



January 15, 2019

Editor: Bryan Tastad

**January 2019
Theme: Vocational Services**

**Program Chair:
Michael Gramiak**

Date	Desk	Greeter	Rotana Editor	Cheer Captain	Speaker/Topic	Intro	Club Thanks
Jan 22	Grant Devine	Bob Devrome	Bryan Tastad	Joe Dierker	TBA	TBA	TBA
Jan 29	Jim Gillis	John Hanlin	Bryan Tastad	Bryan Harvey	TBA	TBA	TBA

Announcements

- Asit Sarkar reported that Nuru Nyomi and Juliana Tenkorang are interested in starting a satellite club on the U of S campus.
- Welcome back Bill Sinnett who returned to the club after being away for a while. Honorary Member Bill Christensen also paid a visit.
- Bob Devrome is recovering from a successful operation to remove a kidney. Check with Christine before visiting.
- Kent Creelman was in hospital after suffering a seizure on January 13. His family reports that he is looking forward to getting back to Rotary.
- Now is the time to approach prospective businesses for RibFest sponsorships. The new sponsorship package is sent out with this newsletter. Please forward it to prospective sponsors. Please let Bryan Tastad know of any contacts you make so that we don't approach the same groups twice.
- Candace Odishaw prepared a new duty roster for January 1 - June 30, 2019 that is delivered with this newsletter. Please check your spots and arrange a replacement if you can't attend that day.

This Week's Program Highlights

Prelude - Larry Neely

Chair - Stan Garchinski

Desk - Bob MacGillivray

Rotary \$ - Bob MacGillivray

O Canada and Rotary Grace - Larry Neely plus *Log Driver's Waltz*

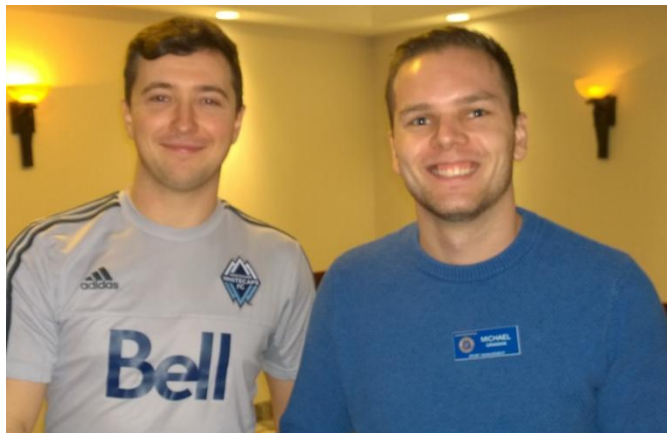
Make-ups - (Note: You will only be credited with a make-up if you record it on the make-up sheet.)

4 Way Test Song - Jim Gillis and Larry Neely

Visitors - Greeter Bob MacGillivray welcomed:

- Guest speaker Jonathon O'Neill;
- Blair Lukan, guest of President Stan;
- Nuru Nyomi and Juliana Tenkorang, guests of Asit Sarkar;
- Ketema Abdi, guest of Randy Kutcher.

Program - Jonathon O'Neill - Vancouver Whitecaps Saskatchewan Academy



Michael Gramiak introduced Jonathon O'Neill, associate head coach of the Vancouver Whitecaps FC Saskatchewan Academy Centre. Prior to joining Whitecaps FC, Jonathon had been a grassroots coach for the Irish Football Association since 2010. The Northern Ireland native was also previously head coach of Northern Ireland Football League Championship side Knockbreda FC's U-20 team, and of Belfast's St. Mary's FC U-19 team.

Jonathon spoke about the massive challenge of helping today's young soccer players improve their Emotional Intelligence (EI). Traditionally, coaches have focused on the areas of technique, tactics and training, while paying little attention to EI. This has to change because many of today's young people have not developed the skills to get along and succeed as part of a group.

EI is defined as the ability to:

- Recognize, understand and manage our own emotions;
- Recognize, understand and influence the emotions of others;

In practical terms, this means being aware that emotions can drive our behavior and impact people (positively and negatively), and learning how to manage those emotions – both our own and others – especially when we are under pressure.

Jonathon noted that children used to develop EI skills through independent, play-based social interactions in backyards and playgrounds. Today's youth, however, are heavily programmed and often communicate with peers through their smart phones rather than face-to-face interactions. As a result, their EI is often underdeveloped. Spending more time on EI will help sports teams be more successful and the players more successful in all areas of life.

Michael Gramiak thanked Jonathon for his presentation.

50:50 Draw - Lorne Braithwaite coordinated the 50:50 draw. Jack Scott won the pot of \$16.

Cheer Captain - Randy Kutcher conducted a Saskatoon trivia quiz, which raised a surprisingly large amount of money. Happy/sad \$ included Randy for the presence of Ketema Abdi; Jim Gillis for getting his own table as a reward for arriving late; Asit Sarkar for the interest of Nuru Nyomi and Juliana Tenkorang in Rotary; Larry Neely for his car not starting; Michael Gramiak for Jonathon's presentation and for his Grandpa Bill Christensen's 80th birthday; and Stan Garchinski for Blair Lukan handling his investment portfolio.

Board and Executive

Officers

President - Stan Garchinski

President-Elect - Candace Odishaw

Past President - Walt Pawlovich

Secretary - Jack Scott

Treasurer - Bob MacGillivray

Board members

Administration- Candace Odishaw

Membership - Candace Odishaw, Betty Ann Arscott

Projects- Randy Kutcher

Rotary Foundation- Asit Sarkar

Community Grants - Lorne Braithwaite, Peggy Clark

New Generations - Michael Gramiak

Rotary International

RI President - Barry Rassin

District Governor - Elaine Thompson

Assistant Governor - Colin Taylor

Contact Information

Rotary Club of Saskatoon Nutana

Club No. 1380

Founded May 31, 1961

P. O. Box 441, Saskatoon, SK S7K 3L6

www.rotarynutana.org

Links

District 5550 <http://www.clubrunner.ca/portal/home.aspx?did=5550>

Rotary International www.rotary.org

Other News