

ROTARY CLUB OF NANAIMO

“C O G S”

Volume 97, Number 36

4,766th Meeting

Friday, April 7, 2017

Newest Paul Harris Fellowship recipients honoured by Rotary



On the occasion of the 100th Anniversary of Rotary Foundation, 20 deserving local citizens were honoured with a PHF by the five local Rotary Clubs. The event was held at Beban Park and the following award winners are pictured here, along with sponsoring Rotary Club President.

Left to Right: Rob Anderson (Director of Community Ministries-Salvation Army), Rob Waine (President Nanaimo North), Peter Sinclair (Executive Director of Loaves & Fishes), Jeff Lott (Retired RCMP - Coach Youth, Board of Nanaimo Youth Services, Nanaimo Addictions Foundation), Gary Dornan (Organize 50/50 draw at major sporting events in Nanaimo), Shelley Anderson (Marketing and Advertising), Robb Dodds (President Oceanside), Trent Kaese (Owner-Manager of Cottonwood Golf Club), Moira Jenkins (Director Museum, Treasurer of Hospital Foundation), Don White (President Lantzville), Dr. John Whitelaw (Nanaimo Conservatory of Music), Graham Turnbull (Donates wood toys for Toy Run), Neil Sorsdahl (President Daybreak), Debbie Narver (President Nanaimo).

Missing from photo: Deborah Marshal (principal Barsby School) - *Photos by Ian Williams*

**Club Meeting Friday at 12:00 p.m.
at the Coast Bastion Inn
CLUB OFFICERS 2016-2017**

President ----- Debbie Narver
Vice President ----- Carey McIver
Secretary ----- Bob Janes
Treasurer ----- Lynne Pankratz
President Elect ----- Jane Currie
Immediate Past President ----- Lila Tanner



**Serving Our Community Since
May 1, 1920 - Charter Number 43**

DIRECTORS

Henry Jiang	Susie Stephens	Moe Lessan
Norm Myden	Wayne Anderson	Charles Ramos

President Rotary International

John F. Germ, Rotary Club of Chattanooga, Tenn., USA

District Governor

Joanne Croghan
Bainbridge Island, Washington

Assistant Governor

Bev Hilton
Nanaimo Oceanside

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Meeting Notes from March 31st, 2017

By Janeane Coutu

We began the meeting as usual singing *Oh Canada* and **Joan Ryan** delivered an invocation dedicated to spring.

Behzad Forghani Targhi introduced visiting Rotarians and guests of which they were none, and then introduced his friend and guest speaker Aleksandar Udev.



President Debbie announced club anniversaries with **Brent Stetar** celebrating 14 years and **Dave Connolly** celebrates 33 years in Rotary. **Susie** and **Chris Stephens** celebrate their second wedding anniversary.

Frank Shoemaker was invited to the front for a special presentation. He asked **Lila Tanner** to join him and presented to her a certificate received by the club recognizing the club's contribution to **End Polio Now** campaign during her year as President.



Announcements



Leading into announcements, **Dave Hammond** started us off to say that after the meeting today, anyone interested, and especially Centennial committee members, were going to meet at **Maffeo Sutton Park** near the playground and statue to review the site and have a meeting with folks from the City Parks department.

Doug Cowling announced a Community Grants meeting next Tuesday morning, 7:30am at White Spot.



Janeane Coutu had a few messages from the book sale committee....

- Does anyone know where the aprons are? Last seen at the Bayview Christmas lunch. She ventured a guess that someone took them home to be washed (most likely a woman).
- Reminder to sign up for a few shifts during the sale, Apr 22-30. Many spots still open.
- Anyone able to help sort books, extra help would be appreciated 9:30am-11am each day.

President Debbie reminded us of **The Rotary Foundation** birthday celebration Saturday night for all clubs, doors open at 6pm, program begins at 7pm. Please wear your name tag.



Sgt-at-Arms Report

Sgt-at-arms Dave Hammond, assisted by **Kathy Smith**, began his duties by fining Janeane for the "woman" comment about the aprons. He



then gave a quiz to each of the tables, the questions were terribly difficult for some; "how many square km in a section?" and very easy for others; "famous street in the New

Orleans French Quarter?" Bourbon Street. And local folklore – "why is it named the Quarterway Hotel?" Because it is ¼ way to Wellington.

