



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
 @ Heritage Inn

May 11, 2020
Youth Service Month

Rotary: Making a Difference

District Governor (5550): Fred Wright
President: Hari Nair **1st VP:** TBD **Secretary:** Garth Courtney
Past President: Ron Loopkey/
 Tom Geenen **2nd VP:** TBD **Treasurer:** Robert Fisher

Sergeant: Ron Loopkey **Desk:** Nada
Rotary Reader: Ian Sutherland

Service Above Self

DONATION IN LIEU OF MEETING EXPENSES

- a) E-mail Transfer from Bank Account
 - a. Send to Rowasin Foundation using the email: rowasin2020@gmail.com
 - b. If there is an option to send an email to a second party send it to rfisher@leafandstone.ca.
 - c. If not an option, email (rfisher@leafandstone.ca) or text or call Robert at 306 222-8399
- b) Credit Card
 - a. For a credit card call Robert and he will handle it

One way or the other YOU need to advise Robert of your contribution

Meewasin Rotary Readers Schedule		Meals on Wheels	
Wednesday (St. Michael's, 1:00 p.m.)		Monday (1100 am pickup – City Hospital)	
		May	Volunteers under 65 years may deliver meals. Inform Meals Coordinator at 306-655-4323
	Schools are closed	11	Arthur Whetstone
	Thanks for Reading this Year	18	Victoria Day
	Schools are closed	25	Ken Wilson

* Meals Wheels Contact: Volunteer Service Department - Dawna Shand - (306) 655-4323

Rotary Meeting

Call to Order: The Chair opened the meeting at 0800 on Zoom.

Attendance: There were 20 dedicated members who enjoyed a morning of fellowship with their fellow Rotarians and guests.

Guests: Anastasia

Sergeant Loopkey. Everyone \$2.00 – for savings due to missing 2-3 meeting fines; Les for all the awards he's showing off; Tom for palm trees, Everyone who is sitting outside like Ken, Gudo for his backdrop, Everyone who did not wish someone happy mother's day by voice, Murray for prior comments.

Happy and Sads; Ron \$5.00 for seeing Grandkids in Regina at last under the new rules; Brian \$5.00 x 3 for finagling making a meeting, for getting his 89 year old dad out for a drive and one other; Hari \$5.00 for being late to open meeting and \$5.00 for the visit of a friend from Regina; Donna \$5.00 for thank you to Leamme for the very good program today.

At end of month, each person will send Robert their fines. See above on how to do this.

Announcements

1) Rotary Reader for May 25/20

Ken Howland

2) Link to Recording of Meeting of May 4, 2020

The recording will be available online for your viewing pleasure until Saturday the 9th of May at midnight.

https://us02web.zoom.us/rec/share/3M1eC-qv9GhIfZWQ6VnzQLF9RMe_T6a803UZqaFcz09VmiDANxQ-R6mcRW4JXn-C Password: 3F*SB#s1

3) Zoom Dos and Don'ts

- a) Hari will adjust setting to control who can access and submit documents.
- b) Hari will be identifying individuals who can host meetings
- c) DO NOT Forward your email invite to others. If you need to invite others send a note to me and I can send out the invite.
- d) DO NOT share the meeting plan, link or invite to social media or website pages such as Facebook, WhatsApp, Weibo, TikTok, etc. :-)
- e) Unless specifically asked do not share electronic files during the meeting
- f) If you have concerns please do let me know and we can figure out a way to address them.

4) Incorporation

- a) Art P There was a 95% positive response to incorporating.
- b) He has instructed John B to proceed with incorporation.

5) Upcoming Fund Raiser

- a) Wayne is designing the materials to send out to past Lobsterfest customers to ask them for a donation.
- b) Watch for it.

