



Rotary Club of Regina Eastview

The ROTOR

Thursday, August 20, 2015

[Club Web Site](#)

Service Above Self

Editor: Peter Peters mppeters@sasktel.net
If you have any comments or questions, email the editor.

August 27, 2015. "This Is Your Life."

September 3, 2015. NO NOON MEETING. All-clubs BBQ, September 2, 2015 in Rotary Park

September 10, 2015, Ross King, Author, (Winner of the Governor General's Award for Non-Fiction)

NEXT WEEK August 27, 2015

"This Is Your Life"
with Clarence Krause and a "New"
Rotarian

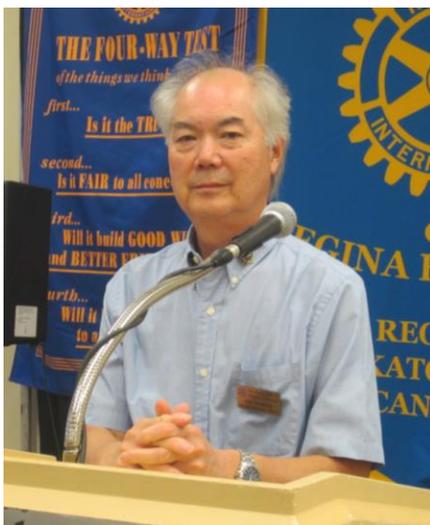
August 27,
2015

DUTY ROSTER

Registration: Charles Sadzamare
50/50: Greg McNamara
Greeter: Joyce Butler

Registration Desk: The Registration Desk was very efficiently manned by Lyle Gollnick in the absence of the assigned member, Richard Schwann. Beside him sat a still-smiling Don Shindelka selling **50/50 tickets** for Louis Browne, who appeared to be unaware of his assigned task!

The **Greeter** was also missing, so we greeted each other in true Rotary fashion.



President Ron Okumura, having returned from the Maritimes, was in charge of today's meeting.

He invited **Nelson Falkowsky** to come forward to lead us in singing "O! Canada!"

Philosopher Leif Riesach gave us a quote from Carl Rogers: "*The curious paradox is that when I accept myself just as I am, then I can change.*"

Seated at the **Lead Table** were President Ron Okumura, our Guest Speaker, Mrs. Byrna Barclay, Hans Gaastra (pictured right), Gail Bradley and John Van Koll.



Lyle Gollnick then came forward to introduce a **Visiting Rotarian**, Doug Keam (left) of the Rotary Club of Regina.

He then introduced two **guests**, our speaker, Mrs. Byrna Barclay, guest of the club, and Wanda Falkowsky, guest of Nelson Falkowsky (lower left).



Nelson Falkowsky then led us in singing the Welcome Song.

50/50 Draw: Don Shindelka announced that an "odd amount" had been collected. He brought the basket of tickets up to President Ron Okumura, who selected a ticket and Allan Smith was the lucky winner of \$27.50.



Birthdays: (Left) Joyce Butler, (August 15), and Zarin Zavery, (August 19), were then called forward to receive their Secure Credit Card Holders, and Nelson led us in singing the Birthday song.

INTRODUCTION OF SPEAKER

Gail Bradley then came forward to introduce our Speaker, Mrs. Byrna Barclay, who was born and raised in Saskatoon. She began writing at age 5 and was reading her father's books by the fifth grade. At university, Byrna was told that she was a "cockeyed romantic" who needed to temper her world view with prairie realism.



She developed her own world view in the Lifelong Quartet of Novels. A young mother, a reformed social worker and a children's librarian who wrote and performed puppet plays Byrna served a twelve-year apprenticeship as a novelist. Her short stories have won numerous awards, and her short fiction has appeared in many anthologies and magazines. She has taught creative writing classes and workshops and has been a guest lecturer at several universities in the USA and in Canada. She has also served as an editor of *Freelance*, *GRAIN* and as Editor-in-chief of *TRANSITION*, and as founding editor of *spring* magazine. She has been President of the SWG twice, Vice-chairman of the Saskatchewan Arts Board, and is currently a member of the Saskatchewan Book Awards Board of Directors.



A fierce advocate for those suffering from mental illnesses, Byrna was the President of the Canadian Mental Health Association, the founding chair of the first Family Advisory Committee in Canada, the founding chair of the

Minister's Advisory Committee on Mental Health, the Director/co-ordinator of submissions to the Saskatchewan Commission on Directions in Health Care, and the Coordinator of Hands-Across-Saskatchewan Rally in 1993. These volunteer positions won her many community awards, including the Saskatchewan Order of Merit in 2004. Byrna has lived in Regina since 1962, but has travelled widely in Europe. She has raised an actor daughter, Julianna, and a musician/artist son, Bruce, and husband Justice Ronald Barclay.



PROGRAM

Byrna Barclay has a dream, to get the different levels of Government to commit to a coordinated Mental Health Program. She spoke from the heart, telling us about her son, who has never had a job or a girlfriend and who recently celebrated his 50th birthday. "It's the stigma", - Bruce's father was not comfortable telling his law partners about his son's condition. The fear charged by stigma is of the illness, not of the individual.



Mental Health is at the bottom of the totem pole when it comes to funding. We need to determine the unmet needs, firstly, to combat stigma - imagine a worldwide movement by Rotary to reduce the stigma attached to mental illness, secondly, to ensure that there is a complete spectrum of care, from intervention to diagnosis, (and often hospitalization), to completion of job-training.

Following the murder of the James Peterson family by Victor Hoffman, a Mental Health specialist, Dr. Frazier, was brought up from Texas to make a report.