Dave invited anyone to share a memorable April fool's trick they played, or were victim of;

Kathy Smith recalled while in university the radio stations colluded with a story on a UFO landing and all news sources were in on it and reported the same story – fooled everyone.

Bruce Samson called his mother in Halifax and told her that he and his wife had won the lottery and then hung up! When he called back 10 minutes later to say *April Fools*, boy was he in trouble.

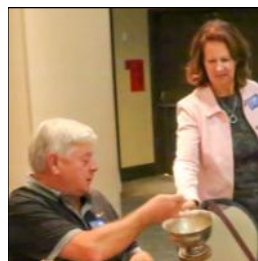


Susie Stephens and her freshly graduated fellow nurses played a trick on a cranky co-worker by making fake charts and care instructions for a client that was a pile of pillows under the bed sheets. She was so mad she reported them to management.

Norm Myden played a terrible trick on himself by pushing the wrong button and deleting his hard drive contents – not good when you are an accountant at tax season!

Charlotte Mougeot and her teen aged sons played a mean trick on dad by displaying tattoos and body piercings at the breakfast table causing dad to break down and cry.

Happy and sad bucks followed... **Susie Stephens** has \$20 very happy bucks announcing her retirement June 30th.



Al Smith was happy he and Kathy were back, for a short time anyway.... They are off to Spain on a cruise in two weeks. **Douglas Anderson** was

happy to have picked up Brenda's brother at the airport and deliver him to Brenda and her mom to visit after 4 years.

Dave Hammond threw in a dollar with a story during bridge at **Joyce Smith's** on Wednesday night; her dog gave birth to 5 puppies.

Ian Williams won the table stakes, and **Yvan Gosselin** the chance at the card draw but wasn't lucky.



Eating for Health and Wellness

By Janeane Coutu



Behzad Forghani Targhi introduced our guest speaker, **Aleksandar Udev**. Aleks was born in Bulgaria and educated in the USA and Canada, holding an MBA and MScIB (Master of Science in International Business) degree, as well as Natural Health and Nutrition certificate. His postgraduate continuing education has been in cellular and molecular biology, biochemistry, neuroscience and brain function, quantum physics and consciousness theory.

Aleks began his talk by asking us all to snap our fingers at the same time – that took one second. Every second a person moves from overweight to obese. Ever two seconds someone has a cardiac event, every four seconds a cancer diagnosis.

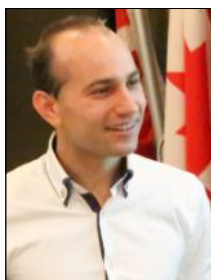


Does anyone want to be overweight or sick? No, but numbers show us we are.

Aleks shared his personal story of how he almost died at a very young age. He arrived in the US 10 years ago at 130 pounds and proceeded to gain 100 pounds over the next 2 years. At the age of 23 he woke up in the hospital after having major surgery and knew he needed to change. Health problem after problem occurred which doctors wanted to treat with medications. He had a list of conditions and major problems with his heart, bladder, kidneys, and prostate. There were no answers to why he was in the condition he was in. He tried diets, alternative medicines, “miracle cure” pills, none had any lasting effects. He still wanted to know what he did wrong, and signed up for classes in natural health. The difference he soon learned was to work with his body not on it.

The subconscious mind is a master of its domain, and controls the entire body at all times. There are two purposes of the subconscious mind; to survive and to protect you. It is a major part of your health. We have an endless supply of stress in our lives, and the body has only one way to deal with this. Create energy or fat accumulates. You experience cravings, overeat, and develop unhealthy eating habits. You likely become overweight and sick.


Our usual conscious response is a diet roller coaster, exploring expensive products, try the medical world, blame ourselves, and we give up. This is NOT your fault. The subconscious mind processes over 40 million nerve impulses per second. The conscious mind just 4. The subconscious mind is 1 million times more powerful! This is what makes us choose the cookie over an apple when we need comfort or are distracted.



Aleks’ company, Food Triumph, empowers you take charge of your health. This group works with you to change your habits for the long term. This is a 5-Level process through which you will gradually improve your current food habits, and thus improve your health and fitness. No pills, supplements, or other products are used. The program is very individualized, changes are permanent, and results are permanent. The focus is educating on food habits and adjusting our subconscious reactions to food. Aleks had his book available for purchase detailing the program, and they also offer one-on-one sessions, business seminars and speaker engagements. His goal is to try and educate people.

