



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

April 4, 2022

**Maternal and Child Health Month**

**Rotary: Making a Difference**

**District Governor (5550):** Dan Sutton

**President:** Jay Cowsill

**Pres Elect:** Jay Cowsill

**Secretary:** Garth Courtney

**Past President:** Tom Geenen

**Treasurers:** Art Postle

**Sergeant:** Robert Fisher

**Desk:** Zoom

**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](mailto: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](mailto: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](mailto:postle@sasktel.net)).

**Rotary Meeting**

**ZOOM – Meewasin Rotary Club**

<https://us02web.zoom.us/j/83624852636?pwd=MjRlR0Y2R0lRmRW9Cd2NKRHlSWHlVQT09>

**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 on Zoom.

**Attendance:** There were 17 dedicated members who enjoyed a morning of fellowship with their fellow Rotarians and guests.

**Guests:** Nancy Luross, Sadie Childs, Heather Jackell



The Sergeant winkled funds for the Foundation from members for the following activities and actions: For missing meetings and saving much moneys; For a Costco needed information on the goodness of their cheque; For being happy about the last 4 men's games.



For Harold being well; Murray for wife having successful hip surgery and needing less care; Donna for cabin next to them burning down and for having mostly recovered; Brent for Sadie and wife being at the meeting; Hari for a great meeting to France and a interesting trip to Denver and managing the border questions; Hari for concerns that the next year will be dry; Robert for recovering from COVID.

## Announcements



- 1) **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.

### 2) Meewasin Rotary-Saskatoon Food Bank Service Project

- a) 10 Volunteers Needed per shift – 0900-1200 every second Saturday
- b) Address: 2510 Jasper Ave S, Bay 7 (Same building as Kelly's Kafe)
- c) Contact Garth to sign up – Rotarians, Family and Friends welcome
- d) NEXT Opportunities:
  - i) Saturday, April 9 – Volunteers needed
  - ii) Saturday, May 7 – Volunteers needed



NOTE: You may also indicate that you will be On Call, if a volunteer can't make it.

### 3) Queen's House Spring Fling Raffle

- a) Support the Queens' House Raffle.
- b) Tickets and Information -- [Queen's House Spring Fling Raffle](#)

### 4) Your Announcement Here

- a)

### 5) Lobsterfest – Save the Dates

- a) June 9 and 10 at the Gordie Howe Centre.

b) Tickets will be available shortly.

## Club Business

No Club business

## Program

Sadie Childs provided members with an update on CHEP Good Food Inc. Sadie has a Masters degree in Sustainability from the UofS, which she did online. She is from Ontario.



CHEP is a partner with Lobsterfest and will sell 50 tickets.





## Who is CHEP?

- Non-Profit Organization
- Saskatoon, SK
- Operating since 1989
- Community Development Model
- Mission:

CHEP Good Food Inc. works with children, families and communities to improve access to good food and promote food security.



### Our Mission

CHEP works with children, families and communities to improve access to good food and promote food security.

### OUR VISION

CHEP's vision is for a food secure community.

This is defined as a situation both globally and locally in which:

- Everyone has assured access to adequate, appropriate and personally acceptable food in a way that promotes health, respect and dignity
- People are able to earn a living wage by growing, producing, processing, handling, retailing and serving food
- The quality of land, air, and water is maintained and enhanced for future generations
- Food is celebrated as central to community and cultural integrity.



## Bulk Buying

- Buy food in bulk
- Reduced price
- Supports our programming



CHEO started as an advocate for food security for youth. The Youth Chef teaches youth how to prepare own food. The Centralized Kitchen distributes bag lunches to inner city schools, and others as needed.

