

ROTARY CLUB OF NANAIMO

“C O G S”



Volume 94, Number 39

4,630th Meeting

Friday, May 16, 2014

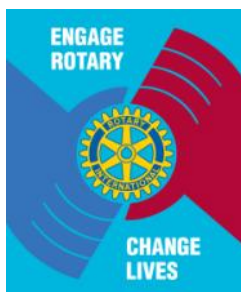


Downtown Nanaimo as seen from the inner harbour on a calm spring evening.—*Photo by Mike Bonkowski*

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

CLUB OFFICERS 2013-2014

President Douglas Anderson
Vice President Wahid Ali
Secretary Bob Janes
Treasurer Lynne Pankratz
President Elect Robert Wilson
Immediate Past President Joan Ryan



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

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Meeting Notes from May 9th

By: Lucie Gosselin

The meeting was chaired by **President Douglas Anderson**. **Frank Shoemaker** gave an invocation and **Dave Hammond** gave a eulogy for **Jerry Corriveau**. A minute of silence followed the eulogy. **Derek Lewis** introduced visiting Rotarians and guests.

We were informed that **Chris Everett**, president elect of the Daybreak Club had a stroke. No further information on his health was available at this time. We sang Happy Birthday to **Jane Currie**.

President Douglas reminded us all that today May 9th has been designated as a Day of Honour for our troops who served in Afghanistan. A moment of reflection was held in memory of those who did not return and those who have returned injured in mind and body.

President Douglas congratulated the members for a successful book sale so far. He told us we have been invited to work the VIEX gates again this year. He asked for a show of hands from those who would be willing to work a shift. Several hands went up. The VIEX will be held August 15 to 17.

... from Tuesday's Board meeting

After extensive discussion and deliberation Tuesday night, the Board has decided that the club will not participate in the ticket sales at the VIEX this year.

May is the month for the Celebration of Rotary around the world. It is therefore appropriate that the District conference was held this month. **President Douglas** and **Brenda Grice** along with **Frank** and **Jane Shoemaker** attended the conference in Whistler last weekend. As usual, there were a number of great speakers. Our club had a display showcasing our book sale.

Carrie McIver announced that the five clubs of Nanaimo will be hosting Rotarians from Ghana at the end of the month. She is looking for families to provide home stays between May 21st to June 2nd. Please contact Carrie if you are able to attend. An event will be held on May 24th.



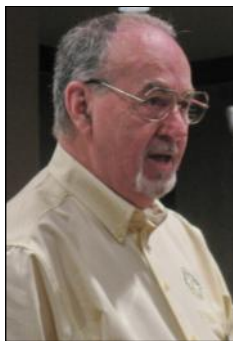
Dave Hammond pointed out that the annual golf tournament is coming up on June 13th. Please see the back of the *COGS* for dates to remember.

Yvan Gosselin reminded members that the book sale wrap up is Monday. The day starts with the taking down of signs around town. Those willing to help, please meet at the mall at 9:15. And volunteers will be needed after 4:00 to stack books and after 5:00 to load tables which need to be returned to VIU.

Bob Wilson distributed forms for committee volunteers. Please complete a sheet and hand it to **Bruce Gordon**.

Frank Shoemaker reported that he attended a session on Peace Fellowships at the conference. He also announced that our club received an award for our literacy projects. **Douglas Anderson** added that we received a second award for using Rotary Central.

Bob Janes informed us that the Lady-smith Rotary Club is hosting a garden tour on May 25th. We're all welcome.



Sgt-at-Arms Bob Fenty gave a multiple choice quiz to pull money from members. **Jane Currie** gave a dollar per year of her life for her birthday. No one told us how

much that was so I'm guessing it was \$39. **Joan Ryan** paid an advertising dollar for Dry Grad. **Brenda Grice** gave a happy dollar because her mother sold her home in Ontario and has moved to Nanaimo. **John Heisterman** has decided to get the crabs he caught



last week stuffed by a taxidermist to preserve them after seeing the price of crab. **Ed Borisenko** reported that **Bob Peters** had a bad fall and hurt his hip.

Bob Buchanan won the table stakes and **Douglas Anderson** won the chance to pull the Ace of Spades but missed, so the 50-50 pot continues to grow.



