



Service Above Self

Rotary Club of Regina Eastview

The ROTOR

Friday, February 16, 2017



 [Club Web Site](#)

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

Feb 23	“Club Assembly” with President Greg McNamara
Mar 2	“Electronics Products Recycling Association” with Gaylene Creelman
Mar 9	“Multiple Sclerosis Society of Canada” with Lisa Smith
Mar 16	“State of the City” with Mayor Michael Fougere
Mar 23	“Electronic Products Recycling Association” with Gaylene Creelman
Mar 30	“From Away” with Author Jeanne Martinson
Apr 06	“Saskatchewan Professional Teachers Regulatory Board” with Becky Wock
Apr 13	“Parkinson Awareness Month” with Todd MacPherson

NEXT WEEK

“Club Assembly”
with
President Greg & All

**February 23,
2017**

DUTY ROSTER

Registration: **Louis Browne**
50/50: **Jizinge Mwela**
Greeter: **Charles Sadzamare**

A look back to the Valentine

Centre – Lee Beck Regina Eastview’s 2017 *Service Above Self* Awardee. She is seen here with husband Gord.

Below – PP Pat Dell presents Maria Hendrika with a Community Paul Harris Fellow Award.



GALA on February 10, 2017.

Below – DGE Peter Neufeldt presents Terry Simonson, President of Jay’s Transportation Group Ltd. with a Paul Harris Fellow Award in recognition of their company’s continuing Title sponsorship of our GALA.





Above - MC **Arielle Zerr**, CJME/CKOM Rawlco Radio; Left – 50/50 ticket seller “par-excellence”, Regina Oskaya’s Rotary Exchange Student from Sweden, **Anton Liljefors**; Right - from Kenora, Ontario **DG Rod Riopel**, who provide the

audience with a glimpse of the Ripple Effect Program and its impact on children and communities in Guatemala.



TODAY Regina Eastview had a couple of replacements as we entered “the room”. **Ann Grahame** was filling in for Vern Hoyt at the **Registration Desk**, while **Barry Strohan** worked at impersonating Doug Archer as the 50/50 Ticket seller.



The assigned **Greeter**, **Chris Hefner** was doing his best to make individuals feel welcome and is seen here welcoming two people at a time.

It is not surprising that **President Greg McNamara** schmoozed his way into and through the gathering, starting with our Guest Speaker **Gwen Friedrich**, Executive Director of *The Caring Place*. In keeping with President Greg’s practice, he came with a packed agenda and you know the line, “Our dance card is full!”, and it was so!



Chili For Children Duty Roster

Feb 17 - Allan Hillsden, Doug Mortin, Takayoshi Ono

Feb 25 --- NO SCHOOL

Once we looked after the National Anthem and Rotary Grace, Club Philosopher Doreen Pankewich, ready for a month in Mexico, shared this anonymous quote as our **Thought for the Day**, “Everyone is entitled to be stupid, but some abuse the privilege.”

President Greg was a bit pressed to accommodate the “worthy” at the **Lead Table**, and so they were shared with other tables. Then because some of the persons who had these reserved spots did not appear, this special Table had sufficient elbow room. The President was joined by Gwen Friedrich, Sam Berg, Patty Humphries and Ruby Dietrich.



We were once again reminded by Nelson Falkowsky that our National Anthem should not be sung as a funeral dirge, so we became “spunkier” when we sang our Welcome Song to the following **Guests and Visiting Rotarians** introduced by Ann Grahame. **Guests** of the Club were Gwen Friedrich, Patty Humphries (**below left**) and Ruby Dietrich from The Caring Place; (**below**) Alex Sabawi (Regina Work Preparation Centre Inc.) guest of Laurel Mattison; and, Francois Brien, (**inducted during the meeting**) a guest of Chad Cunningham. Ann also introduced **Visiting Rotarian** Kevin Hayes (**below right**) a member of the Rotary Club of Calgary South.



