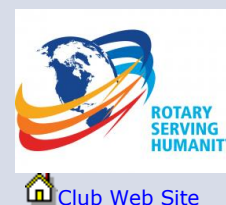


Rotary Club of Regina Eastview

The ROTOR

Thursday, November 3, 2016



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

Nov 10	“RYLA and Youth Programs” with Ray Ruth
Nov 17	“Doing Rotary in Seoul - Part 2” with President Greg McNamara
Nov 24	“Adventures in Agriculture” with Co-Chairs Jack Wozniak and Lyle Gollnick
Dec 1	“Vision of SaskTel” with Naveen Singh
Dec 8	“Regina Trades & Skills Centre” with CEO Brian Shankowsky

NEXT WEEK

“RYLA and Youth Programs”

With
Ray Ruth

**November 10,
2016**

DUTY ROSTER

Registration: **Charles Sadzamare**

50/50: **Ron Okumura**

Greeter: **Hussein Ibrahim**

A tip of the hat to President Greg McNamara, who at the end of each meeting reminds members of the following week's **Duty Roster** responsibility – you know, information on who is at the **Registration** desk, the seller of **50/50 tickets** and the **Greeter**. There is a reason for drawing this to our attention, and it has been the practise of Presidents for years. If you are unable to be at your assigned station, you are simply asked to get a replacement. *Please!* Let's make this happen.

In today's situation (and certainly Rotobuck worthy) were Allen Hillsden who stepped up to fill in at the **Registration Desk**, Gail Bradley filled in as the **50/50 ticket** seller, and in the absence of the assigned **Greeter**, we all chipped in and made each other feel welcome.

The latter was demonstrated by PDG Doug Mortin and President Greg, who extended the arm of friendship to Rotarians Floyd Manz and Al Goudie, respectively, from the Rotary Club of Regina. The enhanced camaraderie we experienced as a result of our guests presence enriched our time together.



Chili For Children Duty Roster

Nov 4 - Lyle Gollnick, Greg McNamara, Doug Mortin

Nov 11 - NO SCHOOL

Nov 18 - Tracey Schick Sparrowhawk, Doreen Pankewich, Jack Wozniak

Nov 25 - Ann Grahame, Tania Woroby, Allen Hillsden

President Greg was looking ever so fine when he welcomed attendees, and like all of his predecessors, he was conscious of who was in attendance. He is seen here sidling up to **Assistant Governor Lorne Crozon**, who not only holds a respected District 5550 Rotary Office, but has an even more important role which helps guide our President's spiritual direction. Always good to be in the presence of Father Lorne.

Following the bousterous singing of our National Anthem under Nelson Falkowsky's leadership, Rotary grace led by Charles Sadzamare.



Club Philosopher Doreen Pankewich, looked to Mother Teresa for our **Thought for the Day** inspiration, selecting this observation from this heroine, known in the Catholic Church as *Saint Teresa of Calcutta*, "What we do is less than a drop in the ocean. But if it were missing, the ocean would lack something."

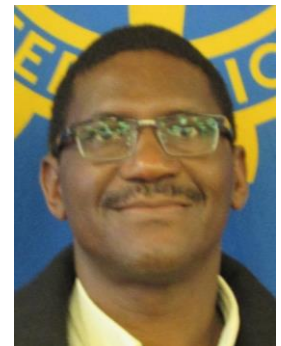
President Greg set up the **Lead Table** to include (in addition to himself) such notables as Guest Speaker Craig Moeller (**right**), Jeff Barber, Jack Wozniak, Richard Schwan and Tania Woroby



Allen Hillsden was called on to introduce Visiting Rotarians which consisted of Al Goudie, Floyd Manz and Doug Keam (**right**) from the RC of Regina; and, Lorne Crozon from the RC of Regina Oskaya. Visitors were Craig Moeller guest of the Club and Patrick Masvosva (**lower right**) guest of Charles Sadzamare.



