4. 4-WAY TEST – Paul

Of the things we think, say, or do
Is it the truth?
Is it fair to all concerned?
Will it build good will and better friendships?
Will it be beneficial to all concerned?

5. Invocation – David Sherlock

"As we gather here today as members of Rotary, we pray that we are ever mindful of opportunities to render our service to fellow citizens and to our community. Keeping in mind always the enduring values of life, exerting our efforts in those areas and on those things upon which future generations can build with confidence."

6.

Host Family Support. Frank. We agreed to a \$300/month. We put out a few feelers. One of our proud supporters of the Arches wants to stay out of public eye (so not sharing name in minutes) has given us \$5000. Half will go to YE support and half to the Trails.

The Rose Manor Evening. Ann - It looks like everyone who has signed up is here today.

Crossley Christmas Families. 9 am on Tuesday is pickup time for delivering to Salvation Army who is organising the distribution. They're looking for non-perishable items for families.

Guest Speaker today is Jeanette Dempster. She was the speaker at the Town's Volunteer Recognition evening. Frank is doing the introduction. Jeanette was a psychiatric nurse with Judy. Life has thrown many challenges to Jeanette and Jeanette has risen to meet them.

Presentation. Jeanette thanked Rotary for what we're doing as a club and for inviting her here to speak. **In 1994, Jeanette experienced cardiac arrest sliding into home base at a ball game.** There was a defibrillator at the park and 2 more in the ambulance that just happened to be across the street from the. She called it 'sudden death syndrome.' Jeanette was on a number of medications and didn't like it. An ICD was sent into her heart – if arrhythmia occurs, it gives you a shock. 'Think positive for yourself and people around you. Help them help you!' She has 4 scars from her life saving device. One day, shocks came upon her: 31 shocks came while she was trying to figure out what was happening. That's a lot! Things that help: formal writing, gratefulness – Jeanette thinks of three things that she's grateful for at the end of the day - a spiritual life to take care of yourself. She recommends a book – **Full Catastrophe.**

Jeanette met other heart transplant people at a summer's meet as well as a Women and Heart Health group. Women were under supported in Heart Health. For instance, catheters were too large to fit. That has changed now but still, every 20 minutes a woman dies from heart disease. Jeanette became active in swimming through Heart Health. Her first big one was in Ottawa where she won 4 golf medals – she mentioned, smiling, that she was the only one in her age group!

Increased awareness came about organ donation that started when a friend donated 6 organs that helped 6 different people!

Swimming honours Donor, honours God. It's relaxing and a great way of staying healthy.

Do you know the ID of a Donor? Sex? Age? Cause of death? You CAN. There's a bit of curiosity.

In October 2013 Jeanette was found to have breast cancer – no lymph nodes. At the same time, she was experiencing increasing symptoms of a degrading heart. One day as she was on Oxygen, the doctor said 'you know, Jeanette, not everyone makes it to transplant.' Jeanette had to wait 5 years before her cancer was not there anymore- the test for eligibility! That test is like being interviewed for NASA!

Jeanette is hoping to get to the World Games in Dresden.

What keeps you going? I can rise above it. You have to look after yourself!

Paul – In the very beginning, were there any symptoms?

Jeanette – **The US is making waves in our waves. The heart of this community comes Dec. 15, 16, and 17.** Whatever is donated those days is doubled.

Thank you, Jeanette, for sharing your tough but joyful and inspiring journey!

Purse Bingo Proceeds. Mel. Today, we are distributing our designated earnings to two groups. Thanks to all who showed up to support this annual fundraiser. I'd like to invite **Marla Smith, Director of the Foundation & Communications, Pathstone Mental Health** to come up and receive this small check for \$5000 towards the Mental Health work they do with Fonthill young people at Meridian Community Centre (MCC) all year long. We'll also do a photo Op with the large cheque at the same time. Thank you, Marla.

We'd also like to invite **Greg Lewis, President of Pelham Cares** to come up for their \$4600 cheque for Pelham Cares. We are also presenting them with our club's Happy Loonies for this year and for today in particular. If you'd like to share what's happening especially at this time of the year at Pelham Cares, we'd love to be caught up to date.

Rotary Moment and Happy Loonies – Not Enough Time

Board Meeting. MCC Concession. Not till January 29, 2025.

Meeting Dec. 11th, The Boyce Family 'Will's Power'

Holiday Evening Dec. 18, The Rose Manor. Register on Clubrunner.

No Meeting Dec. 18, Dec. 25. January 1