



+ Service Above Self

Rotary Club of Regina Eastview

The ROTOR

Thursday, June 23, 2016

 [Club Web Site](#)

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

Jun 30	"PTSD Presentation" with Chris and his Service Dog
Jul 7	NO NOON MEETING
Jul 8	"Regina Eastview Lyle Piett Memorial Golf Tournament" at Tor Hill Golf Course
Jul 14	"District Governor's Official Visit" Starring DG Rod Riopel

NEXT WEEK

"PTSD Presentation"
with
Chris and his Service Dog

June 30, 2016

DUTY ROSTER

Registration: Jack Wozniak
50/50: Laurel Mattison
Greeter: Hans Gaastra

CHILI FOR CHILDREN

June 24--Lyle Gollnick, Greg McNamara, Doug Mortin

Our always involved Club Secretary, Allen Hillsden, was at the **Registration Desk** today, keeping track of the comings and goings, dishing out change, providing encouraging commentary and advice – all those things which he does so well. Immediately to Allen's right selling **50/50 tickets** were either Ann Grahame, sitting in for Jizinge Mwela, or Jizinge himself. Jizinge arrived a little late - seems coming off a six week vacation does create a tiredness that can only be rectified by a couple of weeks restful work. Welcome back, Jizinge



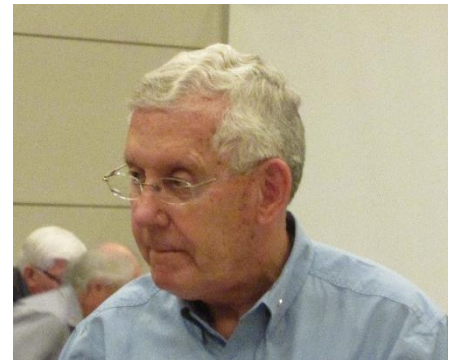
Nelson Falkowsky did a fantastic job as **Greeter** leaping around and pumping hands around the room – in fact he put so much motion into this task that the photo was blurred due to his enthusiasm, or the less than steady hand of the photographer.

Philosopher Doreen Pankewich, wishing to match the **Thought for the Day** with the focus of our Guest Speaker, chose this observation by American religious leader and influential public speaker, the late William J. H. Boeteker, *“That you may maintain yourself respect, it is better to displease the people by doing what you know is right, than temporarily please them by doing what you know is wrong.”*



President Ron Okumura was pleased to introduce Sarah Valli, Shreedhar Jachak, Nelson Falkowsky, Chad Cunningham and Peter Peters who joined him at the **Lead Table**.

Allen Hillsden was called on to introduce our **Guests** and **Visiting Rotarians**. Allen's introduction recognized two Guests: guest speaker Sarah Valli (left), a guest of the Club; and, Patrick Masvosva (lower left) a guest of Charles Sadzamare; together with Rotarian Charles Keple (right) from the RC of Regina.



Lyle Gollnick is celebrating a birthday on June 25th so we were pleased to shout out the **Happy Birthday** song wish, while he dug out the \$10.00 for his gift.

Anne and Jizinge collected \$44.00 for the **50/50 draw**, which netted winner Leif Riesach with \$22.00, which he promptly donated to **Chili for Children** – thank you for your kindness, Leif.

Lyle Gollnick is celebrating



SERGEANT-AT-ARMS

In Pat Dell's absence (on a Mexican vacation or a vacation to Mexico), Jeanne Martinson, being somewhat subdued, hesitatingly called for "happy dollars". Nelson Falkowsky was happy as their Calgary daughter just started a job after a significant time of looking; Barry Strohan is delighted their overseas daughter and her husband are arriving in Regina tomorrow – first time in three years; Doug received an opportunity to assist a friend who has a couple of tickets to the British Open – while this is almost too good to miss he is choosing to do so – check with Doug on the details.



It was at this point that Sergeant Jeanne became charged – if you missed last week’s celebration it cost \$1.00; if you got a speeding or parking ticket in the last week it cost another \$1.00; and, if you were not going camping this weekend, it was a third dollar.



Nice job, gentle Jeanne!



Biker Buddies Peter Neufeldt and Doug Mortin spoke about the upcoming Regina Eastview Ripple Effect Fund Raiser for schools and stuff for the children of Guatemala. Since 1999-2000 the Ripple Effect program has been involved in the building of 75 schools and in the process changed lives. They will be going on their 6th fundraiser ride on July 23rd, having raised \$35,400.00 in the first 5 rides. Fund raising sheets were available on the tables as they will be for the next three weeks. Please take this opportunity to change the world.

PROGRAM

Peter Peters was invited to introduce today’s guest speaker, Sarah Valli, Executive Director of Sophia House. Peter noted that Sarah Valli’s is passionate about children, as for 20 years she served in the East Metro Youth Services, Children’s Mental Health agency in Toronto. Since 2009 she has managed SOFIA House, a second-stage shelter which provides crisis intervention, counselling and group support for families leaving domestic violent relationships. In her role, Sarah manages the charity and her accountability is to the client's, Board of Directors, the staff group plus donors and volunteers by providing strategic direction, control and co-ordination necessary for the effective and efficient operation of programs and services within SOFIA House. A year ago Sarah was elected as Chairperson for the Provincial Association of Transitional Houses and Services in Saskatchewan.



