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**WEEKLY MEETING Minutes**  
**Wednesday, January 22, 2025**

Collins Acheampong, Frank Adamson, Paul Allen, Bob Eamer, Hugh Graham, Ann Harrison, Paul Hewitt, Annie Holtby, Crystal Lambkin, Sharon Pfeifer, Dave Schulz, David Sherlock, Paul Snack, Mike Taylor, Lance Wiebe, YE Maria Araujo, Youth Exchange student from Germany – 2016 – 2017, Leon von Rudin, Guest Speaker, Tricia Cosgrove, Niagara Sexual Assault Centre.

1. **Welcome – Collins** welcomed Tricia and Leon!

2. **Land Acknowledgement – Frank**

*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 - a) Mike, b) All**

- 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 – Mike**

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 – Lance**

For friends, food, fun and fellowship, especially the fellowship of Rotary, we give our sincere thanks. May these tokens of your beauty nourish our physical bodies in preparation for the challenges that are ours in Rotary. Keep us always mindful of the needs of others and keep us always attuned to our calling in Rotary.

6. **Collins – Welcome everyone. Welcome to Leon von Rudin from Germany.** He'll be speaking in a few minutes. Returning to visit his Canadian friends at EL Crossley and his Rotary friends after being a Youth Exchange student in 2016-17. Welcome also to our guest speaker, Tricia Cosgrove of Niagara Sexual Assault Centre.

**Dues are Due.** \$200 for January through June. Please e-transfer.

**Board Meeting** next week. Any member is welcome to attend. Ann sent a financial report and lots of recommendations.

**Mike** introduced **Leon**. Such a great person! A great ambassador for his country! And for Rotary. He was a welcome member of our club and of all his home stays. Two of his home stay families had him over to dinner last night. **WE** appreciate the visit and he's happy to be with his close friends who have also visited him in Germany.

**Leon's Chat**. It's good to be here. Last time I visited, in 2018, I'd set the alarm clock so I could get to a Rotary meeting, but I turned it off and went back to sleep! Not today!

**When I went home from my exchange**, I had to repeat grade 10. It was a good thing because I wasn't with my best friends; I'd gained a work ethic at Crossley. It was very hard though. I got homesick for Canada. I really felt at home in Canada, I felt like a Canadian citizen! It was not hard to adapt to Germany – I gained a lot from here to do that.

**I joined Rotex** – exchange students got together and dealt with YE.

School was great. I just prioritized things differently. I'm still in touch with my best friend Mitchell. Mitchell and another friend went to Germany again as well. I graduated last year from university. I did a Berkley summer session, a three-week road trip and 2 weeks in Hawaii that took care of my entire savings! I moved in with my girlfriend of three years and we're renovating her grandparents' home. I feel deeply bonded to Canada.

**Paul**. Are you still taking pictures of your food? **Leon**. Yes, I am. I just tried blueberry beer!

**Welcome back Leon!!!**

## 7. Introduction of Tricia Cosgrove by Ann.

Tricia Cosgrove is the Community Outreach Manager and Hospital Response Team Member for the Niagara Sexual Assault Centre. She started as a Board Member and began working at NSAC 4 years ago. The Niagara Sexual Assault Centre is a non-profit organization that responds to the needs of survivors of sexual violence. As Community Outreach Manager, Tricia aims to increase our community's understanding of the impact and issues surrounding sexual violence and, how NSAC offers hope and help through their many programs and services.

## 8. Tricia Cosgrove's Presentation. Thank you, Ann.

**The Hospital Response Team was started in 1977**. By 5 women who saw the need. They developed the first Sex Kit. They distributed them to the hospital. Then the government took over making them. After 45 years it is a responsible line with robust communication and outreach sites in Port Colborne, Welland and Niagara Forks.

**One in three women will experience Sexual Assault**. 6% are reported. Niagara is the epicenter of human trafficking. It's along the 401 corridors as well. Only 41% of hospitals in Canada have kits available. Trained volunteers ensure safe and nonjudgemental counselling. It's offered to any gender. 30 individuals are trauma trained. Victims have to call themselves for therapy - it's free! There's a wait list but it moves quickly. It's part of the Hospital Response Team – an excellent program. You must go to the St. Catharines Hospital. If it's 12 days post assault, there is advice for anything non-medical. Telling them their rights, what they'll expect, anything non-medical. We talk to schools and businesses about online safety – last year we made 498 presentations. All age appropriate – online safety, youth issues, etc. We hold different events like Take Back the Night. **You can be an anonymous source – only place in Canada – because of Paul Bernardo**. Had there been an anonymous report of Sexual Assault at the time, Paul Bernardo would have been arrested earlier. Reporting SA helps police. A survivor can name the

offender – the name is entered into the system. It's been successfully capturing predators. There is a program for those working in hospitals including Niagara College hospital program. In our Centre, we can see the progression of people. The information we can provide to younger people helps them build confidence. We're looking at a coalition to look at what's happening. Looking at providers of services. We're going to offer program to the LGBT in St Catharines. We'd like sites in Grimsby and Vineland.

