



Canada's First Breakfast
Club

Harbourside Rotary Victoria eBulletin

Tuesday, February 19, 2013

 [Club Web Site](#)

Editor: Chris Dysart
If you have any comments or questions, email the editor.

Future Speakers

Feb 20 2013

Mandy Farmer, CEO Accent Inns

"Service in the workplace: Making a difference in the lives of your co-workers, colleagues, employees"

Feb 27 2013

Dr. John Archibald, Dean of Humanities

"TBD"

Mar 6 2013

Keith and Chris

"2013 Ford World Mens Curling Championship"

Mar 13 2013

Paul Destrooper, Artistic Director Ballet Victoria

Mar 20 2013

Classification Talk - Norman Bruce

"Classification Talk - Norman Bruce"

Mar 27 2013

Eileen Eby

"1000x5 literary project"

Apr 10 2013

Adam Kreek

"The Power of Adventure"

Apr 17 2013

Dr. Andrew Weaver, University of Victoria

"Climate Change (Title TBD)"

Apr 24 2013

Hamish Black

"TeenWork -- a program to provide employment support for Youth living with Disabilities"

May 8 2013

Jane Sterk, Leader of the BC Green Party

"TBD"

Harbourside News

by Dysart, Chris

Meeting # 1664 - February 13, 2013

Presiding: *President Paul Doherty*

Greeter: *Ernie Stigant*

Front Desk: *Nancy Singh*

Draw Tickets: *Dave Spaven*

Invocation: *Jane Sterk*

David Cheatley was out of town, so we sang *O Canada*.acappella - **Hurry home David!**

Welcome Visitors

by Dysart, Chris

Visiting Rotarians:

Les Ferguson - Saskatoon Meewasin

Tony Joe - Royal Oak and our guest speaker

John Heraghty introduced **Judith Bowen**, our incoming Assistant Governor, replacing John himself. Judith is a member of the Brentwood Bay club, and comes well qualified. She has been a rotarian since 1992, and is 3 times past president of her club. Welcome Judith!

Guests :

Catherine Slood - Canadian Blood services, and guest of the Club

Roberta (Bobbi) Turner - Vancouver Island Sexual Health Society

Birthdays

by Dysart, Chris

This week we celebrate the birthdays of:

Tom Martin - February 16

May 22 2013

Jonathan Fowlie

"Analysis of the 2013 BC Election"

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Bill Brown - February 19

Both chose not to celebrate with us, and were spared the singing of Happy Birthday a capella!!

Anniversaries

by *Dysart, Chris*

Wedding Anniversaries

Mary Coward and Julian - February 15 (forty something years....basically forever)

Club Anniversaries

Hugh Robertson - 3 years

Darrell Jensen - 13 years

Bill Feyrer - 30 years

Club Announcements

by *Dysart, Chris*

President Paul has a thank you letter from Sandra Bitz who received a bursary as a result of our donation to Camosun College. Each year we use the college kitchen to bake cakes, and make a donation by way of thanks.

Colin Smith is continuing to collect pennies (coins) for polio. With pennies now out of circulation, it is a good time to ask your friends to give them to Polio Plus! Every 22 cents protects one child from polio.

Our own Dumpster Diver **Lauren Moline**, reminded us about the **Garage Sale to be held on April 13**. She has sent us information and emails we can use to nag our friends for stuff.

President Paul reminded us about the "**Light up for Polio**" event on **February 23**. Held every year around the world, a massive End Polio image is projected on a landmark building. This year it will be on the south facade of the Uptown Centre in Victoria.

The **District Leadership Training Assembly (aka DLTA)** will take place in Victoria on March 23 and 24. This is an excellent opportunity for new members to learn about Rotary and your potential role in the club. Contact any Board member for more information or if you would like some financial assistance with the registration cost.

BC is celebrating 100 years of Rotary on April 22nd. **President Paul** reminded us that Canada's first club was established in Winnipeg in 1910.