It was Barry Strohan who orchestrated today’s **50/50 Draw** and having sold \$82.00 worth of tickets, \$39.00 was added to the pot of \$861.00 (\$900.00). Doreen Pankewich had the lucky ticket drawn by President Greg. Would this be the lucky day? Alas, Doreen wound up with a blue marble so the pot carries forward to next week.



It seems we missed **Laurel Mattison’s** Birthday last year, so today we treated Laurel special (like all those who celebrate a Birthday at Eastview) and had her pay for her gift while we sang the **Happy Birthday** greeting.



**In Rotary, February is:
Peace & Conflict
Prevention/Resolution
Month!**

NEW MEMBER INDUCTION



To introduce this aspect of the meeting, President Greg called on PDG Doug Mortin, a member of the Club's Membership Committee to facilitate the Induction of a new Member. In turn Doug invited Chad Cunningham to come to the podium and introduce Francois Brien, the individual he is proposing for membership in Regina Eastview. In his introduction Chad indicated he has known Francois for three years, since Francois moved to Regina and purchased the Regina East Canadian Tire store. A former member of a Rotary Club in Oshawa, Ontario, Francois was looking for a place to connect with the Regina Community and Chad knew the right place, Regina Eastview.



In leading in the New Member Induction PDG Doug reminded Francois, as he did all Rotarians in the room, about the privileges and responsibilities of Rotary membership, as detailed in the Object of Rotary, and reinforced by Rotary's Four-Way Test. As an endorsement of Francois's membership in our Club, we stood as PDG Doug conferred membership in the Rotary Club of Regina Eastview on Francois Brien. We then formed a line to extend a hand of welcome to Rotary's newest member.

PROGRAM

Sam Berg was called on to introduce Guest Speaker Gwen Friedrich, Executive Director of *The Caring Place*. Sam was cautious in what he might say, mindful Gwen signs his pay cheques so he choose to "stay on script". This is what Sam said, "Gwen is the mother of three adult sons and has over 30 years senior leadership experience in the health and wellness field. Gwen has received a *Premier's Award of Excellence* in Public Service, a *Prime Minister's Award of Innovation*, and has been nominated by the YWCA for a *Woman of Distinction* Award. Gwen has a Master of Science degree in Kinesiology and Health and is a **Certified Professional Coach**, whose passion is *helping people become the best they can be.*"



Gwen Friedrich first introduced us to *The Caring Place* by telling us that it has been in operation for 25 years. It was incorporated in 1991 as a non-profit, professional counselling centre. The counselling provided is to individuals, couples and families on a variety of mental health and relationship issues. Fees are based on a sliding scale, depending on family income.



Gwen indicated that 20% of people experience depression, and yet of that 20%, only 25% seek out and get counselling. In large part they choose not to go because of the perceived stigma attached to mental disease. In Gwen's slides, she showed that by age 40, 50% of the population have not experienced a mental health condition, while the remaining 50% has, but still only a small percentage seek counselling for their condition.

Based on the Award Winning work of Michelle Obama and the Guggenheim Institute, *The Caring Place* has introduced this art therapy program which begins with the putting on of a “mask”. Clients entering the program each have two masks, one for the commencement of the program and the second for when the 8 week program is coming to an end. On program entry clients are asked to paint their mask as a reflection of how they feel. At the end of the program they paint the second mask as they feel at this point. Through this program of Art Therapy clients have let their hands tell their story.

The Caring Place counsellors are currently working with teen and pre-teen youth at the *Rainbow Youth Centre* who have attempted suicide or have a member of their family who has been so involved. This work is being undertaken with a Cree Grandmother as many of the youth at the centre have an Aboriginal heritage.

Because 1,000 of the 35,000 immigrants Canada has welcomed are in Saskatchewan, this has impacted the client base for *The Caring Place* in response to the trauma of leaving “life” behind. This is mentally stressful and Gwen shared a poem written by one of their Syrian clients which speaks about the potential horrors that lie ahead and recognizing these cannot be worse than the “shark” they leave behind. To follow up on this story Gwen invited us to break open the package of putty on the table, each take a piece and shape something that you would take with you if you were forced to leave your home. We were to debrief our selection at the end of the meeting, but time got in the way and we only have it as a memory.