**What to look for around drink spiking?** Bars, Restaurants, Parties. We want to provide services. We've been around for a long time. How to Help? Host a Fund Raiser.

**Crystal.** Your favourite story of someone surviving?

**Tricia. There are multiple.** There was an anonymous 3<sup>rd</sup> party who reported after 6 years and telling it made a difference, where the guilty party could be identified.

**Dave Sherlock.** Is it correct to assume this isn't high on the list? We could write to the members of parliament to bring it to the Solicitor General's attention.

**Paul.** It's not enough. 401 – why is it the epi centre.

**Tricia.** NF has a lot of tourists, hotels, conventions, as a border town it's big at drug trafficking.

**Ann.** As an administrator in a school in NF, I saw it happening. No training to watch it.

**Tricia.** A lot happens over Instagram. Often the kids are in the foster system.

**Bob.** Young men aren't getting attention to know how to court, act.

**Tricia.** We have an administrator program with the Ice Dogs. How community looks at them. We've noticed a big change. Andrew Tate was charged with sex trafficking – he's anti women, anti LGBTQ: has a big influence on young men. Our program the Ice Dogs have is mandated. The entire team must do it. Team Canada – a lot of people get angry they're targeted. It's still a teachable moment.

**This job is so much need and a bit of advocacy** – I love it! There are not enough nurses. They are supposed to be a any registered available 24/7. There's a separate course for the nurses - 30 hours – how to go through the kit. The nurse will have to go to court. It could be any registered nurse.

**Tricia's Presentation Link.**

<https://portal.clubrunner.ca/289/Documents/en-ca/3805f9ef-34a0-4de9-9b53-efd27529c435/1/>

**Ann. Thank you Tricia.** It's a challenging subject! Niagara Sexual Assault Centre requested Help this year for furthering the education they do in the schools, etc. We awarded them with \$1250 and would like to present them with their cheque.

## 9. Rotary Moment and Happy Loonies –

**Lance. DOC** Local neighbour of Lance's – Chair Armstrong.

**Sharon.** Happy we're supporting our speaker's work. Happy to see **Leon** here!

**Paul H.** After 20 years, I reconnected with a friend. I love it!

**Bob.** Happy to meet someone who is part of this education in the schools.

**Paul S.** Declared clear – cancer free!

**Dave Schulz.** Leon 's coming home to visit – never thought of it that way! No way we haven't been affected – so important to have this presentation.

**Frank.** Great to have Leo here. Stop growing! Good to see you! Presidential training tonight.

**Dave Sherlock.** I love this weather!

**Paul Allen.** Great news on Paul's account. Great to see Leon again.

**Mike.** It means a ton to me to see Luke.

**Leon.** I am very thankful to see you. Social media very threatening in Sexual Assault. Awareness Sessions very important. Hopefully I'll see you again!

**Ann.** E-transferring this happy loonie. My girlfriend lives in Puerto Vallarta. Sadly, we are reconnecting there for a week!

**Hugh.** I echo sentiments and what Dave is saying as well. My younger daughter in Peterborough Had a friend who did these kinds of presentations. Jean is active still.

**Annie. Leon** – wonderful to see you again! **Tricia** – Important and always needed – your Presentation and your compelling work,

**Collins** – I got a photo from 'home' all were in shirt sleeves! Leon, I love Germany! Tricia. I'm going to take the course.

#### **Meetings.**

**Board Meeting. MCC Concession. January 29, 2025.**

**Weekly Meeting. Guest Speaker Rob Lebel, CDMP. February 5, 2025**

**Weekly Meeting. Guest Speaker, Carol Nagy, Hospice. February 12, 2025**

**Weekly Meeting. Guest Speaker, Paul Hewitt, Classification Talk. February 19, 2025**

**Board Meeting. February 26, 2025**