

Chris Dysart**From:** Harbourside Rotary Victoria [mailto:mailservice@clubrunner.ca]**Sent:** January 10, 2013 3:43 PM**To:** cdysart@shaw.ca**Subject:** eBulletin - Jan 10, 2013

Canada's First Breakfast
Club

Harbourside Rotary Victoria eBulletin

Thursday, January 10, 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

Jan 16 2013

Emily Case

"Free the Children - Young ambassadors working abroad"

Jan 23 2013Ms. Patti Hunter / KidSport
(Miles Takacs)

"KidSport in the Community of Victoria"

Jan 30 2013

Dr. Paul Winston

Feb 13 2013

Tony Joe

"Canadian Blood Services"

Feb 20 2013Mandy Farmer, CEO Accent
Inns**Feb 27 2013**Dr. John Archibald, Dean
of Humanities

"TBD"

Apr 10 2013

Adam Kreek

"The Power of Adventure"

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Harbourside News

by Moskow, Ann

Meeting # 1659 - January 9, 2013

Presiding: *President Paul Doherty*

Greeter: *Tom Martin*

Front desk : *Pat Morris*

Draw Tickets: *Doug Webb*

Invocation: *Christopher Causton*

President Paul was prompt as always and called the meeting to order at 7:00

David Cheatley led us in singing O Canada.

Welcome Visitors

by Moskow, Ann

Visiting Rotarians:

None this week

Guests :

Sheena Manson - guest of **Lauren Moline** Lauren knows Sheena thru Royal Roads University and brought her along to check out the Club

Josee McGeough - guest of **Jack Jeffrey** who introduced Josee *in de* Josee is a physiotherapist at the Veterans' Lodge so Jack suggested some of us may want to suck up to her

Damian Sowa - guest of **Julie Findlay** but he almost needs no intro

as he'll be inducted into the Club next week

Jennifer Garrett - guest of the Club and our Speaker from Power To Be

Liz Hallett - guest of the Club and also from Power To Be

Birthdays

by Moskow, Ann

This week we celebrate the birthdays of:

Mike Koessler on January 9th, *Patrick Boulger* on the 10th, *Dennis Sutton* on the 12th, and *Jane Sterk* on the 14th.

Jane was the only Birthday person present so Mike, Pat and Dennis missed out on us singing 'Happy Birthday' to them.

Anniversaries

by Moskow, Ann

Wedding Anniversaries -

There were no wedding anniversaries this week

Club Anniversaries

Tony Weaver, 11 years on January 9th

Doug Lunam, 17 years on January 11th

Club Announcements

by Moskow, Ann

Thanks to Don *President Paul* thanked *Don Greenberg* for the great work he does as our Treasurer and Don got a rousing, well-deserved round of applause.

Election of the 2013 - 2014 Board *Past President Rick Lemon* announced that the election of the new Board will be at the January 30th meeting. Although this is later than usual, we will make the deadline by one day. *PP Rick* said that there are nominees for all the vacant positions but it is not too late to send him your name if you're interested in serving on the Board. Please email him by next week. There will also be a

call for nominations from the floor. **President Paul** announced that he was standing for Past President - and the nomination was instantly seconded :)

Garage Sale **Lauren (the Junk Lady) Moline** announced that the Garage Sale will be held on **April 13th** (with set up the day before, Friday 12th). It will again be in the Central Middle School gym. Although she claims that the Garage Sale pretty much runs itself, please let Lauren know if you'd like to join the Garage Sale Committee.

Local donations **President Paul** asked that if you have any worthy projects for funding, you fill in the application online by no later than **January 15th** (next Tuesday). Adjudication will be done soon after that.

Power To Be Adventure Therapy

by *Moskow, Ann*



Power To Be provides adventure-based programs designed for youth and families in need of support. Through a collaborative approach and caring staff, Power To Be inspires connections with nature and the discovery of limitless ability. They provide a unique and year-round outdoor education program that promotes physical health and emotional well-being, develops interpersonal and leadership skills, teaches environmental and social stewardship, offers peer mentoring, and supports community engagement and family connectedness.

Miles Takacs was pleased to introduce **Jennifer Garrett**, Director of Operations for Power To Be.

Jennifer graduated from the University of Ottawa with a B Comm (honours) summa cum laude and then earned a certificate in European Management in France. She's worked in construction, high tech, outdoor recreation and the charitable sector and has earned a reputation for being a tenacious, solutions-oriented and people-focused business leader. Jennifer joined Power To Be in 2009 and has embarked on double-digit growth serving youth and families in need of their support. Jennifer says she works with a team that shares her passion for adventures in nature and making a difference in the community.