Reid James thanked **Nancy Singh** for asking for his help in providing **hotel amenities for Our Place**. As a result, Reid was able to get the assistance of the Hotel Assn of Greater Victoria, who has provided up to \$2000 worth of amenities, enough for a whole year.

Breakfast at Central Middle School. **Wayne Ford** is accepting applications for a Monday morning toast maker. Please submit your CV to Wayne if you are interested. The pay is outstanding!

President Paul reminded us of the **Visioning Workshop** on April 27th. There are 2 spaces left, so contact Paul if you want to be involved.

The Harbourside Minute

by Dysart, Chris



Bobbi Turner of the Island Sexual Health Society was with us to receive a cheque for \$2,000 and tell us how it will be used. The Society was established in 1969, and today has five clinics in Greater Victoria. Our donation will go to the innovative Belmont High School Clinic. It is the first of its kind in a High School in BC, and in one year served over 500 youth, providing information on aids prevention, birth control and providing healthy relationship counselling. Bobbi thanked us for our donation, and invited us to their Open House on February 25th.

Harbourside Foundation Donations

by Dysart, Chris

Maureen Duncan, President of the Harbourside Rotary Foundation, announced the following donations so far in 2013:



Victoria Brain Injury Society - \$7,000 for a Music Therapist

Anawin House - \$3,000 towards a new roof

Woodwyn Farm - \$20,000 for a mobile kitchen

InterCultural Association - \$5,000 towards youth summer camps for newcomers

For details click on "more"

Victoria Brain Injury - \$7,000 to cover 6 months to hire a Music Therapist for the Music Therapy Program. The therapist uses music and clinical interventions to help clients improve, maintain and

restore an optimal state of well-being. This program has numerous benefits for Brain Injury survivors in terms of physical rehabilitation, using rhythm, pitch, vision and hearing, enabling clients to sing words they are often unable to speak. The program benefits youth, adults, seniors and families. Last year the music program were involved in several events the Brain Injury Society put on and we have been assured Harbourside will be invited to future.

Intercultural Association - \$5,000 towards summer youth day camp, seeking funds for two day camps this summer. Newcomers ages 10-13 and 14-20 year olds. Seven days for students to reflect on their changing identity, increase their knowledge of music and dance and find creative ways to express themselves. ICA will be working with older students in the community, plus SD61 Settlement Workers, to select participants.

Anawim Companions Society - \$3,000 towards a replacement roof. The society assists individuals who dysfunctional lives (addictions, mental illness, poverty) are obstacles to achieving a productive and healthy lifestyle while on the street.

Woodwyn Farms - \$20,000 towards a Mobile Kitchen on the farm. The purpose of having a mobile kitchen on the farm is 1 – to meet VIHA food safety regulations for meal preparation, 2 – Cater food events on and off the farm, 3 provide VIHA approved cooking facilities for farm meal prep, processing and canning of farm produce and 4 – provide job training and employment to our farm apprentices (FoodSafe etc.)

Blood - It's in you to Give

by Dysart, Chris



Blood Services Want You! We have an aging donor population and Blood Services needs 100,000 new donors every year. They are only seeing 80,000. They need 20,000 more. You could be one. It's easy!

Tony Joe, Royal Oak Rotarian, and volunteer extraordinaire, spoke on behalf of Canadian Blood Services, and made an appeal for our blood.

Tony told us that there is a shortage of blood, and that BC has the lowest per capita rate of giving in the country.

Who are the recipients? They come from all walks of life, and are all ages, from new born, to the elderly. They are accident victims, cancer patients, and folks undergoing surgery...and they use a lot! Someone experiencing internal bleeding may use up to 8 units, heart surgery 5 units, a car accident 50 units, and cancer treatment 5 units. Donors may give every 56 days. Each donation is 1 unit, or 1 pint. There is no substitute for human blood. It has a short shelf life – generally only five days.

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How does it work?

