

Chris Dysart

From: Harbourside Rotary Victoria [mailto:mailservice@clubrunner.ca]

Sent: February 3, 2013 4:00 PM

To: cdysart@shaw.ca

Subject: eBulletin - Jan 30, 2013



Canada's First Breakfast Club

Harbourside Rotary Victoria eBulletin

Wednesday, January 30, 2013



Hello Chris! This email has been generated just for you as a member of our club. hope you enjoy receiving this newsletter!

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

Future Speakers

Feb 6 2013

Roger Painter - Rotary
Visioning -M. Coward intro

Feb 13 2013

Tony Joe
"Canadian Blood Services"

Feb 20 2013

Mandy Farmer, CEO Accent
Inns

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"

Harbourside News

by Coward, Mary

Meeting # 1662 - January 30, 2013

Presiding: *President Paul Doherty*

Greeter: *Hugh Robertson*

Front desk : *John Ratel*

Draw Tickets: *Keith Phillips*

Invocation: *Richard Burke*

David Cheatley led us in singing O Canada.

Welcome Visitors

by Coward, Mary

Visiting Rotarians:

Art Gillan from Kelowna Capri

Guests :

Dr. Paul Winston - guest of *Rob Simon* and speaker

Lori Simon - guest (and wife) of *Rob Simon*

Algebra Young - guest of *Jack Jeffrey*

Ann Hasselquist - guest of *Julie Findlay*

Tim Schober - guest of *Paul Doherty*

Apr 17 2013

Dr. Andrew Weaver,
University of Victoria
"Climate Change (Title TBD)"

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Birthdays

by Coward, Mary

This week we celebrate the birthdays of:

Margaret Mann - January 31st

Anniversaries

by Coward, Mary

Wedding Anniversaries -

Patrick and Gail Boulger, 43 years on January 31

Club Anniversaries

Judd Buchannan, 7 years on February 1

Rick Lemon, 7 years on February 1

Lisa Collins, 4 years on February 4

Jane Sterk, 4 years on February 4

Club Announcements

by Coward, Mary

President Paul thanked **Kevin Watt** for stepping up to represent Harbourside on the Rotary Fair in Centennial Park on May 25.

Colin Smith reminded us that Feb. 4 is the last day that pennies will be circulated. He is continuing to collect pennies (coins) for polio and reminded us that every 22 cents protects one child from polio.

President Paul thanked **John Ratel** for giving a plug for our "pennies for polio" campaign when he was interviewed on CHEK TV this week in Cook Street village where the news folk were doing a piece on the demise of the penny.

Lauren Moline reminded us of the Garage Sale on Saturday, April 13, with setup on April 12. This year the Parent's Advisory Council is more involved, offering food service. If you can help with storage, let Lauren know. And please - keep collecting stuff!

Pieta van Dyke - today is the last day collecting glasses for Africa. She also announced that a new Action Group has been approved - the Rotarian Action Group Against Child Slavery. Thanks to **Patrick Boulger** too for leading our involvement in this RAG. Harboursiders are encouraged to sign onto this group.

President Paul invited everyone to Club in a Pub on Friday, Feb. 1 (sorry, over now).

Following up on **Rick Lemon's** "lemon award", **President Paul** announced the "NZ wine award", which he thought might be better received than a "kiwi award". The first recipient was **Michelle Wilson**, who has decided to resign from the Board to find more balance in her life. She has made a tremendous contribution through her work

with the Harbourside Boys and Girls Club, Leadership Victoria and other community projects.

President Paul also called **Tim Schober** and **Bill Feyrer** forward. Tim donated \$1000 to the club for an international project, of which \$575 was used to purchase a Physician's pack containing over \$5000 of medical supplies in one 50 pound pack. Bill Feyrer will carry it with him to Honduras this week when he goes to visit the project there, working with 1000 mothers in the market in Tegucigalpa, helping them with skills to earn enough to keep their children in school. Paul also gave Tim a "NZ wine award".

