

ROTARY CLUB OF NANAIMO

“C O G S”

Volume 96, Number 2

4,637th Meeting

Friday, July 4, 2014

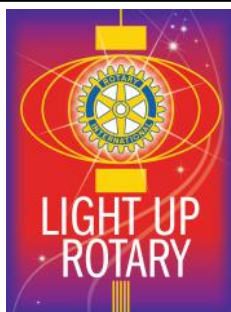


Colliery Dam Park in Nanaimo

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

CLUB OFFICERS 2013-2014

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**

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Barry Sparkes, Lantzville

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

Meeting Notes from June 27th

By John Shillabeer

New president **Bob Wilson** opened the meeting followed by the members singing O Canada and **Kevin Cantelon** giving the invocation.

Guests and Visiting Rotarians

Kathy Smith called for introductions. There were no visiting Rotarians and one guest. **Lucie Gosselin** introduced

Dena Nichols, a friend of the speaker. There were many oohs! from the audience when Lucie disclosed that Dena is the person in charge of desserts at the Coast Bastion.

Dena is obviously an important person for members to get to know!



Dena Nichols, our pastry chef.

Lucie Gosselin reminded the club about the necessity of getting criminal record checks completed if one is to be involved with young people or vulnerable old folks. **Past president Douglas** agreed to repost the email explaining the procedure and giving the link to initiate the check. Lucie recommended that all members get checked.

Sgt-at- Arms



Wahid Ali caught **Susan Gerrand** and **Brent Stetar** who missed their turns as greeters this week. He also pried money out of **Bob Wilson**, **Douglas Anderson** and **Dave Hammond** for obscure reasons that only Wahid

understood (!).

Wahid noticed that **Bruce Sampson** had longer hair and wondered if this signified a change in Bruce's life. Unfortunately for Bruce it did. He has received mandatory retirement from the military, based on age. Bruce is appealing the decision and the club wishes him well, since we know how much proudly wearing the uniform means to him.



Happy and Sad Bucks



New member Wendy Pratt was happy to now be a member of Rotary.

Kathy Smith was happy that she and **Yvan Gosselin** had visited the Nanaimo Correctional Facility for Aboriginal Days. It was a great experience.

Dave Hammond was happy to thank the Heisterman's for hosting the last bridge evening of the season. **John Heisterman** was happy too, since he gets to eat all the left over goodies brought by the bridge players.

Doug Cowling was sad. The weather was so much better when Douglas was in charge.



Health of the Club

Yvan Gosselin reported that the Club had sent flowers to Honorary Member **Doug Greer** who is in hospital.

President's Remarks



This being the start of a new Rotary year, **President Bob** unfurled the new Rotary banner "Light Up Rotary" and presented the old one to now **Past**

President Douglas Anderson.

President Bob also thanked the Fellowship Committee for doing an excellent job organising the installation

Motion & Announcements

Two weeks' notice having been given, **Yvan Gosselin**, speaking on behalf of the book sale committee, proposed a motion to permit the purchase of 20 new tables for the sale. **Bruce Sampson** seconded the motion which was carried unanimously on a show of hands without discussion.

Tribute for Roy Ostling



Carey McIver gave a moving tribute to her long-time friend, colleague and past member **Roy Ostling**. Roy was reported missing and then found a few

days later on June 6 having jumped overboard from a ferry. Carey had known Roy for about 25 years. He was passionate about the environment and social justice issues. He was a writer, photographer and communicator. Indeed Roy wrote most of the Nanaimo news letters about recycling and waste management. He went on the Rotary Mission to Ghana with Carey.



Bill Horman celebrated 59 years as a Rotarian.

Bill Horman was happy to celebrate his 59th anniversary as a club member.

Donna Hais was happy and proud that her daughter had graduated grade twelve and has been accepted into college.

Past President

Douglas was happy

not to be at the podium anymore and among the rest of us.

Lila Tanner was happy that **John Morris** persuaded her to join Rotary.

Wahid Ali was happy to be back after six weeks absence while his wife Nancy was getting herself certified to use firearms. Having an armed clown for a spouse makes for some unusual conversations. Wahid also thanked Douglas for presiding over a great club year.

Draw

John Morris had the winning ticket for the table stakes and **Douglas Anderson** won the card draw, but he only managed to draw the five of clubs.



