



Saskatoon Nutana
Rotary
 Club



April 20, 2021

Editor: Jim Blackburn

April 2021 Theme: Maternal and Child Health

**Program Chair:
 Mike Gramiak**

Date	Rotana Editor	Cheer Captain	Speaker/Topic	Intro	Club Thanks
April 27	Jim Blackburn	Larry Neely	Lindsay May – District Governor of District 9685 in Australia	Mike Gramiak	Ravi Chibbar
May 4	Jim Blackburn	Candace Odishaw	Dr. Scott Adams – Science Fairs: Empowering the Next Generation of Researchers and Innovators	Ravi Chibbar	Peggy Clark
May 11	Jim Blackburn	Walt Pawlovich		Ravi Chibbar	Bpb Devrome
May 18	Jim Blackburn	Asit Sarkar		Ravi Chibbar	Joe Dierker
May 25	Jim Blackburn	Jack Scott		Ravi Chibbar	Stan Garchinski

Announcements & Program Highlights

Editor’s Note – Will was an excellent entertainer just prior to the meeting being called!

President Lorne called the meeting to order at Noon and welcomed all members present as well as guest speaker, Sarah Pannel and returning guest, Karol Komar.

Lorne thanked all the members contributing to the meeting and brought April birthday greetings to: Jay Kalra, Walt Pawlovich, Jack Scott and Ravi Chibbar. (Lorne also noted that William Shakespeare was born in April, 1864).

“WE LIVE ON TREATY 6 TERRITORY, HOMELAND OF THE METIS.

Betty Ann Arscott played and sang “O Canada”, the Rotary 4-Way Test song and Happy Birthday.

ANNOUNCEMENTS:

Lorne mentioned the upcoming District Zoom meeting that will feature information on the 4 Way Test will be held 7:00 PM this Thursday April 22. To pre-register go to the District website, click Upcoming Events, and click register / contact Ken Singer. Then Ken will send you a special zoom link to participate. He also noted that Dick Strayer is appearing in the TV ad called “Stick it to Covid” by Sask Health.

The District Conference will be held via Zoom on May 13 – 15. We need to register on the District 5050 website (see below). Recently, our Club received the District Literary Recognition Certificate for our work with the Foodbank, St. Francis School and Read Saskatoon.

Will Grant noted that the Rotary logo will appear on all three of the Friendship Centre vehicles.

Guest Speaker – Sarah Pannel, Supervisor Healthy Mother, Healthy Baby Program

Mike introduced Sarah who is an RN and maternal and child health has been a passion throughout her career. She spent many years working on the maternity ward and came in contact with many vulnerable mothers. She was determined to do what she could to help those mothers in need.

The Healthy Mother, Healthy Baby program came into existence 37 years ago, initially established with 3 outreach workers. They now have 5 outreach workers and 5 registered nurses to support pregnant women and mothers who have vulnerabilities in social health, food security, poverty, housing issues, overcrowding and transportation issues. Each RN also works with the high school population and prior to Covid they were in the high schools every day. The program believes the prenatal period lays the support foundation for healthy mothers and babies. The program receives referrals from MD's, midwives, community agencies and clients themselves. The program motto is "Client Centred Care – You can hire us or fire us at any time".

They want to identify the priorities of need that the mother requires – what can we do to help? After the nurse's initial interaction, they want to plan the best schedule for each client – arrange sessions be it daily, weekly or monthly, whatever is appropriate. The help provided ranges from helping them submit their taxes (they need to have the forms submitted before they can receive tax benefits) prenatal vitamins, food and vegetable vouchers (up to 6 jugs of milk per month, eggs, etc.), bus passes, taxi vouchers. This assistance will continue throughout the pregnancy and they set the mother up for receiving assistance post-partum. They maintain contact for the first 6 weeks after delivery.

The Food for Thought program that has been in operation for 25 years brings in vulnerable women to learn how to cook nutritious meals, techniques in shopping for ingredients and any other information that will help them in their daily life of raising their children. They provide childcare during the courses and transportation to and from the Westwinds Centre. The program is supported by grants – 50 % from the Saskatchewan Health Authority and 50 % from a federal program.

The programs reach 500 women per year. During Covid, they are not able to have the learning programs so using those funds for have breakfast, lunch and dinner for needy families that include step by step instructions for preparing the meals.

Jim Blackburn thanked Sarah for the most informative presentation and for the excellent work that the program is doing in helping mothers and family in need. He indicated we are making a donation to Read Saskatoon on her behalf and invited her to consider joining our club.

Cheer Captain - Bob MacGillivray

Bob began with a quiz on historical facts about our club members and most of us did not do well!! Two dollar fines were assessed to all members present whether they knew the answer or not. Additional happy/sad dollars were contributed by Norm (for having his grandson entering the College of

Engineering at the U of S – seems like yesterday he was announcing his newborn grandson was the greatest grandchild ever!!! Jack paid for coming in 122nd in the Master's Golf Pool after thinking he did well; Massey for the upcoming cataract removal; Walt for having hernia surgery; Lorne for William Shakespeare's birthday as well as the following – Betty Ann; Asit; Jim G & Jim B and Candace.

Lorne closed the meeting with “When your outgo exceeds your income, your upkeep is your downfall”. Let all of us teach this to our children as it is an important life principle. The quote is attributed to Sid Taylor, former director of the National Taxpayers Union. Have a great week!!

Officers

President - Lorne Braithwaite

Vice-President - Michael Gramiak

Past President - Candace Odishaw

Secretary - Jack Scott

Treasurer - Bob MacGillivray

Board members

Administration- Peggy Clark

Membership - Betty Ann Arscott

Projects- Randy Kutcher/Jim Gilles

Rotary Foundation- Ravi Chibbar

Community Grants - Lorne Braithwaite, Peggy Clark

New Generations - Michael Gramiak

Rotary International

RI President - Holger Knaack

District Governor – Gail Marie Anderson

Assistant Governor - Asit Sarkar

Contact Information

Rotary Club of Saskatoon Nutana

Club No. 1380

Founded May 31, 1961

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Club website: www.rotarynutana.org

Club Facebook Link: [\(11\) Saskatoon Nutana Rotary Club | Facebook](#)

Club email address: nutanarotary@gmail.com

Links

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

Rotary International www.rotary.org