Election of Harbourside Board 2013/14

by Coward, Mary

Rick Lemon lead the election for the Harbourside Board for 2013/14. The slate of officers was approved by Harbourside members.

President: Mary Coward
 President Elect: Lisa Collins
 Past President: Paul Doherty
 Vice President: Andrew Bekes
 Secretary: Lauren Moline
 Treasurer: Keith Phillips
 Director/Membership: Wayne Shillington
 Director/International Service: Pieta Van Dyke
 Director/Community Service: Robin Cushing
 Director/Club Service: Nancy Singh
 Director/Communications: Troy Alexander

Rehabilitation Medicine in Victoria

by Coward, Mary

Dr. Paul Winston, consultant in neurorehabilitation at Victoria General Hospital, spoke about rehabilitation medicine and services available in Victoria.

Rob Simon introduced Dr. Paul Winston who graduated medical school from the University of Western Ontario, and completed his residency in Physical Medicine and Rehabilitation at University of Toronto. He now works as a consultant at Victoria General Hospital in the neurorehabilitation department with both in and out patient care. He performs electrodiagnostic testing as well as offers Musculoskeletal care. Rob and his wife Lori have a very personal connection to Dr. Winston, as he helped Lori in her recovery from a stroke.

Dr. Winston's first statement was - People want to walk.

He introduced us to the term "physiatry", which is the branch of medicine that looks at the "functional capacity of the whole person within the disease, disorder or disability, focusing on the physical, emotional, social or occupational well-being".

The field of rehab medicine developed during World Wars I and II, when many soldiers survived but were left with disabilities. Leaders in the field were Dr. Ludwin Gutman, who did leading research in spinal cord injury; and Dr. Terry Kavanagh from Toronto, who overturned conventional wisdom about treating heart attacks with bed rest, instead getting patients up and moving as soon as possible.

Dr. Winston talked about his work week, which included hospital days as well as time in the rehab unit. Much of their work is done in teams of doctors, physio and occupational therapists, looking at the whole person. He said the hospital now

includes specialists from the rehab unit as soon as possible after a traumatic injury. Working with the families is also important.

Dr. Winston outlined two cases where the rehab team had worked successfully. He talked about how they work with patients to set achievable goals.

And finally, in response to a question, Dr. Winston set out suggestions for "how not to need rehab medicine":

- exercise regularly
- pay attention to your posture when walking and make adjustments to keep good posture
- try not to rely on too many painkillers

John Ratel thanked the speaker with a gift certificate from Operation Eyesight.

The Sarge

by Coward, Mary

John Heraghty was - as usual - a fearless Sarge. He collected fines from:

Richard Burke - who needed a phone call this week to remind him that he was doing the invocation.

Kevin Watt - Had no money for fine last week - left it all in South Africa. So collect double this week.

Russ Cape - At Monday's "non-book club" meeting, Russ bragged about the fact that his hearing aids were paid for by the Navy. At first, his claim was rejected - they needed proof. Russ gave them proof - years of journals documenting every noise he endured in his time of service. Russ had to pay a little money to reimburse the tax payers who paid for the units.

Randy Decksheimer - Ever the promoter of all things KPMG, at the same "non-book club" meeting, he gave John a no-name pen from Monk Office.

Also at this same non-book club meeting at the Fernwood Inn, who do they see but *Ralph Libby*, manager and chief groupie for his wife **Liz**, apparently an accomplished ukulele player who was entertaining the pub crowd. (Note from Bulletin editor - I thought what happened at book club - stayed at book club!)

Richard Burke, Mike Kalinka, Gillian Manson, Howard Wu are all financial advisors and RRSP season is about to start. All we ask is a small percentage of your commissions at the start of richly rewarding time.

Richard was the only one here - so he got to pay for all.

Angus MacPherson - Missed the meeting before Robbie Burns Day. Unforgiveable.

Randy Stewart – Was here last week here and did nothing to brag about the Scots' greatest day.

Keith Phillips and **Hugh Robertson** – Were identified last week as the only members with screw driver named after them. Both lawyers - coincidence?

