

ROTARY CLUB OF NANAIMO

“COGS”



Volume 96, Number 31

4,714th Meeting

Friday, February 19, 2016



Nanaimo firemen demonstrate life-saving action using AED equipment the same as the AED's that our Rotary club donated to Nanaimo Track & Field and Nanaimo North Town Centre mall.

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

CLUB OFFICERS 2015-2016

President ----- Lila Tanner
Vice President ----- Janeane Coutu
Secretary ----- Bob Janes
Treasurer ----- Lynne Pankratz
President Elect ----- Debbie Narver
Immediate Past President ----- Bob Wilson



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

DIRECTORS

Bob Patrick Bob Fenty Bruce Samson
Norm Myden Charles Ramos

President Rotary International

K.R. "Ravi" Ravindran, Rotary Club of Colombo, Sri Lanka

District Governor

Rose Bowman
Chehalis Rotary, Washington

Assistant Governor

Bev Hilton
Nanaimo Oceanside

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Meeting Notes from February 12th, 2016

by John Shillabeer

President Lila opened the meeting, followed by the members singing of O Canada. **Norm Myden** gave the invocation, expressing gratitude for good food, sunny weather and opportunities as Rotarians to be of service at home and abroad.



Wayne Anderson introduced guests. There was no visiting Rotarian but there were several guests of the club from the Nanaimo Fire Department: **Peter Hyne** (the program speaker), **Martin Drakely**, **Karen Lindsey**, **Daryl Slater**, **Shelby Nickel** and **Dan Newstone**.

President Lila was then about to start Announcements when the *groans of hunger* and cries of “*What about the food*” finally overcame her resistance and members and guests were allowed to eat! Later with hunger satisfied, the programme resumed its normal sequence.

Announcements



President Lila drew attention to the warning from **District Governor Rose Bowman** about an email scam purporting to be from the Chair of the Trustees of the Foundation requesting personal information. **Do not respond. It's a scam.**

Nanaimo North Club invites us to its ***Celebrate Rotary*** evening on February 23 at Lucky Club. Tickets are \$25.



John Shillabeer requested members to donate good quality fiction pocket books to the upcoming book sale and to invite friends and neighbours to also donate. Book receipts are below last year's. We are also looking for more volunteers to help with the sorting.

Douglas Anderson said that next Friday's meeting will be a club assembly focused on Membership. Bring a guest and they will have plenty of opportunities to learn about Rotary and sample our fellowship.

Motion



Having given two weeks' notice, **Bob Fenty** proposed that the Club donate \$2,000 to Chase River Elementary School to purchase nonfiction library reference books for Grades 1 to 4. **Bob Janes** seconded the motion which was carried on a show of hands without dissent.

Sergeant-at-Arms

Wayne Anderson, assisted by Dave Hammond, started out by reminding us that it is the sergeant's job to keep control. He promptly fined **President Lila** for starving the members and then caught **Barb Blinston**, **Guenter Raedler** and fellow Sgt-at-Arms **Dave Hammond** for forgetting to

sign in.

Wayne then rambled on about the origins of Valentine's Day and his shame at not receiving cards at school before fining all those present for not giving flowers nor even a card to the Sgt-at-Arms.

Happy and Sad Bucks

Norm Myden was happy to have returned from holiday in Mexico where he visited two Rotary Clubs.

Brent Barootes was happy to announce that his daughter is playing the young Anne in Anne of Green Gables at Aspen Grove School on 26-27 February. Brent has tickets available.



Wendy Pratt was happy to welcome the firefighters.

Donna Hais was happy to thank the firefighters for responding and proving recently during a building inspection that her new building's fire alarm system was indeed monitored.



Jane Currie was happy to report that she passed her criminal record check and has been accepted into the training program for Hospice.

Guenter Raedler was happy to recognise Janeane

Coutu's birthday of yesterday.

Carmon Henderson was happy to be leaving shortly for Arizona

Charles Ramos was sad to report that there has been a rash of car break-ins in his neighbourhood and both his cars were involved. But he was happy that it happened after hunting season was over.



Brenda Grice was happy to be back from two weeks in Maui and was very pleased that she was able to replace her expired passport in one day.

Club Draws

Once again **Janeane Coutu** won the table stakes.