Rotary Book Sale exceeds expectations

While all the final numbers have not been crunched at *COGS* press time, it looks like our Rotary Book Sale is going to surpass previous spring sales numbers and record almost \$54,000 in gross sales.

Added to sales of \$58,800 in our fall sale, that brings a total of \$112,750 gross funds raised in this Rotary year.

Thanks go out to all club members who helped in any way with our sale, and to the many non-Rotary volunteers who contributed to the success of our sale—including so many spouses who put in multiple shifts.

Club wins Literacy Award At District Conference



President Douglas shows our Literacy Award won at the District Conference, thanks to the efforts of Frank Shoemaker.

The Prostate Centre

Report by Janeane Coutu



Susie Walker introduced our guest speaker, **Leanne Kopp** who is the Executive Director of The Prostate Centre which is located in Victoria.

Opened in 2000,

The Prostate Centre provides advice, education and support for men and families on the Vancouver Island and the Gulf Islands who are dealing with prostate cancer or other prostate health issues, as well as sponsoring local research projects related to prostate cancer treatment and care. All services and programs are free, no medical referral is required.

The PC is a non-profit organization that is funding solely by private donations, they receive no government funding. They have over 125 volunteers working in the community and 4 volunteer nurses that donate 720 hours of their time to provide counseling and treatment options to men and their families. In one recent Men's Health Day they hosted in Victoria, 22 men were "caught" in their PSA testing. This is a free education fair that highlights issues related to all aspects of men's health – eye testing, blood pressure, free PSA testing and more. They are planning a similar event in Parksville for the first time on September 27th.

Prostate Cancer Facts

-36% of newly diagnosed cancers in BC men

-it affects 1 in 7 men

-is the most common form of cancer to afflict men in Canada

-males are encouraged to begin PSA testing at age 40 (used to be 50yrs)

-if there is one family member afflicted, it increases chances by 50%

In 2013 there were 811 men diagnosed with prostate cancer on Vancouver Island, 23,600 new cases were diagnosed nationally. The PC provided patient support to 1077 men and their

families in 2013.



Leanne Kopp gave Rotarians a sobering message, "40 is the new 50" for prostate cancer testing.

What can you do?

- Get a PSA blood test each year and keep track of your results year to year. Don't rely solely on your doctor to track this. (women – urge the men in your life to get tested)
- The PSA test and digital rectal exam are screening tools, not diagnostic tools. If your numbers go up, see your doctor.
- Visit the Prostrate Centre for more information – in person or online www.theprostratecentre.org

Gerry McQuade spoke to us about his experience with The Prostate Centre and his own diagnoses 7 years ago. He and his wife went to the Centre for counselling to learn what the disease was, the different options for treatment and care. He so valued their services he now serves on their Board.

Essentially there are 6 approaches to treating a positive diagnosis;

1) Watchful waiting

2) Radical prostatectomy (surgery to remove the prostate gland)

3) Robotic surgery (not too available in Canada, very expensive but quick recovery time)

4) Hormone therapy to kill cells

5) Radiation therapy

6) Brachytherapy - radioactive seeds are inserted into the prostate

Leanne was asked about her connection to the cause. She responded that she is a professional fundraiser and her association started as a job. She has since been touched personally by the disease (her grandfather passed away) and being a wife and mother of two sons, it has become her passion. And it shows in her talk.

Final message - GET TESTED! Tell your loved ones to get tested!

Dave Hammond thanked both guests for coming and noted, "Since 60 is the new 40" his time has come to get tested. Both were presented with a hand-carved pen as a memento of their visit.

ATTENDANCE

By Bob Janes

Attendance for May 9th was **47%**

We missed these Rotarians

Ali, Blackmore, Blinston, Brand, Cantelon, Finnegan, Gerrand, Hais, Henderson, Hewitt, Holzwarth, King, Knutsson, Morris, Patrick, Raedler, Ramos, Shillabeer, A. Smith, J. Smith, K Smith, Stetar, Tanner, Welch

Visiting Guests:

Moe Lessan, Leanne Kopp, Gerry McQuade

Make ups:

Douglas Anderson & Brenda Grice at Mississauga

Birthdays:

Dale Huck, May 21st

Spouses Birthday:

Annabel Kirby (Carey McIver) May 17th

Steve Afantas (Susan Gerrand) May 19th

Wedding Anniversaries:

Carmon & Dawn Henderson, 44 years May 16th

Debbie & Doug Narver, 31 years, May 21st

Apologies to Norm and Barbara Myden for missing your anniversary last week.

