

ROTARY CLUB OF NANAIMO

“C GS”

Volume 99, Number 4

4824th Meeting

Friday, July 27, 2018



Friends help to launch a small craft into the water off Gabriola Island last week. This same small craft is now almost returned from an adventurous 1-person sail to Saltspring Island and back!

Club Meeting Friday at 12:00 p.m.
at the Coast Bastion Inn
CLUB OFFICERS 2017-2018

President ----- Charles Ramos
Vice President ----- Wahid Ali
Secretary ----- Bob Janes
Treasurer ----- Lynne Pankratz
President Elect ----- Janeane Coutu
Immediate Past President ----- Jane Currie



BE THE INSPIRATION

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

DIRECTORS

Wendy Pratt Peggy Richardson John Shillabeer
David Woodward ~ Brenda Grice

President Rotary International

Barry Rassin, Rotary Club of East Nassau

District Governor

Assistant Governor

Craig Gillis

Wayne Anderson

Campbell River Daybreak

Rotary Club of Nanaimo

Meeting Notes for Friday 20 July 2018

By John Shillabeer



President Charles opened the meeting and **Jason Bradley** ably led our a cappella version of O Canada. **Brent Barootes** followed with a convoluted Inspiration that concluded with the spiritual development of a dog.

Special Announcement

President Charles presented a club pen to **Chef Liam Callaghan** who is retiring after 17 years at the Coast Bastion.

Introductions

Yvan Gosselin introduced Rotarian **Maureen Bird** from the downtown Toronto Club that recently hosted the RI convention. Maureen was here visiting family and friends. **Wayne Anderson** introduced **Fred Farnham** who has been a member of the Welland, Ontario Rotary club for 21 years.

Carlene Shaw introduced her father Gerry Schofield from Qualicum Beach; **Jason Bradley** introduced his daughter Grace who was fresh off the plane from Norway after her youth exchange trip and **Behzad Forghani** introduced **Robert Collins**, owner of Pride Painting.

Installation

President Charles conducted the ceremony and welcomed **Doug Wortley** as the newest member of our Club. Doug is a professional photographer and videographer.

Announcements

Joan Ryan took great pleasure in announcing her replacement **Jason Bradley** as the Area Youth Exchange Committee chair. She also announced that there will be a fund raising barbecue for youth on 28 August. Tickets will be available next week (\$25 and \$15 for adults and youth).

President Charles announced that an Area Roster will not be printed as the other area clubs will not participate. **Peggy Richardson** undertook to ensure that the club committee membership and member profiles will be downloadable from our website.

President Charles said that every member is expected to serve on at least one committee. He asked members to review and adjust their memberships in committees.

The Club agreed, based on a show of hands, to not meet on both Fridays during the book sale.

The meeting on August 10 will be at Tillicum Le'lum and include a tour and lunch at a cost of \$20 per head.

Sgt at Arms

Sgt Dave Hammond caught **Brent Barootes**' for his inspiration and **Douglas Anderson** had to pay up for cancelling a dinner date with our worthy sergeant.

David Woodward had to pay up for not muting his cell phone and again because he recently got married. David regaled us with a tale about an eagle at the wedding, then being caught and soaked under an Okanagan storm on his wedding night in his roofless luxury bedroom.

Happy and Sad Bucks

Ross White was happy to report that his son and daughter-in-law have settled in Belize and have joined Rotary there. The RI president will visit shortly and has agreed to re-induct his son in a special ceremony.

Laura Shanner (our guest speaker) was very happy to report that she had won a seven year battle with the IRS and had received an unexpected additional payment, over and above what was owed, because the IRS found an error in their calculations.

The Draw

Behzad Forhhani won the table stakes and **Yvan Gosselin** won the card draw. However he did not manage to find the ace of spades, so the prize will grow for another week.