Gail Bradley, in her fill-in role as **50/50 Ticket seller** managed the increasingly tension ridden *Lucky Ticket*. Gail advised that today's sales amounted to \$63.90, which means that (rounding up to the nearest dollar added (\$32.00 less the \$2.00 refund), \$30.00 to the pot which is now worth \$468.45. Big 50/50 ticket investor Chris Hefner had his ticket drawn. His sensitive fingers "looked" for the green marble, but like so many since the game went into play on July 1st, he came up "blue". Next week we do this again – with the exception of Chris, we all whispered "yes".



November is foundation month in Rotary:

The ROTARY FOUNDATION

SERGEANT-AT-ARMS



Jeff Barber was the Sergeant-At-Arms. In preparation for this “work” he had typed his introduction into his hand held device, so his verbal presentation was flawless. Jeff started with a questions “what month is this in Rotary?” – Correct answer - Dave Edwards (worth a Rotobuck); question #2 to Joyce Butler who had attended Saturday’s Roughrider game, “Which Rotarian did you see on the Jumbotron at the game?” – Wrong answer – cost \$2.00; Allan Smith was fined \$2.00 for “taking a prime parking spot in the parkade”; Richard Schwan paid \$2.00 because he did not save Jeff a seat in a special room in the Toronto Airport; and, President Greg was fined because he is President.

Rotobucks were given to Vern Hoyt for being a human easel on # 6 Highway last week and to Rotarians who have sold and/or turned in 2016 Ham Sales money.

Happy dollars came from Jeff Barber who is happy to see Takayoshi is back; Barry Strohan was happy for being the winner of the *Pumpkin Weight* contest and commended the donors of the prizes – Dave Sanders (Best Western Seven Oaks) and John Van Koll (London Drugs); Dinesh Kashyap was pleased to have received a box of Sri Lanka tea courtesy of President Greg; and, Ron Okumura was happy to have returned from a wonderful vacation in Japan.



PROGRAM

Tania Woroby was called on to introduce our guest speaker Craig Moeller, Pastor of St. Mark’s Lutheran Church in Regina, an adventure he has appreciated for some 30 years. He came to Canada in 1978 from Wisconsin and



is married with two children. His interests include golf, exercise, chi gong, and hiking. Craig Moeller was invited to speak about mental health and specifically his personal experience and understanding of depression and healthy ways of dealing with depression in one’s life.

In his story, Craig indicated that he would end the day by saying to himself, “Today was a bad day, and tomorrow will be worse” – and it was. He indicated he was, “Suffering from anxiety, depression, cardiac arrhythmia, and sleep interruption. When I hit bottom, I decided to get back into Chi (Qi) Gong which I practiced a number of years earlier. Within weeks of doing Chi Gong, my depression began lifting.”



Pastor Moeller’s counsel is if you believe you have contributed to your depression, then you can do something to change your situation.

Simple things like “breathing” – if you are a “mouth breather”, “STOP it” – breath through your nose – his gentle counsel was if your partner breaths through his/her mouth when sleeping tape that persons mouth shut (I expect this would have the partner’s agreement).

There are 20 things one can do each day to stay away from depression, including: exercise (at least 2 times each day; sleep right; do yoga (negative thoughts are stored in the body, yoga helps you release those feelings); don’t take on other people’s pain and problems into your life; we have 30,000 thoughts each day (who knew), and if you think nothing but negative thoughts, and say nothing but negative things you will be led to a state of



depression. Our stories and thoughts need to be positive and up-beat. When you look at yourself in the mirror first thing in the morning say “I am awesome and amazing”, say it over and over and soon your brain will believe it to be so. During the day remind yourself ““I am grateful and thankful for my life”, and again saying this over and over brings a sense of positive-ness into your being.

Craig Moeller concluded his presentation by saying “We can determine how we will spend our day – have positive thoughts and say positive things - because you will have been helped you will want to help others, this is paying it forward”

ANNOUNCEMENTS

Rotary Leadership Institute – Module 3 – Remember RLI Module 3 Training will occur in Regina **Saturday, November 19** at **Mosaic Tower at Hill Centre 3, 1870 Hamilton Street**. **Parking** is available on Hamilton just south of 12th in the parking lot marked with a **blue P**.

