

**Chris Dysart****From:** Harbourside Rotary Victoria [mailto:mailservice@clubrunner.ca]**Sent:** November 18, 2012 10:32 AM**To:** cdysart@shaw.ca**Subject:** eBulletin - Nov 18, 2012

**Canada's First Breakfast Club**

## Harbourside Rotary Victoria eBulletin

Sunday, November 18, 2012



**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

**Nov 21 2012**

Piper Auction

**Nov 28 2012**

Club Assembly

**Dec 5 2012**

Tom Martin

"Classification"

**Dec 12 2012**

Manuel Archadinha

( Booked by Miles )

"BC Transit"

**Dec 19 2012**

Christmas Breakfast Meeting

**Dec 26 2012**

Meeting Cancelled

**Jan 9 2013**

Tim Cormode, Executive Director, Power to Be

"Adventure-based programs for youth and families in need of support"

**Feb 13 2013**

Tony Joe

"Canadian Blood Services"

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### Harbourside News

by Sterk, Jane

**Meeting # 1653 - November 14, 2012**

**Presiding:** *President Paul Doherty*

**Greeter:** *Wayne Ford*

**Front desk :** *Julie Findlay*

**Draw tickets:** *Mike Fric*

**Invocation:** *Don Greenberg*

**President Paul** called the meeting to order **David Cheatley** led us singing *O Canada*.

### Welcome Visitors

by Sterk, Jane

**Visiting Rotarians:** None this week

**Guests :**

**Penny Murray**-Guest of **Nancy Singh**

**Ivana Faltysova**-Guest of **Kevin Watt**

**Cory Martinson**-Guest of **Ivana Faltysova**

**Ellen Stensholt**-Guest of **Club**

**Damien Siowa**- Guest of **Julie Findlay**

**Bill Brown**-Guest of **Laurie Hurst**

Reserved.

## Birthdays

by Sterk, Jane

**Howard Wu** on November 14

**Maria Vlachaki** on November 15

**Steve Holland** on November 16

## Anniversaries

by Sterk, Jane

### Wedding Anniversaries -

**Norman Bruce and Julie** - 23 years on November 18

### Club Anniversaries

**Norman Bruce** - 3 years

**Colin Smith** - 3 years

**Don Greenberg** - 4 years

**Maureen Duncan** - 12 years

**Mike Koessler** - 13 years

**Jack Jeffrey** - 18 years

## Club Announcements

by Sterk, Jane

**Christmas Cakes:** **Ann Moskow** thanked people for putting in their cake orders. There are still 8 large dark, 96 medium dark and 29 light cakes to sell. Please put your orders in now and invite others to place orders. Ann will resend the email that can be sent to friends. Anyone who has signed up for baking and distribution who cannot attend needed to let Ann know.

**Campaign to raise money for the Rotary Foundation - Doug Lunam** described the fundraising programs now on. All of the money taking in is invested for three years and then used for projects. Unlike most organizations where only 50-55% of funds are used for the activities of the charity, 100% of funds donated to the Rotary Foundation are used in projects. Doug sent our a general email and then an email specific to people who have not yet gotten their first Paul Harris Fellow. The Club is trying to get everyone to donate each year. If you have started to donate, the Club will match up to \$200 from recognition points. The exchange rate is currently .99 so this is a good time to take advantage of this bonus. Next week will be the Piper's Auction. The Club will auction off 10 \$100 lots from the Sarge money.

**Anawim House** - *Nancy Singh* provided an update on the project at Vancouver and Quadra. Anawim serves mostly homeless men. *Reid James* and the Hotel Grande Pacific provided 100 toiletry packs for drop ins and Reid is going to approach colleagues to see if the local hotels can provide these packs twice a year. Nancy is also looking for help so they can replace their fence. If anyone has ideas email Nancy.

**Pennies for Polio** - *Colin Smith* said he have collected \$1,400. Our new goal is \$1,700 which will provide 2,500 immunizations.