Meeting Notes for Friday 20 July 2018

By Peggy Richardson



Dr. Laura Shanner returned this week to speak to us about medical representation and advanced directives regarding living wills. Please go to this link for the documents referenced: <http://jcb.utoronto.ca/tools/livingwill.shtml>

Dr. Shanner emphasized that this is not simply a standard power of attorney. A different document is required to ensure that your wishes will be carried out properly. A standard power of attorney allows someone to sell your house, pay your bills, etc. And it's recommended that the person who has your power of attorney and the person who is your representative in your advanced directive living will are two separate people, to avoid a potential conflict of interest.

An advanced directive comes into play when you are not able to make a decision either through mental incapacity, or you are not able to communicate your wishes through verbal or written instructions. When other people are deemed to speak for you, these other people need clear instructions and guidelines written down.

What happens if you have an end-of-life situation? Generally, if you are treatable, even if you have other impairments, the presumption is that we opt in favour of lifesaving measures. If you are in a care home, or if an event happens out in public, we provide medical treatment unless we have instructions otherwise. While it's true that consent is needed to perform treatment, this is presumed in an emergency situation, unless directed otherwise. Typically, the advanced directive is needed when it's time to make decisions about stopping treatment.

Dr. Shanner walked us through some detailed, specific ideas. It's difficult to put into words something that you may want, in a situation that has not yet happened, and may be difficult to anticipate. Some examples are to differentiate what is considered routine these days, vs. what is considered extraordinary. For example, a ventilator is now considered routine. Other options include dialysis, organ transplants, etc. It's crucial to consider a high level of detail.

If you have specific cultural practices, religious beliefs, the values you have lived by, etc., it's important to note these as well. You may want those to be part of your last chapter, as they have been part of the rest of your life. These can then be honoured by caregivers and family and friends. You can also specify a member of your community to add their voice, such as a tribal elder or spiritual advisor.

No matter what you specify, there is a minimum standard of care, which focuses on comfort and basic hygiene. Whether you choose aggressive treatments, or if you choose to end treatment, or anything in-between, you will be tended with pain relief and hygienic care. You can specify pain relief standards, such as if it is noted that you are grimacing or moaning, the painkill-

ers should be increased. This will be honoured unless directed otherwise. Additional items can include things like grooming ("Please paint my nails, do my hair," etc.) being moved to certain health care facilities, or even having your dog visit you.

The bottom line is that it's important to give your decision maker the confidence to make decisions for you based on clear information. For example, if they were to ask the question, "Would it be worse if you died too soon, or if you suffered too much?" That's the key: it's not as much about telling people what you want, but giving them the validation to make some hard decisions.

BIRTHDAYS AND ANNIVERSARIES

Member Birthdays

Christine Parsons	August 3
Doug Cowling	August 10

Anniversaries

No anniversaries this week.

Spouse Birthdays

No spouse birthdays this week.

Club Anniversaries

Barbara Blinston, 22 years	August 2, 1996
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DATES TO REMEMBER

Aug. 10 - Offsite meeting - Tour of Tillicum Le'lum facilities, 479 10th st. 12:00 PM

Oct. 13 - 5 Club Pizza party, Beban Park

Note to all Rotarians: please email meeting photos to peggy@peggyrichardson.com, for publishing in COGS.

WEEKLY CLUB PROGRAMS AND MEMBER DUTIES

Meeting Date	July 27 2018	August 3 2018	August 10 2018
Greeters	Mikel Knutsson, Carey McIv- er	Joan Ryan, Bruce Samson	TBA
Cashier	Ed Borisenko	Brent Barootes	Brent Barootes
Sgt at Arms	Joan Ryan	Wahid Ali	Wahid Ali
Inspiration	Jane Currie	Carlene Shaw	TBA
Head Table	Pres. Charles, Emily Godfrey, Joan Ryan, Sean Martin	Pres. Charles, Ross, Joan, Douglas, Brenda	TBA
Intro Guests	Joyce Smith	Lila Tanner	TBA
Intro Speaker	Joan Ryan	Charles Ramos	TBA
Program	Award winning Anti Bully- ing video - Emily Godfrey - Interact	RI Convention - Ross, Joan, Douglas, Brenda	Off-site meeting: Tillicum Le'lum, 479 10th st. 12:00 PM
Thank Speaker	Sean Martin	Charles Ramos	TBA