



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



January 23, 2023

Vocational Service 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=MjRlRkY2FkZWIRmRW9Cd2NKRHlSWHlvQT09>

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 15 dedicated members who enjoyed a morning of fellowship with their fellow Rotarians and guests.

Guests: Kimberly Schmitke



The Sergeant raised funds for the following real or imagined offences: For special greeting to Sergeant, for not standing during O'Canada; For getting coffee during O'Canada, For being the 2 youngest members of the Club.



with SSO.

Happy and Sad Dollars: Ron for Cowboys and for great weekend in Regina with Grandkids; John for visit from brother Scott; For mom being taken to hospital last week and ambulance taking 3 hours to get her, and for her being okay; Leane for his son winning 3 of 4 games last weekend; Garth for dropping fee for email; Nancy for able to haircut and pedicure despite having a cold and visit from kids for weekend; Art for great ABBA concert

Announcements

1) SASKATOON FOOD BANK

- a) Next Opportunities:
 - i) Saturday, January 21, 0900-1200 – Volunteers needed.
- b) Contact Rob Jasper to Volunteer --rob.jaspar@shaw.ca
- c) We need 10 volunteers - Friends and family welcome

2) Adventures in Technology, **Cancelled due to lack of host families**

3) Invitation: RAP Annual Meeting

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

4) 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) You may bring the backpacks to the meeting to give to John B.

5) Cell Phones

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

6) 2023 Badge Shield and Star Dinner

- a) Mark our Calendars
- b) Date: April 20, 2023 @ 5:30 pm
- c) Location: Prairieland Park
- d) Tickets: Go to:

<https://www.canadahelps.org/en/charities/rap-saskatoon/events/2023-rotary-badge-shield-star-dinner/>

7) Lobsterfest 2023

- a) Dates – May 25 and 26, 2003
- b) Place: Gordie Howe Bowl
- c) Same format as last year
- d) More information and tickets to come in near future

8) Club Social Feb 13, 2023

- a) Partners welcome.
- b) Time: 18:45
- c) Queens House
- d) Contact Garth if you are attending.

Club Business

No business

Program

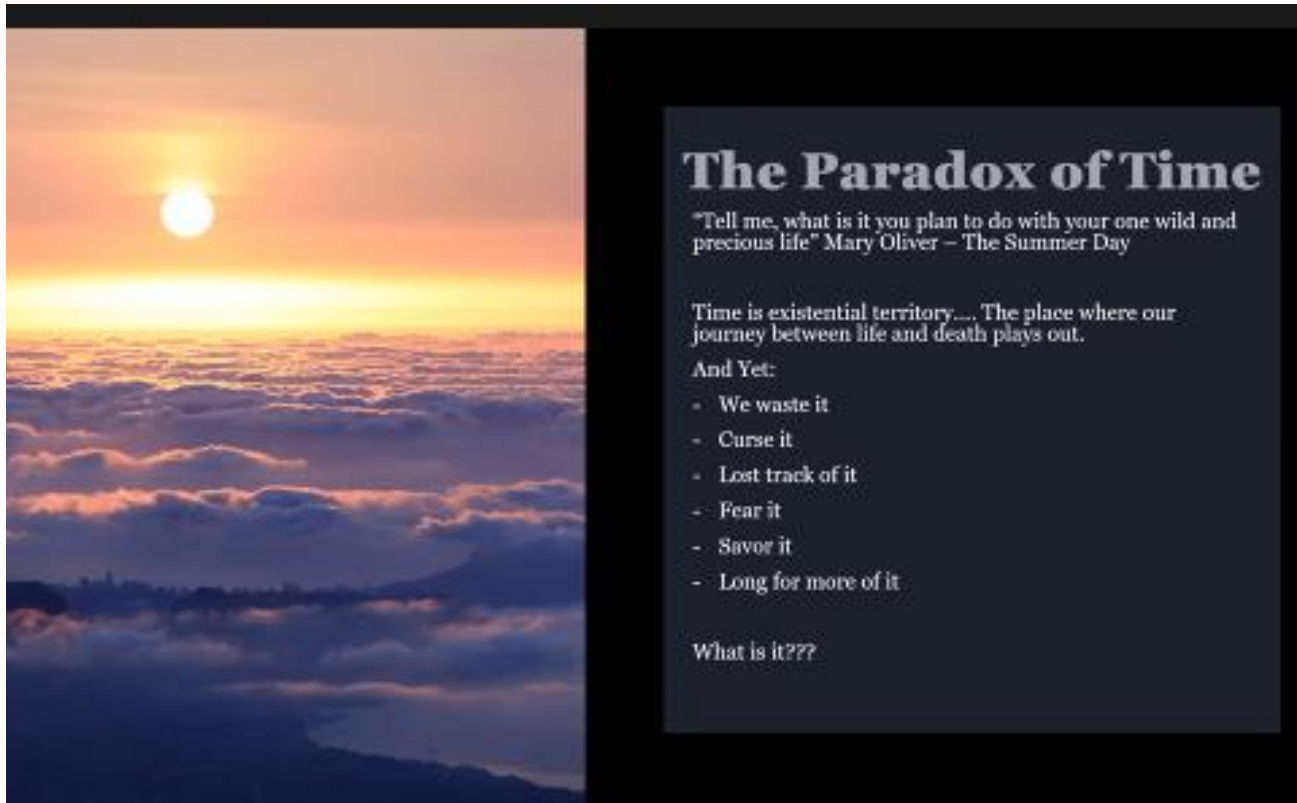
Kimberly Schmitke, CEO, Founder & Executive Coach at Autumn Goose Coaching, provided members with information on time management. She is an executive coach and lover of the natural world.