Jennifer started her talk by showing a 'bomber' shovel that she was about to pass on to their senior field instructor as part of the safety kit. She said she was also pleased to pass on the lessons she learned from using the shovel when she went winter camping: winter camping is better than summer camping; you can use the shovel to build a shelter from snow, which is better protection than a tent; you can use it to build a round kitchen, which is better for communication in the group; and you can use it to build a fridge, which gives you amazing food because nothing spoils. One tool, lots of uses.

Jennifer said that she and Power To Be have much in common with Rotary, particularly the emphasis on education, youth and community enhancement. Jennifer's grandfather was a member of the Victoria Rotary Club for more than 25 years and her mother is a Rotarian in the Port McNeil Club. Both have been very keen on the Youth Exchange program and Jennifer recalled a stream of exchange students coming through her home. From her family, and from a very young age, she learned the importance of service to the community - Service Above Self.

Recently Jennifer gave a talk to a Rotary Club in Vancouver about Power To Be's program for youth who are deaf or hard of hearing. After the meeting, she called her grandfather to tell him about her speech and how proud she is of the impact that this work is having in the community. She thought that that was the moment her grandfather was most proud of her.

There are other connections between Rotary and Power To Be: their first van came from Rotary. Now they have three vans.

In looking at why the need for Power To Be, Jennifer said that long before Richard Louv coined the term 'Nature Deficit Disorder', their facilitators had been working with youth in group homes and as outdoor guides. From 1998 when Power To Be started, they looked at other programs and at access to quality outdoor activities. Now, 15 years later, addressing the significant gaps in education, health care and recreation sectors is more relevant than ever in light of decreasing funding and increasing costs. The incidence of autism, obesity, diabetes, and ADHD continue to increase. Power To Be addresses these and other concerns by creating programs using nature as a 'co-facilitator'. They use kayaking, hiking, climbing, snowshoeing, skiing and more. Their own as well as research in the wider academic community shows that their programs bring about marked improvements in health and well-being, family connectedness, life skills and connection to nature.

They have served more than 6,000 youth and families.

Jennifer closed with a story about a young woman, Heather, who has significant cognitive challenges. She and Heather recently climbed Mount Bluff near Sooke. This proved to be an incredibly difficult climb, taking them more than 2 1/2 hours. The journey down took even longer. Heather doesn't have a lot of verbal skills so there was no immediate feedback - until the next day. That day, Jennifer was doing her grocery shopping and heard a very loud yell, "JEN!!!". And there was Heather at the end of the aisle - super excited and just grinning. Heather is employed by the store under their program of employing persons with disabilities. Heather gave Jennifer a huge hug and could not stop grinning. Jennifer introduced herself to the man with Heather. He was Heather's father; he told Jennifer that she and Power To Be have changed their family life.

Jennifer then answered questions:

93% of their funding comes from private sources, individuals and funders. About five years ago, they moved away from government funding as it was not reliable.

Fees are never a barrier. Many of the individuals and families they serve face socio-economic barriers. However, they often want to contribute so the fees are set at a symbolic rate.

Many of their referrals come through the three local school districts. Most of the youth are recommended on a pre-emptive basis to help steer them on a positive path.

These are not court-mandated programs. Some of the programs are open enrolment so they deal with a wide range of abilities. They have a three-year program for 'at risk' youth who are struggling in school. This program works with the whole family. The youth are usually in grades 11 and 12 and meet once a week. Three years seems to be the 'sweet spot' with teens.

Michele Winson thanked Jennifer. With the kids of her own, Michele appreciates the value of the life skills that Power To Be teaches.

President Paul related a story of when he and friends went winter camping on Mount Arrowsmith. They hiked in with very little but did have a new tent (passing snowmobilers who had everything including beer). The tent was a three-season tent and one of their friends quipped that he hoped one of those was winter. It wasn't - talk about being at risk!

The Sarge

by *Moskow, Ann*

Christopher Causton was the Sarge and had lots of time to really 'gouge' (some brave person quipped that being Sarge meant that Christopher had to stay for the whole meeting - whoever it was he was fortunate not to get caught and fined)

Sarge Christopher did, however, fine ...

Miles Takacs (who had escaped) for not knowing that 'summa cum laude' is Latin not French.

Jane Sterk had to pay because for some reason **Sarge Chris** thought she was the only person who'd be able to pronounce 'triskaidekaphobia'. (ed: **Sarge Chris** may have collected more money if he'd asked how to spell the word!)