Bruce Gordon won the 50-50 Card Draw but only managed to pick the three of clubs. So the pot will accumulate for another week.



AED Demo Presentation

by Jane K. Currie

Bob Fenty introduced our guest speaker, **Captain Peter**



Hyne, with four other emergency response crew members also attending. Bob recalled how a family member, on new medication, collapsed in a Tim Horton's. The mall had an AED and his life was saved. Subsequently Bob followed up with the Nanaimo North Town Centre and the Nanaimo Track & Field club – neither had AEDs on site, but they do

now, thanks to grants from our club!

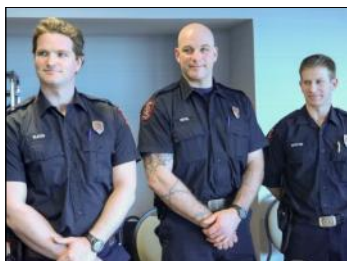
An AED is a portable high-tech medical device that is accessible for the public to use in malls, arenas, pools, etc. in case of a cardiac arrest. Once three small pads are attached to a victim's chest, the monitor will measure and assess the patient's heartbeat, analyzing for two main types of heart failure: ventricular fibrillation or ventricular tachycardia. The patient is then electrically shocked to restart a normal heartbeat pattern.

Ventricular fibrillation (V-fib or VF) occurs when the cardiac muscle of the ventricles in the heart quiver rather than contract properly, so that blood circulation stops, the brain and organs do not get enough oxygen and the person dies very quickly. Ventricular fibrillation is the most commonly identified arrhythmia in cardiac arrest patients.

Ventricular tachycardia (V-tach or VT) occurs when a too-rapid and shallow heart beat arises from improper electrical activity in the bottom chambers of the heart, called the ventricles. Blood circulation jitters to a stop, the brain and organs do not get enough oxygen and the person dies very quickly.

Once the AED machine detects a VF or VT pattern, voice prompts tell the first-aid responders what to do – either push harder/faster for CPR, or stand back and clear (do NOT touch the victim) in preparation for an electric shock. The AED re-analyzes everything every 2 minutes, and keeps going till shut off by 911 first responders. The AED runs on commercially available & replaceable batteries.

CPR (cardio-pulmonary resuscitation) is a vital part of the rescue. The force of the chest compressions physically pumps blood around in the body, doing the job of the failed heart, keeping the person alive till emergency responders can take over.



Other members of the fire department who came to our meeting and assisted with the AED demonstration.



We then enjoyed a realistic demonstration of how it all works together. In rapid succession, the experts approached a prostate victim (a spring-loaded dummy torso), checked for pulse & breathing, checked for consciousness, attached the AED pads, began CPR while the AED unit was measuring & calculating, then stood away for the electric shock when told to do so by the machine. Then the experts contin-



ued with CPR, as sometimes more than one shock is required.

The difference between life and death occurs in the first 5-6 minutes after a heart failure, so immediate response is key.

With the AED accessible in public spaces, treatment should begin immediately and continue till 911 responders can take over.

Q & A included the point that "one size does NOT fit all" in using the AED. The public unit is calibrated for a range of adult body sizes which it can sense through the chest pads (which must be applied directly to naked skin). The AED should NOT be used on infants or small children, as the electric shock would be too great, potentially lethal. 911 crews have more sophisticated AED's that can handle a broader range of patients.

Jane Currie thanked Peter and his crew for this life-saving talk and unforgettable demonstration of AED first response in Nanaimo.

ATTENDANCE

By Bob Janes

Attendance for February 12 was **61%**

We missed these Rotarians

Ali, Borisenko, Cowling, Gerrand, L. Gosselin, Heisterman, King, Knutsson, Lessan, Lewis, McIver, Parsons, Ross, Salem, Stephens, Tessier, Woodward, Woychuk, Zhang.

Guests:

Peter Hyne, Martin Drakely, Karen Lindsey, Daryl Slater, Shelby Nickel and Dan Newstone.

Birthdays: none

Spouse Birthdays:

Barbara Myden (Norm) on February 21st

Gayle Anderson (Wayne) on February 22nd

Club Anniversaries:

Bob Fenty, 29 years, on February 23rd

‘ROTARY SERVING HUMANITY’ IS 2016-17 PRESIDENTIAL THEME

Rotary’s founder, Paul Harris, believed that serving humanity is “the most worthwhile thing a person can do,” RI President-elect John F. Germ said, and that being a part of Rotary is a “great opportunity” to make that happen.

