

Family Christmas Breakfast, Bowen Park Complex—Sunday, December 11th

Rotary Christmas Dinner, Coast Bastion Inn—Thursday, December 15th

Bayview School Christmas Lunch—Wednesday, December 21st

ROTARY CLUB OF NANAIMO

“C O G S”

Volume 97, Number 19

4,749th Meeting

Friday, November 25, 2016



Rainbow across Maffeo Sutton Park in downtown Nanaimo—*perhaps the last one this year!*

—Photo by Barbara Gordon

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

CLUB OFFICERS 2016-2017

President ----- Debbie Narver
Vice President ----- Carey McIver
Secretary ----- Bob Janes
Treasurer ----- Lynne Pankratz
President Elect ----- Jane Currie
Immediate Past President ----- Lila Tanner



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

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Meeting Notes from November 18th, 2016

By Lucie Gosselin

President-elect **Jane Currie** presided to-day's meeting and the invocation was done by **Janeane Coutu**. Janeane then called for the introduction of guests and visiting Rotarians. Among the visitors were two members of the Comox Rotary Club who were here to sell us candied salmon. **Susie Stephens** introduced her colleague **Will Chambers** and **Dave Hammond** introduced **Laurie Bienert**.



Brent Stetar reported that he had called **Frank Shoemaker** and was happy to report that Frank is doing better and even hopes to be back to our meetings in two weeks. **John Salem** who had called **Bob Fenty** reported that Bob had a reaction to a flu shot and therefore had to interrupt his chemo treatments.

Rotary Foundation Month

Ross White reminded us again that November is Foundation month. He pointed to the progress chart which shows \$6,000 year to date. He will write up instructions for donating online in the COGS. He invited **Carey McIver** to share why she gives to the Foundation. Carey has been interested in the Social Justice Movement since 1977 when she graduated from SFU in Geography. Her career eventually brought her to Nanaimo working in waste management for the RDN and that is when she had a chance to go to Sunyani, Ghana to work on their waste management. She describes this as a life changing experience. She could not imagine herself living in those conditions. On her return, she was invited to share her experience with our Rotary Club and subsequently became a member of the club. Our club has since been involved with several projects in Sunyani. Carey has gone back to Sunyani and has seen firsthand the positive effect our projects are making. Projects are funded by the Foundation and she therefore started giving to the Foundation on a regular basis. She has also made the Rotary Foundation beneficiary of 10% of her estate in her will.



Announcements

Lila Tanner read a postcard from **Maxime Therrien**, a student who received \$1000 from our club to go to the Arctic to study climate change. The card was posted from the CGS Amundsen where Maxime is experiencing weather as low as 102 degrees below zero.

Joan Ryan reminded members of the upcoming family Christmas breakfast and Christmas dinner. Check with your spouses and be ready to let her know how many of you will be attending.



Douglas Anderson gave notice of a new member nomination by **Dave Hammond**. **Laurie Biernert** who is the Development Officer of the Nanaimo Community Foundation will join

our club unless there are objections given to Douglas.

The Comox Rotarians gave us a glance into their club's international activities which is where the proceeds from the candied salmon go. They lead by example. We were told that 60% of their members are making monthly automatic online contributions to the Rotary Foundation.

John Heisterman gave a heads up about the Bayview Christmas Lunch which will take place on December 21st.

Wayne Anderson told us the membership committee will be hosting a social evening for new members at his house sometime before Christmas.

Sgt-at-Arms Report

Wayne Anderson was Sgt-at-Arms. He imposed a number of fines including \$1 to all ladies who laughed when Carey referred to Rotary as a "group of grey haired men" and to **Wahid** for being a big winner at the last poker night.

Many happy and sad bucks were paid including **John Heisterman** because he no longer has to eat tofu at home and **Douglas Anderson** telling us a friend of his has been diagnosed with stage three colon cancer. He therefore encouraged everyone to ask their doctor for a FIT test.



Club Draws

Prospect member **Laurie Bienert** won the table stakes and the chance to draw the Ace of Spades went to **Lucie Gosselin** who did not succeed. The pot is growing.

Membership Proposal

Unless the club secretary receives written objection within seven (7) days, the following applicant will be invited to join the Rotary Club of Nanaimo:

LAURIE BIENERT

Classification: Development Officer

Proposed by Dave Hammond

Thanks Rotary

The Rotary Club of Comox sent thanks for being willing to have our sales team at your meeting last week. Harry and Bill sold 46 lb—our best club sales to date! And for that, we are grateful, as will be the recipients of clean water in Honduras. Such a good cause: to fulfill a basic need.



