



WEEKLY UPDATE



Rotary Club of Etobicoke

District Governor: Ted Koziel

RI President: Sakuji Tanaka

Week August 08, 2012

Board 2011 - 2012

President: Hugh Williams, Secretary: Ron Miller, Treasurer: Don Edwards

Next Meeting: Thursday August 16, 2012 - "The Politics of Food" - How to Eradicate Child Hunger in Toronto.

Today's Speaker: John Knox - Cameron Helps



President Hugh introduced John Knox from Cameron Helps, who is a friend of his and is an "ironman" (triathlon participant) with a "magnetic personality". Hugh explained that originally David Harris, the founder of Cameron Helps, was to speak with us today but was ill and John graciously agreed to step in for him.

John said it was great to be here today and didn't need any coaxing to fill in for David. In fact he actually made the suggestion to David that he come instead. John said he wanted to "Paint a picture" of what Cameron Helps is and does.

In 2005, David Harris lost his son Cameron to suicide. He was 19 years old, and believed there was nothing to live for and that his pain and despair were just too great. David found that there was little awareness about how prevalent teen suicide was. Teen suicides are the #2 killer of teens in Canada. David, in conjunction with Hugh and others founded Cameron Helps to "help prevent youth suicide by saving one life at a time". They wanted to bring hope to those suffering from depression and other treatable mental health problems. They work to "reduce the stigma, build awareness and promote physical and mental health".

John said just over a year ago the Board of Cameron helps decided to take the next step.

The "Team Unbreakable Youth Running Therapy Program" and "Motivation thru Movement" programs were created to provide at-risk youth with a positive experience as well as many important skills to help youth address the issues they face. It is their primary clinical programs which build on the strong links between mental health and physical health as a therapy program to help youth lead a healthy physical and mental life. John explained that the term "unbreakable" came from one of a girl in their program who had been "cutting" herself. She credits the running program with saving her life and made her feel "unbreakable. At the end of June, Team Unbreakable was part of our Ribfest with the "Ribrun" that was kicked off at the Ribfest grounds. It was organized to promote awareness and as a fundraiser.

Why are they doing this? They have partnered with a social worker from Credit valley

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Hospital. They found that through running, these at-risk youth were able to focus more. John added that when you run your endorphin and hormone levels increase giving you what is called a “runners high”. The result, the kids feel better. Credit Valley was approached and a model running program was developed. They have packaged this program so that it now can be offered to other hospitals and organizations to use. In the spring 5 organizations rolled out run programs in their area. It has been found that when kids exercise they focus better, are calmer, and get higher grades which suggest this program would be ideal in an academic setting. They are beginning a partnership with Peel District School Board and the Dufferin/Peel Catholic Board to get these programs into the high schools. In the Peel District School Board last year there were 9 teen suicides (3 in one school). This would have a major effect on these schools. They needed to do something on a wide scale and offered them a solution.

A pilot project is scheduled to begin in September in some selected High Schools in Peel. They hope to roll it out to all schools in Peel in the near future. This is an “inclusive” program to “all students” and is “recreational not competitive”. This helps all kids, but especially kids who suffer from forms of mental illness. Many of these kids hesitate to reach out for help. They don’t want to take medication because it changes who they are. There is also the stigma issue. Running is another venue for them. They experience the “runners high” which increases their focus so they are able to cope with other things and the other stresses become clearer to them. Many Guidance Counselors can now use this as a tool for their students. Even though they are running as a group they can set their goals. They are running for themselves. John says the goal is to spread the program throughout the schools and hospitals in Peel and to this end they have received a Trillium Foundation Grant to pursue this over the next 2 years.

John wanted to thank our Club for our support and for helping organize the “Ribrun” at Ribfest. John also wanted to mention Cameron Helps Annual Team Unbreakable Run/Walk on

Father’s Day which is about hope, relationships, community and pulling together. It encourages broad participation, raises money, and helps bring people closer to the issues while also raising awareness and helping reduce the stigma.

Ingrid McGaughey thanked John.

New Member Introduction - Dr. Jay Carey



President Hugh and Secretary Ron greeted our new member Dr. Jay Carey and introduced him to the membership. Ron gave Jay his New Member Information binder, his membership card, and his Club ID badge. Hugh had the pleasure of presenting Jay with his Rotary pin. The members greeted Jay with a warm round of applause. Jay wanted to make a few comments. He said that Lynda Ryder has asked him to come out to a luncheon meeting and he was very impressed by what he saw and all the things we do. He thinks that many people do not know all the great things we do because we “fly a little under the radar”. He says it is a privilege for him to join our Club and expects to be “heavily involved”. He said he was made aware of this by several of our members when he decided to join.

