



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 5, 2022

Disease Prevention and Treatment Month

Rotary: Making a Difference

District Governor (5550): Fred Wright

President: Art Postle, Garth Courtney

Pres Elect: Luis Pagliarini

Secretary: Garth Courtney

Past President: Tom Geenen

Treasurers: Art Postle

Sergeant: Ron Loopkey

Desk: Garth/Art

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=MjRlR0Y2F0WIRmRW9Cd2NKRHISWHlvQT09>

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, or thereabouts.

Attendance: There were 14 dedicated members who enjoyed a morning of fellowship with their fellow Rotarians and guests.

Guests: Tonia Olson, Dr. Daspal, Wendy Stefiuk, Kerri



The Sergeant raised funds for the following real or imagined offences: For filling in for the Sergeant; for driving in for the meeting and missing all meetings in November; For not attending the meeting in person; For retiring soon.



Happy and Sad Dollars: Ron for delivering van to Calgary and seeing grand-daughter in Calgary; John B for cleaning garage and getting a car into the garage; Murray for death of wife's sister; John for becoming family member of the WDM and going to ; Ken for Margaret being in hospital; Art for grandchildren Don for all the guests; Leanne for getting the Queen's Jubilee medal for her volunteer work. Ken for being feeling better after month of feeling under the weather.

Announcements

1) SASKATOON FOOD BANK

- Next Opportunity – Saturday, December 10, 0900-1200
- Contact Rob Jasper to Volunteer --rob.jaspar@shaw.ca
- We need 10 volunteers - Friends and family welcome

2) Invitation: RAP Annual Meeting

- All Rotarians are invited to the RAP Annual Meeting
- Date: Thursday, January 26, 2023
- Time: 4:30 PM Program, 5:00 PM AGM
- Place: Greenbryre Golf & Country Club Prairie View Rd, Saskatoon, SK

3) EDADZ BACKPACK Drop Off



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

4) Cell Phones

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

5) Coop Gift Cards

- Contact Art Postle to purchase the Coop Gift Cards. We have \$450 left.

6) Movember – join or Support the Meewasin Team

- a) The 2 Johns thank everyone for their support of the Team and of Men’s Health.



7) Salvation Army Bells

- a) The Meewasin organized Days are now full.
- b) If you missed out, you can volunteer directly with the Salvation Army volunteer login.
- c) Use the following link to the Salvation Army online kettle schedule..
<https://www.rotundasoftware.com/volunteer/Saskatoon/schedules/676412>
- d) Once you are on the kettle schedule and press the volunteer now button on a selected shift, it will send you to a page where you can set up an account if you do not already have one set up.
- e) This is a live schedule, which means that the shifts you see available can be booked at any time by any user, so the available shifts are constantly changing. Y
- f) You will need to scroll all the way to the right to see all of the available kettles and locations.
 - i) Co-op at Attridge, Co-op on 8th, Co-op at Stonebridge, Walmart Preston (grocery entrance), Walmart Blairmore, Walmart Stonebridge, Centre Mall, Lawson Heights Mall, Midtown Plaza, Market Mall



8) Food Bank Donation

- a) The donation of \$15,000 will be made shortly.

Club Business

Mother’s Milk Drop Program

The Club presented a cheque of \$350 to the Mother’s Milk Drop program for the purchase of a new fridge.

Program

Tonia Olson and Dr. Daspal, provided members with an update to the Mother’s Milk Program in Saskatoon. Meewasin purchased the freezer for the program for the Mother’s Milk drop centre.

Tanya has a nursing degree from the UofS. She is involved developing mothers and baby support programs in Saskatoon health. She has been involved in research in post-partem issues and breast feeding.

The mother’s milk drop program has been a great success. They have had to turn mother’s away. They have had a great increase in mother’s coming forward. They fill the program each week.

The mom’s that donate sometimes fill the fridge early in the week.

The City Centre Family Physicians is the drop centre. It is one of three in the province.

They are asked only to drop 150 litres, but some drop more.

Pasturized human milk is important for baby health.

Some women are high milk producers. They are eager to donate their extra milk.

