

ROTARY CLUB OF NANAIMO

“C GS”

Volume 96, Number 7

4,642nd Meeting

Friday, August 8, 2014

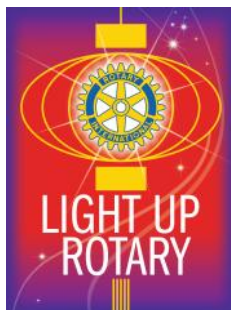


A sunny day on Newcastle Island in Nanaimo Harbour—*Photo by Ross White*

**Club Meeting Friday at 12:00 p.m.
at the Coast Bastion Inn**

CLUB OFFICERS 2013-2014

President Bob Wilson
Vice President Brent Stetar
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President Elect Lila Tanner
Immediate Past President Douglas Anderson



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

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Meeting Notes from August 1st

By Lucie Gosselin

Vice President

Brent Stetar chaired the meeting in **President Bob Wilson's** absence. **Ian Williams** led us in O'Canada and **Donna Hais** gave an invocation. **Susie Walker** introduced **Laurie Smith**



and **John Morris** introduced **Silvia Reid** as their respective guests.



There were no visiting Rotarians.

Brent thanked all those who help make the meetings run smoothly. **Joan Ryan** reminded everyone to RSVP on the circulation sheet whether or not they are attending the picnic on August 10th.

While at the podium **Joan** announced that as the club's Youth Protection Officer she has now received clear criminal checks on 14 members of the club. A number of members mentioned that they had also applied through the website but had not yet received a reply. The turnaround can take a bit of time.

Joan Ryan was the Sgt-at-Arms and she was successful in pulling spare change out of a great number of members. She conducted a quiz on last week's presentation and found that not everyone had been listening. **Ross White** had a thankful buck for **Susie Walker's** help in handling a family assistance



issue. **Wendy Pratt** paid a dollar for sharing her story of spending her 67th birthday with her son up north where she managed to catch a Northern Pike. She was however sorry to have missed the Bridge Potluck at **Lila's** house. **Bruce Gordon** had a sad buck for his son who was the victim of a hit and run. He is recuperating at home with a number of broken bones. **Carrie McIver** had a happy buck for being back home in the best place in the world after her vacation in Ontario.



Janeane Coutu

gave a recent example of what can happen if you click to open a spam e-mail. One of her employees who is currently on maternity leave received an e-mail which from all appearances looked like it came from i-tunes (it was in fact a fraudulent sender). The e-mail told her of a recent charge to her account for some minor purchase. The sender gave her a chance to let them know if this charge was an error by "click here". The employee proceeded to click to get the charge reversed. She was asked for her bank account number, etc. etc. The fraudsters then extracted \$800 from her bank account. This story opened up a flurry of similar examples among our members. The moral of the story is to never give your bank account or other personal information in response to an e-mail. Banks and other reputable companies never ask you to do that.



Wendy Pratt won the table stakes and **Lucie Gosselin** won the right to draw a card but did not get the Ace of Spades.

From the District Newsletter ...

World Polio Day: 24 October 2014

World Polio Day is quickly approaching on October 24th. This is a chance for Rotarians, clubs, and districts across the world to come together to fight polio. There are many ways you could mark the day. Dedicate your club meeting to focus on Rotary's work to end polio that week. Community fundraisers on/around World Polio Day are great a way to raise awareness of our cause in the general public. You could take the opportunity to remind government officials to support the global commitment to a polio free world-Rotary's top priority. On World Polio Day, wear your End Polio Now pin and encourage your friends and family to do the same.

Light Up Rotary in 2014-15 with Rotary Days

RI President Gary Huang is encouraging all clubs to Light Up Rotary in 2014-15 by hosting Rotary Days. The concept of a Rotary Day is simple: hold a fun, informal event in your community for both Rotarians and the general public and use it as an opportunity to introduce non-Rotarians to Rotary and drive interest in membership and other opportunities for engagement

**District 5020
Conference
June 19 - 21 2015**



Vancouver Island Conference Centre
NANAIMO, B.C.