**Rotary January
Speakers Series**

Kimberly Schmitke with
Autumn Goose Coaching
Time Management





The Paradox of Time

"Tell me, what is it you plan to do with your one wild and precious life" Mary Oliver – The Summer Day

Time is existential territory.... The place where our journey between life and death plays out.

And Yet:

- We waste it
- Curse it
- Lost track of it
- Fear it
- Savor it
- Long for more of it

What is it???

We know that there is 60 minutes in an hour, but what is this thing called time? As
4000 weeks is the average life span of a person.

What makes time an illusion?



In Four Thousand Weeks Oliver Burkeman talks about:

- Time is treated like a container that if we can just manage appropriately, we can fit everything into
- Prevents us from making hard choices and instead creates an never ending 'To Do List'
- Fixation on optimization often makes our perception of time worse
- Even the most privileged rarely get around to doing everything they wish

Push our joy into the future

Result.... We rush through life trying to get to a place that doesn't exist.

"I don't have time to rush"

We treat time as a container like a container and tell ourselves that if we can fit everything into, we can do everything we want. We push our joy into the future. “I just have to ????, then I can do (what I really want)”

We only have the now. We only have this moment.

Now
The place where your life occurs

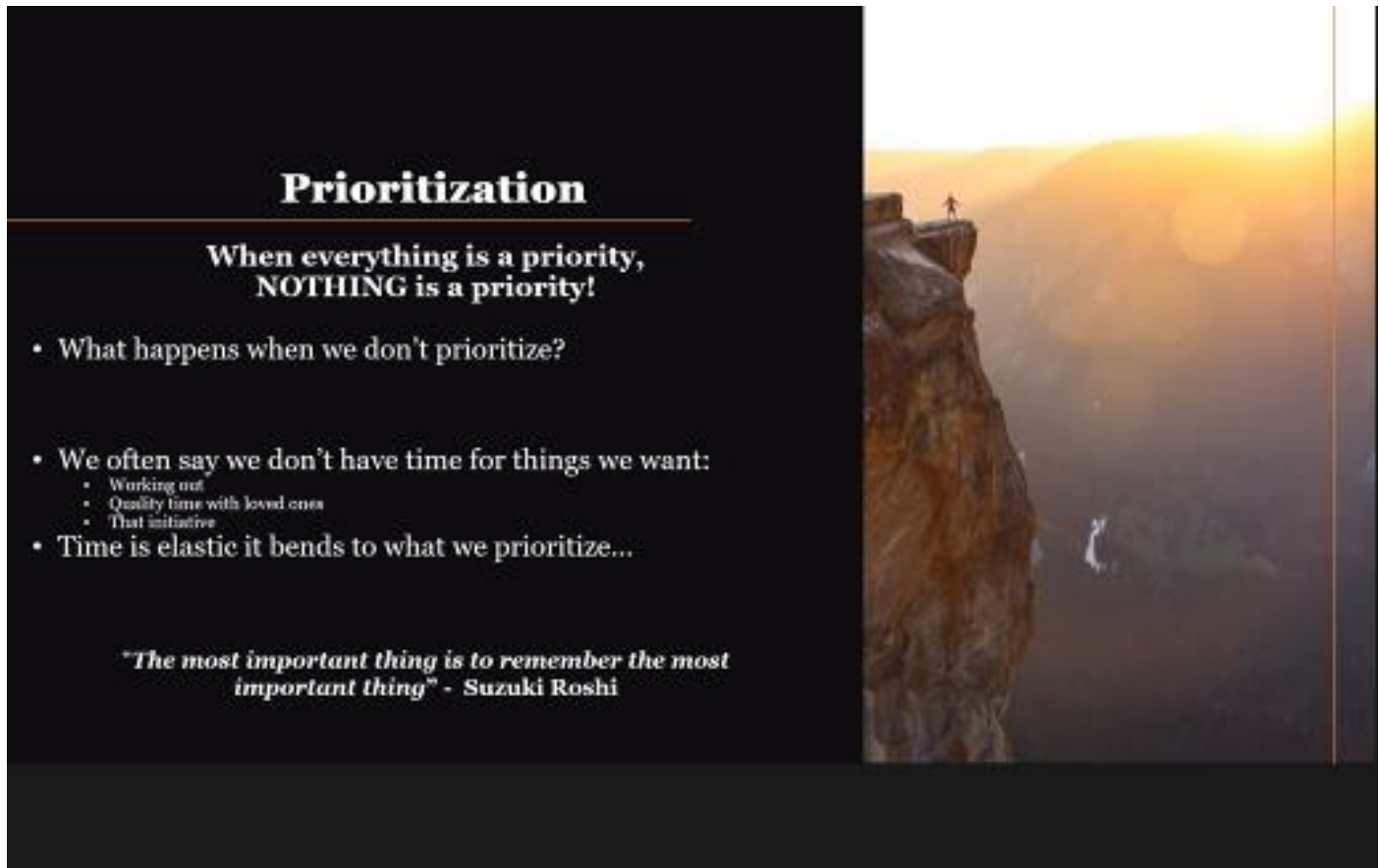
- Much of our frustration comes from not doing the 'things' with our life that we wish we could
- Not as Stephen Covey say's "putting first things first"
- Instead, we spend our days doing the things we have to longing for the 'time' to do what we want