## School Nutrition Programs

- Chefs in Training
- Centralized Kitchen



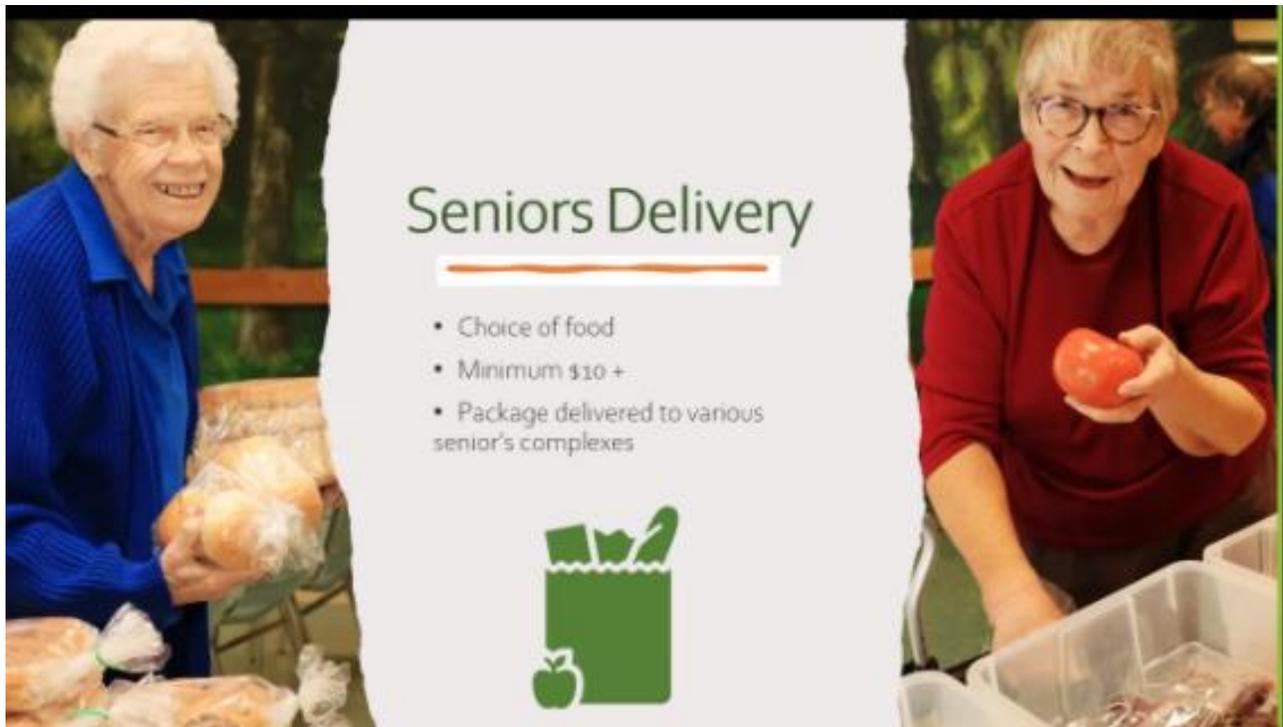


**Good Food Box**

- Every 2 Weeks
- Find your neighbourhood depot
- Order Good Food Box and pickup at depot



Provides fresh fruits and vegetables and people can go to the nearest depot to pick up box at minimal costs. This is available to anyone who doesn't have easy access to fresh food and basics.

