Eye Opener

Date: May 17, 2022 7 am at Safety Starts Here 5051 50 Street, Camrose and via Zoom

President-Elect Alan Fielding presiding

O Canada

Acknowledgement of Land Treaties

Presentation: Destiny Reay and Janet Erickson from Canada Mental Health Association (CMHA) presented on their new program **Recovery College.** CMHA started in Canada in 1918 and now has 330 sites across Canada. It started in Camrose in 1988 and was a satellite from Red Deer and in 2000 became its own entity. CMHA Camrose sees 500 to 1000 clients/ year. The head office is in Camrose but there are other offices in East Central Region i.e. County of Camrose, Flagstaff, Beaver, Provost and Lamont.

Recovery College is modelled after programs in UK, Australia and New Zealand. It emphasises Resiliency, Belonging, Connection and Hope by offering free courses where participants are actively engaged in learning and connecting with others. The courses are either a few hours and/or a few weeks. Examples of courses offered are: Confront the Discomfort, Conversations that Matter, Building Better Boundaries, Art of Friendship, Adulting 101, Rethinking your Thoughts and Getting a Good Night’s Sleep. Peer support groups with trained facilitators and Caregiver support groups are also provided in Recovery College. Referrals are from different agencies and community members as well as drop in’s.

CMHA’s Welcome Center is re-opening today for drop-in to chat and community. This hub has been missed by clients and staff during the pandemic. Also VIBE, a drop in for teens from 11 to 15 years will be starting soon.

Destiny and Janet played the game “Sphere of Influence” with their audience. It demonstrated , at a “family reunion”, what we have control over and what we don’t have control over…such as Uncle Jim’s drinking and our reaction to it.

Destiny and Janet were thanked by Alan Fielding for their interesting presentation. A certificate will be sent to them as appreciation indicating that 10 children (more with matching grants0 will receive polio vaccination.

**Happy Bucks:** Great golf game by Destiny, Rob’s fun time at ReBoot, Larry’s Road trip for sausage and beer, Morris doing Flag duty, Dean receiving an amazing award Officers Order of Merit! Congratulations Dean!!

**Rotary Foundation:** Rob read an article from Ukrainian Rotaractor Oksana Havryliv who had been pursuing a master’s Degree in political Science in Vienna. She has decided to stay in Ukraine to help with humanitarian relief.

**Business:** Chase the Ace: Over $10,000 to win this Wednesday.

Lemonade Day needs judges June 18 from 11am to 3 pm and sampling lemonade June 14, 5:30 to 6:30. Please contact Odell if you are interested.

Rotary ReBoot fundraising evening raised $25,000. Congratulations to Lou Henderson and her team!

300 Days for Girls complete kits were sent to Edmonton this week for international distribution.

**Dates to Remember:** May 27 and 28 is District Conference in Edmonton. June 4 to June 8 is Rotary International conference in Houston Texas.

Closing: Four Way Test