



Rotary Club of Regina Eastview

The ROTOR

Thursday, February 2, 2017



 [Club Web Site](#)

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

Feb 9 **No Meeting/No Meeting/No Meeting/No Meeting!!!!**

Feb 10 **“Valentine GALA”** at the **Delta Regina**

Feb 16 **“The Caring Place”** with **Gwendolyn Friedrich**

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 **“TBA”**

Mar 30 **“TBA”**

Apr 13 **“Parkinson Awareness Month”** Speaker to be confirmed

NEXT WEEK–Friday (Feb 10)

“Valentine GALA”
An Evening Celebration
at Delta Regina

February 10,
2017

DUTY ROSTER

Registration: GALA

50/50: Co-ordinating

Greeter: Committee

In keeping with Regina Eastview tradition, today the team at the room entrance were of the highest quality, reflecting the best of what should be expected of a “welcome to Eastview” crew. Pat Dell was at the **Registration Desk**, Peter Peters was selling **50/50 tickets** and the always smiling and friendly Jack Wozniak was **Greeter**. While no votes were taken, some thought with a little work this foursome would pass (sadly the cameraman was not able to pick up Jack as he threw his arms around attendees – oh no that was the *Walmart Greeter* turned *President* – Jack was a class, respectful *welcomer*).



Naturally, **President Greg McNamara** was in charge and was looking around and calling the program into some form of order while there was still food on Diner plates - but it was time..... and we were off.

Consistent with her approach, Club Philosopher Doreen Pankewich selected our **Thought for the Day** which has the potential of creating a mentally health community and parallels the focus of our guest speaker's work. This quote is credited to American botanist and inventor George Washington Carver, who was borne into slavery in the early to mid-1860's



“Be tender with the young, compassionate with the aged, tolerant of the weak, because someday in your life you will be all of these.”



Today's distinguished **Lead Table** was beautifully decorated with folks like President Greg, Jack Wozniak, Gary Carlson, Stacey Carmichael, Lyle Gollnick and Ann Grahame – “trump” that next week, Mr. President.

Chili For Children Duty Roster

Feb 3 - Lyle Gollnick, Greg McNamara, Doreen Pankewich

Feb 10 - NO SCHOOL

Feb 17 - Allen Hillsden, Doug Mortin, Takayoshi Ono

Feb 24 - NO SCHOOL

Pat Dell had the privilege of introducing our **Guests and Visiting Rotarians** – and this is what we learned: Rick Roland,

Rotary Club of Regina Industrial Parks was our lone **Visiting Rotarian**; and our Guests included (below l to r) Wanda Falkowsky (below guest of husband Nelson; Guest Speaker Stacey Carmichael, guest of the Club; Art Pope guest of Tracey Schick Sparrowhawk; and, Nadeem Islam, guest of Louis Browne.



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

Peter Peters reported that \$87.00 was raised in the **50/50 Draw** which means \$43.50 (less \$2.00) will be added to the pot today. Stacey Carmichael drew the winning ticket, which happened to belong to **Ted Kent**. Jack Wozniak confirmed the presence of the green marble in “the box”. Ted's sensitive banker fingers stroked the marbles and fastened on what was believed to be “green”, but alas, came up “blue”.

Dean Rohrs Named RI Vice President

Rotary International President-elect Ian Riseley has announced that he has selected RI Zone 24/32 Director Dean Rohrs, to serve as RI Vice President for the Rotary year 2017-18.



Dean Rohrs has been a Rotarian since 1989 and has served as Rotary Coordinator, Regional Rotary Foundation Coordinator, and District Governor. She is a member of the Rotary Club of Langley Central, BC. Dean is a Rotary Foundation Benefactor, Major Donor, and Bequest Society member. She and her husband, Reinhold, are Paul Harris Fellows.

The RI Vice President is typically a Director in his/her second-year of service. The job is a one-year position. Currently, the position is held by Jennifer Jones, from the Rotary Club of Windsor-Roseland, ON.

It was Barry Strohan and Vern Hoyt who admitted to birthdays in the latter days of January. They were serenaded with the **Happy Birthday** ditty, smiled for the photo opportunity and of course received the treasured insulated grocery bag. You will recognize our President, who has completed 7 months of his presidency and even his name tag is drooping – well it is until he reads this and next week it will again be perky.



SERGEANT-AT-ARMS

It was a great day to be at Rotary as Rotobucks were just flying out as Pat Dell identified event after event worthy of recognition. If you hadn't washed your car in a week you received a Rotobuck, if you sold your tickets to the GALA you received a Rotobuck. When Pat switched to happy dollars, there was a gentle reprieve – Doug Mortin was delighted to report that \$16,030.00 has been received thus far in GALA Sponsorships; Chad was most pleased to advise us that a Birthday gift for his wife is in the offing as a result of an arrangement with a member of Eastview; DGE Peter Neufeldt invited President Greg McNamara and President Elect Richard Schwan to join him at the podium to recognize Greg's effort to have us live out the current Rotary Theme, *Rotary Serving Humanity*, which will flow so naturally into the work Richard will direct as our Club make real RI President-elect Ian H.S. Riseley selected Theme for 2017-2018, *Rotary: Making A Difference*.