Housing is a big problem. Many of these patients live in unlicensed/unapproved boarding houses, or have difficulty in finding any accommodation, because they are "too old" or "too young". They have to be out of the house from 8:00 am to 5:00 pm, so usually go to the Canadian Mental Health Association - Regina Branch facility on Albert Street, during the day. They have recreational facilities there and are given a hot lunch.

When Bruce became too old to be under the care of Child and Youth services he was sent to a boarding house where his cot was placed in an unfinished basement next to a deer carcass. He is now in a care home, on regular medications, and has stayed out of hospital for the past 13 years. Unfortunately, following the nursing home fire in Quebec, where many residents died, the bureaucrats are now insisting that water-sprinklers be put in all care homes; the \$30,000 cost will force many of these to close.

What can Rotary do the help?

- Advocacy
- Life Skills classes
- Housing
- Social and Recreational programs. This is an area of great need and promise.
- Job-training. Byrna is happy to see the mentally challenged young people enjoying their work at the Safeway stores.

In some places, crews, under the supervision of experienced leaders, go out to garden, and to clear snow in winter. Unfortunately, one symptom of schizophrenia is that the patient is unable to complete a task. Could some business provide job-training partnerships?

The aim is to ensure that the patients become as independent as possible; they dislike the side-effects of the medications and tend to discontinue taking them. Community based-care is patchwork. Could Rotary raise money to put sprinklers into the care homes? The CMHA is hopeful that the Kirby Report will have some impact. The vision of patients' families is to have a full spectrum of care from diagnosis to completion of job-training.

President Ron Okumura then thanked Mrs. Byrna Barclay for her presentation, truly spoken from the heart.

SERGEANT-AT-ARMS



Gary Carlson was Sergeant-at-arms today. He had devised a form of *Front Line Challenge* for the members, and asked those at each table in turn about news items or photographs which had been on the front page of the *Leader Post* during the past week. Although he gave one-word clues, the members didn't do very well! Two tables received a Rotobuck and those at the other four tables had to pay a loonie each! Peter Peters had **Happy Bucks** as the

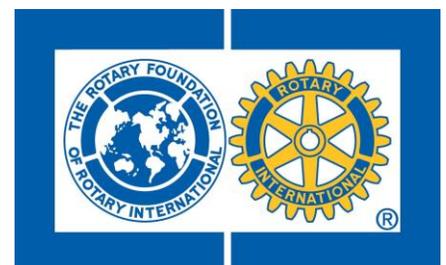
Peters' Pedalers Plus had completed the MS Bike Ride on the weekend, despite a very strong wind. The event raised \$177,000. Peter received well-deserved applause.

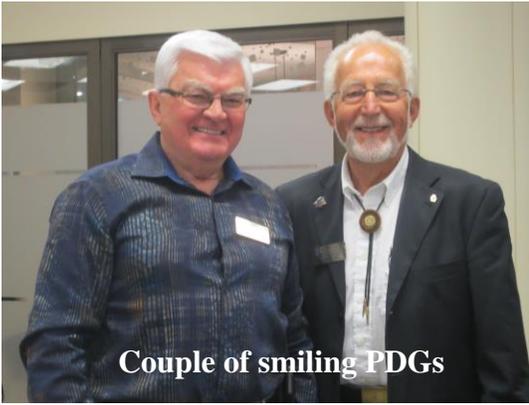


Banner Exchange: Don Shindelka presented a banner from his former Rotary Club of Kelowna Ogopogo, which he had recently re-visited.

ANNOUNCEMENTS

- **Pat Dell** reminded us about the Past-Presidents' picnic, which will take place in her beautiful back-yard, 247, Hastings Crescent, at 3:30 pm on Sunday, August 23, 2015. Please bring your lawn-chairs and bring your own beverages.
- **Peter Peters** then made an announcement about the Food Bank fund-raiser, a Golf Tournament which will be held on September 9, 2015. Entry Fee will be \$150.
- **Doreen Pankewich** then reminded us about the **All-Clubs Picnic**, which will take place in Rotary Park on Wednesday, September 2, 2015.
- **John Van Koll** then reminded us about **Rotary Awareness Day**, which will take place at the Delta Regina Hotel on Tuesday, September 15, 2015. He will have tickets for the Dinner available shortly. The cost will be \$50.
- **Rotary Foundation chair, Hans Gaastra**, then informed us that the club can subsidize the Exchange rate, using points which we have in hand, for those wishing to purchase a Paul Harris Award. The offer of \$200 in points toward the \$1,000 (US) needed for a Paul Harris Award still stands.





Couple of smiling PDGs

- **President Ron Okumura** then reminded us of the **Peace and Goodwill Weekend** to be held in Winnipeg, September 18 and 19, 2015. There will be something for everyone, including Curling, a Visit to the Zoo, and a Visit to the Museum of Human Rights. Details are available online, and Ron has the printed Registration Forms.
- **President Ron** also reminded us of the **Business cards** which are now available from the Registration Desk.

The meeting closed with the recitation of **the Four-Way Test**.

COMMENTARY

In 1967, Dr. Shervert Frazier of Texas was asked to study Saskatchewan's psychiatric services and make recommendations (Frazier Report). Frazier strongly supported the Saskatchewan Plan but suggested that it had not been fully implemented as the Psychiatric Services Branch budget was insufficient. This resulted in unsatisfactory salaries and working conditions and an exodus of key professionals. This resulted in a large increase in the mental health services budget in Saskatchewan. One effect of this was more funding being provided to the Mental Health Association for community programs.

Quote from <https://saskatoon.cmha.ca/about-us/history/>

For The ROTOR, I am Ann Grahame