Healthy Aging: Dr. Lynne MacFadgen

by John Shillabeer

Carey McIver introduced the speaker who is Project Manager for the Centre for Healthy Aging and Community-engaged Scholarship at VIU. Lynne has a broad background in research and community activities related to aging.



For the first time in history people can now expect to live 15 to 30 years beyond the normal retirement age of 65. The question is, what will we do with that time and how will we add quality to our lives?

About 20% of Nanaimo's population is over 65 and this proportion is expected to grow as the baby boomers move in to retirement. Life expectancy in Nanaimo is 81. Leading causes of chronic conditions are hypertension, depression, asthma and diabetes. An active, engaged lifestyle, starting early, is the best recipe for a happy aging. The benefits include better brain health, protection against dementia, disease/disability prevention, increased longevity and a sense of well-being.

Lynne advised that the key areas to plan for to help ensure optimum aging include:

- Health (half age-related decline is preventable and 150 minutes a week exercise adds 4 years to average longevity)
- Social Networks (health, happiness, self-worth)
- Housing (safety, freedom, autonomy)
- Transportation (engagement, choice)
- Finances (independence, security)
- Contributions (useful, belonging, social integration)

Transportation is crucial as it affects so many other areas. One must plan for the time when one can no longer drive. This then affects the choice of housing, access to services and the ability to remain socially engaged.

Recent research has shown that being socially engaged is emerging as the most important factor in optimum aging. So it makes a lot of good sense to be an active Rotarian. Lynne pointed out that about two thirds of the volunteer hours in Canada are contributed by seniors over 65.

Lynne advocates older folk being involved with service clubs such as Rotary because it promote positive images and beliefs of aging (older people as 'net givers' with the same need for contribution); helps explore ways to promote social engagement, connectedness and it raises awareness of community resources for helping older adults age positively, productively.

In closing Lynne left us with three quotations:

"Pare down, travel light, keep in touch and go with the flow" Green, Lyndsay (2010) You could live a long time: Are you ready?

"Aging is Mandatory -Growing Old"



"Is Not, Enjoy and Embrace Aging!"
Dr. Jean Oertel, Clinical Psychologist

"Promote Positive, Productive Aging To Collectively Have Lasting Impact In Our Community & Internationally!" Anon.



In thanking Lynne and presenting her with a pen on behalf of the club, **Susie Walker** said she echoed from her own experience what Lynne had said about social connectedness and thanked her for associating her message with Rotary.

ATTENDANCE

By Bob Janes

Attendance for August 1 was **53%**

We missed these Rotarians

Ali, D. & W. Anderson, Blackmore, Blinston, Brand, Cantelon, Cowling, Currie, Gerrand, Grice, Hammond, Heisterman, Hewitt, King, Knutsson, Lewis, Ramos, Samson, Welch, Wilson

Guests: Sylvia Reid, Laurie Smith

Make ups:

John Morris, Egon Holzwarth, Wendy Pratt

Birthdays:

Doug Cowling on August 10th
Kathy Smith on August 12th

Spouse's Birthdays:

Al Smith is reminded that Kathy's birthday is on the 12th

Anniversaries:

Mikel and Catherine Knutsson, 19 years on August 12th
Allan and Kathy Smith, 9 years on August 13th

Club Anniversaries:

Derek Lewis, 1 year on August 9th
Gord Hubley, 25 years, August 11th

WEEKLY CLUB PROGRAMS

Friday, August 8th

GREETERS	Lynne Pankratz, Ian Williams, Dave Hammond
CASHIERS	Lila Tanner
SGT-AT-ARMS	Bruce Samson
INVOCATION	Helen Blackmore
HEAD TABLE	VP Brent, Tammie Wylie, Eric Brand, Doug Cowling, Kathy Smith Lynne Pankratz, Ian Williams and Dave H.
INTRODUCE GUESTS	Frank Shoemaker
INTRODUCE SPEAKER	Eric Brand
PROGRAM	TILlicum Village <i>Tammie Wylie</i>
THANK SPEAKER	Brent Stetar

