

ROTARY CLUB OF NANAIMO

“C O G S”

Volume 96, Number 1

4,684th Meeting

Friday, July 3, 2015



Your 2015-16 Club Executive: *(Back row l-r)* Bruce Samson, director; Lynne Pankratz, treasurer; Charles Ramos & Norm Myden, directors; Bob Janes, treasurer; Bob Fenty, director. *(Front row)* Bob Patrick, director; Bob Wilson, past president; Lila Tanner, club president; Janeane Coutu, vice president; Debbie Narver, president-elect. Missing was Kevin Cantelon, director. All were sworn in at our Installation Night at the Coast Bastion Inn on Friday, June 26th.

**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	Kevin Cantelon	Charles Ramos

President Rotary International

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

District Governor

Rose Bowman,
Chehlais Rotary, Washington

Assistant Governor

Bev Hilton
Nanaimo Oceanside

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Meeting Notes from June 19th

Reporter—Joyce Smith

Bob Wilson announced the beginning of the 4682nd meeting which is also the last meeting he will be presiding as President before he hands over the gavel to Lila.

Keith McFarlane did an incredible job introducing the many visiting Rotarians who attended this meeting because the District Conference was in Nanaimo on the weekend.



Visitors to our last meeting were Johrita Solari, RI President Representative, and her husband Bruce from Anaheim, CA

President Bob called on **Richard Finnegan** to make his presentation certificate to **Gerry Steen** of Coast 91.7 FM who has supported us with Radio announcements of Rotary events.

Since it was Bob's final meeting he inundated us with Niagara

Falls facts and trivia and one last question—how long will Niagara Falls last—Answer was 5,000 years won by **Frank Shoemaker** who was awarded Bob's very special Niagara Falls mug.

Announcements—**Bruce Gordon** reminded people to make changes to the Roster for the next year and also for everyone to check committee assignments.

Keith McFarlane reminded all Club Rotarians about the Rotary Installation next Friday. Cocktails at 6:00 pm. There will be no meeting on Friday lunch.

Frank Shoemaker reminded members that District Conference is right next door at the Conference Centre and all attendance is free. There is a charge for meals and dinner starts tonight at 6:00 program starts at 7:00.

Rotary Friend **Senyo Agbedra** from Ghana, Africa, was in an accident and needs surgery. The doctor and nursing staff have volunteered their services for no charge but hospital charges are \$8,000 and any Rotarian who wishes to donate are asked to talk to Senyo.

Wendy Pratt said that she was hoping to have Dr. Schedani attend the Rotary meeting today, she is a Rotarian from Nepal, who is participating in the Partners in Compassion program as part of Hospice. Unfortunately she is off hiking at Whistler.

Janeane Coutu told us about the fabulous Westdale BBQ which raised over \$5,000 by selling 220 hot dogs—do the math that's \$22.00 each.

Sgt-at-Arms John Heisterman fined **Mikel Knutsson** for not having his greeters badge and forgetting about being a Greeter, **Bruce Sampson** was also fined for forgetting he was also a Greeter. **Ross White** was not fined but recognized for doing a great job.

Happy and Sad Dollars—**Dave Hammond** had two happy dollars and thanked **John & Sherry Heisterman** for hosting the wind up dinner for the Bridge group. He also said that he apologized for not showing up at the BBQ for Westdale but he was at the Remax open house and they cooked over 1,700 hot dogs and he never wants to see another hot dog again.

Ross White welcomed **Johrita Solari**, RI President Rep. from Anaheim and her husband **Bruce** to the District as they will be attending the conference. Ross also mentioned that he went on his "Quilting retreat" (his wife was quilting while Ross went travelling) and one of the places he went to was Elk Falls Suspension Bridge—he strongly recommended people go see this.

Wendy Pratt said she was very excited to attend her first Rotary Conference.

Frank Shoemaker put in a happy dollar to be nearly finished his task for the Conference. He did not realize how much work it would be to organize the speakers for the conference—he admitted it has been a lot of hard work but it has been fun as well. Frank organized 22 speakers for the Conference event.

Wayne Anderson acknowledged **Dave Hammond** for coordinating the Bridge Group for yet another year.

Bob Wilson gave a happy \$10 as a thank you for everyone that supported him as President. **Richard Finnegan** gave \$20 to thank Bob.

Bill Horman was recognized for his 60 years as a Rotarian. Bill thanked everyone and said how fortunate he was to have so many Rotary friends.



Installation Night 2015



100% Attendance Club—(Above) Certificates were presented by Secretary Bob to those Rotarians who had not missed a meeting all year.

(At left) Paul Harris Fellowship Awards were presented to Charles Ramos, Egon Holzwarth and Bob Patrick at the installation.



More photo on Page 3
and on back page

Getting out of the Wheelchair

Mike Bellis

by Janeane Coutu



Mike Bellis is a self-described natural athlete who loves sports and was on skates about the same time he was learning to walk. He grew up the youngest of four kids so learned to “hold his own” in the family pecking order. At 16 years of age, weighing close to 300 lbs, Mike took up football. And he was good. After graduation, he attended the *University of Alberta* in Edmonton, and was drafted to the *Edmonton Eskimos*. Unfortunately, a ruptured Achilles ended his football career.

Mike then took up golf and became a scratch golfer. Golf was his life. During a lesson he was giving in 2005, at the age of 31, he killed a drive and instantly new something was wrong. He suffered a spinal cord injury; his L3 and L4 shot out and hit his spinal cord leaving him with no feeling in his legs. As he lay in his hospital bed, he watched his legs atrophy. After two weeks he was put into a wheelchair. He then went to a walker, then crutches, and then a cane.

