

ROTARY CLUB OF NANAIMO

“COGS”

Volume 96, Number 31

4,666th Meeting

Friday, February 6, 2015

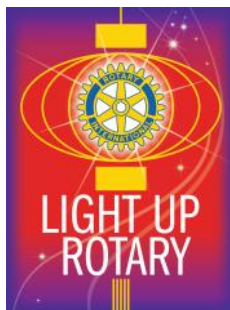


Bruce Samson, Director responsible for Fundraising; and John Shillabeer, chair of the Book Sale Committee, present a cheque in the amount of \$18,300 to Rebecca Kirk of Literacy Central Vancouver Island. Money will be used for their tutoring projects at Literacy Nanaimo.

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

CLUB OFFICERS 2014-2015

President	Bob Wilson
Vice President	Brent Stetar
Secretary	Bob Janes
Treasurer	Lynne Pankratz
President Elect	Lila Tanner
Immediate Past President	Douglas Anderson



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

DIRECTORS

Debbie Narver	Richard Finnegan	Bob Patrick
Frank Shoemaker	Bob Fenty	Bruce Samson

President Rotary International

Gary C. K. Huang, Rotary Club of Taipei, Taiwan

District Governor

Michael Proctor, Qualicum Beach

Assistant Governor

Barry Sparkes, Lantzville

Mailing Address: P.O. Box 405, Nanaimo, B.C. V9R 5L3 — Web: <http://rotarynanaimo.org>

Meeting Notes from Jan 30th

By Janeane Coutu



Vice President Brent Stetar chaired our meeting, which began with our traditional video and singing of the national anthem followed by **Carmon Henderson** delivering invocation.

Brent then gave the sad news that member **Bill Horman** had a mini stroke earlier in the week. The latest update is that he is at home doing well with a little problem with speech which he is not happy about! **Derek Lewis** called for introduction of visiting Rotarians (none) and guests. **John Salem** introduced our guest speaker, **Al Martel**, and we also welcomed **Rebecca Kirk** of **Literacy Central Vancouver Island**, a guest of the club.



Bob Fenty made three motions which were all passed;

- \$2100 to **Bayview School** to purchase books for a literacy initiative, seconded by **Bruce Samson**.
- \$1125 to **Fairview School** for specialized books for K2, seconded by **Frank Shoemaker**.

- \$2000 to **Georgia Avenue School** for science equipment, First Nations reading material, and student leadership program, seconded by **John Salem**.



Mike Herold was selling **Super Bowl** pool squares and was almost sold out. Thanks to all members for their great support. The draw will be posted online to follow during Sunday's game. Go **Seahawks**!

Upcoming events to remember; Feb 26 the 5-club meeting at **Nanaimo Golf Club**, \$10 per ticket. Feb 22-28 **Rotary Week** celebrations.

Bev Hilton of Oceanside Rotary is organizing a trip to **Ghana** to visit project sites and investigate new project initiatives. Anyone interest should contact Bev.

Bruce Samson, director of Fundraising and **John Shillabeer**, chairman of the Book Sale Committee had the enjoyable duty of presenting a cheque for \$18,300 to **Literacy Central VI** which was accepted gratefully by **Rebecca Kirk**. Rebecca expressed how appreciative they are and recognized the amount of work that goes into the sale. Our donation keeps one of their tutoring programs running.

VP Brent announced some special anniversaries this week – **Egon Holzwarth** celebrates 23 years in our club and **Dave Hammond** 29 years.

Sgt-at-Arms



Sgt-at-arms Bruce Samson took over the meeting and levied a \$5 fine to **Moe Lesan** for callously leaving behind the coffee cup gift presented by **President Bob** at Moe's induction. **Janeane Coutu** had taken it home after the meeting and after a few unsuccessful attempts to reunite mug and Moe, eventually put it in the cupboard at home. Unbeknownst to Janeane, hubby **Chris** gave it to his friend who used to live in Niagara Falls. Long story short, Moe wanted his mug, Chris retrieved it from the friend, and it finally got back to the Rotary meeting for Moe. Bruce fined Janeane \$2 for not keeping better control of the goods.

Bruce was fined himself from the gallery for telling a long story about fiancé **Debbie** and her new grandchild. Sad and happy bucks followed starting with Moe's sad buck he was out of money. **Bob Janes** had a happy buck about a "good deal" on a trip to **Mexico** booked by his friend **Keith McFarlane** but was sad that when he went in to



pay it had gone up \$500 in price. Keith interjected (*so much for client confidentiality, but Bob blabbed first!*) to clarify that he found Bob a great deal, but Bob "had to think about it overnight" and it only went up \$250 by the next day. (*Each person, ouch!*)

Joan Ryan invited anyone interested to come to the **Nanaimo North** club meeting on Feb 10th for the installation of the new **Interact club**.



