



WEEKLY MEETING Minutes
Wednesday, March 4, 2026

Collins Acheampong, Frank Adamson, Paul Allen, Angela Carter, Bob Eamer, Hugh Graham, Ann Harrison, Touti, Annie Holtby, Fred Leppard, Carolyn Mullin, Dave Schulz, Dave Sherlock, Paul Snack, Mike Taylor, Lance Wiebe, Guest Speaker – Lindsay Dressel, Happy in my Home, Community Support Services of Niagara.

- 1. Welcome to Lindsay Dressel, a Rotarian from the Rotary Club of Lincoln, our Guest Speaker!**

- 2. Land Acknowledgement – Paul Snack**

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. National Anthem– ALL RCMP Version provided by Dave Sherlock**

- 4. 4-WAY TEST –**

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 – Collins**

A reflection of everything going on in the world and what we can do as Rotarians including praying for the Leaders in the spirit of Service Above Self.

- 6. Announcements.**

Hugh. March 26th is Trivia Night at Welland. Hugh will send an email out. \$30/person
Ann. Thanks for donations online and on porch. Interact brought in \$500/cash and the Club matched it so \$1000 for Ukraine for Poverty.

Carolyn. February 24 530-730 pm Membership 'Do' saw 42 people between Welland and Fonthill invites. There was great dialogue. It was also great to network with Welland. Follow up to anyone you invited. Invite them to Breakfast! Fireside is our next event for our new members. Thanks, Angela, for inviting half the room! Gayle Baltjes may come back – heading into retirement!

Al Crowl – Kinsmen and Legion Citizen of the Year.

Bylaws. Everyone has received the Bylaw changes. Need to get back any comments over the next week.

Sponsor Liability Insurance. We're required to have it. We DO have it. It's what every Volunteer Board needs!

Algonquin Trip. Very favourable responses. Plenty of snow. Up to thighs with snowshoes! Cabins were fine. Girls on top bunks were cosy! Tutie is grateful for this experience!

Cornhole Event. Paul. We're finalising advertising details. Sponsorship – still not sure of that. We'll need help there. June 11 is tentative date.

Tutie. We discussed Tutie and the fact that as an exchange student, she is always at our meetings. The Board passed the Induction of Tutie as an honorary member. Everyone on the Board thought it was a great idea! **Mike** welcomed Tutie on behalf of all the club – the cultural enrichment she has brought and sought through her work with Interact and as a highly functioning student, enjoyment and participation in club discussions, activities, a great representative of the ideals of Youth Exchange. You will always be part of our club, Tutie. We'll celebrate this first-time honouring of a Youth Exchange student who is so worthy. This certificate will be a reminder wherever you are in the world.

7. **Today's Presentation. Collins is introducing Lindsay Dressel, our guest Speaker on 'Happy in my Home,' part of Community Support Services of Canada.**

Lindsay. Great to be here! Thanks, Collins for setting this up!

I grew up in Grimsby and moved to Beamsville. For many years, I worked in recreation at the hospital. I graduated in Marketing and returned to the hospital.

I realised that there were a lot of people who didn't want to leave their home. I started driving people, delivering food. We started a program which is nonclinical. I don't touch the clients but make it easy for them to stay in their own home. There are 50 volunteers with a Board of Directors. They celebrated 25 years last Fall. **Meals on Wheels** from Beamsville Centre service West Pelham, Grimsby, Beamsville and Lincoln.

Transportation. It's volunteer based. Meals on Wheels, Appointments, usually medical; even social outings use transportation. It's a safe feeling – They know the Driver. They pay 60 cents/km. **Homemaking.** Provides services booked through the agency so it's reliable – police checks. **Friendly Visiting.** At Christmas Time, President has time to call clients at home @ Christmas (those alone). **Meals on Wheels** charges \$9 for frozen meal

and \$8.50 for a hot meal. **How many in a day?** My route has 8-12 meals that I'd deliver. 50 meals a day would go out from Grimsby. **Lunch Out. Let's coordinate the call**

8.

Happy Loonies Rotary Moment

Bob. I've been exercising! And curling!

Dave Schulz. Happy to be here! It's great to have people come back and share what they've been doing!

Hugh. Thank you for sharing your stories. We're a breakfast club. Rotary is a great family. Very touching – Angela's talk around the world, Phil's Bahama sharing.

Carolyn. I loved this morning's stories. We have the support of each other.

Randy. Great sharing!

Sharon. Things are happening. Reach out to those who need us. Reach out for the joy! Refresher and reality check. Thanks for Service above Self. Happy when people tell their stories. We get to know them!

Collins. I curled and it was FREEZING! It was also fun! Bob, you were a good sport!

Dave S. Ask Dave!

Paul H. Thanks for the stories. We should have more!

Angela. Enjoying having Tutie staying with me now!

Phil. Thanks to the club. It's welcoming. I'll try and check in as often as I can.

Annie. Thanks for all the sharing, both personal and professional!

Next Meetings/Events

February 16. Family Day. Free Skate via Rotary

February 24. Membership Evening Meeting with Welland Club and Invited guests!

March 4. Regular Meeting – Speaker, Happy in My Home, Community Support Services of Niagara