They also enjoyed being with your members at the meeting. Please convey our gratitude to your club members and we hope everyone enjoys the salmon!

VIU Nurses in Mexico

By Charles Ramos

The programme today was *VIU Nurses in Mexico*, presented by three 4th year VIU nurses-in-training. **Susie Stephens** introduced **Suzanne Son, Christie Mah and Christina Heinrich** who recently completed a five week consolidated practicum of nursing practice in Mexico. Their work through VIU was funded in part by our Rotary Club, and other clubs in town.

Program

For this practicum, 14 VIU students were chosen to practice alongside local Mexican nurses and health workers in a number of locations in Mexico. On this excursion, they worked with and observed local non-governmental organizations, independent volunteer health programs, and the organized health system.

The first location visited was San Miguel, where the students worked with the NGO Apoyo in empowering the woman and teen girl population with health information, and observed Apoyo's method of providing the local women with low-interest micro loans to start businesses with which they can support their families and neighbourhoods. The group works with many small rural towns around San Miguel. There is a severe lack in many of the small towns of health care, employment and sanitation, all of which contribute to poor living conditions.



Near San Miguel, the nurses also visited the town of Banda and spent time in the high schools teaching students about general and sexual health, particularly in relation to pregnancy and preventative

activities. There is a local group in Banda called Las Mamas, consisting of mothers and grandmothers, who support the health and wellness of women and teen girls.

The students next traveled to Casa de Los Angeles, where they visited Silao Hospital and La Universidad Catolica. Here, they volunteered at a daycare that was locally instigated and is run by the women of the area to allow others to earn a living. This daycare serves over 100 children a day.



A limited number of staff means the children do much of the work by themselves, and they manage very well.

Throughout their travels, the VIU students donated health and educational materials they had brought for this purpose, and used fundraised moneys to purchase healthcare supplies for the villages. They forged a number of close relationships, and they hope to maintain these acquaintances for years to come.

A number of questions were asked by club members, ranging from the way their itinerary was chosen to the plans to make this a sustaining relationship.

They were thanked by **Denise Wittkofski**, who noted that their practicum sounds like a life changing event that will provide them with different perspectives to take forward. Denise then presented each with a wooden pen, handmade by one of our club members.

MEETING NOTICE

Due to the December 15th Christmas Dinner, there will be **NO NOON MEETING** on December 16th. President Debbie will be taking a poll this Friday to decide if there will be meetings held on December 23rd and December 30th.

ATTENDANCE

By Janeane Coutu

Attendance for **Nov 18th** was **62%**

We missed Rotarians;

Barootes, Brand, Breuker, Gerrand, Henderson, Janes, Jiang, Laing, Lessan, Myden, Narver, Raedler, Shillabeer, Smith, Woodward, Woychuk, Zang

Visiting Rotarians

Harry Panjer & Bill from Comox Rotary Club

Guests of Rotarians

Laurie Bienert, guest of Dave Hammond

Will Chambers, guest of Susie Stephens

Birthdays:

Bill King, December 1st

Club Anniversary:

Joyce Smith, 5 years on November 25th

Christine Parsons, 1 year on November 27th

Ian Williams, 29 years on November 27th

Mike Herold, 25 years on November 29th

E.& O.E.

