

**WEEKLY MEETING AGENDA**

February 3 2021– (Zoom 35)

ZOOMING Today: Dan Silver, Mike Taylor, Ann Harrison, Andy Glavac, Heather Scott, Paul Snack, Hugh Graham, Paul Allen, Bob Eamer, Lance Wiebe, David Schulz, Annie Holtby, Frank Adamson, Carolyn Mullin, Meghan McNaughton, John Cappa, Keith McConkey, Christian Baranowski, Mel Groom.

1. Open meeting: – Welcome everyone – Welcome to Dan Silver who will be introduced later by Keith as our guest speaker today.
2. Land Acknowledgement: Carolyn  
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: Christian  
To the Queen and Canada, To the Office of the President of United States, and To the President of Rotary International
4. 4-WAY TEST: Mel  
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: Heather  
May love and laughter light your days, and warm your heart and home.  
May good and faithful friends be yours, wherever you may roam.  
May peace and plenty bless your world with joy that long endures.  
May all life's passing seasons bring the best to you and yours.
6. President's Report/Correspondence/Announcements:
  - Heather shared that there is a fundraiser for Prostate Cancer. 3 cars are top prizes – a Corvette for Glenn and two others plus a 50.50 draw. Tickets can be purchased by going to <https://www.rocktheroadraffle.ca>
  - Ann has sent in an application form for being part of the Town's Family Day Project. The Mission for those taking part is to take a photo of yourself (and maybe a family member) WITH an outdoor Rotary Wheel and then submit it to the Town. Great to be part of this town activity for families.
  - Frank informed us of a District conference to be held the week of March 20<sup>th</sup>. On Monday, March 17<sup>th</sup>, there's a cocktail hour and preview; Tuesday the 18<sup>th</sup>, 7-9 pm, Thursday the 20<sup>th</sup>, 7-9 pm and Friday, March 21<sup>st</sup>, 9-noon. That day our speakers include

# Rotary Rotary Opens Opportunities

Michael Jacques – we're buying all his books, 2 per lending library that are being built by clubs. RI Vice President Elect, Valarie Wafer, RIPP Barry Rassin, Elaine Hernandez, Mission Texas and Evan Burrell from Australia. And a bunch on Global projects.

- Frank also reminded us that April 20<sup>th</sup> Earth Day will be when we do the work for the Great Lakes and Watershed Project. (Hugh mentioned that our friends at the Welland Club will join us)
- Blood Donor Clinic on February 11 needs another 4 people.
- Lance, as our representative on the Town Committee for Canada Day, informed us that it will be another virtual celebration this July 1<sup>st</sup>. If anyone wants to join him on that committee, please let Lance know.
- Hugh shared that he received and reluctantly accepted a resignation from the club from Barbara Bartholomew. She'll remain a friend of Rotary. Please reach out to her. It's been a tough year for her and she didn't want to take a leave feeling it would also be hard on her POD.

## 7. Speaker: Dan Silver – Mental Health Counselling

Introduction: Keith

Dan is the owner of "Dan Silver Social Work Professional Corporation." With February's theme being Conflict Resolution and the toll that isolation and COVID -19 is taking on people, I knew his message would be timely and relevant. When I reached out to Dan, he immediately agreed as Rotary has had an impact on his personal life with his father being a Paul Harris Fellow award winner.

As a licensed social worker, Dan has been helping Niagara families since 1996 with common sense mental health solutions, including self-care, recognizing the signs, and navigating the health care system to ensure the best possible care.

Dan's choice to work with families impacted by mental health was a very personal one. Dan's brother was diagnosed with Schizophrenia in 1973 and passed away twenty years later.

In Dan's words- As a child I saw his pain and that of my parents, two brothers and extended family. At that time the mental health system was poorly equipped to help Jonathan while offering nothing to the families.

Dan offers services in mental health counseling, suicide awareness training, marriage counselling, mindfulness training, elder mediation, and capacity assessment. It's through the capacity assessment that I met Dan. With loss of independence on the line, I would say this is a minefield of emotions and Dan's empathetic approach and tact is second to none. Dan won't shy away from a politically incorrect response if it's the right one and I'm happy to know that I can recommend him, and be confident in how people will be treated.

### Dan Silver. Mental Health Counseling

The work I do now is referred to as Designated Capacity Assessor. The conflict I witness in families is heinous. Conflict within the individual is what brings about the bad behaviour. Psychic Therapist is another title too; I focus primarily on what the problem is. I probably spend \$5000 a year on my own development. The question isn't how to fix the problem but how to define the problem. It's best to reflect than to react. As humans, we're predisposed to react. My mother was a Clinical Social Worker and passed on information on how to be reflective and not reactive. Now little kids are being taught Cognitive Behavioural Therapy, Mindfulness, and Dialectical Behaviour Therapy – all skills to deal with



conflict. We must be able to have an internal governor to calm ourselves, to take a deep breath and step back.