- 6) District 5550 Meeting
 - a) District 5550 Conference is happening on May 23 on webinar.
 - b) You will **need to register**. Check it out as the entire agenda
 - c) Register: <http://rotaryclubofkenora.ca/>
 - d) One of our Rotary International speakers is Jeffry Cadorette. Check him out on this video to get to know him a bit better @ <https://www.youtube.com/watch?v=rRhFFCp8E5I>
- 7) Coop Gift Cards
 - a) Robert has Coop Gifts Cards – the Perfect gift your yourself, your loved ones and special friends.
 - b) You can buy \$50 or \$100 cards.
 - c) GET YOUR GIFT CARDS TODAY



Remember – without “u” there’s no us

Club Business

Rotary Minute (Ian Sutherland)



Thank You Ian for sending your Rotary Minute with me before the meeting. Makes my job much easier, and the Rotary Minute much more complete.

Rotary International – 2020/2021 President Holger Knaack - **Theme is Rotary Opens Opportunities**

Rotary’s Six Causes

1. Promoting Peace

- Conflict should not be a way of life.
- Rotary provides training that fosters understanding and provides skills to resolve conflicts.
- Rotarians promote service projects and support peace fellowships and scholarships,
- Try to address the underlying causes of conflict, such as poverty, discrimination, education,

2. Fighting Disease

- Disease results in misery, pain, and poverty for millions of people worldwide.
- Treating and preventing disease is so important to us.
- We lead efforts such as temporary clinics, blood donation centers, and training facilities in underserved communities,
- Design and build infrastructure allowing doctors, patients, and governments to work together.
- Our members combat diseases like malaria, HIV/AIDS, Alzheimer’s, multiple sclerosis, diabetes, and polio.
- Recognize the importance of prevention so support health education and routine hearing, vision, and dental care.

3. Providing clean water, sanitation, and hygiene

- If people have access to clean water and sanitation, waterborne diseases decrease, children stay healthier, attend school more regularly,

- Mothers can spend less time carrying water and more time helping their families.
- We help by providing proper toilet facilities, water in schools, community water supplies

4. Saving Mothers and Children

- We expand access to quality care, so mothers and children everywhere can have the same opportunities for a healthy future.
- Try to address preventable conditions such as malnutrition, inadequate health care, and poor sanitation.
- Rotary provides education, immunizations, birth kits, and mobile health clinics.
- Women are taught how to prevent mother-to-infant HIV transmission, how to breast-feed, and how to protect themselves and their children from disease.
- Provide hospital equipment, psychologists

5. Supporting Education

- Build capacity of communities to support basic education and literacy, reduce gender disparity in education, and increase adult literacy.
- We support education for all children and literacy for children and adults.
- We take action to mentor students, train teachers and support adult literacy

6. Growing Local Economies

- Members and our [foundation](#) work to strengthen local entrepreneurs and community leaders, particularly women, in impoverished communities.
- We try to provide training and access to well-paying jobs and access to financial management institutions.
- We use micro loans, and seek out agricultural opportunities

Exchange Student Update

Anastasia updated the members on her recent activities. She was the 2012-13 Exchange student from Russia. She is now living in Watrous where she is a bar tender. She went home for a year but didn't like it as much. She went to university in Winnipeg where she met Mark. She moved to Watrous with him when he was transferred.

Program

Leanne Kessler. Emotional Intelligence and Culture Shock and beyond. Training provided to Exchange students

The information comes from the Student Exchange Group that Leanne belongs to. It

Culture is an integrated system of learning behaviour patterns that define how they behave and interact. Therefore, a student experiences an internal culture shock because their learned behaviours aren't always appropriate for the new environment.

Culture shock is the feeling of disorientation experienced by someone who is suddenly subjected to an unfamiliar culture, way of life, or set of attitudes. Usually builds slowly and challenges one's beliefs.

Some of the more common symptoms are: overeating, undereating, boredom, easily upset, isolation, homesickness, sleeping too much, idealizing homeland, inability to concentrate, unexpected crying spells, negative attitudes to new country.

Three common behaviours are to:

- 1) Try to make others see things their way.
- 2) Isolate themselves from culture
- 3) The learn to adapt.