Mikel Knutsson won the table stakes, and **Joan Ryan** the opportunity to draw a card for our 50-50 draw but was not successful in finding the Ace.

Prostate Cancer Awareness

By Mike Herold

Club member **Wayne Anderson** introduced our guest speaker today, **El Martel** who was here to speak to us about Prostate Cancer Awareness.

El was born and raised in the Lower Mainland and spent 30 years living in Saskatchewan before moving to Nanaimo. He has been in the gardening business and locally owned and operated the Weed Man franchise for many years. El has two sons who are also in-



ROTARY WEEK IN NANAIMO

FEBRUARY 22nd to 28th

Raising Rotary flag at City Hall, 10 a.m. on February 23rd

Feb. 26—5-club Reception at Golf Club, 5:30-7:30, cost \$10 per person
Tickets available from the cashiers

volved in the gardening business and he still continues today looking after many long-time clients with their pruning needs.

But El is not here to talk to us about gardening, he is here to talk about the important subject of prostate awareness and to let us know his is a prostate cancer survivor and was one of the lucky ones who decided to have a complete physical including checks for prostate cancer and found that he had early stages of prostate cancer. And lucky for El that he did listen to his girlfriend who convinced him to have his checkup.



El Martel speaking about prostate cancer.

The prostate is a gland found in males that is about the size of a walnut and it is the first gland that tends to get cancer. Early detection of an enlarged prostate is potentially a sign for pros-

tate cancer and men should annually have this checked. When El was 60, his blood test indicated early signs of cancer which was six years ago. He had stage 1 cancer and he has kept his prostate cancer at this stage since detection by taking the organic herb Saw Palmetto on a regular basis and has avoided more intrusive forms of treatment. He plans on taking this herb for the rest of his life.

El spends a lot of his time giving talks on the importance of having regular checks for prostate cancer and early diagnosis. If statistics are correct, he will save the life of one of our male members if they all hear his advice and go for annual checks. He also suggested that having sex regularly reduces the likelihood of getting prostate cancer. Now that's my kind of doctor!

Some of our club members have already been affected by prostate cancer

and all the men in our club should listen to El and take this problem seriously, if not for ourselves, for our family and friends.

El was thanked by **John Salem** who has known him for many years and El continues to do the gardening help at the Salem house so John can spend more time at the golf club.



Next Year's RI Theme, "Be a Gift to the World"

Using their talents, expertise, and leadership, Rotary members worldwide are asked to be gifts to the world this upcoming 2015-16 Rotary year, said Rotary International President-elect K.R. "Ravi" Ravindran recently.

"All of you have been given so many gifts. And you have now been given this great gift: one year to take all your talents, all your gifts, everything that you are and can become -- and Be a Gift to the World," said Ravindran, revealing his presidential theme at the annual five-day training meeting in San Diego, California.

"You have one year to take that potential and turn it into reality. One year to lead the clubs in your district and transform the lives of others. The time is so short, yet there is so much to be done."

Highlighting Rotary's biggest challenge, the eradication of polio, Ravindran said, "A future without polio is a gift that we have promised to the children of the world. And indeed it is a gift that we will give."

Ravindran, a member of the Rotary Club of Colombo, Sri Lanka, used Rotary's successes in the fight to eradicate the disease as an illustration of the impact Rotary members can have in the world. When Rotary set a goal of eradicating polio 25 years ago, it was endemic in 125 countries, and more than 1,000 children were becoming paralyzed each day. Today, polio remains endemic in just three countries, Afghanistan, Nigeria, and Pakistan. And in all of 2014, only 333 cases were reported. "We will battle on. We will prevail," he said.

Ravindran discussed some of Rotary's other challenges, including membership. "We have to find a way to bring back the fundamentals that built our organization: the emphasis on high ethical standards in all aspects of our lives, and the classification system that encourages a diversity of expertise in each club," he said. "Too often these ideas are viewed as little more than inconvenient obstacles to increasing our membership. But they have been essential to Rotary's success, and we ignore them at our own peril."

The president-elect closed his speech emphasizing that now is the time to make real change. "You have one year to build monuments that will endure forever, not carved in granite or marble, but in the lives and hearts of generations. This is our time. It will not come again. Let us grasp it," he said.