### **World Diabetes Day with Guest Speaker Ellen Stensholt**

*by Sterk, Jane*

Our guest speaker was introduced by Nancy Singh. Nancy mentioned that she had left Ellen's bio at home. Ellen is a long time volunteer advocate for diabetes awareness. She came to Victoria two years ago after she retired and became an activist with the Canadian Diabetes Associations and a frequent speaker on diabetes awareness. Helen has been motivated by her daughter's diabetes. She was a distinguished lawyer for the Federal government and involved in many of the trade agreements Canada has signed.

Wayne Shillington thanked Helen. Wayne has had Type 2 diabetes for 15 years and pointed out that 25% of us in the room are at risk. In Helen's name, we have restored the eyesight of Safu in Africa.

Ellen was overwhelmed and impressed to be at Harbourside Rotary particularly because of the early hour. She was excited to be here to talk on World Diabetes Day, November 14 which is Frederick Banting's birthday. Banting discovered insulin 91 years ago. Helen's former father-in-law was a member of the Banting lab where researchers were experimenting on themselves. Besides Banting, Canadians have shown leadership in searching for a cure for diabetes, including the Edmonton Protocol.

When Ellen's daughter was 21, studying in Europe and running marathons, a test showed she had sugar in her urine and was diagnosed with Type 1 diabetes. The doctor asked to see her feet and commented "they're good now" which scared her. Diabetes often leads to amputation of the feet. The daughter needed to talk to young international athletes. She is 42 and still running marathons and she is involved in making a documentary film about a potential cure in Irving CA. Helen is convinced there will be a cure for diabetes in her daughter's lifetime, though maybe not in Helen's.

Type 1 diabetes affects 10% and is sometimes inaccurately called insulin dependent diabetes. In fact, with Type 1 diabetics, the pancreas stops producing insulin. You are on insulin forever. Before the discovery of insulin, these people would die. It used to be called juvenile diabetes but that is no longer true. Helen's daughter was 21, then someone 42 was diagnosed and now people in their 50s are being diagnosed.

With Type 2 diabetes, the body keeps producing insulin but the body becomes resistant to insulin. Type 2 diabetes is tied to obesity and it is critical to get exercise, stay in reasonable shape and eat well. Even if you have a tendency toward diabetes, the onset and severity of symptoms can be delayed. Type 2 diabetes is an epidemic. It is largely lifestyle related and it doesn't have to happen. In general an apple shape is bad and a pear

shape not so bad. Lifestyle risks include eating out and eating too much, especially sugar based foods.

There are risks independent of lifestyle as well. Having a parent, brother or sister with diabetes puts you at greater risk. Ethnic background is also important with Aboriginals, Asians, South Asians and Hispanics at greater risk. Helen has been to First Nations communities where every man, woman and child has diabetes. Other risk factors include having had gestational diabetes, schizophrenia, high blood pressure and high cholesterol.

Symptoms include frequent desire to urinate, being thirsty, a change in weight, feeling tired, tingling of the hands and feet and a difficulty holding an erection. Sometimes, however, symptoms are not there. There are 9 million Canadians with diabetes and 366 million globally. The Fasting blood test can help determine risk. If numbers are consistently high but below diabetes, you are on track for diabetes and it's a heads up to get fit. All you have to do is walk several times a week for 30 minutes.

Complications from diabetes can include blindness, heart disease, kidney problems, amputations and early death. Diabetes affects all of us. It is a crisis and a financial burden to our health care system and society.

The Edmonton Protocol was an attempt by a team of MDs to transplant the Islets of Langerhan (insulin producers) by injecting them in to insulin-dependent patients. Only people at risk of dying were used in the research. It was not deemed a success yet even though they used the sickest patients, one or two of the original 10 are still insulin independent. There was a problem with rejection. Jonathan Lakey is extending the Edmonton Protocol in Irving CA, encapsulating the Islets in salt water. This reduces the anti-rejection drugs. There are dozens of other research programs throughout the world looking at how to make transplanting successful. It offers the best hope for a cure.