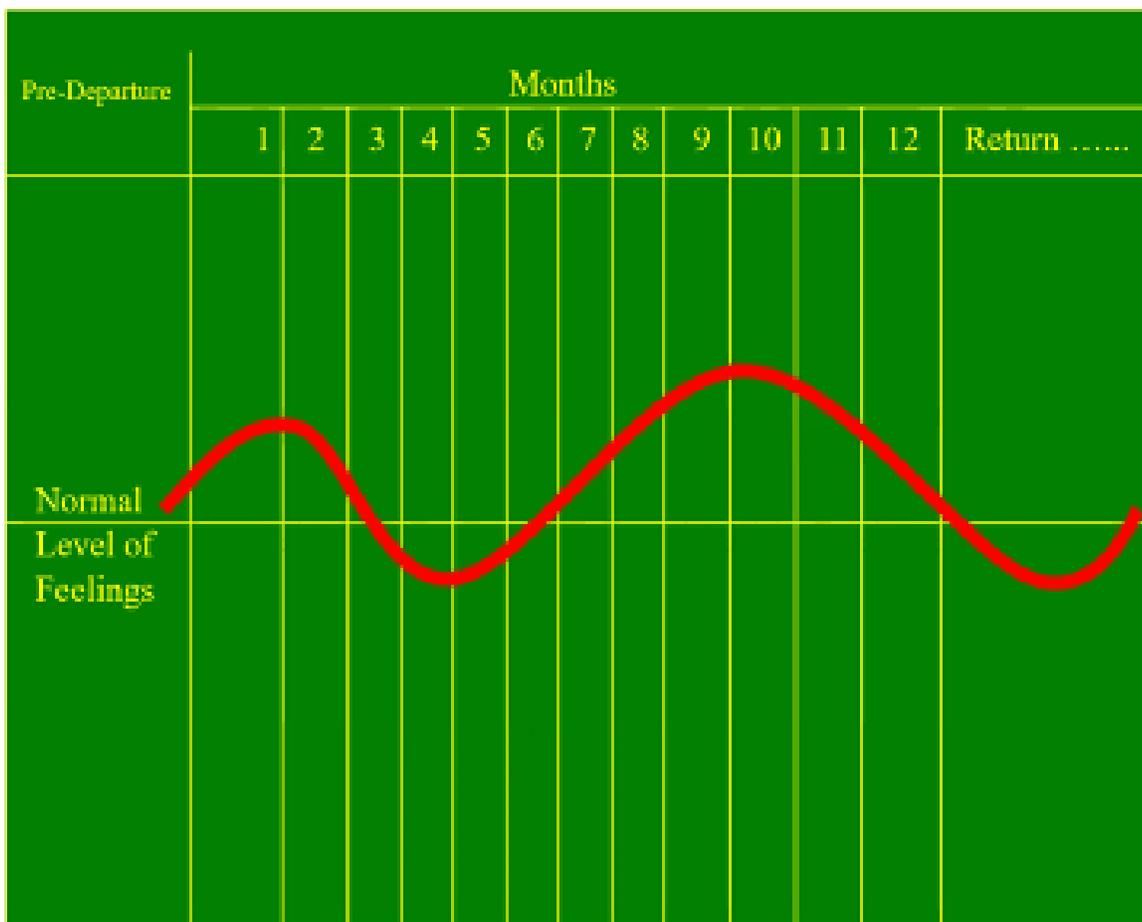
The first two are normal and common. The third one is the most desirable.

The student goes through different phases

- 1) Travel and honeymoon,
 - a) Arrival and take it all in,
 - b) watch the volume of phone calls and emails from home
- 2) Arrival and start of adaption
- 3) Assimilation
 - a) Become part of new families
 - b) This occurs in month 9-10 for long term exchange students
 - c) Then, they are realizing that they will be going home. They are excited to be going home, and sad to be leaving their new place.

It is important to realize that this is a process that the students will go through, and to know the symptoms that we can support them.