The session starts with registration at 9:30 AM and concludes at 4:30 PM. The Club covers the cost of member attendance. If you have not already registered do so today – Club pays the registration fee.



Christmas Ham Sales – John Van Koll advised that the Christmas Ham **order form** should be out tonight. Drake Meats have extended last year’s prices. **Price per ham - \$30.00 – Club makes \$10.00 a ham**. Goal is to sell 700 hams – let’s do this!!

Vocational Services “Service above Self Award” – Nelson Falkowsky is really hopeful that we have all been thinking about potential Candidates for this **Award**. Nominations must be in by December 31, 2016 but there is considerable work that goes into preparing your nomination paper. Please contact Nelson for the criteria and application form – maybe today is the day to get started!



District Governor Nominations – District 5550 DGE Peter Neufeldt noted that a call has gone out from District 5550 for nominations for District Governor for the year 2019-2020.

While Regina Eastview members are happily looking forward to 2017-2018 when Peter and Janet are leading our District, we might not want to have another candidate 3 years later, however, there are other Rotarians in Regina who we might want to encourage.

Adventures in Agriculture Update – Jack Wozniak circulated an overview of the draft A in A program which will take place on November 23 to 27. There are many volunteer opportunities and members are invited to select an opportunity and advise Jack. There are also a number events to which Rotarians are invited – the welcome dinner on Wednesday evening, banquet on Saturday evening and the Sunday morning Student speeches.



Laminated Eastview Membership Card – Want to have your membership card laminated? You can have this done without cost by taking your card to Chris Hefner's place of business, **WESTAR design print promote** at 1101 Kramer Blvd, Regina.

Fruit and Candy Tray – President Greg is encourage us not to go to !=w=l==t//?? For your Christmas treats but rather to the Rotary Club of Weyburn where they prepare and sell the most spectacular fruit and candy tray.

ROTARY TIDBIT

From RI's Website

“**The Rotary Foundation** transforms your gifts into projects that change lives both close to home and around the world. As the charitable arm of Rotary International, we tap into a global network of Rotarians who invest their time, money, and expertise into our priorities, such as eradicating polio and promoting peace.

Foundation grants empower Rotarians to approach challenges such as poverty, illiteracy, and malnutrition with sustainable solutions that leave a lasting impact.

Strong financial oversight, a stellar charity rating, and a unique funding model mean that we make the very most of your contribution. Give and become a part of Rotary's life-changing work!

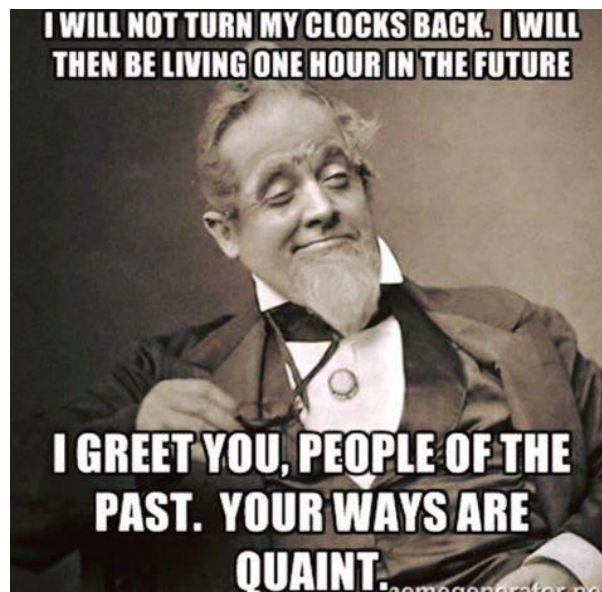
The collective leadership and expertise of our 1.2 million members helps us tackle some of the world's biggest challenges, locally and globally. We are united by common values and vision for the future as we sharpen our focus with targeted specific causes that will reach communities most in need.”

AREAS OF FOCUS

- **Promoting peace**
- **Fighting disease**
- **Providing clean water**
- **Saving mothers and children**
- **Supporting education**
- **Growing local economies**

COMMENTARY

Relax Saskatchewanians!



For the Regina Eastview ROTOR, I am Peter Peters