## **Induction of Ivana Faltysova and Bill Brown**

*by Sterk, Jane*

Bill Brown was sponsored by Laurie Hurst and Ivana Faltysova by Kevin Watt. Harbourside Rotary is honoured to have Ivana and Bill as our newest members. Membership Chair Wayne Shillington introduced the new members and their sponsors, Ralph Libby did the inductions. Laurie and Kevin offered the handshake of friendship and invested Bill and Ivana with their pins.

### ***Bill Brown's Bio***

Bill comes to Harbourside via the Canmore Rotary Club where he was a member from December 1999 (the last member inducted into the Canmore Club in the last century) to August 2004. Bill served in a variety of positions in the club including club president from July 1, 2003 to June 30, 2004. Bill moved to Whistler in August 2004 to become Whistler's Manager of Community Planning. Due to logistical problems including a daily 2 hour - 110 km commute from Squamish, Bill was unable to continue his Rotary service. He also had to end his 7 year service to the RCMP as an Auxiliary Constable. Bill left Whistler in February 2012 to become Esquimalt's Director of Development Services.

Bill's career in Community Planning and Development has allowed him to work in some of the most beautiful places on Earth including Canmore,

Banff, Whistler and now Esquimalt. As Esquimalt's new Director of Development Services, Bill is responsible for overseeing community planning and development including economic development and tourism. He reports directly to his sponsor Laurie Hurst in her capacity as Esquimalt's Chief Administrative Officer. Out of respect for this reporting relationship, all Sergeant at Arms fines related to Esquimalt should be directed to Laurie.

Bill is happily married to Hui. Hui grew up in Tianjin, China. Tianjin is China's fourth largest city with a population of 12 million. Bill and Hui have embraced life in Esquimalt and greater Victoria since arriving in February and look forward to becoming more engaged in various community activities including Rotary activities.

Bill has a BSc. in biology, a MA degree in planning and a certificate in Urban Design. Bill would like to thank his sponsor Laurie and the members of Harbourside Rotary for the privilege of serving through Rotary.

**Bill's classification is Community Planning.**

#### *Ivana Faltysova's bio*

Ivana moved to Canada from the Cayman Islands, where she was a member of the local Rotaract Club since December 2009. She was born and raised in Slovakia, in a mid-sized town called Trnava, 50 km from the capital city of Bratislava. She went to university in Bratislava and working in Slovakia afterwards for about 4 years. She learned about Rotary and Rotaract while in Slovakia shortly prior to her departure to the Cayman Islands. She was very impressed by the impact Rotary has around the world and therefore Rotaract was the first social contact she pursued after her big move across the globe. She was the only non-Caribbean member of the club and she loved being an active part of a community of young leaders striving for a better future for their country. She wanted to follow the same route after moving to Canada and she is grateful that Kevin Watt invited her to a Harbourside meeting and supported her in becoming a member of this wonderful club.

Ivana studied law and acquired her Master's Degree in 2005. She was on a well paved path to becoming an attorney back home but she always had a strong desire to experience more of the world and to connect with people in other countries before deciding where she would like to call home. Ivana worked for the legislative committee of the Slovak government and worked at a local law firm before she accepted an offer to work for an investment management company which was in the process of opening a branch in Bratislava. She was intrigued by all the niche market business concepts of this company and it was this company which opened the door to the rest of the world for her. She grew professionally and personally in the company and after 3 years of working as in-house legal counsel she became director on the board of the investment companies and hedge funds managed by her company in Cayman Islands. She headed the local Cayman Island branch and was responsible for all legal negotiations.