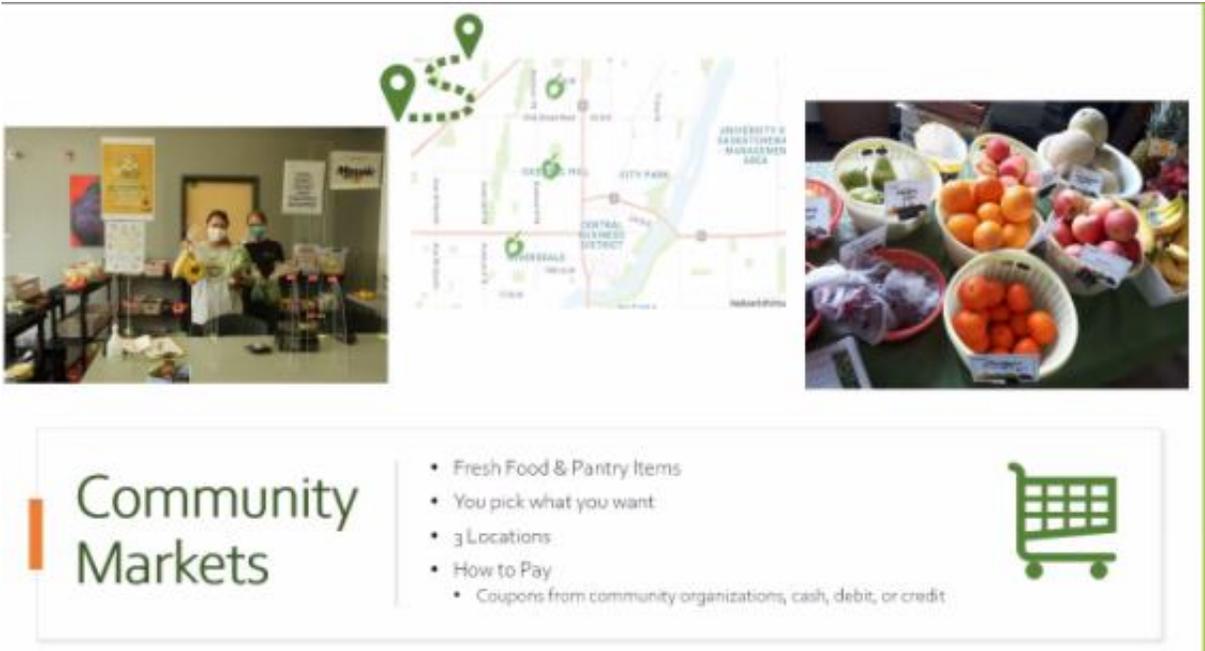


**Seniors Delivery**

- Choice of food
- Minimum \$10 +
- Package delivered to various senior's complexes



This is integrated with the Good Food Box. For Seniors they get a choice of food. There is a list of basic items, plus others. It is a minimum of \$10. The food is delivered to wherever they are located.



The graphic for Community Markets features three images at the top: a person in a mask at a market stall, a map of the downtown area with three green location pins, and a display of fresh produce like oranges and apples. Below the images is a white box with the title 'Community Markets' and a list of details. To the right of the list is a green shopping cart icon.

## Community Markets

- Fresh Food & Pantry Items
- You pick what you want
- 3 Locations
- How to Pay
  - Coupons from community organizations, cash, debit, or credit

These are for locations without food stores – it is fresh food and vegetables and pantry items. There are three locations. People can just walk into any location and pick up what they need. It is one day a week. People can walk to them and get them. The downtown is a food desert with no grocery stores. They get seniors, families and new comers. They sell at a discount as they pass on the savings from their bulk purchase. Purchases are often made with coupons that are sponsored by local businesses. Schools also distribute the coupons.