Hyperbaric Oxygen Therapy

Report by Ross White



Pawel Szopa, guest speaker on the topic of Oxygen Therapy was introduced by **Lila Tanner**. Pawel, born in Poland, moved to Canada at the age of two. Moving from

North Vancouver, he now lives in Nanoose with his wife and 2 year old daughter. Pawel is a graduate of SFU with a BSc in Kinesiology and a certificate in Health and Fitness Studies as another in Applied Human Nutrition. After his mother suffered a stroke, he learned about Hyperbaric Oxygen Treatment option. He took formal training in Key Largo, Florida and San Antonio, Texas. Pawel is a Certified Hyperbaric Technologist under the National Board of Hyperbaric and Medical Technology.

HBOT (Hyperbaric Oxygen Therapy) is a legitimate medical treatment although Vancouver Island does not have a centre supported by MSP. There is



one in Vancouver. Treatment may be obtained here at the Oceanside Hyperbaric clinic in Parksville. Internationally, HBOT is used for many more conditions than are currently approved in North America. Global leaders in hyperbaric research and in treatment application include Sweden, Japan, Russia and China.

The history of Hyperbaric Medicine stretches back to the 1600's prior to the discovery of oxygen in the 1700's. Today, the combination of breathing oxygen at increased atmospheric pressure, called hyperbaric oxygen therapy (HBOT), is an internationally recognized medical treatment. In North America, it is used to treat serious medical conditions grouped into 14 categories approved by the Undersea and Hyperbaric Medical Society (UHMS.) Some are: Air or Gas Embolism; Carbon Monoxide (CO) Poisoning / CO Poisoning Complicated by Cyanide Poisoning; Crush Injury, Decompression Sickness; Severe Anemia; Necrotizing Soft Tissue Infections; Acute Thermal Burn Injury; Idiopathic Sudden Sensorineural Hearing Loss. There are also some experimental conditions: Lyme disease, Chronic Fatigue Syndrome,

multiple sclerosis, Type 1 diabetes, stroke, crones and general cancer.

Hyperbaric oxygen therapy is a non-invasive and painless treatment in which the patient breathes 100 per cent pure oxygen while in a pressurized hyperbaric chamber. Used to treat a wide variety of dysfunctions, injuries and diseases, HBOT utilizes this increased pressure to deliver oxygen much more effectively than can be achieved under normal conditions.

This extra oxygen speeds up and enhances the body's natural ability to heal. Long used to treat divers with decompression sickness, HBOT is now gaining international recognition as one of the safest and most dynamic therapies available.

The clinic in Parksville has three individuals: Pawel (safety director), a clinic director and a chamber operator. Further information can be obtained at www.oceansidehyperbaric.ca

One of the questions posed confirmed that the therapy can be used for COPD.

Pawel was thanked by **Frank Shoemaker**. He commented that a presentation such as this opens our eyes to alternative advances in medicine. The traditional pen was presented.

HELP IMPROVE CLUB ATTENDANCE

YOU CAN MAKEUP BY:

ATTENDING ANOTHER CLUB MEETING

ATTENDING A BOARD MEETING

ATTENDING A SCHEDULED COMMITTEE MEETING

(Not being held on a regular meeting day)

HELPING AT THE BOOK SALE

PROJECTS PARTICIPATION

NOTE: Must be reported two weeks prior or two weeks after the meeting missed.

ATTENDANCE

By Bob Janes

Attendance for June 27th was **67%**

We missed these Rotarians:

Blackmore, Bliston, Borisenko, Brand, Coutu, Currie, Henderson, Hewitt, Lewis, Narver, Patrick, Raedler, Ramos, Ryan, Walker, Welch

Guests:

Pawel Szopa, guest speaker

Make ups:

Bob Fenty, Youth Exchange

Birthdays:

Bob Patrick on July 8th

Ross White on July 8th

Spouse Birthdays:

Terry Malpass (Bob Janes) July 7th

Club Anniversaries:

John Marlow, 37 years on July 8th



We received a plaque of thanks from the Therapeutic Riding Association in appreciation of a recent donation made to them.