Club Anniversaries:

Ross White, 27 years, May 22nd

WEEKLY CLUB PROGRAMS

Friday, May 16th

GREETERS	John Shillabeer, Jeremy Hewitt, Dave Connolly
CASHIERS	Norm Myden
SGT-AT-ARMS	David Hammond
INVOCATION	Kathy Smith
HEAD TABLE	Pres. Douglas, DG Peter Taylor and Kristine, John Shillabeer, Jeremy Hewitt, Dave Connolly, Bob Janes
INTRODUCE GUESTS	Mike Knutsson
INTRODUCE SPEAKER	—
PROGRAM	CLUB ASSEMBLY <i>President Douglas</i>
THANK SPEAKER	—

Friday, May 23th

GREETERS	Frank Shoemaker, Egon Holzwarth, Kathy Smith
CASHIERS	Norm Myden
SGT-AT-ARMS	John Heisterman
INVOCATION	Joyce Smith
HEAD TABLE	Pres. Douglas, Bev Hilton, Joan Ryan, Delegates from Ghana, Richard Finnegan, Ross White
INTRODUCE GUESTS	Keith McFarlane
INTRODUCE SPEAKER	Joan Ryan
PROGRAM	GHANA ROTARY PRESENTATION <i>Bev Hilton</i>
THANK SPEAKER	Carey McIver

Friday, May 30th

GREETERS	Jane Currie, Allan Smith, Bob Janes
CASHIERS	Norm Myden
SGT-AT-ARMS	Joan Ryan
INVOCATION	Lila Tanner
HEAD TABLE	Pres. Douglas, RYLA Candidates, Bob Fenty, Keith McFarlane, Jane Currie, Allan Smith, Bob Janes
INTRODUCE GUESTS	Lynne Pankratz
INTRODUCE SPEAKER	Bob Fenty
PROGRAM	RYLA / ADVENTURES IN FORESTRY <i>Various Youth</i>
THANK SPEAKER	Doug Cowling

ER Room Named for our Rotary club

As a result of our \$50,000 donation made to the Nanaimo Hospital Foundation, room E 1150 has been designated as a room in the Emergency Department of NRGH funded by our club. Funds were raised by our successful book sale over several years.



Rotarian Jerry Corriveau passes



**Jerry Corriveau
1952—2014**

by Dave
Hammond

Jerry Corriveau was born in Kimberly, BC on February 26, 1952, the third of four children. Jerry suffered a broken neck in a rugby game when he was 16

years old. He would not walk again.

After spending a year in rehab, Jerry returned to high school and after graduating he attended UBC and graduated in 1978 with a Bachelor of Commerce degree.

After graduating from UBC Jerry worked for Finning for several years in Vancouver and Whitehorse. Finding the winters in the north a little tough, he then moved back to Vancouver and went to work for Fisheries and Oceans. He transferred to the Pacific Biological Station in 1987 and spent 25 years there until his retirement in 2012.

That was the year that Jerry was invited to join Rotary.

Jerry is survived by two daughters, Dana and Taylor, and three grandchildren—two girls and a grandson born on his birthday last February.

Jerry had many challenges because of his disability but he always had a positive attitude and a cheery smile. He had a long and distinguished career with Fisheries and Oceans and earned the respect and admiration of his co-workers.

Jerry loved reading, watching sports, travel, playing cards and keeping up with his extended family—including 30 first cousins.

Jerry enjoyed his brief time in Rotary; the camaraderie and the great things we do locally and around the world. Even as his health was failing and he could not attend regularly in recent months, Jerry kept up with what was going on.

Jerry's daughters are planning an open house here in Nanaimo in the near future, and we will be notified when. His ashes will be spread over Horseshoe Lake near Cranbrook this summer.

DATES TO REMEMBER

May 25—Ladysmith Rotary Garden Tour, Show & Sale. Tickets \$15. For more info call 250-924-3402.

June 13—Rotary Golf Tournament at Winchelsea Golf Course. Best ball, BBQ and lots of good fellowship.

June 20th—Rotary Installation of PE Bob Wilson and his 2014-15 Rotary Executive, Coast Bastion Inn. Fellowship 6:00 p.m., dinner 7:00. *No charge for Rotarians or their spouses.*



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*

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