Sarge Chris then gave bits of trivia about 2013 including that it is the United Nations' International Year of Water Cooperation and International Year of Quinoa. Then he added that this is the first year since 1987 when no two digits in the year were the same. That managed to confuse the table with **Jim Warr**, **George Prince**, **Rick Lemon** and others. **Rick** had to pay for asking **Sarge Chris** to explain it again.

Andrew Turner had to pay because after being away for so long in Mexico it must have been hard to get up so early - and then paid because he's going back again on February 5th!

Michele Wilson and **Laurie Hurst** also got fined for having been away (and coming back tanned). Laurie got dinged again because when **Sarge Chris** was the Mayor of Oak Bay, his Chief Administrative Officer only got three weeks vacation a year but Laurie managed to negotiate five weeks with Esquimalt.

Larry Sims paid for sitting by himself at a table and having to be invited by **Gillian Manson** to join her table.

Lauren Moline got fined because although her guest is also a 'Manson', she's not related to Gillian.

George Prince got fined not just because he's always the first member to arrive but because, unlike **John Sansom**, his name isn't on the Blue Bridge. George protested that that was intentional but didn't get away from the association because **Sarge Chris** pointed out that it was George who replaced the wooden deck on the bridge with the metal one.

Colin Smith was caught taking down Christmas lights from a tree on Oak Bay Avenue that clearly belonged to the municipality. **Sarge Chris** was sure that Colin not only didn't have a license to take them down, he probably didn't have a license to put the lights up in the first place.

Jack Jeffrey paid for his long guest introduction.

Jim Warr was fined for his recent trip to England. Jim noted that while he was there, they had hardly any rain while here it rained harder than since the Ark.

Happy and Sad

by *Moskow, Ann*

Lauren Moline was happy that she walked all the way from her home in Langford to Uptown over the holidays - but then admitted that she took the bus back home.

Pat Morris was happy to have celebrated his aunt's 100th birthday with her.

Robin Cushing is happy to be off to a yoga retreat in Bali. She'll be away

for two weeks, one week yoga and one week exploring the area.

Tom Martin thought that **Sarge Chris** should be fined for usually leaving before the Sarge part of the meeting and also because he never signs in. **Susan Kurushima** confirmed that she always has to check to see if **Chris Causton** and **Rob Simon** are present because neither ever signs in so she has to do it for them. Rob paid.

President Paul went to buy a truck over the holidays. He was shown a used one and was told that it used to belong to a local realtor. Turns out that it was **Miles Takacs**. Despite it being in good condition, Paul decided to buy a new truck. Then there was something about him parking in an illegal spot when he arrived at the meeting and that the one of the members was going to warn Miles (because he thought it was his truck) but didn't tell Paul. President Paul thought the member should be fined because you have to be nice to the President.

Jack Jeffrey had happy and sad dollars. He was sad because a friend from Wolfville recently passed away at age 91. Rhoda Colville was the wife of Alex Colville, the renowned Canadian artist. Alex Colville was considered the foremost realistic painter in the western world and used his wife exclusively as his model. Jack was happy to have received the book, "A First Rate Madness" for Christmas. The book looks at the relationship between leadership and mental illness. From the book he discovered that he suffers from the same disease as Jack Kennedy did where one of the symptoms is an overfondness for talk.

Membership Corner

by Dysart, Chris

Proposed for Membership - Damian Sowa

Members on Leave of Absence

Tanya Sterling – Indefinite Maternity Leave

Mark Massullo – Paternity Leave to Dec 31

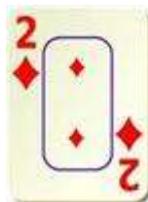
Mike Kalinka - on leave to Dec 31

Dilsher Virk- Travelling until Spring 2013

David Iles – on leave to April 2013

50/50 Draw

by Moskow, Ann



Dennis Truss held the winning ticket but missed 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.



	Jan-16	Jan-23	Jan-30
Front Desk	Jeff Moses	Bill Brown	John Ratel
Greeter	Ann Moskow	Eric Pettit	Hugh Robertson
Draw Tickets	Lauren Moline	George Prince	Keith Philips
Invocation	Dave Murray	Ivana Faltysova	Richard Burke
Sarge	Wayne Ford	Pieta Van Dyke	John Heraghty
Bulletin Editor	Russ Cape	Lauren Moline	Cheryl Thomas

Chris's Commitments