WEEKLY CLUB PROGRAMS

Friday, July 4th

GREETERS	Lila Tanner, Bob McDougall, Bruce Gordon
CASHIERS	Ed Borisenko
SGT-AT-ARMS	Wayne Anderson
INVOCATION	Ross White
HEAD TABLE	Pres. Bob, DG Michael Proctor, Douglas Anderson, Bob Patrick, Ross White, Tanner, McDougall, Gordon
INTRODUCE GUESTS	Charles Ramos
INTRODUCE SPEAKER	Douglas Anderson
PROGRAM	DISTRICT GOVERNOR VISIT <i>Michael Proctor</i>
THANK SPEAKER	President Bob Wilson

Friday, July 11th

GREETERS	Keith McFarlane, Art Vanidour, Lucie Gosselin
CASHIERS	Ed Borisenko
SGT-AT-ARMS	Bob Fenty
INVOCATION	Joan Ryan
HEAD TABLE	Pres. Bob, Melanie Craik, Richard Finnegan, Sharon Welch, Norm Myden, McFarlane, Vanidour, Lucie Gosselin
INTRODUCE GUESTS	Ian Williams
INTRODUCE SPEAKER	Richard Finnegan
PROGRAM	TRAVEL INSURANCE TIPS <i>Melanie Craik</i>
THANK SPEAKER	Kevin Cantelon

Friday, July 18th

GREETERS	Susie Walker, Carey McIver, Yvan Gosselin
CASHIERS	Ed Borisenko
SGT-AT-ARMS	Dave Hammond
INVOCATION	Wahid Ali
HEAD TABLE	Pres. Bob, Janeane Coutu, Richard Finnegan, Wendy Pratt, Dave Connolly and Debbie Narver
INTRODUCE GUESTS	John Salem
INTRODUCE SPEAKER	Wendy Pratt
PROGRAM	CLUB RUNNER / COMPUTER TIPS <i>Janeane and Richard</i>
THANK SPEAKER	President Bob

RI President Ron Burton has made the world his office.

Over the past year, the Rotary International president has traveled more than half-a-million miles across 50 countries, to inspire and motivate Rotary's 1.2 million members. Although many encouraged him to use cheaper, virtual alternatives, he believes it takes face-to-face engagement.

"I was the first president to have a Google Hangout and have done Facebook chats," Burton says, reflecting on his term, which ends at midnight 30 June. "But I asked Rotarians this year to Engage Rotary, Change Lives, so I needed to live that as well, by sitting at kitchen tables talking to families, visiting community projects, speaking to clubs, and [meeting] with other leaders around the world to promote Rotary's good work."

Burton, Rotary's 105th president, calls the job one of "awesome and great responsibility."

"It's a great honor to follow in the footsteps of [Rotary's founder] Paul Harris," says Burton, a member of the Rotary Club of Norman, Oklahoma, in the U.S. "When I travel around the world, I'm able to meet Rotarians from every walk of life and every culture. And all of them have such a deep respect for the office." He adds that it's been important to remember that "this position isn't about me. It's about the job."

The job of Rotary president essentially begins election to the position a year before taking office. Presidents-elect set an agenda for the coming year, pick committee chairs, and work on the convention program. All of that, Burton says, is to set the stage for a successful term. And looking back on the past two years, he's reminded of an adage from back home.

"There's a saying in Oklahoma that where you go in life, whatever job you set out to do, you should always leave the woodpile a little higher than it was when you found it," he says. "With the tremendous support of Rotarians worldwide, I believe we accomplished that this year."

A big contribution to that woodpile is one of the things Burton is most proud. He asked each one of his 537 district governors to make a gift to The Rotary Foundation. No matter the size of the contribution or the fund, he wanted all of them to show support for the Foundation. And they did, becoming the first district governor class to make that commitment, raising more than \$700,000.

"What we're talking about here is a change of thinking, a change in culture," says Burton. "There needs to be the thought that this is our Foundation and the more we support it, the more lives we can change."

President-elect Gary Huang followed Burton's lead and has asked his own class of governors to do the same. The group has already contributed \$1 million for the Foundation.

"I hope what we started becomes a tradition with all Rotary presidents," says Burton.

Another highlight of the year was during the Victory Over Polio celebration in February at Talkatora Stadium in New Delhi. The nationally televised event hailed India's third consecutive year of being polio-free.



DATES TO REMEMBER

Please let your COGS Committee know of any upcoming Rotary events so we can publish them in this space.



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 — Lila Tanner

Meeting Reporter: John Shillabeer / Program Reporter: Ross White / Photos: Ian Williams

Editing & Production: Bruce Gordon / Web Posting: Ian Williams

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