Friday, August 15th

GREETERS	Bob Patrick, John Heisterman, Wendy Pratt
CASHIERS	Lila Tanner
SGT-AT-ARMS	John Shillabeer
INVOCATION	Barbara Blinston
HEAD TABLE	Pres Bob, Judge Gerald Pash, Doug Cowling, John Heisterman, Bob Patrick, Wendy Pratt, Bill King
INTRODUCE GUESTS	Alan Smith
INTRODUCE SPEAKER	Doug Cowling
PROGRAM	CITIZENSHIP JUDGE <i>Judge Gerald Pash</i>
THANK SPEAKER	Kevin Cantelon

Friday, August 22nd

GREETERS	Wahid Ali, Carmon Henderson, Eric Brand
CASHIERS	Lila Tanner
SGT-AT-ARMS	Dave Hammond
INVOCATION	Ed Borisenko
HEAD TABLE	Pres Bob, Paxie Vreede, Lucie Gosselin, Bill Horman, Edward Borisenko, Ali, Brand, Henderson
INTRODUCE GUESTS	Joyce Smith
INTRODUCE SPEAKER	Lucie Gosselin
PROGRAM	NanGo Grannies in Africa <i>Paxie Vreede</i>
THANK SPEAKER	Ross White

Michael Procter's DG Doings for August 2014



August is **Membership and Extension Month**. In July, I assisted with several new member inductions during my club visits. I hope that this is a sign of what we can expect in District 5020 throughout this Rotary year! Membership recruitment and retention is a key message I am bringing to every club. The book "As I Was Saying," written by past R.I. President Cliff Dochterman has some very pertinent advice on how to engage potential Rotary members in every community by inviting them to be a guest at your weekly Rotary meeting.

The most convincing reason for a prospective member to join your Rotary club is to tell them about the incredible work that Rotarians do both in their own communities and throughout the world. Like the spouse of a Rotarian who went to a district conference intending to be a tourist while her husband attended the conference. Finding herself in a small community with not a lot of tourist attractions, she opted to attend the conference sessions. She was so impressed by the presentations of Rotary projects that she decided to become a Rotary member too. R.I. President Gary Huang talks about the desirability of spouses of Rotarians becoming members. He refers to his wife, Corinna, who joined Rotary after 37 years of tagging along.

Those of you who attended Northwest PETS training in Seattle in February will remember President Gary inducting Joan Toone into Rotary right there on the stage. Joan is the wife of Terry Toone, who has been a member of the Rotary Club of Victoria for many years. Joan is now a member of the same club.

SAD NEWS - Tragedy struck the Rotary Club of Sequim on July 11th when their newly installed club President, Ron Farquhar passed away in his sleep. The sympathy of all District 5020 members goes out to Ron's family and to the members of the Rotary Club of Sequim.

DATES TO REMEMBER

August 10—Rotary Summer Picnic at Huddleston Park, across from the Legion in Lantzville. Starting at 2:00 p.m., no charge to Rotarians and their families.

August 29—Rotary Student Exchange Program—don't miss this one!

Oct 17 to 26—Rotary Fall Book Sale at Nanaimo North Town Centre. *We are in need of Quality Used Pocket Books, so check your book cases and please donate to the cause.*

June 19-21, 2015—Rotary District 5020 Conference, Vancouver Island Conference Centre, Nanaimo, BC



Winner of
District 5020
Best Bulletin
Awards

"COGS" is the official bulletin of the
Rotary Club of Nanaimo, published each
Friday by the Bulletin Committee

Bulletin Committee Chair — Janeane Coutu

Meeting Reporter: Lucie Gosselin / Program Reporter: John Shillabeer / Photos: Ian Williams

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