



Service Above Self

THE ROTARY CLUB of WHITBY

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The Rotary RIP

The Weekly Bulletin of The Rotary Club of Whitby
August 16th, 2011 Volume 79 - Issue 7

Guests

Murray Forde from the East
Nassau Club, guest and friend of Brian Barton
Bob Koziol, guest of Charlie Rolland
Lindsay Tangney, guest and girl friend of
Brandon Lambert
Lisa Paulin, guest of Ray Richardson

Upcoming Programs

August 23 – Classification Talk by Tim Morgan
and membership activities

August 30 – Our 16th Annual Whitby Rotary
Golf Tournament – morning meeting cancelled

September 6 – Regular morning meeting
cancelled to allow for return to post summer
routine more easily!

September 13 – Rotary at Work Update by Joe
Dale and Mark Wafer

September 20 – Future Aces Program presented
by Bernice Carnegie

September 27 – Business Meeting –
Presentation of a Public Relations Program plan
plus a budget and volunteer hours update

Announcements

Thank You! President Mike expressed his
appreciation to Jennifer Clark, on behalf of all of
us, for arranging this interesting breakfast
meeting at Ontario Shores Centre for Mental
Health Sciences followed by a tour of the
facilities.

Golf Tournament: Larry Giofu spoke to the
need for about 10 volunteers for our August 30th
golf tournament: 3 for registration, 1 for In-it-to-
Win (to be explained at a later date), and 6 to
monitor the Hole-in-One holes. Neil Smith
explained that he would like to have one prize of
a \$50 value from each of us for the prize bags.
Tickets at \$25 each will be sold for these. When
a ticket holder's number is chosen, he/she can
take their choice from among the prize bags.
We can buy the prizes ourselves, ask friends and
business colleagues for donations, or do a
combination of both.

As an example, your editor makes up a Taste of
Muskoka bag which contains coffee, wine, beer,
gingerale, water and nibbles all made in
Muskoka. Since she's not a golfer and,
therefore, has not registered to play nor enticed
anyone else to do so, her contribution is to
provide a couple of \$50+ prize bags. Gift
certificates solicited as donations from various
restaurants and coffee shops would also make a
great prize.

So, everyone, we are asked to have those prizes
ready for next Tuesday's meeting as the
tournament is a week later. But, if you need a
bit more time, please just let Neil, Larry, Grant,
or Tim know that you will be providing a prize
and arrange to get it to them.

Neil reports, too, that, so far, we have 140
golfers, a great number, but are still aiming for
160. As well, there are 42 hole sponsors.
Things are looking really good!!

Foundation Walk: Valarie Wafer reminded us
of this fun event hosted by the six

~ *With Rotary, Peace is Possible* ~

Northumberland Rotary Clubs on Sunday, September 11th at the Ganaraska Forest. President Mike and Valarie will be participating plus about 8 others from the Club. Anyone else interested, please let Valarie know. All the necessary details re time, directions, etc. for this event have been received from the District Secretary, Gael Moore, and forwarded to each of our members. If you did not receive that e-mail, let Marion Irwin know.

End Polio Now Concert: Friday, September 2 & 3 at the Regent Theatre in Oshawa hosted by Rotary and the Ontario Philharmonic Orchestra. Tickets are \$60 each. Tim Morgan has been telling us about this for some time now and is asking that unsold tickets be returned for both the concert and the 50/50 draw.

Sergeant-At-Arms

Sergeant Joanne started off with birthday fines today for Shauna Moore and Narendra Sethi, both of whom willingly paid up and were serenaded by the Club's rendition of Happy Birthday. Those who did not know, yet(!), the theme for the month of August had to pay up. Amazingly, there were still some who did not know that it is "membership" and that our Club's goal for new members for Mike's year is a 10% increase. That means about 5!

Valarie Wafer started up the "happy bucks" by paying because she is so happy the renovations on one of their stores to accommodate the Cold Stone Ice Cream addition is done finally. She's tired but happy also because her first training session that she must attend as the District Governor Nominee is taking place in Boston soon. There's even training for the spouses; so, Mark is going, too, and is particularly happy because, on perusing the list of spouses, found that there are some other men but, more importantly, there are about 200 women spouses. He intends to make the best of that opportunity and happily paid up.

As well, Mark reported that he and Valarie were the guests of the Hamilton Tiger Cats at their game last Saturday at Ivor Wynne Stadium.