Mother's milk reduces hospital stay and long-term health issues. It improves the immune system. It forms a barrier for the stomach.

Saskatchewan does not Mothers Milk program. The milk is shipped to Calgary and then is purchased back at a small price.

Human Milk is Species Specific



Living cells
Antibodies
Stem cells
Macrophages

Fewer infections
Shorter Hospital Stays

Canadian Paediatric Society 2020

Human milk protects the sensitive gut of the baby. Promotes health bacteria and decreases unhealthy bacteria.

...bactericidal, immune-modulating, & intestinal maturation-inducing properties

decrease the risk of:

- feeding intolerance
- late-onset sepsis
- Retinopathy of prematurity
- Necrotizing Enterocolitis (NEC)

Wight, K. et al., *Nutritional Support of the Very Low Birth Weight (VLBW) Infant: A Quality Improvement Toolkit* 2018

It helps prevent necrotizing enterocolitis, a serious condition for babies.

Necrotizing enterocolitis

- calculated how many cases could be prevented if they were to get more human milk into NICUs in Ontario
- Calculated savings of about 153 -285 cases
- Result in \$9 -\$70 million in saved in terms of treatment costs
- Did not model the costs of when there's a mortality

BFI Ontario 2022

Antibodies were present in mother's milk but not harmful bacteria

Small increases in mother's milk decreases future health issues.

Who is eligible

- at least one of the following criteria
 - < 32 weeks
 - if birth weight is 3rd percentile
 - Other medical conditions at the discretion of the medical tea



In Yorkton, mother's are able to purchase mother's milk. This is not possible in Saskatoon at this time.

Donor Human Milk reduces the incidence
of life threatening illnesses by 70%.

Upcoming Meetings

Date	Speaker and Topic
December	Disease Prevention and Treatment
5	Tonia Olson and Dr. Daspal, Mother's Milk Drop Program, Saskatoon
12	No Meeting in morning. 5:30 p.m. Club Social at Queens House - \$25 per person
19	TBD
26	No Meeting. Happy Boxing Day
January	Vocational Service Presentations: Luis Pagliarini/ Peter Voldeng
2	No Meeting
9	Club Assembly
16	TBD
23	TBD
30	TBD

Events

Date	Event	Rotary Club	Information/Contact
Dec 12 – 5:30 pm	Social Gathering	Meewasin	\$25 per person

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 2022-2023

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

Courtney (Chair and Club Secretary), Postle (Club Treasurer), Pagliarini (Incoming President)

Foundation—Foundation donations, member recognition

Bailey (Chair), Fisher, Wilson, Birkmaier

Indigenous Relations—In support of a District 5550 initiative

Nair, Ferguson

Literacy—In support of a Rotary International initiative

Postle (Chair), Stefiuk, Berscheid, Clements

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), Loopkey, Geenen

Service—Club charitable giving, foundation grant applications

Benesh (Chair), Sutherland, Howland, Nancy Luross, Anne Luross, Tenaski, Muir

Youth—Youth exchanges, adventure programs, school programs

Voldeng (Chair), Klause, Kessler, McArthur

Officers and Directors – 2022-2023

Board Executive/Officers:

President:	Garth Courtney, Art Postle
Past President	Tom Geenen
President Elect	Luis Pagliarini
Treasurer	Art Postle
Secretary	Garth Courtney
Ass't Secretary	

Directors:

John Benesh
Peter Voldeng
Glen Bailey
John Luross

Monthly Speaker / Program - Members in Charge

"Rotary Connects the World"

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

July - Not assigned – New Rotary Leadership

August – Not assigned - Membership and New Club Development

September - Art Postle - Education and Literacy

October - John Luross - Economic and Community Development

November – Glen Bailey – Rotary Foundation

December – John Benesh - Disease Prevention and Treatment

January – Luis Pagliarini/ Peter Voldeng - Vocational Service

February – Glen Bailey – Peace and Conflict Prevention

March – John Benesh – Water and Sanitation

April – Garth Courtney – Maternal and Child Care

May – Peter Voldeng – Youth

June – John Luross – Rotary Fellowship