



Official Bulletin of:
ROTARY CLUB OF SASKATOON MEEWASIN #22664



8B -3110 8th St East, Box 425 S7H 0W2
Founded: April 23, 1985
Meetings: Monday 0700

September 18, 2023

Education and Literacy Month

Rotary: Making a Difference

District Governor (5550): Sonja Susut, Moose Jaw

President: Luis Pagliarini

Pres Elect: Art Whetstone

Secretary: Garth Courtney

Past President: A. Postle, G. Courtney

Treasurers: Art Postle

Sergeant: Ron Loopkey

Desk: Garth Courtney

Service Above Self

DUES AND OTHER PAYMENTS TO THE CLUB

- E-mail Transfer from Bank Account
 - Send to Meewasin Rotary Club using the email: meewasinrotary2020@gmail.com

DONATIONS TO THE FOUNDATION

E.G., Fines, Donations In Lieu Of Meeting Expense

- E-mail Transfer from Bank Account
 - Send to Rowasin Foundation using the email: rowasin2020@gmail.com

Payment by Credit Card (For either Meeting Expenses or Fines/Donations)

- For a credit card payment contact Art Postle (postle@sasktel.net).

Rotary Meeting

ZOOM – Meewasin Rotary Club

<https://us02web.zoom.us/j/83624852636?pwd=MjRRTY2FQWIRmRW9Cd2NKRHISWHlvQT09>

ZOOM & Queen's House

601 Taylor Street West

<https://us02web.zoom.us/j/87214323627>

Meeting ID: 872 1432 3627

One tap mobile

+16473744685,,87214323627# Canada

+16475580588,,87214323627# Canada

If you have problems getting on Zoom call Garth at 306 229-3965 or Art P at 306 227-3013

Call to Order: The Chair opened the meeting at 0700.

Attendance: There were 13 dedicated members who enjoyed a morning of fellowship with their fellow Rotarians and guests.

Guests: Angela Bowen



The Sergeant raised funds for the following real or imagined offences: Twyla's mother's passed away.



Happy and Sad Dollars. Garth for great weather and golf over the weekend; Going on extended trip to former Yugoslavia; Robert for fishing; Murray for Shields first Riders cup, where they beat the world; Don for great weekend in Regina, except for football game; Les for 50 km in MS fundraiser where 225 riders made \$225,000 for MS; John for a great summer of taking advantage of relatives' cottages and celebrating oldest granddaughter's 9th birthday. Luis for Brazilian girl who came last week is looking home and is trying to get kids into school,, etc. Art P for Queen's house who had to make special efforts to fit us into the room.

Announcements

1) SASKATOON FOOD BANK

- a) Next Opportunities: To be announced

2) EDADZ BACKPACK Drop Off



- a) You can Drop off items at John Benesh's Office.
- b) There is a Box in the reception area
- c) Any bag is OK, not just back packs.
- d) Your may bring the backpacks to the meeting to give to John B.

3) Cell Phones

- a) John Benesh is collecting smart phones for the Mothers and Baby centre. They will be used by mothers for appointments, etc.
- b) Drop off at Benesh, Bitz and company – Quebec Avenue.

4) Coop Gift Cards

- a) Art has \$10,000 in gift cards,
- b) Order them from Art

5) Meals on Wheels

- a) Sign up for meals on wheels by going to the Sask Health website by completing the form. You only need to complete the required information.
- b) Link: . <https://bttr.im/2aeo0> Copy and past it or click on the link.
- c) After you select Meals on Wheels, make sure to note somewhere that you are with Meewasin Rotary.

d) We delivered our first meals last week.

6) Give Life Sask (Donor)

- a) . Your new Health Card contains information of Donors
- b) You can go online and register in a couple of minutes
- c) The registry is now online

Club Business

No business.

Program

Angela Bowen on Women's Mental Health

Angela Bowen is a Registered Nurse, trained midwife, with a PhD in Community Health and Epidemiology, with a focus on socially vulnerable, including Aboriginal, mothers. She has extensive clinical, educator, and administrator experience in Obstetrics and Mental Health and is a trained midwife. Her research focus, Maternal Mental Health, brings these areas together. She was awarded a Saskatchewan Health Research Foundation New Investigator Establishment Award to evaluate the Maternal Mental Health Program. Angela is on the Executive Board of the [Marcé Society](#) Chair of the Research Committee of the Canadian Association of Perinatal and Women's Health Nurses (CAPWHN). She has received many awards for her work.

Angela retired to care for her husband but continues to work with a group to develop policies around women's mental health. She has been involved in mothers and babies for aboriginals in Australia and is currently working with First Nations in northern Saskatchewan on a birthing centre in the north.

The major barrier to women's health is the inequality between women and between men and women.

The screening tools are not-gender specific. The menstrual artifact is recognized in research. 20% of women are pre-menstrual. Means that women are often excluded from research.

Women are twice as likely to be diagnosed with anxiety, especially young women.

Women have 3 times as likely to have depression and 3x as likely to have an eating disorder.

Depression

Depressed mood and anhedonia (diminished interest in activities) plus some of several other symptoms.