PROGRAM

President Greg called on Jack Wozniak, recently selected member of the Canadian Mental Health Association (CMHA), Regina Branch Board to introduce CMHA Regina Branch Executive Director, Stacey Carmichael. He noted Stacey has spent the last decade plus in community development and support services and the non-profit sector in communities in Alberta with the last 13 months in her current role with CMHA, Regina Branch. Stacey came today to talk about the difference between mental health and mental illness and the services provided through the Regina Branch of CMHA.



Having anticipated a computer so she could use power point slides to better tell her story, she arrived to find the computer was not operational. Although a stress raiser, this Mental Health professional demonstrated how to rule stress rather than allow stress to rule you. An impressive start for the program.

Stacey pointed out that 1 in 5 people in Canada have mental health issues. Some of those people are able to cope with these issues but there is a broad range of abilities in dealing with these challenges. However, when persons suffer from any one of an array of mental health illnesses, personal coping strategies do not work and professional involvement and support services are required.



Disorders such as schizophrenia, bi-polar disorder, stress, obsessive-compulsive, Psychosis Disorder, PTSD, eating disorder, depression, etc. require the attention of health professionals over extended periods of time.

One of the major challenges faced by persons with mental health illness is the stigma associated with the disease. Stacey shared examples of the isolation these individuals and their families face when a diagnosis of a person with mental illness is made public in the community. Friends are lost, visits to the family become infrequent and dry up entirely to make the sense of isolation complete. Sadly 2 out of 3 people with a mental illness will not seek help and support because of the social stigma attached to a “mental illness”.

CMHA Regina Branch located on Albert Street has a team of 12 staff. This is an active facility assisting 60 to 100 clients each day. These individuals participate in crafts, arts, music, theatre and drama. They serve 12,000 meals over the course of 12 months. Employment counselling is provided and part time work is coordinated – house cleaning; snow removal; lawn and garden care services can be contracted through the Branch. The Branch does not have professional counselling and clients requiring these services are referred to appropriate agencies.

How can you help: i) make sure you are looking after yourself; ii) help your neighbours who are dealing with mental health issues; iii) ask how you can help; iv) send flowers to the neighbour whose son was diagnosed with schizophrenia; v) help CMHA Regina Branch with resources (financial, volunteer, etc.); vi) participate in fund raisers (ride don't hide); vii) participate in Mental Health Week (May 1-7, 2017) activities.

To get a detailed understanding of the services provided through the CMHA Regina Branch please visit their Website at: http://www.cmha.ca/branch_locations/regina-branch/

President Greg thanked Stacey for her presentation, commended the Association on their important work and presented her with the prized grocery bag.



“This is My Life” – Today it was relatively new member Dinesh Kashyap’s turn to provide his personal story. Dinesh reminded us as he did in his earlier presentation that this is the best place in the world. He was born and



grew up during the 2nd World War in the foot hills of the Himalayan Mountains, and suggested that Regina is not the coldest place on this planet. The cold we experience is 2 minutes between our house and car. He grew up wanting to be a pilot but while he had all the right physical and academic attributes, the fact that he could not see (well enough) was deemed a draw back for his dream. He lived in every part of India and each of these situations presented a new experience, a new language, a new culture, so coming to Canada was just like each of these moves in India – a new experience, a new language a new culture. Canada has the highest standard of living and is a beautiful country.

In response to the question, “Why Regina Eastview?”, Dinesh said, “I came to this Club and you sang your ‘Welcome Song’, who would not want to be part of such a Club?”

ANNOUNCEMENTS

Valentine GALA – **Allen Hillsden** told us that he has approximately **100 Silent Auction items**, but if you can get him your prize by tomorrow it would be welcomed with thanks. Ron Okumura indicated that about **195**



tickets have been sold and it would be great if we could **sell another 20** to bolster this number to last year's level. **Doug Mortin** advised that sponsor donations have reached \$16,030.00.



ROTARY TIDBITS

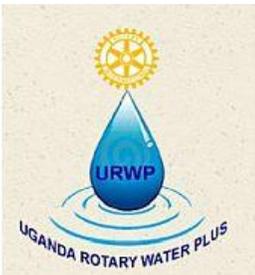
March 22, 2017 - World Water Day

Every year the United Nations observes World Water Day on March 22. The theme changes annually to put focus on a certain aspect of water. This year the emphasis is on Wastewater.



Use the resources at <http://www.worldwaterday.org/> to increase the awareness of the need for clean water and to manage wastewater more effectively.

Rotary WASH Summit in Uganda



On March 2 -4, 2017, in Kampala, Uganda, a WASH summit will be held exploring the possibilities of "Creating Opportunities for Sustainable WASH Service Delivery", within the frameworks of Rotary International and strategic partners.

More information on the Summit can be found at: <http://www.urwp.org/summit.html>

The summit is organized by Uganda Rotary Water Plus (URWP), which coordinates the water, sanitation & hygiene efforts of the 78 Rotary clubs in Uganda.



COMMENTARY



For the Regina Eastview ROTOR, I am Peter Peters