



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 4, 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: Nada Desk: Nada

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
	Thanks for Reading this Year	4	Kris Tenaski
	Schools are closed	11	Arthur Whetstone
		18	Victoria Day
		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 18 dedicated members who enjoyed a morning of fellowship with their fellow Rotarians and guests.

Guests: Faith

Announcements

- 1) 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.

2) Club Incorporation

Art P reminded members to vote on Club Incorporation. Members need to vote on this matter. A simple majority is all that is needed although Art would like all members to vote. We are waiting for ten more members to reply.

Send your vote to Garth by email. The vote is needed in writing. G&S Courtney - g.s.courtney@sasktel.net

Once the Articles are approved and accepted by the Government. Then the Club will set up a constitution and bylaws.

3) Donations in Lieu of Lobsterfest

- a) Folks are invited to make a donation to the Rowasin Foundation in lieu of purchasing tickets to Lobsterfest.

4) 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>

5) 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

RI President's theme is Rotary Opens Opportunities. Rotary projects are meaningful regardless if they are large or small. They opportunity for Rotarians in

Program

Faith is the Executive Director of the Canadian Mental Health Association, Saskatoon Branch. This is Mental Health Week in Canada. Their offices have been closed once the CV19 breakout was announced and they shifted to online services.

The mental health impact of the pandemic has been called the echo pandemic.

The CMHA is one of the oldest charities in Canada. The Saskatchewan branch opened in 1950s.

Their mandate is to facilitate access to the services that people who suffer from mental illness need.

Key principles are to embrace the voice of people with mental health issues, promote inclusion, to work collaboratively, to be evidence based and to be transparent and accountable. They do not replicate the services of others in the community.

They provide pre-employment and employment services, public education and awareness, life skills, mental health first aid, support groups and community development, mental health support and counselling and labour consulting. They provide everything from assisting with drivers' licences to completing a degree. They assist with professional association fees and physical activity fees. They provide holistic person centred care.

Some of the groups they provide online are depression support, anxiety support and harm reduction. Most of these are peer led. They also provide quilting and writers groups, PTSD support, safe space and family support.

The groups are open to anyone and anyone can just drop in.

All their services are free and open to anyone.

They are setting up another group – an eating disorder support group. They are working with Bridgepoint, who are experts in eating disorders.

They mostly work with adults, but this group will work with ages 15 and up.

A major issue is Youth Mental Health. 80% of schools do not have the capacity to meet the mental needs of students. 25% of youth have mental health issues. 1 in 5 deaths ages 15-24 result from suicide and is now the first leading cause of death – just ahead of accidents. Young males are highly susceptible to suicide.

They are partnering with Bedford Road Collegiate to set up a mentoring program where students mentor students. The program starts in grade 9 and they become mentors they reach grade 12. They are now looking at extending the RISE (Resilience, Information, Support and Empathy) program to Mount Royal.

As they move forward, they are looking at services to youth and families, family literacy and support, social enterprise, social media. They don't close files. Some staff have long standing contacts with some people. They provide support to people to access specialized consulting services.

Connect Up is a new program where they assist people to access social and recreational services in the community.

With regard to CV19, they are supporting individuals who are dealing with the impacts of CV 19 such as:

- Isolation
- Loneliness and fear
- Anxiety, stress and feeling overwhelmed,
- Financial loss
- Uncertainty and restrictions into the future

They are operating a Support Line that provides confidential services to anyone who is feeling the impact of CV 19.

As part of Mental Health Week with Paws for Health where people are invited to post pictures of their pets on their Facebook page.

They are recognizing 7 Saskatoon businesses for their contribution to mental health.

CAMECO will be receiving a special award for their investment and support for mental health. They have provided mental health training to all employers. They have provided \$1 Million dollars for non-profits.

Meeting

Date	Program/Activity
May	Youth Service Co-ordinators: Acton, Tenaski, Wilson
4	Faith
11	TBD
18	No meeting. Victoria Day
25	TBD

Events

<u>Date</u>	<u>Event</u>	<u>Rotary Club</u>	<u>Information/Contact</u>
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