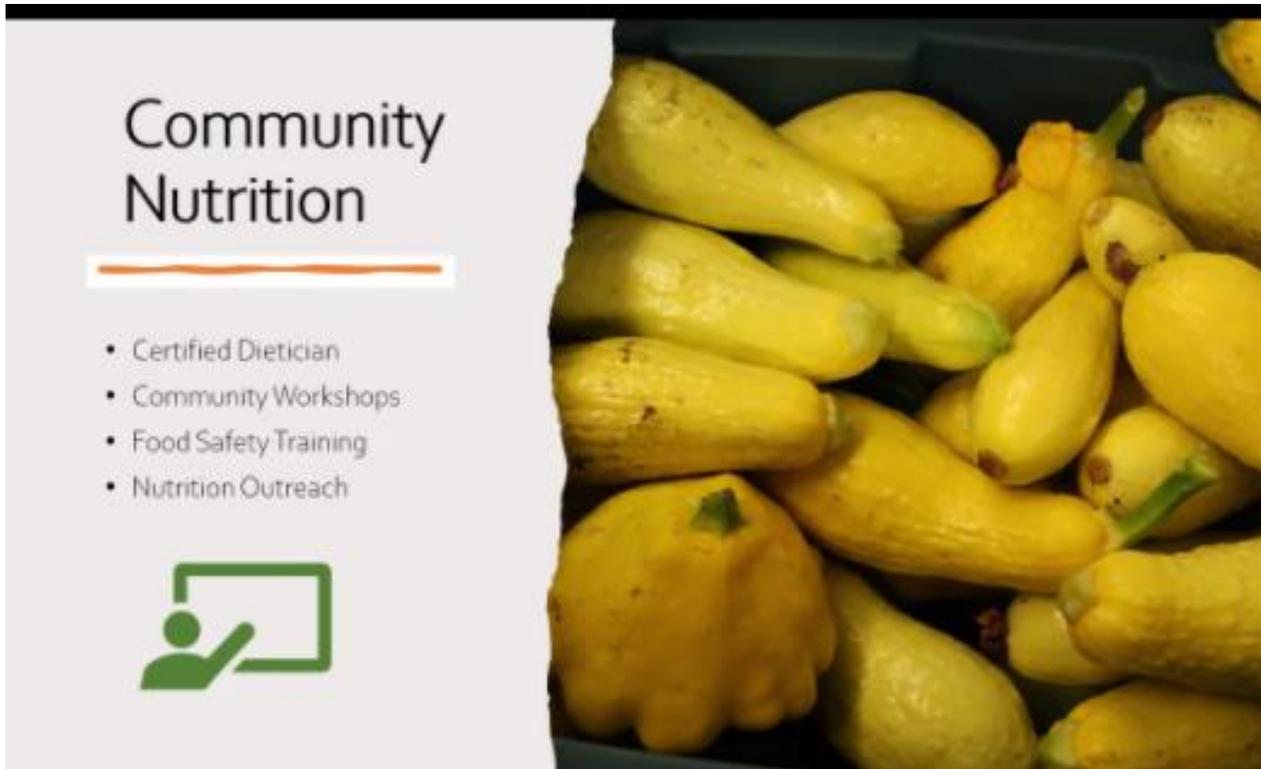


The graphic for Collective Kitchens features the title 'Collective Kitchens' and an icon of four green human figures. Below the title is a list of details. To the right is a photograph of two women wearing masks and aprons, working together at a table to prepare food.

## Collective Kitchens

- Choose what to cook
- Pool resources together, take food home to families
- Build food skills, share knowledge, create lasting friendships
- Collective Kitchens Cooking Workshops
  - One class at a time

This was closed during the pandemic. People come here and cook for their families. They bring their own food or use stuff from CHEP. They are providing training right now. It costs \$5.00 for the training. The food is taken home for their families. Some people don't have a stove, only a hot plate. They train facilitators to do the cooking sessions.



Some organisations reach out for training on good food practices, food safety and healthy eating. They do training in-house and in community.

Some programs are offered on a seasonal basis.



The van goes to different locations, such as the YMCA, the Riversdale Pool. Locations where there is no grocery store. They sell food from the bulk purchase and their gardens.



## Community Gardens

- Supports various community gardens
- Educational workshops
- Connect community members to resources



CHEP used to administer all the community gardens for the city. They now only administer about half of the gardens. The community garden co-ordinator works with the community gardens and those with a plot. They provide training on gardening and other topics like composting.

The picture on the left is an African form, where the compost is in the middle and leaks out into the garden.



## The Askîy Project

- Urban Agriculture Youth Internship
- 5 Key Focus Areas
  - Growing food and food skills
  - Enhancing cultural connections
  - Promoting environmental sustainability
  - Creating social enterprise
  - Engaging youth



CHEP hires indigenous and non-indigenous youth Interns to learn about urban agriculture and self-sustaining. After completing the training, the next year the intern gets a free garden plot.