Unfortunately, it rained, they got wet, and the smells emanating around the stadium in the wet conditions (and that wet was both rain and beer!) were awful! Nevertheless, they had such a fantastic time that more happy bucks were forthcoming

Narendra paid a "happy buck" because he's going on a two-week trip to the East Coast while Brian Barton was very happy and paid up because he was joined this morning by his guest and old friend, Murray, who was the reason Brian ended up going to the Bahamas as well as the chap who introduced Brian to Madeline, his wife.

Brandon Lambert paid for his guest and girl friend, Lindsay, along with the fact that they are on a week's holidays and were going to explore and have fun in Chicago for a few days. The Sergeant missed the opportunity to fine Neil Smith who mischievously remarked that this girl friend, to whom Brandon has referred from time to time, is actually real!! Not only is she real, Neil, she's also beautiful!

Our money man, Joe Murray, paid his "happy buck" for his holidays last week and the fact that so many Club members were wanting to pay their quarterly dues and fees while he was away.

No draw winner today! That pot must surely be growing!

Today's Program

One of the purposes of the change of venue for today's meeting was to see and learn more about Ontario Shores Centre for Mental Health Sciences. To get this part of our meeting underway, Jennifer Clark spoke briefly about the long history of the hospital and its role as a large employer for the Town of Whitby. She stressed its importance as a player in the economy of our Region stating that, last year, it was the 11th highest employer in the area. She introduced two special guest speakers, our own Mike Ewles, Chief Constable of the Durham Region Police Services with whom the Centre partners and Dr. Ian Dawe, the newly hired head of the Centre's medical staff.



Chief Mike Ewles

Mike expressed his pleasure at being with us today saying that, unfortunately, his role as Chief prevented him from being an active member at this time. In his 4th year as Chief, Mike remarked that it had been a very interesting ride, one where his main commitment is to look after people.

That includes not only the general population of Durham Region but also the 1300 employees in the Police Services, his family, and his friends, the latter of whom includes a woman with bipolar depression whom he's known since 1996. This gal calls Mike every 2 to 3 months needing to talk. Despite the many matters demanding his attention, he takes time to talk to her because he just won't let her down.

Mike drew attention to the fact that 1 out of 5 people will suffer from mental illness of some sort. The police experience mental health issues in their work daily. But, mental illness is no different, says Mike, than any other illness such as heart disease or diabetes. In these more recent difficult economic times, the added pressures of everyday hardships caused by these add to the numbers experiencing mental illness.

The Durham Region Police Services and Ontario Shores have partnered to form a mental health unit with participants from both groups on the front line. This arrangement has been able to divert last year what would have been 377 scheduled mental health intakes from the Emergency Departments right to Ontario Shores for treatment and help. Without this ability, the police officers dealing with those 377 would otherwise have been 10 to 12 hours in an Emergency Department waiting with the people they'd brought in. This takes police officers away from regular duty and puts a strain on the Services. Officers are trained in how to deal on the frontline with people suffering with mental health issues. A nurse and/or a doctor from Ontario Shores is always available, too, to assist. A partnership with UOIT and the police is

providing e-learning practice with scenario training.

In his concluding remarks, Mike emphasized that he is committed to his role on the Ontario Shores Foundation. He was able to tell us, too, that the restorative justice program, which our Club supported when Vern White was Chief and a member of our Club, is still ongoing and vital. Over 700 kids were rerouted last year by this program relieving the courts considerably and giving the first offender kids a second chance. Mike noted that there is about a two-year lag in human social services meaning that when society is hit by an economic recession causing human suffering and pain, it takes about two years for the system to catch up. Our Region of Durham with its population of 620,000 people is one of the few regions still growing. This will bring a growth in the need for social services. Mike explained that his contract runs until 2014 and he will continue to work on mental health situations and issues.

Mike's speaking shoes were then very ably filled by Dr. Ian Dawe, the newly hired head of the medical staff. He related that his journey that brought him to Ontario Shores started in Newfoundland where he was born. He's been in Ontario since 1993 and has worked as a frontline emergency mental health provider at St. Mike's hospital in Toronto on a team such as Mike described.

Having been head hunted for the position at Ontario Shores, Dr. Dawe explained that to go from seeing the system to now being able to do something about it was very tantalizing.

He's very excited to be part of the Ontario Shores team because:



Dr. Ian Dawe

- It's a top-down group that is engaged and active about the mental health population and the Region and that is investing in community problems with mental illness. The senior management team is very

strong and passionate and believes in ethical approaches to situations. For example, Dr. Dawe described how an ethical framework was used to design new outpatient services. He is impressed because one does not often hear of ethical approaches being used to deal with situations.

