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| **EyeOpener** May 2, 2023 – Ukrainian Folk Remedies  ***Maternal and Child Health Month***  The in-person (with Zoom available) meeting was opened by President Alan with *O Canada*. There were 9 of 14 members present.  Alan read the Treaty 6 Acknowledgement:  *We acknowledge that the Rotary Club of Camrose Daybreak is located on Treaty 6 land. This is the traditional territory and an ancient gathering place of many Indigenous peoples for thousands of years.*  *We recognize that we are all Treaty people and have a responsibility to become aware of our shared history, understand the Spirit and Intent of the Treaties and by doing so we can honour the past, be aware of the present, and create a just and caring future built upon Peace, Friendship, and Understanding.*  **Guest Speaker**  Chris introduced Michael Mucz, retired Augustana Professor, who taught Biology, Botany and Ecology. He was born in post-war Germany to displaced Ukrainian parents. They immigrated to Canada as part of the “third wave’ of immigrants to rural Manitoba. He received his university education at the Universities of Manitoba and Alberta. Later in his career he focused on ethno-botanical studies. He wrote a book **Baba’s Kitchen Medicines: Folk Remedies of Ukrainian Settlers in Western Canada.**  Michael told us there are three types of medicines: folk or ethnic medicine, alternative or homeopathic/naturopathic medicine and conventional or allopathic medicine. Treatment of disease using ethnic knowledge is based on culture, the local community and family knowledge. They usually dealt with everyday, non-life threatening or chronic conditions. Continuing to work even in pain was required by necessity—to maintain life, family, and the farm. It was matriarchal in the Ukrainian culture. Women shared knowledge with their neighbours and daughters. They used plants and household materials (kerosene, butter, etc.), goods available from travellers (Watkins, Rawleigh) or catalogues. They had traditional healers “bone-setters” who were viewed to have a God Given gift, they had often learned from time in the military. Midwives self taught by their own experiences of giving birth—they often helped with cooking and childcare when they attended a birth. “Wax Pourers” assisted with mental/emotional/spiritual issues by pouring wax in a container of water held by the sufferer—images were read and assessed—as clear images became cloudier, the sufferer was improving. Religious belief, and prayer were important in ethnic medicine. Doctors were a last resort as they were in larger towns or cities and were expensive--$2 to $5 for a regular visit, $15 - $25 for childbirth plus $1 per mile for travel.  Michael told several stories from the interviews he conducted. His book is available from him or the University Bookstore $34.95, it is in it third printing.  Michael was thanked by Alan and told of the donation to vaccinate children against polio in his honour.  **Happy Bucks**  Happy bucks were given for:  his 48-year Wedding Anniversary, his wife doing well post knee surgery, recent Ukrainian refugees particularly the one Cliff arranged a job for, his 56-year Wedding Anniversary, his trip to Europe, the slightly improved weather in the Maritimes. Sadly, the deaths of Jim Andreassen and Gordon Lightfoot.  **Foundation Moment**  Rob spoke about the Foundation Grant Advisors who can help clubs navigate the rules and documents to arrange Global Grants.  **Announcements:**   * **Chase the Ace –** by consensus we agree to top up the winnings of the Reading University to $2,500. * Camrose Elks sponsoring STARS will have a draw tomorrow for Chase the Ace with 6 cards left. The main prize is $32,575 plus 20% of sales if the Ace is drawn. * Robyn Gray Memorial Scholarship – the committee of Chris, Rob and Harry said that the candidates who applied were all impressive. They have chosen Thanhhai Nguyen and Janaya Iverson as the recipients this year. A motion affirming this was passed. * May 8 at 3 pm in the Boardroom of the Camrose Police Service, the Booster will take pictures in support of our Flag Program. The scholarship recipients will be asked to attend. Alan, Harry, and John will attend. * Ads will be placed this week and next in the Booster and Camrose Morning News for the Flag Program. John has sent emails to all previous subscribers. He has about 75 subscriptions so far. * Alan will report on the District Conference held last weekend at Jasper at our next meeting. * The World Rotary Convention will be held in Melbourne Australia May 27 to 31. * **Our Next Meeting is Monday May 8 at 6 pm with the Rotary Club of Camrose at the Norsemen Inn. Dr. Jane** **Gainer will be guest** **speaker.**   We closed singing the *Four Way Test.*  **ROTARY JOINS LEADERS | ROTARIANS SHARE IDEAS | ROTARIANS TAKE ACTION** |
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