



# The Lakeshore

[www.rotarymontreallakeshore.org](http://www.rotarymontreallakeshore.org)

THE WEEKLY BULLETIN OF THE ROTARY CLUB OF MONTREAL-LAKESHORE

Chartered February 27, 1961

Vol. 2014-15

Issue No. 42

Tuesday

April 28

2015

## *This Week's Program...*

Internet talk show host **Sol Boxenbaum** is also an avid crusader for ways to reduce the harm of gambling addiction.

His topic today is "*Problem Gambling: an Oxymoron.*"

## *Birthdays and Anniversaries this week...*

*Happy Anniversary, Cameron and Winnifred...*

*...Monday, May 4<sup>th</sup>!*

## *Future Programs...*

May 5: **Julian Armstrong** writes about food...everything from roots to recipes that tickle our taste buds. Her latest book, *Made in Quebec, a Cultural Journey*, is the result of three years of travel, interviewing farmers and collecting regional recipes.

May 12: **Emily** will chair our annual **Alan Liddiard Memorial Public Speaking Contest**.

May 19: **Pre-Auction Presentation**. **Stewart** will tell us all about this year's fabulous event. He will also confirm the task assignments. This is by far our biggest fundraiser of the year and **everyone** must take an active role to help assure its success.

## *Special Events...*

May 9: **Foundation Walk and Lunch** to celebrate the **100<sup>th</sup> anniversary of the Watertown Rotary Club**. At Watertown Thompson Park. 9:30 am – 4 pm.

May 29: (Friday) Our annual **Charity Auction**. Our next and biggest task yet is to bring at least 300 committed, seasoned auction-goers. The Holiday Inn has given us the entire ballroom for this event. Let's do our best to fill it!

Jul 4: **Changeover Party** at Rue Castle Hill Farm, Howick (1128, Route 203, Howick J0S 1G0 (T: 450-825-2322)

## *Last Week's Meeting...*

Thirteen members and three guests were present to hear indie film-maker **Patricia MacDowell** tell us about her film *Sweeping Forward*, about mental health.

We were delighted to be joined by visiting Rotarian **PDG Ken Lefrançois**, **Max Hultqvist** (*Sweeping Forward's* production manager and Pat's partner) and **Kathleen**, guest of **Andy**.

Members present were **Marc**, **George Bradley**, **Lawrence**, **Andy**, **Stan**, **PDG Bill**, **Graham**, **JP**, **Anne**, **Knud**, **Emily**, **President Cameron** and **President-elect Stewart**. We were delighted to welcome George back home.

**President Cameron** reported that five members of our club attended the District Training Assembly in **Cornwall** on Saturday, the 18<sup>th</sup>, one of the bigger turnouts from the clubs participating. He invited **Lawrence** to tell us what he had learned there.

Lawrence said the new rules and regulations for Rotary Youth Exchange were of major concern because, while the need to preclude sexual abuse and sexual harassment is understood, the roadblocks that are being brought into the program are seen to be so onerous that many clubs will probably abandon the program altogether. The name of the program will change. From July 1<sup>st</sup>, it will be called Youth Exchange Scholarship, in an apparent effort to attract more support for the program from teachers. The value of a Youth Exchange Scholarship is estimated at about \$35,000, a fact that will also be promoted in the hope of attracting more interest.

Cameron asked **Bill** to report on a comment made by **DG Ariane** about one of the committee report summaries that were included in the April 21<sup>st</sup> bulletin. Bill had quoted Youth Committee chair **Emily** as saying, "A new student exchange program called New Generations Exchange, for students and young professionals aged 18-25, is now available from RI." Ariane pointed out that this is not a new program. It has been around for many years. She went on to say they have no one in the district to take responsibility for it, but if someone were to come forward to do this, the district could look at it as a separate entity from Youth Exchange.

**Stewart** gave us an update on our auction. He said the brochure was now about ready to go to press; the artwork would be sent to the printers on the weekend. "The next major hurdle is ticket sales," he said. "We need to get at least 300 eager, affluent auction aficionados in the ballroom on May 29<sup>th</sup>. He urged every member to sell their quota of tickets."

Asked if he had anything to add from the District Assembly, Stewart said the new club qualification process for district and global grants is somewhat onerous but, as we will probably have our hands full completing existing projects using grants already approved, he does not expect that we will be seeking any new grants during his mandate.

Cameron said that he and Stewart need to set our club's goals for 2015-16 and post them on Rotary Club Central.

He also asked **Knud** if he had anything to add from his take on the District Assembly. Knud replied that, as a result of the DGE's urging that we embrace Rotary by way of social media, he plans to set up his own Rotary page on Facebook.

Cameron also participated in the District Assembly, and he was proud to report that our club had once again been recognized with the presentation of the **Presidential Citation**, one of only nine clubs in the district to be so recognized.

He also told us that a new club, the **Kingston Waterfront** club, will hold their Charter Night on Monday, May 11<sup>th</sup>, at the Delta Kingston Waterfront Hotel, starting at 6 pm. We will need to move quickly on a gift for the new club, he added.