“How we spend our days is, of course, how we spend our lives” - Annie Dillard



Components of Time Management





Prioritization

**When everything is a priority,
NOTHING is a priority!**

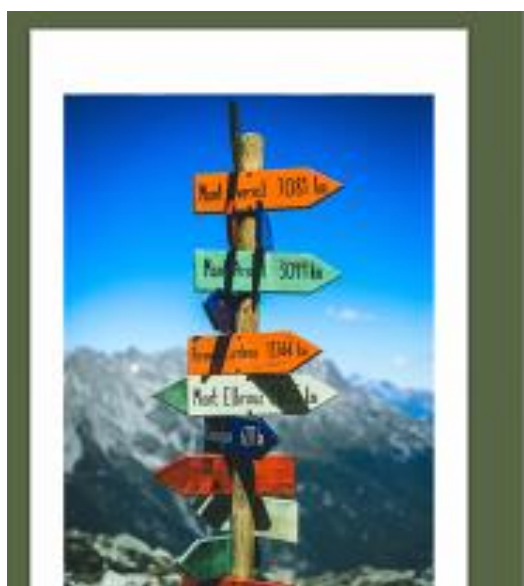
- What happens when we don't prioritize?

- We often say we don't have time for things we want:
 - Working out
 - Quality time with loved ones
 - That initiative
- Time is elastic it bends to what we prioritize...

"The most important thing is to remember the most important thing" - Suzuki Roshi

Time has an elastic quality, we can have time for what we really want if we prioritize properly.

She told the story of the dog pooping on the carpet, and they found time to clean the carpets that day.



Choices

- "even the most privileged of us rarely get around to doing all the things we wish" Oliver Berkeman.
- Time is a trade off... doing one thing usually means we are forgoing another.
- Sense of missing out (FOMO) and decision paralysis.
- Knowledge is power...
 - When we are clear on our priorities we can make 'time' choice aligned with what we really want.
 - This means accepting we CAN'T do it all.

We never have time to get everything done. We need to make choices for what is most important to us.



The question: what are you most committed to? There is often a misalignment with what is important and what they were spending their time on.

Two questions:

- What I am most committed to?
- How aligned is how you spending to time and what we want?



Final Notes...

- Few leaders/individuals honour the true value of their time
 - Spending majority of time on things that...
 - Don't align with our prioritizes
 - Bring limited fulfillment
 - Don't align with their greatest strength
 - Fail to move us or our organizations forward in a real way
- Awareness and acceptance gives power

"I am able to control only that which I am aware of. That which I am unaware of controls me. Awareness empowers me."
- John Whitmore

The rule: I am only able to control of what I am aware, I cannot control what I am unaware of.

She is committed to nature and works with to Project Forest, that restores forests and works with indigenous communities. They are based in Edmonton but work across Canada.



Focus is important today in this day of social media. We are often distracted. Our attention span has reduced in the past years.

Upcoming Meetings

Date	Speaker and Topic
January	Vocational Service Presentations: Luis Pagliarini/ Peter Voldeng, Murray McArthur
23	Kimberly Schmitke, consultant and podcaster, Autumn Goose Coaching Inc.
30	Shirley Isbister, Central Urban Métis Federation
February	Peace and Conflict Prevention Coordinators: Bailey (Chair), Fisher, Wilson, Birkmaier
6	TBD
13	Club Social. Details to come.
20	TBD
27	TBD

Events

<u>Date</u>	<u>Event</u>	<u>Rotary Club</u>	<u>Information/Contact</u>
April 20, 2022, 5:30 PM	Badge, Shield and Star Dinner, PrairieLand Park, Saskatoon	RAP	\$125 per ticket \$1000 for table of 8
May 25th and 26th	LobsterFest. Gordie Howe	Meewasin	

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