



Rotary Club of Regina Eastview

The ROTOR

Thursday, August 25, 2016

 [Club Web Site](#)

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If you have any comments or questions, email the editor.

Sep 1	“U of R Business School” with Professor Randy Linton
Sep 8	“Sports Hall of Fame” with Vicki Krauss
Sep 15	“Transitions Estate Services” with Bonnie Pollock
Sep 22	“Diabetes Saskatchewan” with Allison Luff & Virginia Carpenter
Sep 29	“Regina Funeral Home” with Nathan Gerow

NEXT WEEK

“U of R Business School”
With
Professor Randy Linton

**September 1,
2016**

DUTY ROSTER

Registration: **Leo Ell**
50/50: **Barry Strohan**
Greeter: **Ted Kent**

Coming to Regina Eastview is a weekly highlight for the writer and it was like that today. A highlight because we were welcomed by a delightful spirited smiling threesome with Pat Dell at the **Registration Desk**; Tracey Schick Sparrowhawk selling those soon to be profitable **50/50 tickets**; and, “Club Secretary Par Excellent” Allen Hillsden who was the **Greeter** (filling in for the “unable to make it to Rotary today”, Laurel Mattison).

While Membership in Rotary is not to be a single month focus, August is the month Rotary International has selected as the **Membership and New Club Development Month**. It is

therefore exciting that

today we learned three new members will be inducted into Regina Eastview when arrangements can be confirmed. Congratulations!



Soon to be inducted are (above l to r) Dave Sandison, Bim Pandya and Dinesh Kashyap



(Left - Greeter Allen Hillsden making sure long term Eastviewian Hans Gaastra, does not feel left out).



President Greg McNamara seemed a little wide-eyed and surprised to see so many people in the audience. He quickly regained his composure and gonged the bell and the meeting proceeded in high gear. Allen Hillsden led the singing and Sam Berg asked the blessing on the consumed food and our time together that these will combine to result in “good in the world”.



Obviously a sign of “aging”, Philosophers Leif Riesach and Doreen Pankewich supported each other to the podium, to share this **Thought for the Day** from the late American rock guitarist, singer, and songwriter, James Marshall "Jimi" Hendrix, who said, *“When the power of love overcomes the love of power, the world will know peace.”*

President Greg gathered the following people to join him at the **Lead Table**: Guest speaker Lorraine Garratt, Tracey Schick Sparrowhawk, Chad Cunningham and Jack Wozniak.

Pat Dell was called on to introduce **Visiting Rotarians & Guests** which consisted of Rotarian Doug Keam (below left) from the RC of Regina; Lorraine Garratt (below centre) guest of the Club; and, Michael Lai (below right) guest of Chris Hefner. These fine people were welcomed in our usual “mingling handshaking frenzy”, which is a weekly reminder to the President that their ability to control the meeting is at best, tenuous.



As the seller of **50/50** tickets, Tracey Schick Sparrowhawk orchestrated “the draw”, which was all above board because a host of different people were involved in the process. That said, Tracey Schick Sparrowhawk’s ticket was drawn by guest speaker Lorraine Garratt, Chad Cunningham recognized and reported the winning ticket was the one where Tracey was sitting. Hence, Tracey had opportunity to find the green marble from amongst the dwindling blue group – she too “drew blue”. Which means there are now \$160.00 in the pot.

Whoops, who forgot about the **SERGEANT-AT-ARMS** – no one we know – and who will even remember???? In an effort to make right the greatest of wrongs, President Greg, was open to inviting happy dollars although it was obvious he was seeing unwelcome visions of what could happen next week.





Doug Mortin was happy to see the Club members have approved the induction of three new members (see page 1); Leo Ell recognized Laurence Vigrass as a Rotarian who might well be the first Eastviewian who has had a grandson play in the Olympics (thunderous applause); and, Chris Hefner let us all know that he has a leadership role in operating one of the country's longest running Board Game organizations.