They have 2 sites – one is a container garden on a brownfield site – and the other is the former lawn bowling site. This is a traditional garden.



To build sustainability, CHEP works with a number of community partners. These are a few of the many partnerships.

## CHEP

For close to 30 years, CHEP Good Food has worked to improve access to affordable, healthy food while fostering food skills in Saskatoon. Formerly known as the Child Hunger Education Program, our work began in local schools, providing nutritious lunches to children who would otherwise have gone hungry.

CHEP continues to partner with schools, delivering not only lunches and snacks for kids in need, but also bulk produce and milk for school nutrition programs, cooking classes for elementary students, educational presentations from our registered dietitian, and fun nutrition-themed events such as The Big Crunch.

In the community, our programs and services have grown over the years to meet the needs of those seeking affordable fresh food for their families or wanting to learn more about growing and preparing healthy food. Community programs include Collective Kitchens and cooking workshops, the Good Food Box, fresh food markets, community gardening, and urban agriculture internships for youth. These programs empower people to take greater control over their own food resources and connect with others in the community.

CHEP Good Food Inc. is a non-profit organization and registered charity.

## **Community Programs**

### **Good Food Box**

One of our most popular programs, these boxes enable people to purchase fresh produce at a reduced price and pick it up close to home. There are six varieties of boxes, delivered to neighbourhood depots for easy pickup every two weeks. Anyone can participate in this program.

### **Cooking Workshops**

Cooking classes take place in the commercial kitchen of Station 20 West throughout the year. Topics include international cuisines, Indigenous foods, canning, and cooking on a budget.

### **Collective Kitchens**

Small groups regularly meet and pool resources to prepare meals in bulk to take home to their families. In partnership with Saskatoon Community Clinic and the Saskatchewan Health Authority, these kitchens have been bringing people together for over 20 years.

### **Grub n' Gabs**

Presented by the Collective Kitchen (CK) partnership, these community forums happen three times a year. Open to everyone, the evening includes a free meal and discussion around food-related themes, often presented by registered dietitians affiliated with the CK partnership.

### **Seniors Stores**

Weekly or bi-weekly fresh food pop-up markets at nine different seniors' residences, ensuring that seniors are able to buy vegetables, fruits, dairy, baking and other foods with convenience.

### **Community Markets**

Fresh food pop-up markets at central locations around Saskatoon, including Station 20 West, public elementary schools or churches, the University of Saskatchewan and Sask Polytechnic.

### **Community Gardening**

Saskatoon's growing community garden network offers people the opportunity to grow food for themselves and their families in their own neighbourhood, while creating friendships and community.

### **askî project**

Summer internships for Indigenous and non-Indigenous youth to develop gardening and business skills. By growing, harvesting and selling their own produce, interns learn to make connections to culture and community. The askî project received a national **Brownie Award** in 2017 for best small project.

## **School Programs**

### **Fresh Food for Kids & Milk Matters**

A bulk buying and subsidy program for community schools to purchase fresh produce and milk at a reduced cost for their nutrition programs.

### **Centralized Kitchen**

Provides bagged lunches and snacks for children in need at schools around the city that do not have in-house nutrition programs.

### **Chefs in Training**

An after-school program for elementary students to learn food preparation skills, nutrition, and a variety of recipes they can share at home.

### **Fresh Food Buffets**

An alternative to hot lunches where schools can provide an assortment of grains, proteins, dairy and fresh produce for children to try a rainbow of fresh foods.

### **The Big Crunch**

An annual event in recognition of World Food Day where thousands of students in elementary schools across Saskatoon all bite into a locally-grown carrot in unison.