DATES TO REMEMBER

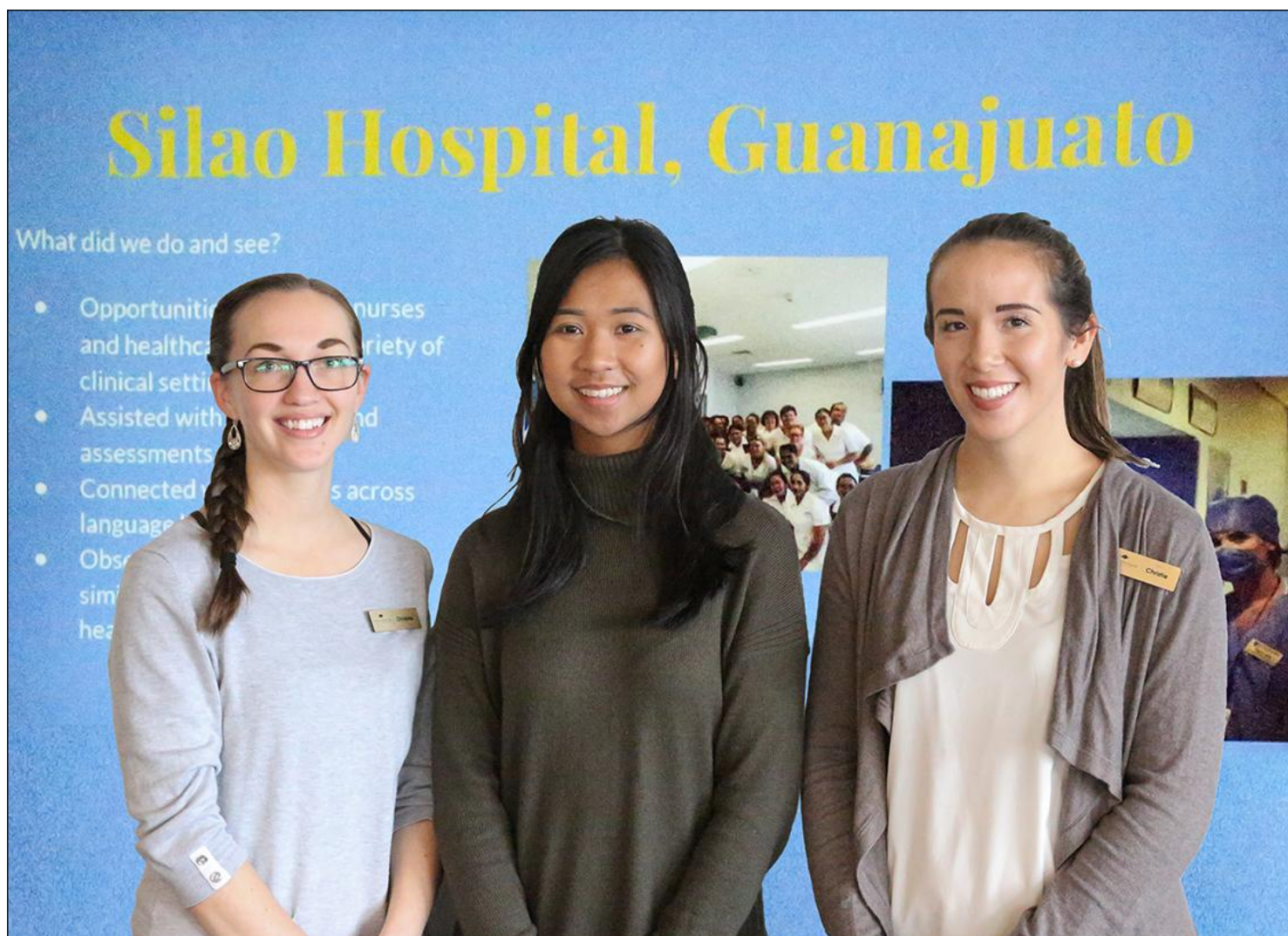
Dec 11th—Family Christmas Breakfast—more information coming.

December 15th—Rotary Christmas Dinner

Wednesday, Dec 21st—Bayview Christmas Lunch, in the capable hands of John Heisterman

May 4, 5, 6, 2017—Spirit of Rotary DTA & Conference, Suquamish, WA. More details at www.rotary5020.org

If you have any Rotary event you would like to advertise, please contact a COGS committee member



Vancouver Island University Students , Christina Heinrich, Suzanne Son, and Christie Mah. Presented their trip to Mexico as part of their education.

WEEKLY CLUB PROGRAMS & MEMBER DUTIES

| MEETING DATE | November 25th | December 2nd | December 9th |
|---------------|---|--|--|
| GREETERS | Carmon Henderson, John Woychuk, Jason Breuker | Mike Herold, Bright Zhang, Bob Patrick | Joan Ryan, Wahid Ali, Wendy Pratt |
| CASHIER | Christine Parsons | Egon Holzwarth | Egon Holzwarth |
| SGT-AT-ARMS | Dave Hammond | Wahid Ali | David Hammond |
| INVOCATION | Doug Cowling | Jane Currie | John Salem |
| HEAD TABLE | Pres Debbie, Alan or Kevin, Wendy Pratt, Bill King, Carmon Henderson, John Woychuk, Jason Breuker | Pres Debbie, DG Chris Offer, Ross White, Bob McDougall, Mike Herold, Bright Zhang, Bob Patrick | Pres Debbie, Lynne Pankratz, Bob Janes, Lila Tanner, Carey McIver, Jane Currie, John Salem |
| INTRO GUESTS | Carey McIver | Christine Parsons | Susie Stephens |
| INTRO SPEAKER | Wendy Pratt | Ross White | — |
| PROGRAM | Fire & Loss Prevention in Nanaimo <i>Alan or Kevin</i> | LEAVING A ROTARY LEGACY <i>Chris Offer, DG Zone 24—Ladner</i> | ANNUAL GENEREAL MEETING <i>President Debbie Narver</i> |
| THANK SPEAKER | Yvan Gosselin | Brenda Grice | — |