Ivana lived in the tropical tax-free paradise of Cayman Islands for 3 years before she "hopped" to another island far up north - to Vancouver Island. She followed her heart to live with her fiance Cory Martinson, who she met in the Cayman Islands. Cory worked in Cayman Islands for a year to train the local government workers on information and privacy policies after the country had introduced the Freedom of Information laws in 2009. Their relationship lasted despite his departure and eventually brought Ivana to

the most beautiful corner of BC. She believes she has found her home here and is very grateful and happy to be able to serve, and contribute to the community through the Harbourside Rotary Club.

Ivana started a new job on October 29th as a Trust Officer at Royal Trust of Canada here in Victoria.

### **Ivana's classification is Financial Services**

#### **The Sarge**

*by Sterk, Jane*

**Ralph Libby** was "the Sarge"

**Keith Dowdall** - probably wishing it was May and he was back at his cabin

**Bill Feyrer** - have never seen Bill in the straw hat that's in the roster - Bill could have avoided the fine if he had the hat with him and could put it on.

**Pheng Heng** - something about being proud to be a lawyer (Scribe can't read her writing)

**Doug Lunam** - will be taking a lot from people next week so can pay this week

**Tony Weaver** - for being wealthier as a result on more renos - Tony commented that he'd add the fine to the invoice.

**Julie Findlay and Lauren Moline** - for dressing like twins

**Table at the back** - Randy was not at the table and people were laughing and giggling during the speaker

**Ivana and Bill** - for becoming new members

**Laurie Hurst** left \$5

#### **Happy and Sad**

*by Sterk, Jane*

**Andrew Turner** for **Wayne Ford** - \$2 sad for the flukey goals Reid James scored on Tuesday morning.

**Bill Brown** - happy to join Harbourside

**John Ratel** - happy to surprise his brother on his 80th Birthday - his brother sobbed uncontrollably when he saw John. John was also happy to attend the Remembrance Day ceremony at the Cenotaph at Whitehall where there were 100,000 people. The march past by vets took over an hour and there wasn't a dry eye in the crowd.

**Tina Ashmore** was happy to tell Ralph Libby that Nazima Sangha is no longer a member of the club. She reported that Donna Lemon's hop replacement is Friday. They are expecting a long convalescence but this is a long awaited procedure and should help alleviate Donna's pain. Rick is absent because his back seized up.

**Jack Jeffrey** said three young ladies took him to dinner and recounted a story about Shara Johanson who was a fearsome fighter as a little girl. Shara has taken up Highland Games and placed 5th out of 55 in the provincial hammer throw.

**Paul** reminded members of next week's Piper's Auction

### Membership Corner

*by Dysart, Chris*

#### Members on Leave of Absence

**Michael van Straubenzee** - Nov 1, 2011 - October 31, 2012

**Tanya Sterling** - Indefinite Maternity Leave

**Mark Massullo** - Paternity Leave until December 31st, 2012.

**Dilsher Virk** - in Europe and India until the spring &

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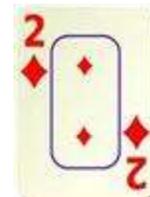
**David Iles** -

October 22 - April 2013

### 50/50 Draw

*by Sterk, Jane*

**David Cheatley** drew the Queen of Clubs. David said he found the ticket and in true Rotarian fashion offered it to the person who lost it but noone came forward. We were looking for 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.

#### Duty Roster

	<b>Nov-21</b>	<b>Nov-28</b>	<b>Dec-05</b>
<b>Front Desk</b>	Pheng Heng	Laurie Hurst	Mike Kali
<b>Greeter</b>	John Heraghty	Reid James	Dan Kelly
<b>Draw Tickets</b>	Steve Holland	Jack Jeffrey	Gerry Ke
<b>Invocation</b>	Lloyd Houghton	Darrell Jensen	Mike Koe
<b>Sarge</b>	Dennis Truss	Pheng Heng	Lisa Colli
<b>Bulletin</b>	Mary Coward	John Ratef	Maureen

**Chris's Commitments**