



**Canada's First Breakfast  
Club**

## Harbourside Rotary Victoria eBulletin

Wednesday, October 17, 2012

 [Club Web Site](#)

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

### Future Speakers

**Oct 17 2012**

Michael McEvoy, President  
BC School Trustees Assoc  
"Education"

**Oct 24 2012**

Dorothy Mindenhall  
"Presentation of book - Unbuilt  
Victoria"

**Oct 31 2012**

Maureen Sawa, CEO  
Greater Victoria Public  
Library  
"TBD"

**Nov 7 2012**

TBD  
"Remembrance Day"

**Nov 14 2012**

Ellen Stensholt  
"World Diabetes Day"

**Nov 21 2012**

Piper Auction

**Nov 28 2012**

Club Assembly

**Dec 12 2012**

Manuel Archadinh  
( 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"

### Upcoming Events

### Harbourside News

by Moline, Lauren

**Meeting # 1648**

**Presiding:** *President Paul Doherty*

**Greeter:** *Peter Baillie*

**Front desk :** *Barry Adams*

**Draw tickets:** *Andrew Bekes*

**Invocation:** *Norman Bruce*

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

### Welcome Visitors

by Moline, Lauren

**Visiting Rotarians:**

None.

**Guests :**

Eric Young is a guest of *Jack Jeffrey*  
Ankur Tayal is our speaker and guest of the club.

Welcome!

### Birthdays

by Moline, Lauren

Happy Birthday to *Dan Kelly* who wasn't at the meeting, so didn't get serenaded.

### Anniversaries

by Moline, Lauren

**Wedding Anniversaries**

None

**Club Anniversaries** None

None

### Club Announcements

by Moline, Lauren

**Guess Who's Coming to Dinner - in the Fall**  
Oct 27 2012

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**Roses from Rotary:** *Natasha Crawford* and *Andrew Turner* took to the podium to acknowledge some of our biggest Rose sellers this year. *Tom Martin* and *Randy Desksheimer* each sold 32 dozen. *Doug Lunam* sold 48 dozen, *John Heraghty* sold 64 dozen. *Andrew Turner* sold 75 dozen, *Jim Brownrigg* (Former member of our club) sold 79 dozen, *Margaret Mann* sold 100 dozen and *Dennis Truss* was our winner selling 101 dozen! We had 80 people sell roses this year so thank you to everyone - last year we struggled with only 50% participation so we're doing MUCH better.

We sold **1128 dozen roses** this year! THANK YOU!

For Friday, wear warm footwear and bring gloves. Start is at 6pm and we have been out by 9pm-ish in the past.

For Saturday, 8am pick up for your roses. We have 46 delivery teams and probably need 2 or 3 more swampers. Please let Andrew know if ANYTHING changes with your volunteer times.

Have fun this weekend!

### The Rotary Minute

*by Moline, Lauren*

*Dennis Sutton* introduced more information about our District. In a few weeks our District Governor will be coming to the club. Our District includes the whole island and about 100 miles into the US - a total of 88 clubs and about 4900 people. The District has a budget of \$200,000 to operate including administration, DLTA Conference, PR, membership and Youth Exchange (which is \$25,000 on its own). In December the next district governor will be selected and will take 4 years from selection through office. Next week, more information will be coming about district committees who serve all the clubs in the District.

### UC Life Chiropractic Centre

*by Moline, Lauren*

*Howard Wu* introduced our speaker, Dr. Ankur Tayal, who is enthusiastic about his profession as a chiropractor. He is a sought after public speaker and Dr. Tayal credits both The Beatles and Toastmasters.



Dr. Tayal recently moved to Victoria from Toronto in November and was struck by how nice everyone in Victoria is - Rotary is no exception! Growing up in Toronto and studying in the US, Dr. Tayal knows busy cultures and acknowledges the importance of finding a state of gratitude. Dr. Tayal has opened the UC Life Chiropractic Centre on Government St (by Murchies) and is excited to be the place in Victoria offering Upper Cervical Chiropractic. The human body is amazing, it builds from only two cells to a complex system of structures in only 9 months. Bodies are physically able to do amazing things and we spend time as we grow older consciously limiting our natural being.

UC Life is a fitting name for Dr. Tayal's organization as it stands for Upper Cervical but also sounds like You-See Life, as in what opportunities you can have when your body is working as it should. The spine protects the nervous system. We learn about the nervous system in school but not nearly enough about how important it is to our beings. Dr. Tayal endeavours to teach others what he learns in an effort to show how important our health is and to work towards feeling better as the body wants to operate well and not be in pain. Our behaviour and thoughts in

the brain develop and travel through our body. We turn food into fuel and into us creating new cells. Upper Cervical treats only the top of the neck where the brain begins to turn into the spinal cord at the brain stem. This is where the communication from the brain to the nervous system exists which regulates breathing, digestion and muscles - just to name a few. The first vertebra is called Atlas and alignment for motion is very important here as it sends signals to the body. Restriction in this area can affect mental connections and Dr. Tayal has seen magical transformations from patients. Some serious neurological conditions where doctors cannot find the source are helped with this type of treatment.