Jottings from the Board

By Michael Bell

Thanks to Gary for getting us space for our Board meeting at Hearthstone by the Bay Seniors condo residence.

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The Board is pleased to announce that they have approved an Honorary membership for our elder club statesman Doug Hartry. Congratulations Doug.

The Board has approved the canceling of next weeks luncheon meeting in favour of our second Third Thursday evening meeting which will take place at the Kalamata Restaurant on the Lake Shore next Thursday, August 16th at 7:00pm. Please plan to attend what is fast becoming a fun social and informative club meeting.

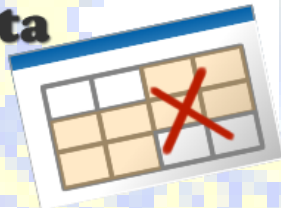
The Board is pleased to announce that Past President Frederik Martin has agreed to chair the International Services Committee this year.

Discussion arose over member attendance and the Board has directed the membership committee to contact all club members with a short survey and to report their findings back to the Board at the next Board meeting. Please

take the time to speak to your membership committee member when they call.

Dr. Kirsty Duncan has been approved by the Board for club membership and her application has been published for club member approval.

Third Thursday At Kalamata



August 16th - the second "Third Thursday" meeting at the Kalamata Restaurant, 3473 Lake Shore Blvd. W. - 7 PM

"The Politics of Food" - How to Eradicate Child Hunger in Toronto.

The guest panelists will be Catherine Parsonage, Executive Director and CEO of the Toronto Foundation for Student Success and David Lockett, Co-founder and President of the PACT Urban Peace Program.



Annual Subscriptions

Treasurer Don Edwards reminds all the members that Subscriptions are due \$250.00 or \$275.00 after August 31, 2012.

Visitors & Guests



Visiting Rotarians:

Brock Buchanan – Rotary Club of Moshe, Tanzania

Visitors:

Ralph Chiodo – Amantea, Italy.

Secretary's Corner

By Ron Miller

Birthdays This Week



Donna Cansfield - August 9th

Linda Robb - August 9th

Following announcements were made

- **August 16th - the second "Third Thursday" meeting at the Kalamata Restaurant, 3473 Lake Shore Blvd. W. - 7 PM - "The Politics of Food" - How to Eradicate Child Hunger in Toronto. The guest panelists will be Catherine**

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Parsonage, Executive Director and CEO of the Toronto Foundation for Student Success and David Lockett, Co-founder and President of the PACT Urban Peace Program.

- **September 15th** - "Bag Packing" - No Frills at Rathburn and Renforth - 2 to 5 Pm - contact Nigel Brown
- **September 23** - District Foundation Walk - Bowmanville
- **19 - 21 October** - District Conference, Sheraton Parkway Toronto North Hotel, Richmond Hill, check district website for more information.

Please put all these dates in your diaries and let Ron know any make-ups/meetings you have attended - THANK YOU!



Nigel Brown – Nigel was happy to meet Ingrid's friend Andrea. He was also happy to say that he did a make-up at the Alliston Rotary Club where he made a presentation on the "Magoanine B" project that his is looking for support for from other Rotary Clubs "in and outside" of our District. Nigel thinks that things look good and has "verbal support" from the Alliston Club. In return, Nigel agreed to make the following announcement. The Alliston Club's Annual Rotary Gala Auction is happening on Saturday, November 3rd in the Crystal Ballroom at the Nottawasaga Inn. Tickets are \$75/ person. Cocktails are from 5.00pm and dinner is at 7.00pm. The Nottawasaga Inn can be reached on 705-435-5501, a double room being \$64 per person: book early to catch this rate. Reservations are to be made through the Group Reservations Department. Any queries can be sent to club president, Patricia Middlebrook on patmm@sympatico.ca or contact Nigel. Janet Clayson has offered to take us out for breakfast on the Sunday morning!! All proceeds go

to the club to support local and international projects. He wanted also to extend apologies from Bernadette for being unable to attend today's luncheon but she was busy at work. Nigel was also very happy to announce that our 1st "bag packing" event for this year will take place on September 15th. If you are interested in helping out, let him know.

Michael Bell – Michael said he was also "delighted" to meet Ingrid's friend Andrea. He was also happy to say that he had returned from his Baltic cruise last week. He said came back last Tuesday, but couldn't attend last Wednesday's luncheon meeting because he was helping Justin put up our Ribfest entrance structure at the Scarborough Rotary's Ribfest. Scarborough is paying \$1000 to our Club for the use of the entrance structure. As for the cruise, Michael says it was "amazing" and something that everyone should add to their "bucket list" to do. One of the highlights was St. Petersburg in Russia. He said you wouldn't believe the opulence of the Hermitage museum and the Summer and Winter Palaces. He said they make Buckingham Palace "look like an outhouse".

