



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

December 13, 2021
Disease Prevention and
Treatment Month

Rotary: Making a Difference

President: Jay Cowsill
Past President: Tom Geenen

District Governor (5550): Dan Sutton
1st VP: TBD
2nd VP: TBD

Secretary: Garth Courtney
Treasurers: Art Postle

Sergeant: John Luross
Desk: Art Postle and 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

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: Nikaela Lange, Nancy Luross, Jeanne Taylor



The Sergeant requested members donate to the RI Foundation in celebration of the following activities and events: Not wearing a Rotary pin; For not stuffing hampers at the Food Bank; For not donating to the Foundation this year yet; Have purchased at the Costco Liquor Store; for watching or not watching the 108th Grey Cup, for it being a great game.



Ken for the Bomber win; Ron for son and new granddaughter from Poland visiting for Christmas; Art for having sold \$10,000 worth of Coop Cards; Robert for being away for the next 7 weeks; for a great; For daughter being back from school in Minneapolis;

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) Saskatoon Food Bank – Volunteers places still available – contact Garth today.

3) Your Announcement Here

4) Salvation Army Kettles

- a) Individuals may sign up directly with the Salvation Army.
- b) People have to show that they are double vaccinated.
- c) Go to: <https://secure.rotundasoftware.com/29/web-terminal/login/Saskatoon?>
And then complete the sign-up form and select a date/time to ring the bells
- d) NOTE: Under the calendar is a Checkbox – Show only open time slots – Click this Checkbox and only the open time slots will be show.
- e) It is easy to sign up:
 - i) Sign in – or create account
 - ii) Check on the location or locations in which you can serve.
 - iii) Click on a date – the open time slots will be show (if you clicked the box)
 - iv) Click on the time slots that you can serve. They will be listed below.
 - v) Repeat for other dates
 - vi) When done, scroll down to end of page and click on the submit button.
 - vii) You will receive an email confirming times.



- 5) **Coop Gift Cards SOLD OUT - CONGRATS ART AND ALL WHO PURCHASED**
 - a) Art Postle has coop gift cards. Various denominations.

Club Business

No Business

Program

Nikaela Lange provided members with information on the Riversdale Community Fridge. Nikaela is from Dalmony. She graduated last year with a BA in International Studies. She works at the YMCA, but tomorrow she is starting new job at the Saskatchewan Prevention Institute. She is starting a Masters in Public Health. She is one of the founders of the Riversdale Community Fridge. She works with Food not Bombs. They would set up Soup in the Park. After covid, they started delivering food hampers, was difficult for people without a home.

The Riversdale Community Fridge was established in January 2021 by a small core team of community members who wanted to help in addressing food insecurity and poverty in Saskatoon. Renata Ćosić is an organizer for the fridge. She and her classmate were studying sustainability at the University of Saskatchewan when they came up with the idea. The volunteer group ballooned from there.



"Some of us have experienced food insecurity in the past, and some of us are also students in addition to working for non-profits. So we come from a variety of backgrounds," said Ćosić.

We are inspired by the work being done by other pre-existing groups who have been contributing to the effort, and hope that our project can inspire others to replicate their own efforts of mutual aid.

The fridge is an outdoor fridge and is open 24/7. A person takes what they need and leaves for others. Anyone who can contribute puts food in there. People can put perishable and non-perishable items in there.

The food bank is not open all the time and a person can only get food there once every two weeks.

They see themselves as a sharing and not a charity. They feel everyone in Saskatoon has the right to eat, regardless of your circumstances. There is no screening and no limits. They don't monitor what goes in and who takes food.

Many homeless, single mothers, people on social services. People often walk to the fridge but some people drive there.

They can not accept all items. They can't accept food that is home made in a non-certified kitchen. The food inspector checks periodically.

The fridge is plugged into the electricity by a local business. They need insurance and other

They work with Paved Arts who donated the space for the fridge. They also pay the electricity for the fridge and the heater.

They are not planning on another fridge, but would assist another group who wanted to start a fridge. They have a lot of experience to share.

What is acceptable to donate?

We accept the following:

- Fresh produce, garden produce
- Dry goods
- Sealed, non-alcoholic beverages
- Grab & Go foods (e.g. single-serving snacks, granola bars)
- Hygiene products
- Pet food

Please note that store-bought items must be unopened, sealed, and unused (with a few exceptions, use common sense). Baby food and supplies are hard to find outside of a store.

The following is OK to donate if it is labelled with the best-before date:

- Store-bought baked goods (e.g. breads, pastries)
- Fresh eggs
- Dairy products (e.g. milk, cheese)

What is not acceptable to donate?