- ⊗ He is working with people he trained when he was a teacher. He had tried to entice them into positions in Toronto but they chose to come out to Whitby and Ontario Shores. He wondered why but now he knows! There is a great mix at the hospital of younger and older employees as well as new ones and those who have been at the hospital a number of years.
- ⊗ He likes partnerships such as the ones about which we'd already heard through Jennifer and Mike. He, himself, was at the Northumberland Hills Hospital in Cobourg to provide input for them in reworking their hiring practices. He looks forward to further such opportunities for himself and Ontario Shores.
- ⊗ He applauds the investment that's been made by the hospital in electronic health record keeping. This was very attractive to him in considering coming to Ontario Shores which is at the forefront of this endeavour. Electronic recording is better for patient care, research, and academic activities.

Dr. Dawe emphasized that Ontario Shores had to be good to make him leave St. Mike's where he'd been for 15 years. He does not consider what he's doing is a job and believes it's the same for his colleagues. He quipped, though, that, nevertheless, he magically finds money in his bank account.

There was much interest shown in what Mike and Dr. Dawe had to say as indicated by the series of questions posed. In response to Des Newman's question about frontline training,

Mike indicated that there are presently 85 officers with additional mental health training. He explained that about 80% of the people incarcerated have mental health illnesses of some sort. It's too bad that these situations have to be criminalized in order for the offenders to get appropriate help. Apparently, a Justice Mulligan sets time aside on Tuesday afternoons in her court to deal with these offenses in an appropriate way. She's there to find help for the offenders but entreats them not to lie to her or they're out!

To answer the question about numbers of beds available at Ontario Shores, Dr. Dawe noted that there are over 300 beds for in-patients with more being added up to about 345. These are designated to different areas of care such as forensic, seniors, children/youth, and severe cases with out-patient services being ramped up with, at the moment, about 10,000 people going through this service.

A question about dementia and Ontario Shores elicited a response that \$2,000,000 is being invested in a partnership with the university to target research on life at home with a person with dementia. So far, research has focused on pharmacology hospital care, and treatments for dementia but not much about dementia in the home.

ACT teams are used widely to assist those with mental illness living in the community so that they won't have to return to hospitals. Assertive Community Treatment teams will cover 80 to 100 clients each with 1 psychiatrist and 5 case workers. It is a model designed to keep people with mental health issues out of the hospitals. To do so, they will meet their clients wherever they're comfortable—on the street, in a coffee shop, at home. Teams become very familiar with the environment where they work to be able to comfortably serve their clients.

A question about the need for teachers in schools to recognize mental illness signs and symptoms in their pupils brought the answer that a training

program for this is being started this fall. There is a \$500,000 intensive youth outreach initiative to deal with young people in their homes so that they won't have to go into hospitals. As well, there is a 5-day program for schools to create awareness about and reduce the stigma of mental illness. Valarie Wafer offered the fact, too, that there is an educational tool kit focusing on mental health issues being used by the Durham District School Board.

Danielle Harder related how, when taking her 3 sons to school one day, they witnessed a kid being arrested. He was known as a "schizo" or "whacko" and there was much talk among the students about this episode and the kid. Danielle had expected that, by the next day, that behaviour would have ceased as she thought the school would have provided insight for the students about what had happened and why. This was not to be, a fact Danielle found very disappointing making reference to the movie Madagascar with the giraffe who suffered from anxiety attacks and how the movie was a good teaching tool for mental illness.

There was such interest in many aspects of what Mike and Dr. Dawe had expressed that there was not time to answer all the questions. In order to get on with the tour, President Mike had to bring an end to the questions but did take time to thank Jennifer, Mike, and Dr. Dawe for both their time and their passion.

Words from our Founder

"Is it not a miracle that Rotary has brought together good and influential men of all civilized countries? And is it not gratifying to know that there is a platform broad enough for all men to stand on? And is it not heartwarming to know that men of diverse faiths and allegiances can find so much in each other which is wholesome and good? Rotary is an integrating force in a world where disintegrating forces are far more numerous.

The Rotarian, June 1944

Food for Thought . . .

**Risk more than others think is safe.
Care more than others think is wise.
Dream more than others think is practical.
Expect more than others think is possible.**

--Cadet Maxim, USMA, West Point, NY

**"Your thoughts become your words.
Your words become your actions.
Your actions become your habits.
Your habits become your character.
Your character becomes your destiny."**

--Unknown

"How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak-because someday you will have been all of these."

--George Washington Carver

If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry. He should sweep streets so well that all the host of heaven and earth will pause to say, here lived a great street sweeper who did his job well.

Martin Luther King, Jr.

Market Update! . . .



"I don't want to worry you, but the guy who delivered the pizza was your financial planner."

~ *With Rotary, Peace is Possible* ~