It took a long time to be able to walk again but he put everything he had into his rehabilitation and the key “2-year window”. After the 2-year mark and he realised his recovery window had passed, he gave up. He couldn’t walk well, absolutely could not run or jump. Sports defined him—and he was devastated by the limitations and challenges of his condition.

Mike became addicted to opiate pain killers and alcohol; his weight ballooned to 360 lbs. He entered rehab in 2012 and learned about himself and most importantly, that what happened to him wasn’t his fault. His time in rehab shaped new mindsets and changed his thought process to focus on what he could do. He took control of his health, joined his wife in her health and wellness business, lost over 100 lbs and began to play sports again, including golf, tennis and pickle ball.

Since completing rehab and maintaining sobriety, Mike spends some of his time sharing his story and wants to help others. In his “*new life*” as he calls it, it gives him great satisfaction to hear from people that say they heard him speak and it touched them, they are now (sic) three months sober. He credits his wife for her patience and understanding when he was angry at everyone and took it out on those who loved him most. Although still in chronic pain and walking with a limp, he is enjoying life and still playing tennis and pickle ball regularly. Mike says he never gives up on anything in sports, and in life.

Richard Finnegan thanked Mike for sharing his story and presented him with a hand carved pen of Zebra wood as a memento of his visit to our club. Pens are made by Dave Connolly and Al Smith.



Installation Night 2015



Music for Installation Friday evening was supplied by a trio of high school students from Wellington Jazz Band.

At right, retiring AG Barry Sparks was presented with original artwork.



ATTENDANCE

Report by Janeane Coutu
Attendance for **June 19th** was **52%**

We missed these Rotarians

Ali, Blinston, Brand, Cantelon, Cowling, Fenty, Gerrand, L. Gosselin, Y. Gosselin, Hais, Janes, King, Laing, Lewis, McIver, Narver, Patrick, Ramos, Ryan, A. Smith, K. Smith, Stetar, Welch

Visiting Rotarians

Johrita Solari, RI President Rep, Anaheim
Bruce Solari, Anaheim
Larry Forster, Victoria
Marion Spence, Durban Bay, Africa South
John Hinch, Shelton Skookom
Phil Grigg, Shelton

Skookom

Alex Alexander, PDG
Longview WA
Marnee Alexander, Longview WA
Senyo Agbedra, Sunyani Central, Ghana
Paula Carter, Woodland WA, exchange student from Chile

Guests of Rotarians

Bright Zhang, guest of Henry Jiang
Jerry Steen, guest of Richard Finnegan
Pam White, guest of Ross White

Birthdays

Bob Patrick on July 8th
Ross White on July 8th

Spouse Birthdays

Terry Malpass (Bob Janes) on July 7th

Date of Joining Rotary

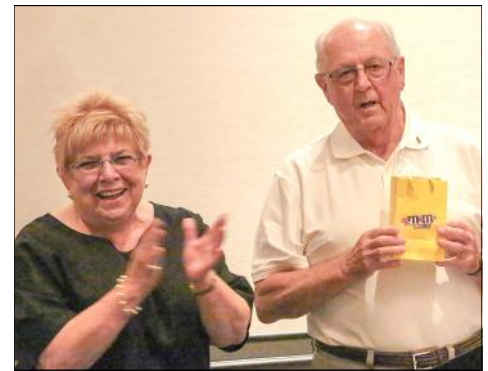
John Marlow, 38 years



Janeane Coutu accepted the President's Award for 2015, and (below) Frank Shoemaker presents Brenda with her 6th PHF.



New Assistant Governor Bev Hilton brought greetings from DG Rose Bowman of Chehlais, WA ~ Emcee Keith McFarlane kept the evening going with his famous ad-lib comments ~ PP Bob Wilson was happy to pass the gavel to President Lila at the end of his successful year as president.



Above—installing officer Bruce Gordon presents Lila with “nice pills” so she will remember to be nice to Rotarians in her year.

At left—Bob Janes presents John Morris with his Perfect Attendance certificate commemorating 55 years.

WEEKLY CLUB PROGRAMS & MEMBER DUTIES

MEETING DATE	Friday, July 3rd	Friday, July 10th	Friday, July 17th
GREETERS	Frank Shoemaker, Carey McIver, Mike Herold	Henry Jiang, Norm Myden, Allan Smith	Joyce Smith, Debbie Narver, Fay Laing
CASHIER	Al Smith	Egon Holzwarth	Egon Holzwarth
SGT-AT-ARMS	John Heisteman	Joan Ryan	Bruce Samson
INVOCATION	Janeane Coutu	Donna Hais	Richard Finnegan
HEAD TABLE	President Lila, Morgan Atwell, Brent Stetar, Bob Patrick, Ross White, Shoemaker, McIver, Herold	President Lila, Ellen Ross, Doug Cowling, Sharon Welch, Allan Smith, Norm Myden, Henry Jiang	President Lila, Terry Mack, Wendy Pratt, Norm Myden, Dave Connolly, Debbie Narver, Joyce Smith, Fay Laing
INTRO GUESTS	Art Vanidour	Suzie Walker	Ross White
INTRO SPEAKER	Brent Stetar	Doug Cowling	Wendy Pratt
PROGRAM	Science & Sustainability Society <i>Morgan Atwell</i>	DENTISTRY IN REMOTE AREAS <i>Ellen Ross</i>	STRONG NATIONS <i>Terry Mack</i>
THANK SPEAKER	John Shillabeer	Bruce Samson	Kathy Smith