Germ unveiled the 2016-17 presidential theme, *Rotary Serving Humanity*, to incoming district governors on 18 January at the International Assembly in San Diego, California, USA.

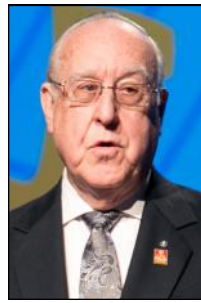
“I believe everyone recognizes the opportunity to serve Rotary for what it truly is: not a small opportunity, but a great one; an opportunity of a lifetime to change the world for the better, forever through Rotary’s service to humanity,” said Germ.

Rotary members around the globe are serving humanity by providing clean water to underdeveloped communities, promoting peace in conflict areas, and strengthening communities through basic education and literacy. But none more important than our work to eradicate polio worldwide, he said.

After a historic year in which transmission of the wild poliovirus was stopped in Nigeria and all of Africa, Germ said we are closer than ever to ending polio.

“We are at a crossroads in Rotary,” he added. “We are looking ahead at a year that may one day be known as the greatest year in Rotary’s history: the year that sees the world’s last case of polio.”

Last year’s milestones leave just two countries, Afghanistan and Pakistan, where the virus still circulates. Polio would be only the second human disease ever to be eradicated.



When that moment arrives, it’s “tremendously important” that Rotary is ready for it, said Germ. “We need to be sure that we are recognized for that success, and leverage that success into more partnerships, greater growth, and even more ambitious service in the decades to come.”

Germ, a member of the Rotary Club of Chattanooga, Tennessee, USA, encouraged attendees to return to their clubs and communities and spread the word about Rotary’s role in the fight for a polio-free world.

“People who want to do good will see that Rotary is a place where they can change the world. Every Rotary club needs to be ready to give them that opportunity,” Germ said.

Enhancing Rotary’s image isn’t the only way to boost membership. “We need clubs that are flexible, so our service will be more attractive to younger members, recent retirees, and working people.”

He added: “We need more willing hands, more caring hearts, and more bright minds to move our work forward.”

DATES TO REMEMBER

Feb 23—Nanaimo North Rotary will be hosting a Wine & Cheese Event at Lucky’s in Country Club. Tickets are \$25 each. All are welcome!

March 5—Duncan Daybreak Rotary 5th Annual Whisky Festival at Silver-bridge Travelodge. Samples of 50 whiskeys, appetizers, silent auction. Tickets \$85, see <cvwhiskyfest.ca> for more information.

April 1-3—District Leadership Training Assembly, Victoria. For more info go to <Rotary5020.org>

WEEKLY CLUB PROGRAMS & MEMBER DUTIES

MEETING DATE	February 19th, 2016	February 26th, 2016	March 4th, 2016
GREETERS	Guenter Raedler, Dave Hammond, Mike Herold	Egon Holzwarth, Brent Barootes, Charles Ramos	Barbara Blinston, Bob Janes, Ellen Ross
CASHIER	Christine Parsons	Christine Parsons	John Shillabeer
SGT-AT-ARMS	Dave Hammond	John Heisterman	Joan Ryan
INVOCATION	John Heisterman	Carmon Henderson	Mike Herold
HEAD TABLE	President Lila, Douglas Anderson, Joan Ryan, Guenter Raedler, Mike Herold, Wayne Anderson	Pres Lila, Gail Adrienne, Dave Hammond, Carmon Henderson, Mike Herold, Brent Barootes	Pres Lila, Kix Citton, Bob Wilson, John Salem, Bob Fenty, Bob Janes, Barbara Blinston, Ellen Ross
INTRO GUESTS	Bright Zhang	Wahid Ali	Douglas Anderson
INTRO SPEAKER	—	Barbara Blinston	Bob Wilson
PROGRAM	MEMBERSHIP COMMITTEE <i>Douglas Anderson, Joan Ryan</i>	NANAIMO AREA LAND TRUST <i>Gail Adrienne</i>	Nanaimo Brain Injury Society <i>Kix Citton</i>
THANK SPEAKER	—	Wayne Anderson	Debbie Narver