ATTENDANCE

By Bob Janes

Attendance for January 30th was **47%**

We missed these Rotarians

D. Anderson, Borisenko, Brand, Cantelon, Cowling, Gerrand, L. Gosselin, Y. Gosselin, Grice, Hais, Hammond, Heisterman, McIver, Myden, Narver, Pankratz, Patrick, Pratt, Raedler, Ramos, Ross, Walker, Welch, Wilson

Visiting Guests:

Rebecca Kirk, El Martel

Make ups:

John Salem, Joan Ryan

Birthdays:

Egon Holzwarth on February 7th
Gord Hubley on February 9th
Janeane Coutu on February 11th

Spouse Birthdays:

Valerie Marlow [John] February 6th

Club Anniversary:

Carmon Henderson, 18 years, Feb 7th

ROTARY DISTRICT 5020
CONFERENCE—JUNE 19-21
Conference Centre, Nanaimo



WEEKLY CLUB PROGRAMS

Friday, February 6th

GREETERS	Egon Holzwarth, Doug Cowling, Sharon Welch
CASHIERS	Derek Lewis
SGT-AT-ARMS	John Shillabeer
INVOCATION	Joan Ryan
HEAD TABLE	Vice Pres Brent, Tony Grove, Douglas Anderson, Janeane Coutu, Egon Holzwarth, Gord Hubley
INTRODUCE GUESTS	Mike Knutsson
INTRODUCE SPEAKER	Douglas Anderson
PROGRAM	RESTORING WOODEN SHIP DOROTHY <i>Tony Grove</i>
THANK SPEAKER	Charles Ramos

Friday, February 13th

GREETERS	Richard Finnegan, Gord Hubley, Ian Williams
CASHIERS	Derek Lewis
SGT-AT-ARMS	Lila Tanner
INVOCATION	John Salem
HEAD TABLE	VPres Brent, John Shillabeer, Bruce Gordon, Doug Cowling, Richard Finnegan, Gord Hubley, Ian Williams
INTRODUCE GUESTS	Keith McFarlane
INTRODUCE SPEAKER	Bruce Gordon
PROGRAM	MEXICO'S CENOTES <i>John Shillabeer</i>
THANK SPEAKER	Doug Cowling

Friday, February 20th

GREETERS	Douglas Anderson, Bob Janes, Ellen Ross
CASHIERS	Derek Lewis
SGT-AT-ARMS	Bob Fenty
INVOCATION	Joan Ryan
HEAD TABLE	President Bob, Naomi Wakan, Sharon Welch, Ellen Ross, Bob Janes, Douglas Anderson, Susie Walker
INTRODUCE GUESTS	Mike Knutsson
INTRODUCE SPEAKER	Sharon Welch
PROGRAM	NANAIMO'S POET LAUREATE <i>Naomi Wakan</i>
THANK SPEAKER	Susie Walker

THE HISTORY OF ROTARY'S MOTTOES

Rotary's official mottoes, Service Above Self and One Profits Most Who Serves Best, trace back to the early days of the organization.

In 1911, He Profits Most Who Serves Best was approved as the Rotary motto at the second convention of the National Association of Rotary Clubs of America, in Portland, Oregon. It was adapted from a speech made by Rotarian Arthur Frederick Sheldon to the first convention, held in Chicago the previous year. Sheldon declared that "only the science of right conduct toward others pays. Business is the science of human services. He profits most who serves his fellows best."



Arthur Frederick Sheldon

The Portland convention also inspired the motto Service Above Self. During a convention outing on the Columbia River, Ben Collins, president of the Rotary Club of Minneapolis, Minnesota, USA, talked with Seattle Rotarian J.E. Pinkham about the proper way to organize a Rotary club, offering the principle his club had adopted: Service, Not Self. Pinkham invited Paul P. Harris, who also was on the boat trip, to join their conversation. Harris asked Collins to address the convention, and the phrase Service, Not Self was met with great enthusiasm.

At the 1950 RI Convention in Detroit, slightly modified versions of the two slogans were formally approved as the official mottoes of Rotary: He Profits Most Who Serves Best and Service Above Self. The 1989 [Council on Legislation](#) established Service Above Self as the principal motto of Rotary, because it best conveys the philosophy of unselfish volunteer service. He Profits Most Who Serves Best was modified by the 2004 Council to They Profit Most Who Serve Best and by the 2010 Council to its current wording, One Profits Most Who Serves Best.

DATES TO REMEMBER

Feb 22-28—Rotary Week in Nanaimo:

Feb. 23—Raising Rotary flag at City Hall, 10 a.m.

Feb. 26—5-club Reception at Golf Club, 5:30 to 7:30, cost \$10 per person includes finger food. Tickets available from the cashiers each week. ~ *No Regular Rotary meeting Feb. 27th*



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: Janeane Coutu / Program Reporter: Mike Herold / Photos: Ian Williams
Editing & Production: Bruce Gordon / Web Posting: Ian Williams

PRINTING COURTESY OF ISLAND OFFICE EQUIPMENT NANAIMO - BOB JANES