Men and women express depression differently

Women

- Increased anxiety often precedes depression in women
- Somatization – physical symptoms of no reason
- Feelings of guilt and worthlessness
- Increased weight
- Hypersomnia
- Anger and hostility

- Increased suicidal attempts

Men

- Acknowledge fatigue
- Loss of interest in work or overwork
- Increased sleep disturbances
- Increased aggression

Women get sicker but men die quicker

Women suffer twice the lifetime prevalence of depression

Men have 3x the likelihood of successful suicide

Mental Health through Lifetime

- Early life – few differences - disorders can be result of abuse at this stage
- Puberty – anxiety starts
- Adulthood – mood swings – premenstrual and premenstrual dysphoric disorder
- Perinatal – untreated anxiety and depression can affect the fetus. Medications may cross the placenta or breastmilk;; difficult to discern anxiety symptoms from normal aspects of pregnancy

What is difference?

- Lack of social support
- Stress usually precedes first episode

Biology

- Hormones decrease for both
- Thyroid – women more common
- Sleep

Depression _ Gap between men and women is closing but gap between rich and poor is widening

Employment

- Men earn more than women
- Multiple roles – women have more – household, external labour, caregiving
- Part-time – affects women's career
- Inequities in opportunities and career

Social factors

- Gender socialization
- Dissatisfaction with body
- Increased depression in girls with low masculine traits and perta with traditional marriage.
- Immigrants have more depression
- Aboriginal women – more poverty and low education
- Health services – stigma, lack of rural services, wait list , paid psychological services not possible

Schizophrenia

- More men

- Women later in life
- Less server in women
- Course of disease tend to be worse in men
- Immigrants more

Personality Disorders

- Men more antisocial, narcissistic, paranoid, schizoid personality.
- Women are more often borderline, dependent personality disorders.

Bipolar disorder

- Equal between men and women
- Women
 - more often low end
 - Women have hypomanic rather than manic episodes
 - Have mixed episodes
 - Rapidly cycle between moods

Why we care? – Depression

- There are changes in brain of women with depression.
- More pain and headaches
- Higher risk of cardia disease
- Chronic pain
- Weight gain
- Loss of libido
- Inflammation in joints

World Maternal Mental Health Day

- Now in 40 countries
- Every year we celebrate World Mental Health Day on 10 October. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.
- World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.
- The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.
- World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

Upcoming Meetings

Date	Speaker and Topic
September	Education and Literacy Coordinator: Literacy Committee
18	Angela Bowen, women's mental health
25	Club Assembly
October	Economic and Community Development Coordinator: Public Relations Committee

Date	Speaker and Topic
2	Marcel Petit, Executive Director, Core Neighbourhood Youth Co-op
9	Happy Thanksgiving. No meeting.
16	James Wood, Director, Economic Development and Employment & Training Services, Saskatoon Tribal Council
23	Depesh Parmar, Executive Director, Ideas Inc
30	Jessica Mills, The Generation Love Project

Events

Date	Event	Rotary Club	Information/Contact

Welcome Song

We welcome you today
 Good fellowship 'twill be
 We're glad you chose to begin your day
 With Meewasin Rotary

We hope that you will return
 And join with us again
 Fellowship at breakfast time
 With Meewasin Rotary

4-WAY TEST

Is it the Truth?
 Is it Fair to all concerned?
 Will it build Goodwill and Better Friendships?
 Will it be Beneficial to all concerned?

ROTARY GRACE

O Lord and giver of all good
 We thank you for our daily food
 May Rotary friends and Rotary ways
 Help us to serve Thee all our days

COMMITTEES FOR 2023-2024

Administration/ Executive —Meeting administration (program, facilities, meals, supplies)
 Pagliarini (President) Courtney (Secretary), Postle (Club Treasurer), Whetstone (President-elect)

Foundation—Foundation donations, member recognition
 Fisher (Chair) McArthur, Bailey, Wilson, Muir

Indigenous Relations—In support of a District 5550 initiative

Ferguson, Birkmeier

Literacy—In support of a Rotary International initiative

Postle (Chair), Stefiuk, Berscheid

Membership—Membership recruitment, engagement, and retention

Anne Luross (Chair) Lawrence, Klause

Public Relations—Club and event promotion, communications, website management

John Luross (Chair and Website Administrator), Whetstone (Eyeopener Editor),

Loopkey, Geenen

Service—Club charitable giving, foundation grant applications

Benesh (Chair), Howland, Nancy Luross, Tenaski,

Youth—Youth exchanges, adventure programs, school programs

Voldeng (Chair), Kessler, Nair, Paproski

Officers and Directors – 2023-2024

Board Executive/Officers:

President: Luis Pagliarini
Past President Garth Courtney, Art Postle
President Elect Arthur Whetstone
Treasurer Art Postle
Secretary Garth Courtney
Ass't Secretary John Luross
Ass't Treasurer Vacant

Directors:

John Benesh
Peter Voldeng
John Luross
Anne Luross
Robert Fisher

Monthly Speaker / Program - Members in Charge

"Rotary Connects the World"

Listed below are the Theme months and the Committee Chair for each month.

September - Art Postle - Education and Literacy
October - John Luross - Economic and Community Development
November – Robert Fisher – Rotary Foundation
December – John Benesh - Disease Prevention and Treatment
January – Luis Pagliarini/ Peter Voldeng - Vocational Service
February – Art Whetstone – Peace and Conflict Prevention
March – John Benesh – Water and Sanitation
April – Anne Luross – Maternal and Child Care
May – Peter Voldeng – Youth
June – John Luross/ Garth Courtney – Rotary Fellowship