I changed careers when my brother died. Niagara Support Network was started after consultation with the community. Coping Skills were taught in session. If you're taught about what mental illnesses are, you're less likely to be fearful if you have this knowledge. Communication Skills, Self-Compassion – we radiate a lot of energy. If we're in tune with it, we can deal with others better. It allows participants to lower their own 'un-ease.' Mental illness is contagious = 'socially' contagious. I also teach Mindfulness Practice Groups through guided meditation, silent meditation, how to manage own physiological response to environment. This parleys into the 'voice of the child' - the voice of the child needs to be heard. Many parents aren't qualified to be parents. Love wins the day: children need to be heard. I meet with child, use their words and make sure they are heard.

I'm also an Elder Mediator – sometimes older children (now in their 60's) get in the middle of the conversations with a parent, don't understand them, and diminish their parents in the course of things. My role is to give education and assist older person to keep families together. People my age don't understand. It really pains an elder to see younger people not getting along – it's too reactive and is hurting parents. Family Mediation helps people to separate respectfully. Two great books from my Book Club are 'You Can Heal Your Life' by Louise Hay and 'The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom,' by Jonathan Haidt.

Comments and questions at the end.

Andy. Most of us are never taught 'life skills.' We *should* be taught them in school.

Dan. We try. Many attempts have been made that have been futile to get it into the schools. 35-40 teachers have been through their courses. They'd commented that they'll stop and do a one minute Mindfulness practice with the students and that has worked for them.

Hugh had two quotes, one from his kids – 'I don't want you to solve this, I just want you to listen' and one from him – 'I've been your age, you haven't been mine.'

Bob commented that looking at his grandkids, he'd say they're getting training somewhere at school.

Thanks: Hugh. Many thanks for an enlightening presentation, Dan. In our club, it's our practice to thank our speakers with a donation in their name going to the Pelham Library.

8. Birthdays: None

Rotary Anniversaries: Frank (Feb 01/91); John J. (Feb 09/10)

9. Rotary Moment: John

John read an encouraging article about what Rotarians were doing for the Covid vaccine. The call went out from RI President to include Rotary and its Global Polio Eradication Initiative in moving the Covid vaccine ahead. In North Carolina, all Rotary districts were aligning themselves with Department of Health and Human Services. An educational piece was a statewide webinar for Q&A from a concerned public that Rotarians helped with. There was also a call to action From RI President to help combat 'vaccine hesitancy.'

10. Happy Loonies: Carolyn. Love Wins the Day. Love Finds the Way.

Mike. Thanks, Dan. Mike and Dan go way back. On the home front, the Taylors are doing a Root and Bone online cooking course.

Andy had a very successful Alzheimer's Walk. Raised \$130,000 and counting. 653,000 steps recorded by *one* of his team. He'd just heard of Tony Bennett's recent struggle with Alzheimer's.

# Rotary



# Rotary Opens Opportunities

Ann. Everyone is happy and healthy in Ann's family.

Paul S. Having a 13 year old is a daily challenge. Older son signed up for at home working and couldn't handle it. Solution was to move from Toronto and they've now moved to Midland and are very happy.

Hugh. His mother-in-law passed a number of years ago. Hugh just made gumdrop loaves from her recipe and it brought many loving memories of her to mind especially this season's winter quilting and taking over the dining room table.

Paul A is looking after March POD and has 2 spaces needing filling.

Lance has a niece with mental illness. The stigma is lessening so she's involved in more things. This Hockey fan has learned how to watch his games without having to sell his house.

Frank. Go Habs, go. I can't do any face to face club meetings this year at all but happy that we have a few projects that allow us to work with others while socially distancing.

John. When our daughter was growing up and posing problems, we went to a counselor. I learned that as a parent, I have to be open to being better.

Mel. Thanks, Dan. I have 3 seniors in lockdown. I have to remember they're still in charge of their own lives.

Bob's happy that he got up to hear Dan's presentation. You're doing good work, Dan.

David's grandson is in Grade 1. His friend is hyper and is coping with it. He's breathing in and out as he counts his 10 fingers. David's grandson felt he should share this coping tool with his grandfather.

Meghan. Talking about blood donors, my dad has been giving blood since she was little. He donates every 60 days - 89 so far. March 2<sup>nd</sup> will be his 90<sup>th</sup> donation. Declan is having trouble sleeping but he's improving.

John. How much do you give in a donation? Frank. ½ a litre. That means on March 2<sup>nd</sup>, Meaghan's dad will have given 45 litres!

Keith. Thanks, Dan. I try and take away one thing from every speaker. I live with someone who has a mental illness and now is also an older person. The need for patience is good. Also, it's going to be an early spring.

Annie. Thanks, Dan. I took Continuing Education Parenting classes for Children as well as taking the Parenting for Teens twice. Both of us took it and it was helpful to be on the same page. A happy moment this week – while waiting for the car with no room in the waiting room, I passed part of the hour walking around Comisso's – I'd only been there once before with Maria and it had been a fun experience - always enjoy her company - always fun!

Christian. Thanks, Dan. Lots of pieces we can take away. My grandmother has a lot of mental illness. A year ago she started team therapy every day and there's been lots of improvement.

Carolyn. Thank you to Keith and our POD members for our speakers. See you next week when we'll have an interactive session on getting to know the members of the **Truly Terrific Pod!**