Mike Creery – NEVER gets fined - until today!

Lauren Moline – As last week's scribe, dutifully recorded President Paul's mispronunciation of former member Tim Schober's name. It's Schober, not Schrober.

Speaking of the Bulletin, **Chris Dysart** – The Duty Roster in last week's bulletin started with February 6 and omitted the roster for this week.

Pieta van Dyke was Sarge last week and waxed lyrically about the missing "I" on Howard Wu's street address. But adding an "I" to Stamboul Street comes nowhere close to Istanbul.

Jane Sterk - In her relentless recruitment of candidates for the Green Party, robbed John of one of his tenants, Susan Low, in a building on Johnson Street, to run as a candidate in Esquimalt – Royal Roads.

Damian Sowa, inducted two weeks ago. **John Heraghty** realized that **Damian's** Dad is a head-hunter that he used several times over the last 10 years.

John asked everyone to stand. Those who received a tax receipt from the Harbourside Rotary Foundation this morning sat down - everyone else pay. Remember it is tradition in this club to make a donation to the Foundation on your birthday, in an amount at least equal to your age.

Harbourside has a new letterhead, also tailored for the Foundation. **Rick Lemon**, who commissioned the letterhead and **Kevin Watt** who designed it - both asked to pay.

Countess Margaret Mann - who came for her birthday breakfast in gloves and a tiara.

And following in the sartorial splendour vein, **Jane Sterk** for her wonderful boots - great for kicking butt in the election.

Rob Simon - who usually comes late, but today came early with his wife.

And **Rick Lemon**, for a good election - in particular the Treasurer position - Keith, a lawyer, follows a psychologist and an electrician.

by Coward, Mary

Jane Sterk was happy that she's found a good office space at Pandora and Cook.

Hugh Robertson was happy that his son made the video for the NEPTUNE project about the "elephant seal and the hagfish" that went viral on YouTube; and he's happy to be leaving for five weeks to Mexico, staying with friends.

Lauren Moline was happy that she has a contract with Royal Roads to manage the Business Case Competition, and encouraged members to consider becoming judges in this fun competition.

Mike Creery - his son won a Bud Light contest that gave him 2 tickets to the Superbowl, all expenses paid.

Colin Smith - enjoyed his trip to Juneau for the "rain and fog" festival.

Nancy Singh - thanks for the great work of the rehab program.

Randy Stewart - was sad to note two of his friends from the military recently passed away; but happy that his brother-in-law won a major film award.

Robin Cushing - had a wonderful trip to Bali and, wearing her "Rotary hat", was able to match up the local Rotary club with a "green school" that was looking for funding to translate a video about recycling into local languages.

Mary Coward - thanks to the club for their endorsement and to **Rick Lemon** for putting together an excellent Board for 2013/14.

Membership Corner

by Dysart, Chris

New Member - Damion Sowa - Classification: Business Development **email:**
damian.a.sowa@gmail.com **Home phone 250-418-5470**

Members on Leave of Absence:

Tina Ashmore - Jan 1 - March 31, 2013

Tanya Sterling – Indefinite Maternity Leave

Mark Massullo – Paternity Leave to June 30, 2013

Dilsher Virk- Travelling until Spring 2013

David Iles – on leave to April 2013

Darrel Jensen - on leave to April 2013

50/50 Draw

by Coward, Mary

John Ratel won the draw but missed the chance to win by pulling the ace of hearts.



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.

	Feb-06	Feb-13	Feb-20
Front Desk	John Sansom	Nancy Singh	Randy Stew
Greeter	Wayne Shillington	Colin Smith	Ernie Stigar
Draw Tickets	Rob Simon	Dave Spaven	Doreen Sutt
Invocation	Larry Sims	Jane Sterk	Dennis Sutt
Sarge	Natasha Crawford	Nancy Singh	Ralph Libby
Bulletin Editor	Pita VanDyke	Mary Coward	Chris Dysar

Chris's Commitments