Rotary Club of Camrose Daybreak

EyeOpener December 1, 2020 Mental Health

December is Disease Prevention and Treatment Month

Destiny opened the meeting with an *O Canada* video, 15 members and guest Andrea in attendance

Harry offered **Food for Thought** on today being Giving Tuesday. Meister Eckhart said *“The only true way to say thank you is by giving back”*. The majority in western countries have more than enough to be comfortable while there is much poverty in the world. It is said we are our brother’s keeper. Rotary’s motto of *Service Above Self* embodies this thought and the Rotary Foundation makes the world our neighbour. If you have – you are obligated to give back.

Chris will offer **Food for Thought** next week.

**Happy Bucks**

* Sad buck for passing of a good friend
* Christmas dinner with a best friend
* Knee assessed at *Spectrum*, plan is made, exercises started
* Ken Drever has COVID, doing well
* Front tooth broken years ago is repaired

**Announcements**

* Fall Learning Thursday December 10th 7 pm is [*Rotary Service: Sharing Successes during COVID-19*](https://portal.clubrunner.ca/50012/Event/rotary-service--sharing-successes-during-covid-19). Recordings of previous sessions on membership, fundraising and the Rotary Foundation can be accessed through the *Connections* newsletter or District website
* *Rotary Cares* raffle tickets are available from Morris or noon club members

**Presentation** – *Mental Health Capacity Building (BRSD)*, Andrea Dyck

*Safe. Calm. Connected.* is the theme of this program providing supports to students, parents and staff. The team provides a different set of eyes in the school and imparts a pathway to support through social/emotional learning. A temporary funding boosts allows a team member visit to all schools each week and a summer program of outreach and collaboration in the community. While much of the focus is on individual students, there are initiatives with groups. The RELAX program at ECCHS has become a safe and comfortable place for many students to gather and have lunch. With extended class times, video wellness breaks have been introduced to refresh students and staff.

**Reminders**

* Next Tuesday, December 8, 7 am – Club Zoom meeting. Presentation *Yoga Club*, Deanna Mason
* Next Tuesday, December 8, 8 am – Board Zoom meeting
* Tuesday December 15, 7 am – Club Zoom meeting. Presentation *Hospice Society*, Joy LeBlanc, Bill Harder
* Tuesday December 22, 7 am – Club Zoom meeting. Presentation *Christmas in COVID Time*, Rev. David Eriksson
* Tuesday, December 29 – no meeting, enjoy the Christmas season and celebrate the New Year

Alan led us in the *Four Way Test* to close the meeting

Morris

587.322.2555

**Rotary Joins Leaders | Rotarians Share Ideas | Rotarians Take Action**