Douglas Anderson thanked our speaker for pointing us in the right direction to take the first step ourselves. He presented Aleks with a hand made Rotary pen.





**ROTARY CLUB OF NANAIMO'S
SEMI-ANNUAL**

USED BOOK SALE

LOCATED AT
**NANAIMO NORTH
TOWN CENTRE**


APRIL 21st to 30th

**Sale on
During Mall Hours**

*Vancouver Island's Premier
Used Book Sale with Thousands of Quality
Books to Choose From*

WE THANK THE FOLLOWING FOR THEIR SUPPORT:
NANAIMO NORTH TOWN CENTRE
~ LITERACY NANAIMO ~
FAIRWAY MARKET
NANAIMO NEWS BULLETIN ~ SIGN-AGE

Over \$750,000 Given to Rotary Charity Projects



GUESTS, BIRTHDAYS & ANNIVERSARIES

By Bob Janes

Guests of Rotary:

Aleksander Udev, speaker with his wife and child

Birthdays: for the next two weeks ...

Moe Lessan, April 10
Lucie Gosselin, April 14
Wayne Anderson, Ap 15
Charles Ramos, April 16

Spouse Birthdays:

Lucie Gosselin [Yvan] on April 14th

Janet Cowling [Doug] on April 19th

Cindy Hammond [Dave] on April 22nd

John Currie [Jane] Apr 23

Wedding Anniversaries:

Art & Beverley Vanidour, 62 years on April 9th

Dale & Joan Huck, 25 years on April 18th

Club Anniversary:

Donna Hais, 15 years on April 19th

Ed Borisenko, 27 years on April 20th

E.& O.E.

Hunted for body parts and isolated by fear, Tanzanians with albinism find safe futures with help of Rotary, Sister Martha

By Jonathan W. Rosen Produced by Miriam Doan



It's the peak of the afternoon in Nyamizeze, Tanzania, and Martha Mganga is in her element. Better known as Sister Martha, the 54-year-old Rotary community advocate is one of her country's most prolific campaigners for the rights of people with albinism, the often-misunderstood, inherited condition characterized by abnormally light skin, eyes, and hair, limited vision, and extreme sensitivity to the sun.

Mganga, an albino herself, has spent three decades helping those with the condition get an education, protect themselves from harmful ultraviolet rays, and fight pervasive myths and stigmas, including false beliefs, propagated by rogue witch doctors, that albino body parts can bring good luck or fortune. [Read More](#)

Rotary Theme for 2017-2018



**ROTARY:
MAKING A
DIFFERENCE**

In 2017-18, we'll answer the question "What is Rotary?" with RI President-elect Ian H.S. Riseley's theme, *Rotary: Making a Difference*. "Whether we're building a new playground or a new school, improving medical care or sanitation, training conflict mediators or midwives, we know that the work we do will change people's lives — in ways large and small — for the better."


DATES TO REMEMBER

April 21 to 30—Rotary Used Book Sale, Nanaimo North Town Centre. Sign up on-line today—*many hands make light work!*

May 4, 5, 6, 2017—Spirit of Rotary DTA & Conference, Suquamish, WA. More details at www.rotary5020.org

May 13—Oceanside Rotary James Bond Night, 007 Moonraker. Beban Auditorium. Dinner, auction, dancing. Tickets \$125/ea.

WEEKLY CLUB PROGRAMS & MEMBER DUTIES

MEETING DATE	April 7th, 2017	April 14th, 2017	April 21st, 2017
GREETERS	Moe Lessan, Doug Cowling, Lila Tanner	GOOD FRIDAY	START OF ROTARY
CASHIER	Brent Barootes	Doug Cowling,	BOOK
SGT-AT-ARMS	Bruce Samson		SALE
INVOCATION	Dave Connolly		AT
HEAD TABLE	Pres Debbie, Janice Perrino, Joan Ryan Susan Gerrand, Janeane, Brent Stetar, Fay Laing, Moe Lessan		NANAIMO NORTH TOWN CENTRE
INTRO GUESTS	Brent Stetar		NO MEETING
INTRO SPEAKER	Joan Ryan	NO ROTARY MEETING	Next meeting April 28th
PROGRAM	Nanaimo Hospital Foundation Update Janice Perrino, CEO		
THANK SPEAKER	Susie Stephens		