In our battle to conquer polio, the end may be approaching, Knud told us. Of the three polio-endemic countries Afghanistan, Nigeria and Pakistan, there have been no new cases in Nigeria for eight months and only one in Afghanistan. Only Pakistan remains to be conquered, with 22 new cases of Wild Polio Virus reported as of April 22<sup>nd</sup>.

Stewart, as our rep on Polio Québec, reported that the organization is developing a bilingual eLearning module aimed at nurses and physiotherapists.

April 24-30<sup>th</sup> is World Immunization Week, signalling a renewed effort to prevent the spread of communicable diseases that can be stopped in their tracks by a simple injection. Yet 16% of children are not receiving "their shots" because of misunderstood risk-benefit realities.

**Andy** introduced our guest speaker. "**Patricia MacDowell** needs very little introduction to this audience. Most of us know her very well from the Baie d'Urfé Curling Club. She is here to tell us about *Sweeping Forward*, a feature-length film that she wrote, produced and directed, which is about mental health."

**Pat** thanked Andy and our club for inviting her to speak to us. *Sweeping Forward* is not just about mental health, she said, although it is 'under the umbrella of mental health.' She said mental health is very personal for her, having suffered from anxiety and having been subject to panic attacks since she was a teenager. The film revolves around other issues as well, such as drug abuse and battered women syndrome. They lost a year because of technical difficulties that created a need to recreate early footage that has been recorded over, but *Sweeping Forward* was finalized in August 2014.

"Everybody helped me with this film," she said. "So many volunteers, even the actors who volunteered their time, as well as crew; the community of Baie d'Urfé helped me out; the use of the Baie d'Urfé Curling Club arranged by Mayor Maria Tutino. Wayne Belvedere and the Baie d'Urfé Rescue Squad gave me a lot of support, including the use of their facility."

"A lot of people who try to make their own film end up not finishing what they started, because they fail to appreciate the amount of work in--and the huge importance of--the post-production effort. It's kind of like a puzzle that you have to put together at the end."

"I submitted it to a few film festivals. At the Montreal World Film Festival it was shown three days at the Cineplex Quartier Latin, and it won the Most Popular Film at the festival. I was really pleased to get that level of recognition at such an esteemed film festival."

"Unfortunately, the film has not done anything else since then, although I've tried very hard to promote it."

"So now I am trying to promote the idea of a series based on the film, to bring about more awareness about mental health issues, and to let people know that there is help out there for them."

"While I was filming I had parents come up to me and tell me that their kids were afraid to go to school because of acute

anxiety. It was reassuring for me to feel that I was doing a good thing to bring welcomed attention to this issue."

"I'm not a doctor, so I can only tell people about my own personal experience with mental health. I didn't want to take medication, so for many years I worked on my problem by myself, without medication. When I finally admitted that trying to cope with anxiety, to accentuate positive thinking while trying to avoid negative thoughts brought on by Obsessive-Compulsive Disorder (OCD) without medication simply was not going to work. When I started taking my meds I began to have more success to control my thinking process. Moreover, the more success I had, the easier it became, because my self-esteem was being enhanced"

"I'm not a pill pusher. If you are able to assemble your own tools, develop your own therapy of positive thinking without medication, good for you. I applaud that. But if you're not able to do all the things you want to do, then there's an issue."

"In the mental health field not all meds work the same for everyone. I was lucky; I got the right meds from the start. Others may have more serious side effects from their meds."

"The film brings this out. The protagonist evolves from not taking her medication to realizing that she can do more when she does take her medication. That's important for people to realize. You can't just take medication for the sake of taking medication, because there no such thing as a miracle pill. You have to work on yourself in addition to taking your meds. Even people with no mental health issues experience anxiety from time to time. No one enjoys going to the doctor or the dentist, but we all have to work through those aversions and the stresses that come with them."

"For me, it didn't work. All the pep-talking, everything else I tried was not enough. For me the meds were necessary."

"Three and a half years ago I finally found the courage to make this film. I wanted to get the message out there that 'I could do it, so can you.'"

"Today there are a lot of resources available, but there needs to be more awareness brought to mental health. We need to defeat the stigma attached to it and that's one of the reasons I made *Sweeping Forward*."

"I think we did everything right with the limited finances we had at our disposal, from pre-production, production and post-production, but we didn't have any money left for marketing. That's why I am working very hard to interest CBC and Radio Canada in a television series based on the film."

Pat said she had hoped to show the film at the Hudson Theatre and she hopes that Hudson Rotary's focus on mental health issues will impel them to help get that job done.

She gave us the link to the website [www.breakfastfilms.ca](http://www.breakfastfilms.ca) as well as a teaser and even a password that would let us go on-line and see the entire film. It was absolutely amazing! The protagonist, indeed the entire cast, excel at bringing more than awareness; they bring hope to those suffering from mental health issues."

Pat was thanked by **Steve** "for taking on this project, not only to overcome your own demons, but for doing it in such a professional way. I'm sure you learned a lot along the way.. Your film is putting a much-needed spot-



light on mental health and helping a lot of people in the process. Thank you for sharing this success story with us."