We have focused on science and education to the point that we have removed ourselves from nature and the natural. We are the sickest beings and we treat symptoms with pills instead of working towards being healthier on our own. The ability to manage our environments is very important. The technology pre-built into our bodies puts all architecture to shame. Cells and a community of cells work together as a team to strengthen the individual. From the beginning when cells can pretty much be anything, they are then specialized into groups of cells as needed. The original chiropractic treatment was a man who had lost his hearing after a car accident. DeDe Palmer thought that a mis-alignment in the vertebra might be the issue, he was able to adjust it and the man's hearing returned.

Through his mentor, Dr. Tayal focuses on treating his patients with love, gratitude, presence and certainty to really work with them on their healing. A woman recently came into Dr. Tayal's office and she had been on disability since 1988. She was sick and unable to work. After seeing many professionals, she was still no closer to feeling better. With a treatment she was feeling brighter, stronger and able to manage in the world. The caring connection with Dr. Tayal being very important to her as she finds her feet again.

### **The Sarge**

*by Moline, Lauren*

**Pieta Van Dyke** lead as the Sarge this morning.

**David Cheatley** was fined for his audio recorded version of O'Canada from last week where it was much faster than usual.

**Howard Waldner** was fined as he has apparently retired.

**Judd Buchanan** and **Randy Decksheimer** were fined for being the only two at their table in the corner.

**Ernie Stigant** was fined for not remembering where he was during the Canada vs Russia Hockey Series (in his defence, he said it was the 70's)

Everyone was fined who didn't show up for Club in a Pub last Friday night.

Anyone who hadn't sold roses or was volunteering also had to pay.

### **Happy and Sad**

*by Moline, Lauren*

**David Cheatley** was happy to attend a Rotary meeting in South Carolina where there were Rotary Napkins and placemats and they recited the 4 Way test each meeting.

**Andrew Turner** was happy that we sold all the roses. And reminded all the

Saturday Rose volunteers, that after you're done your delivery we head over to the Bird of Paradise Pub for drinks around Noonish.

**Cheryl Thomas** was unhappy she was sick on her birthday but had the best birthday present a few years ago when her sister got a new pancreas and kidneys so remember your donor card.

**Wayne Ford** was upset with **Reid James** for scoring on him in hockey, where Wayne was the goalie.

**Nancy Singh** put in her happy bucks with her 42 birthday dollars.

**Patrick** put in his dollars for his wife being away in India for a month and saving \$30 on getting her roses.

**Dave Murray** put in his bucks for missing the meeting last week as he was doing business in Calgary.

**Reid James** put in his bucks to say that **Wayne Ford** "stood on his ear" as goalie at their game.

**Jack Jeffrey** put in some acknowledgement for **Howard Wu's** achievements in Chess as he recently came 3rd in a championship. And Eric Young for making his target for running the 1/2 marathon and fundraising goals recently.

**John Ratel** said something very witty here...but the bulletin editor cannot remember...but there was much laughter.

**Pieta Van Dyke** put in some happy bucks for our previous member, Joel Perry, who recently had a little boy, Lloyd. Although it was touch and go to begin with, the baby is healthy.

## 50/50 Draw

by Moline, Lauren



**Reid James** - pulled his own ticket from the hat but just found a Joker in the deck of cards!

## Membership Corner

by Dysart, Chris

### Proposed New Members

**Ivana Faltysova:** Ivana has been out to the club for many weeks and has also been a volunteer for cake baking. She was a member of the Rotaract Club of Grand Cayman. Ivana holds the Slovak equivalent for master's of law and her career is in Financial Services.

**Bill Brown:** Bill has been out to several meetings and is a transfer from the Rotary Club of Canmore, AB. He is the Director of Development Services for the Township of Esquimalt and a new member of Laurie Hurst's management

team in Esquimalt.

**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.
- Gillian Manson* - Away until October
- Dilsher Virk* - in Europe and India until the spring

**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>Oct-17</b>	<b>Oct-24</b>	<b>Oct-31</b>
<b>Front Desk</b>	Patrick Boulger	Chris Causton	Mike
<b>Greeter</b>	Judd Buchanan	Lisa Collins	Barry
<b>Draw Tickets</b>	Richard Burke	Troy Alexander	Robin
<b>Invocation</b>	Russ Cape	Mary Coward	Rand
<b>Sarge</b>	Wayne Ford	John Heraghty	Hallo
<b>Bulletin</b>	Cheryl Thomas	Pieta Van Dyke	Natas