The Vision of Sophia House is, *“To build a community where respect, equality and freedom create an environment where violence against women and children does not exist.”* And its’ four staged Mission is *“Working to break the cycles of violence by providing:*

- i. *Safe housing for women and children who are survivors of abuse;*
- ii. *A supportive and nurturing environment where women and children can begin to heal from the effects of violence;*
- iii. *On site programming designed to develop sustainable personal growth and long term positive change for clients; and,*
- iv. *Education and awareness about the impacts to women and children of living in constant fear of violence.”*



Their Values are stated in five **“We Believe”** statements:

- *In equality, empowerment, peace and freedom. That all our actions be guided by dignity, respect, compassion and justice;*
- *all people have value;*
- *That women have the right to safety, security and their own choices. We are committed to providing a respectful and empowering environment for the women and children at SOFIA House;*

- *In cooperation. Through community relationships we all grow stronger. With public awareness and education we can eradicate violence in our society;*
- *That nothing is impossible. Through adversity come hope and the opportunity to achieve great things.*

We learned a Second Stage Shelter is a follow up program which compliments the Crisis Centre, which is a first stage housing initiative and takes in crisis victims and provides an initial safe place for up to 6 weeks. Second Stage housing provides shelter and support from one month to two years. Sophia House has a partnership with Saskatchewan Housing.

Through their programing, Sofia House Empowers Mothers focusing on; i) Self-esteem/Self-care; ii) Family co-operation; iii) Relationships; and, iv) Developing social skills. In 2015 Sofia House carried for 24 families which included 70, children (20 were school age). In six cases families were able to visit their Mom; and 5 families were able to move into their own home.

You can help with a donation (<http://sofiahouse.ca/donate/>); providing things on their wish list (<http://sofiahouse.ca/wish-list/>); or Volunteer (<http://sofiahouse.ca/volunteer/>)

Sofia House's budget is approximately \$230,000.00 per annum. Government support by way of grants is sporadic and their more assured funding comes from a host of partners including the United Way, Leader Post Christmas Cheer fund, Sask Lotteries, SaskTel, City of Regina and Casino Regina.

In response to questions it was learned Sofia House utilizes the services of other agencies to provide assistance to their clients during their stay for legal support, job searches, and post centre housing requirements.

President Ron thank Sarah for not only her presentation but more importantly the important work undertaken by Sofia House to ensure the safety of these vulnerable citizens.



ANNOUNCEMENTS



Lyle Piett Memorial Golf Tournament – The Rotary Club of Regina Eastview 9th Annual *Lyle Piett Memorial Golf Tournament* is scheduled for Friday July 8th 2016 at Tor Hill Golf Course. If John Van Koll was here today he would have reminded us this event is 2 weeks away. From his latest info, there are still holes to purchase, golfers to register, prizes to be collected. Members will receive registration information from John again. Remember, early sign up is sure to benefit your score.

Vocational Services – Members of Vocational Services were first to arrive at today's meeting for they were in planning mode – take a bow!

Canadian Mental Health Association Regina Branch Fund Raiser – **Peter Peters** told us he is registered to ride and should you wish to support CMHA through Peter's participation in this 95 km trek, please visit his donation site at:

<http://secure.e2rm.com/regisrant/FundraisingPage.aspx?registrationID=3481928#.V2RkOLEsckY.facebook&panell-2>



ROTARY TIDBIT

The following is a question posed in the June 17, 2016 issue of *Rotary Weekly* – what do we say?

Is your club millennial friendly?

How can you make your club more appealing to younger members? We asked a handful of millennials to tell us the three things that are most important to members of their generation.

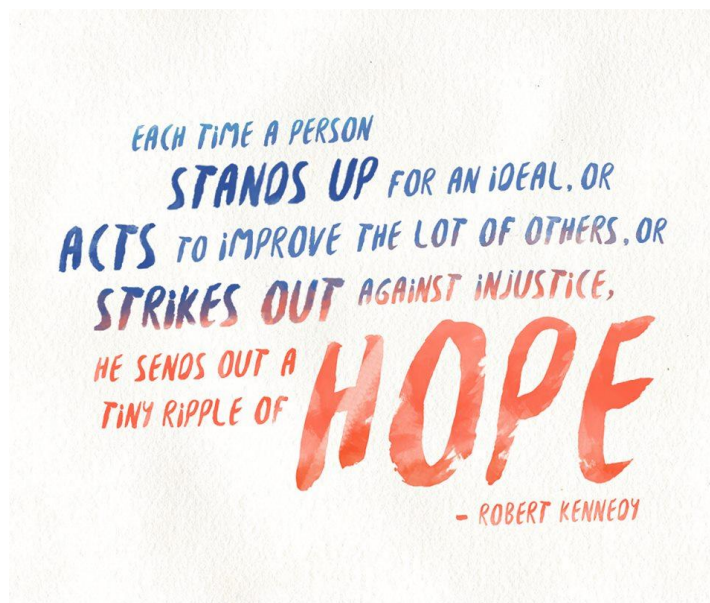


[See what they had to say](#)

[Read more about millennials in *The Rotarian*](#)

COMMENTARY

As Sarah Valli shared with us the work of Sofia House, I was reminded of the following statement by Robert Kennedy. I invite us to overlook Kennedy's reference to "he" and replace it with a gender neutral term, for this is exactly what the staff and volunteers at Sofia House are all about.



For the Regina Eastview ROTOR, I am Peter Peters