I Culture Shock Cycle



In order to get you on the right track when dealing with culture shock, we suggest the following:

- ▶ It is important that you recognize the symptoms.
- ▶ When you see the first signs, try to focus your energy in more positive directions.
- ▶ Get more involved in family activities, such as preparing the meal, walking the dog, raking the yard, washing the car, shopping for groceries, etc. It is important that you get involved in normal activities and stay involved.
- ▶ Got out of your room and off the electronic games and communications with everyone.
- ▶ Remember that your daily life will only get better!
- ▶ Integration into a new culture can take up to 10 months.

Culture Shock and Reverse Culture Shock

- ▶ There is more to read about Culture shock in the Student Handbook.
- ▶ Also, know there is Reverse Culture Shock on return from your Exchange that takes just as much time to adjust to as the initial experience.
- ▶ Every student is their own person and will experience this differently.

The changes from CV19 is a culture shock for all of us. We can use this information to assist us to adapt to the new acceptable behaviours of CV19 environment.

This is also helpful even when we go and return from a vacation, and any other time that we experience a new and different situation.

Meeting

Date	Program/Activity
May	Youth Service Co-ordinators: Acton, Tenaski, Wilson
11	Leanne Kessler. Emotional Intelligence and Culture Shock and beyond. Training provided to Exchange students
18	No MORNING meeting. Victoria Day HAPPY HOUR EVENING MEETING
25	Julie Smith-Fehr. Maternal and Children areas and Adult Emergency areas of the Jim Pattison

Date	Program/Activity
	Children's Hospital Wendy Stefiuk. The impact of the Meewasin donated freezer to the mother's milk program.

Events

Date	Event	Rotary Club	Information/Contact
May 23, 2020	Lobsterfest	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

**Rotary Club of Saskatoon Meewasin
Monthly Speaker / Program Assignments for 2018-19**

Month	Monthly Rotary Theme	Members in Charge
2019		
July	Start of new Rotary year	Bailey, Benesh
August	Membership and New Club Development, (DG Visit?)	Ferguson
September	Basic Education and Literacy, (Corn Roast?) Note: No meeting Labour Day Sep 3	Muir, Courtney, Empey
October	Economic and Community Development Note: No meeting Thanksgiving Oct 8	Fisher, McArthur Russell
November	Rotary Foundation Note: No meeting Nov 11	Geenen, Howland Sutherland
December	Disease Prevention and Treatment, (Club Elections) Note: No meetings Dec 30	Whetstone, Kessler Birkmaier-Tillotson
2020		
January	Vocational Service, (Evening social?)	Loopkey, Klause
February	Peace and Conflict Prevention/Resolution Note: No meeting Family Day Feb 18	Luross, Mundi Morgan
March	Water and Sanitation	Nair, Nickel, Paproski
April	Maternal and Child Health, (AIT Monday?) Note: No meeting Easter Monday April 21	Fehr, Stefiuk Postle
May	Youth Service Note: No meeting Victoria Day May 20	Action, Tenaski, Wilson
June	Rotary Fellowships, (Lobsterfest, 'Change Over')	Walling Clements

COMMITTEES FOR 2019-2020

Meewasin Rotary Club: 2019 / 2020 Committee

Administration - Meeting program & admin, Sergeant, raffle, facilities, meals, supplies

Ferguson – Chair

Courtney – Secretary, Fisher – Treasurer, Morgan, Walling

Service - Club charitable giving, Foundation grant applications

Howland – Chair

Benesh, Muir, Sutherland, Paproski, Courtney

Youth - Youth exchanges, Adventures programs, school programs

Postle – Chair

Kessler, Acton

Foundation-Foundation donations, member recognition

Wilson - Chair

Bailey, Clements

Membership - Member recruitment, education and retention

Geenen – Chair

Tenaski, Stefiuk, Fehr, Birkmaier-Tillotson

Public Relations- Club & event promotion, communications, manage website

Mundi - Chair

Empey, Luross, Whetstone

Social - Plan & organize monthly social event or service project, social Media

Loopkey – Chair

McArthur, Klause, Loopkey