

ROTARY CLUB OF NANAIMO

“C O G S”



Volume 96, Number 34

4,717th Meeting

Friday, March 11, 2016



Afternoon sun filters through in Hemer Park -

photo by Ian Williams 3-7-16

**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**

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Meeting Notes from March 4th, 2016

By John Shillabeer

President Lila opened the meeting and the Club sang O Canada. **Mike Herold** gave the invocation asking us to account for our good fortune and ensure that we can enable support for others.

Introductions



Azeez Subair

Douglas Anderson called for the introduction of guests and visiting Rotarians. **Joan Ryan** introduced her guest **Azeez Subair**, an MBA student at VIU and Joan's current intern. **Brent Stetar** (with tongue in cheek) felt obliged to introduce **John Heisterman** after his long absence. Douglas introduced fellow Rotarian **Denise Larson** from the Daybreak Club.

Announcements

John Shillabeer reminded members of the upcoming Book Committee meeting on Thursday March 10 at 7:00 pm at Janeane's house.

Notice of Motion

Frank Shoemaker, speaking on behalf of the Overseas Service Committee, gave two weeks' notice of a motion to donate \$1,000 to the Shelterbox Canada program. Given the amount, a motion is not strictly required but the committee feels it is appropriate for the Club to vote on the matter since this would be the second \$1,000 Shelterbox donation this year.



Sergeant-at-Arms

Joan Ryan was our Sgt-at-Arms and was assisted by **Dave Hammond**, the money man.

Joan asked who of our members with two or more years standing in the club had not attended a District Leadership Training Assembly (DLTA). A number of members owned up and Dave collected their "donations". The next DLTA will be in Victoria, April 2-3. The club will defray an attending member's expenses up to \$200. Happily **Henry Jiang** promised to attend.

Happy and Sad Bucks

Joan was sad that she will miss the next two meetings, partly because she will be attending the Rotary Youth Leadership Awards (RYLA).



Debbie Narver was happy to have experienced the President Elect Training Session (PETS) in Whistler. She travelled with, and got to know, the other four Nanaimo presidents-elect, and described the learning experience as "trying to drink from a fire hose", i.e. overwhelming.

Carey McIvor was happy to be back after a four week absence and reported that she did an interesting make up with the Yellowhead club in Prince George.

Brent Barootes was happy to report that his daughter Brooklyn performed very well as young Anne in Anne of Green Gables at Aspen Grove School.



Douglas Anderson was happy to be back from two weeks excellent skiing in Whistler and is looking forward to another two weeks skiing, this time with his two year old granddaughter.

Art Vanidour was happy to announce that a close friend of the family will receive the Governor General's Award.

John Heisterman was happy to be back from an extended ski trip in which he and friends covered over 80,000 vertical meters. In the Dolomites, no less!



Henry Jiang was happy to congratulate **Brent Stetar** for his "very handsome" picture in the newspaper together with the accompanying article about the upcoming Book Sale and the work of Rotary.

Dave Hammond was happy to announce that ten refugee families from the Middle East arrived this week in Nanaimo and are currently staying at the Howard Johnsons hotel.



David Woodward was happy to recognise **Joan Ryan** as a long standing employer of VIU students in training, including her current intern Azeez.

President Lila was happy to note that she was not alone in being fleeced by a fly-by-night contractor who had promised to clean the moss from her roof. Another reader of the newspaper had a similar beef.

Club Draws

Yvan Gosselin won the table stakes and **Egon Holzwarth** drew the ace of spades for the accumulated pot. However Egon said he had sold the winning ticket to an outsider. He went searching for the winner.



Nanaimo Brain Injury Society

By Charles Ramos

Our speaker today was **Kix Citton**, of Education and Community Liaison at Nanaimo Brain Injury Society.

Kix was introduced by club member **Wendy Pratt**. Kix develops education initiatives and works with communities to increase awareness of Acquired Brain Injury and the Nanaimo Brain Injury Society. She has a background in community development, education, and inclusive leadership. She graduated from the UVic School of Public Health with a Bachelor of Arts degree in Health and Community Services. She enjoys working with individuals and organizations to build healthier communities.



Ms. Citton began her talk by saying she is very happy to be here, since the spirit of service is close to her heart. She then noted that her area of work deals with brain injuries that happen after birth, through accident, illness, stroke, etc. The effects can be devastating on the individual and families. Acquired Brain Injury is the number one disabler of people under 45, and it is a silent epidemic. Four per cent of Canadians have sustained a brain injury; in Nanaimo this would relate to 4,000 people.

There are numerous symptoms associated with brain injury, with some of these being memory loss, fatigue, chronic pain, and emotional instability. All injured people can display different symptoms; Ms. Citton mentioned, "When you've met one person with a brain injury, you've met one person with a brain injury".

Concussion is a commonly-seen brain injury. There has recently been a tragedy where a female Canadian rugby player died from a secondary concussion while already playing with a head injury. The effects of concussion can be life-long.

The second half of the program was a video which highlighted the lack of knowledge about brain injuries in society. A number of brain injury questions were asked of the general populace, and correct answers were few and far between.