Family of Rotary - Good to see Nelson Falkowsky back at Rotary today, after having a swing through the health care system and liking it well enough to look to further interaction. Wishing you well, Nelson. We miss Takayoshi Ono at Rotary. It was reported he will return soon, but specifically when depends on the golfing season.

PROGRAM

President Greg introduced his friend and bridge playing associate, Lorraine Garratt who came to speak to us about Saskatchewan Senior Fitness Association (SSFA).



From Lorraine we learned that:

- The SSFA *"is a volunteer, non-government organization formed on December 7, 1984 in response to the need for an activity program for people fifty years of age and older."* Their Website (www.ssfa.ca) indicates, *"SSFA is directed by a volunteer Board of Directors who represents all districts of Saskatchewan. The main objective of the association is to promote active living, wellness and participation."*

- Saskatchewan is divided into 9 Districts, with Saskatoon and Regina, each being a District and the remaining 7 Districts surrounding one of the larger regional centres in the Province;

- The goal is to improve the total wellbeing of seniors and each District runs its own programs which include a variety of: i) Regular Physical Activities; ii) Cultural Activities; iii) Social Activities; and, Intellectual Activities (from track and field events to card games);

- District programs and services are designed to meet the needs and interests of people 50 years of age and older and include district and provincial games, walking programs, workshops and seminars;
- Social interaction is a critical component of the SSFA's focus, and Districts do get inquiries from family members asking about opportunities for their aging parents;
- To participate in annual Provincial Games members of the District must qualify to compete;
- Success at the Provincial level qualifies members to participate in national competitions held every second year;
- Brampton was the site of the most recent National Games in which 200 Saskatchewan members participated;



- There are 297 members in the Regina District, and their annual membership fee is \$7.00;
 - Depending on the activity, there could be an additional cost – e.g. curling;
 - Lorraine shared photos of seniors competing in various activities; and,
- Lorraine concluded her presentation by quoting George Bernard Shaw, who said, *"We don't stop playing because we grow old; we grow old because we stop playing."*

The SSFA adding credibility to the Shaw observation

ADVENTURES IN AGRICULTURE UPDATE

Adventures in Agriculture (A in A) Co-Chair, Jack Wozniak, provided an update on planning for the 2016 A in A program to be held November 23 to 27. He acknowledged the significant counsel he received from former Chair, Sherry McKinnon, in providing detailed information on history and program contacts. Working with a committed group of former and new members of the A in A program, component assignments have been created and assigned to individuals. He detailed these assignments which will appear in a future ROTOR.



Jack noted that Sherry has booked the Hotel; contacts with the CEO of the Canadian Western Agribition (CWA) has been very positive with strong interest in our program; a number of new sponsors are being pursued, and it appears former Industry Sponsors will be participating again; At this point Doug Mortin has secured billets for 24 students with a few more placements pending; The prospect of securing a booth at the CWA is a possibility and is being pursued.

ANNOUNCEMENTS

Membership Dues – Are due!

Backpack Packing – Regina Eastview had 9 representatives participating in this Salvation Army “hands-on” project last Saturday. A work group of 55 to 60 people packed 1000 backpacks in 90 minutes (these are the fastest backpack packers in the



world) – CONGRATULATIONS!!! A **BIG** “shout out” to Val Wiks and The Salvation Army!

ShelterBox Is On The Move – Ann Grahame reported on ShelterBox response to the earthquake in Italy. The report on people who have lost their lives is now up to 280, with many persons reported missing. She noted that the impact in some of the remote rural mountainous areas entire towns have been leveled.

A ROTARY TIDBIT

From My Rotary

When disaster strikes, ShelterBox acts. A [ShelterBox](#) team is working with Rotary members in Italy to mobilize a response that will provide shelter and support for those affected by the earthquake. I am warmed by the Partnership established between ShelterBox and Rotary International partnership which is once more exemplified in the devastation in Italy – read a bit of the story at:

[ShelterBox and Rotary clubs take action following earthquake in Italy | My Rotary](#)



For the Regina Eastview ROTOR, I am Peter Peters