- Make an appointment by calling 1-800-to-donate or visiting their website www.blood.ca. Their main clinic is located on Saanich Road near Uptown, and they have clinics around the city on a rotating basis. Check the website for times and locations near you.
- Consider going in a group – it is a great opportunity to have a visit and make the event more fun.
- When you go, you must be in good health, and have no viruses. There are some restrictions, based on where and when you have travelled, and other health factors. You can check the "basic eligibility" section on their website to make sure you qualify.
- You will be screened, your hemoglobin will be tested and your blood pressure and temperature will be taken. You will have a private and confidential interview with a nurse to ensure your blood will be safe for others to use.
- Most donations take about 5 minutes, but the time may vary. It is not uncomfortable, and afterwards you will be asked to rest for five minutes. You will then be rewarded with cookies and juice!
- While you are there, make your next appointment so you won't have to think about it later.

What happens to your Blood? A small portion is sent to Calgary for testing, to make sure it is safe to use. The rest goes to Vancouver where it is separated and labelled. From there it is shipped to a hospital for immediate use. No blood is thrown out, and if a sample is deemed not to be usable, it is sent to UBC for use in research.

The Sarge

by Dysart, Chris

Nancy Singh was our Valentine's Sarge, but said there were lots of things to celebrate this week.

Sunday was Chinese New Years, and she fined all the "snakes" in the room. She also fined **Eric Pettit** and **Ken Milbrath** for being seen at the Lions New Year's Banquet.

Monday was Family Day - no fines here, but everyone celebrated.

Tuesday was the Throne Speech. Nancy asked us to remember just 1 promise in the speech. **Jane Sterk** was able to answer correctly. Jane and crew will have lots of opportunity to remind Christy of her promises over the next few months!

Tuesday was also "Fat Tuesday", Mardi Gras, and appropriately, the day before Lent.

Wednesday was Ash Wednesday, and the start of lent - all Catholics were fined.

Thursday is Valentine's Day, and Nancy asked someone at each table if they preferred "Rogers" or "Purdys", and why. This was the least creative I have seen this group - looks like they take their chocolate seriously!

Friday is Flag Day - no one seemed to remember much about the origins of our flag - we adopted it in 1965.

Happy and Sad

by Dysart, Chris

Wayne Ford upstaged the Sarge by auctioning off a beautiful dozen red roses, contributed by Brown's the Florist, to remind us that tomorrow is Valentine's Day. **John Heraghty** was the successful bidder of the "Tickle my Fancy" bouquet, complete with peacock feathers. Watch out Wendy! Wayne contributed the \$10 left by Natasha for the announcement.

Pieta VanDyke was happy for former member **Dan Harsent**. He and his wife delivered their fifth child last week. Apparently the midwife was late, but with that much experience, who needs one?

Murray Tough was happy for his entrepreneurial daughter who has started a business helping businesses with Social Media. She lives in Edinburgh at the moment, so if she can help you, contact Murray.

Lloyd Houghton was happy for his recent trip to New Zealand for his son's wedding. He was also happy for something to do with **Kevin Watt**. Sorry Kevin, I missed it.

50/50 Draw

by Dysart, Chris

Pat Morris won the draw but missed the chance to win. He needed the 2 of Diamonds.



Upcoming Duty Roster

by Dysart, Chris



If you are on the Front Desk, a Greeter, or selling Draw tickets, please be there by 6:30 am to start your shift. If you are unable to work your shift, please make arrangements with someone to swap a shift and let Chris Dysart know of the change.

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|--------------|---------------|---------------|---------------|
| | Feb-20 | Feb-27 | Mar-06 |
| Front | | | |

| | | | |
|-------------------|---------------|-----------------|----------------|
| Desk | Randy Stewart | Patrick Boulger | Andrew Turner |
| Greeter | Ernie Stigant | Damion Sowa | Bill Brown |
| Draw | Doreen | Miles Takacs | Michael Van S. |
| Tickets | Sutherland | | |
| Invocation | Dennis Sutton | Murray Tough | Peita Van Dyke |
| Sarge | Ralph Libby | Miles Takacs | Pheng Heng |
| Bulletin | | | Maureen |
| Editor | Mary Coward | Steve Holland | Duncan |