President Greg thanked Gwen for her work and most particularly for the import work *The Caring Place* does for the citizens of the Province.

THIS IS MY LIFE

By Dave Sandison



Dave was the single person who had the opportunity to say what he would take with him if he was forced to Immigrate – his boat (left is his “it’s a boat” look). The question he answered before it was asked, was, “Yes, he was my Dad!”, and there was pride in the exclamation. Dave told us he was born and raised in Regina and has the best of memories with being part of the Lions Band and the opportunities that came with being part of this outstanding group. As music was the love of his youth he went to the U of R studying to be a music teacher. On graduating he learned his love of music was seemingly not easy to convey to students and the experience was not personally fulfilling. As a result he

switched his focus onto the business aspect of music so “sales” became key and customer service a critical component. He became a member of the St. Johns Optimist Club in part because the Optimists had a strong youth music bent. Music continues to be important part of his life as he is involved in a “number” of band groups. He is currently in Hotel Sales with the *Best Western Seven Oaks* and is finding this a personally fulfilling role, as it provides an introduction to becoming part of the RC of Regina Eastview. Dave indicated his appreciation for the work of Rotary and he and his wife enjoyed their first Rotary Valentine GALA. For his observations President Greg gave Dave the “Grocery Retriever”



Valentine GALA Update – GALA Chair Coordinators Ron Okumura provided a brief overview. Ron indicated it was the “best ever” GALA with special thanks to the Committee members. Doreen reported the net proceeds would be in the order of \$24,000.00; \$7,200.00 from Silent auction; \$1,600 for the whiskey; 260 people attended.

SERGEANT-AT-ARM

Jack Wozniak had been asked to be Sergeant, and he approached his task with a degree of reverence. He gently advised that he would like to hand out lots of Rotobucks and started with a couple of Rotary questions – What is the special day in the next week? And while “Family Day” is a good guess, the Sergeant was looking for **Rotary’s Birthday on February 23rd**. The second question was “What is the Month of February designated in Rotary?” – Of course it is *Peace & Conflict Prevention/Resolution Month* – seems Peter Peters has been studying up on this stuff – he received Rotobucks; if you did not have your Rotary badge on it cost. Happy/sad dollars came from Peter Peters (a sad dollar) in drawing attention to the death one of Canada’s greatest story tellers CBC’s Stuart McLean;



Dave Edwards was happy to tell us that he survived a severe Asthma attack and from his wife’s description there were a large number of “Specialists” descended on their home to bring this critical episode to its thankful conclusion; and, Dinesh Kashyap reminded us of all the great things happening at Waskimo on Monday, Family Day.



ANNOUNCEMENTS

On the Rocks Mixer/Scotch Night February 24, 2017 - Louis Browne announced that “Regus” is the world’s largest provider of flexible workplaces, with a range of products and services including equipped offices and meeting rooms. Runyowa Law is based in Regus’ Regina office. The purpose of the event is to enhance the visibility of Regus’ local centre by bringing together a cross-section of Regina’s business, cultural, and political community. **Members of the Rotary Club of Regina Eastview are invited to attend this special event. Please see the invitation attached to this ROTOR and RSVP if you will attend.**

There is no cost for this invitation-only event which is open to a limited number of attendees. The mixer will include a scotch tasting but other beverages and food will also be provided.

ROTARY TIDBIT

Rotary’s Training Talk February 2017

Promoting Peace - Rotary fosters understanding across culture. We train adults and young leaders to prevent and mediate conflict and help refugees who have fled dangerous areas. [See how we foster peace](#)



Cultivating Peace: Meyiwa Sitali

Growing up on his family's farm in Lusaka, Zambia, Meyiwa Sitali understood the power of water in his own life. But it wasn't until Sitali began his Rotary Peace Fellowship that he came to realize the profound and far-reaching need for clean water globally. [Read the Full Story](#)



For the Regina Eastview ROTOR, I am Peter Peters