We do NOT accept:

- Raw meat or seafood (even if frozen)
- Expired, moldy or rotten foods
- Half-eaten foods (e.g. your takeout leftovers, yuck!)
- Home-cooked meals & goods (including any baked goods, and anything that has been processed/prepared outside of a licensed kitchen)
- Alcohol
- Medications
- Clothes and/or household items

If you wouldn't eat it, don't donate it. We are not a public dumping ground.

There are 5 co-founders of the fridge. They do their best to check on the fridge and keep it maintained. They don't keep it full.

Food is donated by restaurants, stores and individuals. They feel everyone is responsible for putting food in the fridge. There are many donors. Some stores and restaurants are regular donations and some have donated food regularly.

They apply for a lot of small grants. People can donate through their website. Some people send e-donations to one of the group.



They have volunteers who clean the fridge 3 times a day with a bleach solution.

They spend about \$250 a week on food. They also had to get a another fridge when it broke down. They have had to repair the hatch. They also have the cost for liability and insurance.

They started with a Go Fund Me initially. They also raised a couple thousand in November, which was matched bu the Kinsmen.

They are not a registered charity. They are looking into it.

Mission Statement

It all begins with an idea. Maybe you want to launch a business. Maybe you want to turn a hobby into something more. Or maybe you have a creative project to share with the world. Whatever it is, the way you tell your story online can make all the difference.

Vision Statement

It all begins with an idea. Maybe you want to launch a business. Maybe you want to turn a hobby into something more. Or maybe you have a creative project to share with the world. Whatever it is, the way you tell your story online can make all the difference.

Our Priorities

Distribution of Food

To work with local donors and partners in obtaining quality food and ensuring the fridge is stocked to service the community.

Advocacy for Change

To emphasize the necessity of finding long-term solutions and policies to poverty, food insecurity, and food waste while encouraging members of the community to commit to pushing for action for the marginalized, vulnerable, and oppressed.

Mobilization

To provide opportunities and chances for members of the community to volunteer, participate, and advocate alongside us while building strong collaborative relationships.

Our Core Values

Rights-based

We believe food is a human right: everyone has the right to be free from hunger and poverty, and the right to food as a necessity in ensuring a quality standard of life.

Solidarity

We emphasize our efforts and conduct based on “solidarity, not charity” and therefore the necessity of respect and treating everybody with dignity, aligning ourselves in particular with communities left to fend for themselves under capitalism.

Mutual Aid

The provision for both short and long-term solutions to hunger, poverty, and social justice can be accomplished when community relationships are built, strengthened, and form the basis for collaboration. Skills and resources

are centralized upon community care, and participation within mutual aid means we operate in a bottom-up capacity.

Integrity

RCF will act with openness, good faith and transparency under the highest ethical standards and best practice. We are accountable to the community and answer to the community.

Some local businesses in the area have already become donors. Volunteers have also contributed items to help kick start the initiative. "We thought this would be a good starting point for our first fridge."

Meraki Contracting is one of the two contractors who helped to build the fridge.

A [GoFundMe](#) page was created in March to help raise funds towards the fridge such as construction materials, labor, electrical license and more. It raised a total of \$10,000 from 58 donors.

Contact us.

riversdalecommunityfridge@gmail.com

424 20th Street West

Saskatoon, SK S7M 0X4

Located in front of Paved Arts & AKA Artist Run, between the Underground Cafe & Jin Jin Cuisine Dumpling.

306 371 1193

riversdalecommunityfridge.squarespace.com

Upcoming Meetings

Date	Speaker and Topic
December	<i>Disease Prevention and Treatment</i>
13	Nikaela Lange, Riversdale Community Fridge
20	Club Assembly – elections of 2021-2022 executive
27	Merry Christmas, Happy Boxing Day
January	<i>Vocational Service</i>
2	
9	
16	
23	
30	

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 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
 Vice President Vacant
 Co-Treasurers Art Postle
 Secretary Garth Courtney
 Ass't Secretary Nicole Peterson

Directors:

John Benesh
 Kris Tenaski
 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

	Monthly Rotary Theme	2021-2022
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, Geenan, Mundi, Paproski
February	<i>Peace and Conflict Prevention/Resolution</i>	Birkmaier-Tillotson, Nair, Pagliarini

	Monthly Rotary Theme	2021-2022
	Family Day (Third Monday)	
March	<i>Water and Sanitation</i>	Clements, , Howland, Stefiuk
	Easter (??)	
April	<i>Maternal and Child Health</i>	Klause, Muir, Sutherland, Wilson
	Easter (??)	
May	<i>Youth Service</i>	Kessler, Postle, Voldeng
	Victoria Day (Third Monday)	
June	<i>Rotary Fellowships</i>	Luross, Ferguson, Whetstone