Ms. Citton explained that recovery can be very slow, and in many cases is never complete. There has been encouraging research lately into neuroplasticity, which has shown that active and more highly educated minds can have a greater chance of redeveloping connections to bypass damaged areas.

The Nanaimo Brain Injury Society offers the bridging ser-

vices between acute care and the community, and they do their best to support people to live a healthy life.

After several questions from the floor, Rotarian **Brent Barootes** thanked our speaker for the very interesting and informative program, and noted that this hits close to home for him, as his wife suffered a concussion 14 months ago from which she is still in recovery. Brent then presented Kix with a pen handmade by **Allen Smith** as a token of club's appreciation.



Those contributing to the Sgt-at-Arms pot included Donna Hais, our President Lila, Douglas Anderson and Carey McIver—all with happy events to share with club members that contribute to a lively meeting full of fun and fellowship.

ATTENDANCE

by Bob Janes

Attendance for Feb 26th was **53%**

We missed these Rotarians;

Ali, W. Anderson, Coutu, Cowling, Currie, Fenty, Gerrand, L Gosselin, Grice, Henderson, King, Laing, Lessan, Lewis, Myden, Parsons, Patrick, Raedler, Salem, J. Smith, Stephens, Tessier, Wilson, Woychuk, Zhang

Visiting Rotarians:

Denise Larson – Daybreak

Guests: Azeez Subair

Birthdays:

Joyce Smith, March 18

Spouse Birthdays:

Doug Narver [Debbie] on March 11th

Wedding Anniversaries:

Derek & Kim Lewis, 8 yrs on March 13th

Club Anniversaries:

Fay Laing, one year on March 13th

Douglas Anderson, 8 years on March 14th

MARCH: Water & Sanitization Month

Governor Rose's March Message:

Water and Sanitation has been a focus of Rotary and its members for many years. Here in our own District we have projects going in many different countries. Both are important to the health of the people. It has been very re-warding to me personally to have been able to play a role in making projects happen in Malawi, Africa and in Papua New Guinea. Having traveled all of this district I am impressed with the number of projects with a water focus in multiple countries throughout this world.



**DISTRICT GOVERNOR
ROSE BOWMAN**

Bob Wubben, Olympia Rotarian is my champion of making good water and sanitation projects successfully come to fruition. He also helped start WASH-RAG (Water Sanitation and Health Rotary Action Group). You too can become a member of this group, just google and sign up. What is really exciting about WASH-RAG and Bob Wubben is that they were the first Rotary Action Group officially sanctioned by Rotary International. Thank you Bob for your service.

Water Issues in the United States as well -

Now we have word of many water challenges here in

our own country, the Flint Michigan water issue is huge and very concerning for the health of their population, especially the babies and children.

NOTE: If you or your club would like to help in Flint Michigan contact Candace Cahill of the Shelton Skookum Club. She has direct contact with a Rotary Club in Flint. Email her at: candace.skookumrotary@gmail.com

As we move forward in the last half of our Rotary year it is time to evaluate where we are with our goals.

- What is your club's membership goal - are you on track with that?
- Has your club or your members donated something to the Foundation Annual Fund? My goal is to have 100% participation. Now is the time to review that participation. We have 88 clubs 84 clubs have donated something to this fund. Thank you.
- Has your club or your members donated something to the PolioPlus Fund? Again we have 88 clubs 77 have donated to Polio.

Thank you.

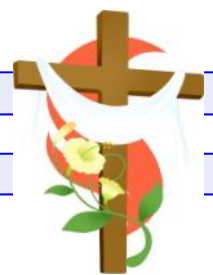
Rose

DATES TO REMEMBER

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

April 8-17—Rotary Book Sale, Nanaimo North Town Centre. Sign up for your shifts soon!

June 24-25—District 5020 Conference in Olympia Washington. Join District Governor Rose Bowman and the Rotary District Committee at the Red Lion Hotel in Olympia to celebrate Rotary!

MEETING DATE	March 11th, 2016	March 18th, 2016	March 25th, 2016
GREETERS	Ed Borisenko, Joan Ryan, Henry Jiang	Bill King, Eric Brand, John Salem	
CASHIER	John Shillabeer	John Shillabeer	
SGT-AT-ARMS	Bruce Samson	Dave Hammond	
INVOCATION	Egon Holzwarth	Bob Janes	
HEAD TABLE	Pres Lila, Randy O'Donnel, Wayne Anderson, Ed Borisenko, Joan Ryan, Henry Jhang	Pres Lila, Michele Hillier, John Shillabeer, Joyce Smith, Bill King, Eric Brand, John Salem	GOOD FRIDAY
INTRO GUESTS	Bruce Gordon	Brent Barootes	
INTRO SPEAKER	Wayne Anderson	John Shillabeer	
PROGRAM	PHOTOGRAPHY TECHNIQUES <i>Randy O'Donnell</i>	LITERACY NANAIMO <i>Michele Hillier</i>	ROTARY MEETING
THANK SPEAKER	Wahid Ali	Wendy Pratt	