Information and Donations: <https://www.chep.org/>

### Upcoming Meetings

Date	Speaker and Topic
<b>April</b>	<b>Maternal and Child Health Meeting Speaker Organisers: Klause, Muir, Sutherland, Wilson</b>
4	Sadie Childs, Research Support Assistant, CHEP Good Food Inc
11	Ian Sutherland, in Ukraine 25 years ago
18	Easter Monday – No Meeting
25	Chris Schulz and Rob Dudiak, City of Saskatoon's Planning Department, on the proposed Bus Rapid Transit System.
<b>May</b>	<b>Youth Service Organisers: Kessler, Postle, Voldeng</b>
2	Club Assembly
9	Marlea Whitley, WonderHub
16	Kate Kessler, Cairo Egypt Camp
23	Victoria Day – No Meeting
30	Peter Voldeng, Kate Kessler, Cairo Egypt Camp
<b>June</b>	<b>Rotary Fellowship Organisers: Luross, Ferguson, Whetstone</b>
6	
13	
20	
27	

### Events

Date	Event	Rotary Club	Information/Contact
June 9-10	Lobsterfest	Meewasin	Ron Loopkey

### 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?

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### **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

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## **COMMITTEES FOR 2021-2022**

### **Administration—Meeting administration (program, facilities, meals, supplies)**

Courtney (Chair and Club Secretary), Peterson (Asst. Club Secretary), Postle (Club Treasurer), Ferguson, Tenaski, Voldeng

### **Social—Sub-committee of Administration Committee**

#### **Planning and organization of club social events**

Klause, Loopkey

### **Foundation—Foundation donations, member recognition**

Bailey (Chair), Fisher, Wilson

### **Indigenous Relations—In support of a District 5550 initiative**

Cowsill, Nair

### **Literacy—In support of a Rotary International initiative**

Postle (Chair), Clements, Stefiuk

### **Membership—Membership recruitment, engagement, and retention**

Club members as a whole

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

Luross (Chair and Website Administrator), Whetstone (Eyeopener Editor), Birkmaier-Tillotson, Bwaya, Mundi, Pagliarini

### **Service—Club charitable giving, foundation grant applications**

Benesh (Chair), Geenan, Howland, Sutherland

### **Youth—Youth exchanges, adventure programs, school programs**

Kessler (Chair), McArthur, Muir, Paproski, Peterson

**Officers and Directors – 2021-2022**

**Board Executive/Officers:**

President: Jay Cowsill  
 Past President Tom Geenen  
 President Elect Jay Cowsill  
 Treasurer Art Postle  
 Secretary Garth Courtney  
 Ass't Secretary Nicole Peterson

**Directors:**

John Benesh  
 Leanne Kessler  
 Glen Bailey  
 John Luross

**Monthly Speaker / Program - Members in Charge**

*"Rotary Connects the World"*

Note 2: Please have list of speakers to Admin Committee at least 2-3 weeks prior to start of month

	<b>Rotary Month Theme</b>	<b>2021-2022</b>
July	<i>Start of new Rotary year</i> Canada Day	
August	<i>Membership and New Club Development</i>	
September	<i>Basic Education and Literacy, (Corn Roast)</i> Labour Day	
October	<i>Economic and Community Development</i> Thanksgiving	
November	<i>Rotary Foundation</i> Remembrance Day	McArthur, Bailey, Tenaski
December	<i>Disease Prevention and Treatment, (Club Elections)</i> Christmas, Boxing Day	Fisher, Loopkey, Peterson, Nezi
January	<i>Vocational Service,</i> New Years Day	Benesh, Geenen, Mundi, Paproski
February	<i>Peace and Conflict Prevention/Resolution</i> Family Day (Third Monday)	Birkmaier-Tillotson, Nair, Pagliarini
March	<i>Water and Sanitation</i> Easter (??)	Clements, , Howland, Stefiuk
April	<i>Maternal and Child Health</i>	Klause, Muir, Sutherland, Wilson

	<b>Rotary Month Theme</b>	<b>2021-2022</b>
	Easter (??)	
May	<i>Youth Service</i>	Kessler, Postle, Voldeng
	Victoria Day (Third Monday)	
June	<i>Rotary Fellowships</i>	Luross, Ferguson, Whetstone