Hugh William – Hugh was happy to see Cassandra here today. Cassandra is the Club's "outbound" Youth Exchange student. She is leaving for The Netherlands on Friday. Hugh also was happy to remind everyone that next Thursday, August 16th, will be our second "Third Thursday" meeting. Hugh says he has lined up two interesting panelists, Catherine Parsonage and David Lockett, who will discuss **"The Politics of Food" – How to Eradicate Child Hunger in Toronto**. Catherine is the Executive Director and CEO of the Toronto Foundation for Student Success and has been involved in Student Nutrition programs since 1995. David Lockett is the Co-founder and President of the PACT Urban Peace Program and is a charter member of the Parkdale High Park Rotary Club.

Brock Buchanan – Brock was happy to say that he been in Toronto for the past 2 to 3 weeks and had been out to 3 of our meetings but would be leaving to return home in East Africa (Tanzania) this coming Tuesday. He thinks our Club has a "great spirit" that is "exceptional and inspiring" and is always happy to come to our meetings when he is in town. As a former member of our Club he says there is a big difference between our Club and his present Club in Moshi. He wishes he could "bottle our enthusiasm and take it with him to his Club. He

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says the meetings at his Club have no meals or no drinks. It is not a "social event" but strictly a business meeting. He has always been impressed with our Club.



50/50 Draw

Today's 50:50 Draw **Lynda Ryder** ticket was drawn out of the bag but she pulled only the **2 of Spades** Pot grows!! Deck of Cards gets smaller - It's a nice pot of over **\$525.00**.

New traditions bring in younger Rotarians

At 29, Katie Ehlis has ample experience founding clubs. She started the Rotaract Club of Thunder Bay in Ontario, Canada, when she was 19.

After moving to Minnesota, USA, she organized the Rotary Club of South Metro Minneapolis Evenings, and became its president, at 27. Chartered in June 2010, it has already achieved a goal that eludes many clubs: attracting young members. Most people in the club are in their 20s, and all are under age 40. Ehlis, now a member of the Rotary Club of Denver Southeast, Colo., and the director of learning and program development at the Red Robin restaurant chain, wants to continue bringing new blood to Rotary.

THE ROTARIAN: Do you feel pigeonholed as a recruiter of young members?

EHLIS: Yes. It's true that Rotary needs younger members - in 2009, 11 percent of Rotarians were under 40. But I'm focused on recruiting for a new generation of Rotarian, and that isn't necessarily about a specific age target. There are people who want to Skype into meetings and conferences when they can't be there, and have other Rotary club members view that as acceptable. Also, I'm seeing a lot of potential members who want to be more involved in decision making from the get-go, versus the

hierarchical model that says, "You're a new member, so you won't be a part of the board or anything until you've been here a couple of years."

TR: Why did you start a new club in Minneapolis?

EHLIS: After I moved there for work, I started visiting the local clubs. The people were fantastic, but the club structures weren't a good fit. I was getting started in my career, so showing up late to work once a week or taking two hours for lunch wasn't going to fly. And the dues were high for someone with a starting salary.

TR: How did you make the new club different?

EHLIS: I wanted something affordable. There aren't meals and beverages at meetings, so you don't feel pressure to pay every week to partake in that. It helped us set dues fairly low, at US\$265. Regular meetings are held in the evenings, but one meeting a month is a volunteer event, like helping at a local food shelf. Also, they meet at a hotel once a month to hear a speaker, and many people gather beforehand in the hotel bar, like a happy hour. The club does have high turnover, but it's building passionate Rotarians. Even if people leave the club, once they get settled in the next city, they're most likely going to join a club or start their own.

TR: Which is what you did recently.

EHLIS: When I started that club, I never thought I'd be moving from Minneapolis. Then I met my husband, Emerson, and he wanted to go to school in Denver, so we moved in June 2011. I found a great club - the Rotary Club of Denver Southeast - and the energy is like nothing I've seen. But I didn't feel I was closing a door when I left, because I still have a close relationship with the club in Minneapolis.

TR: Did you meet your husband through Rotary?

EHLIS: We met at a Rotary happy hour. He wasn't a Rotarian yet. And then the next week he decided he wanted to join. We laugh about it. He knew that if he was going to get to know me, he had to join the Rotary club.

- Courtesy: Rotary International -

Reporting & Pictures Courtesy: Ron Miller