

ROTARY CLUB OF NANAIMO

“C GS”

Volume 96, Number 18

4,701st Meeting

Friday, November 6, 2015



Back in our old meeting room at the Coast Bastion Inn, we welcomed visitors to the Benson Room: Dr. Gord Levin from Duncan, Dr. Suzanne Depledge from Nanaimo North Rotary, and Doug Pearson from Nanaimo North who attended to tell us about a project in Ghana they are working on.— *Photos by Ian Williams*

**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

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Assistant Governor

Bev Hilton
Nanaimo Oceanside

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Meeting Notes from October 30th

By Charles Ramos



Vice President **Janeane Coutu** called the meeting to order, and **Bob Fenty** led an a cappella rendition of the national anthem. Our Invocation today was delivered by **Dave Hammond**.

Visiting Rotarians and Guests

Charles Ramos called for visiting Rotarians and guests. There was one guest, and four visiting Rotarians:

- **Henry Traa**, a visiting Rotarian from Winnipeg and also new general manager of the Coast Bastion Inn
- **Susan Depledge** from the Nanaimo North club
- **Gord Levin** from the Duncan Daybreak club
- **Doug Pearson** from the Nanaimo North club



Henry Traa

Visitor **Gordon Reid** from the Errington Therapeutic Riding Association

Health of the Club

Janeane visited **John Morris** hospital, and reported he is in good spirits and welcomes company, but really wants to get back home. **Dave Hammond** emailed **Wayne Anderson** reporting that Wayne is halfway through treatment now, and Joan reported that he came home and immediately began working.

Announcements

Gordon Reid gave a brief presentation on the *Errington Therapeutic Riding Association* highlighting the great work the group is doing. This group is well known to our club, and we regularly support them.



Doug Pearson and **Suzanne Depledge** provided a summary of a Ghana school project they are spearheading, and which our club supported through the international service committee.

Joan Ryan announced that the *Family Christmas Breakfast* is scheduled for December 6 at Bowen Park, and the *Rotary Christmas Dinner* is scheduled for December 18 at the Coast Bastion

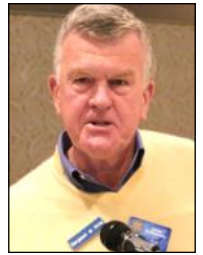


Brenda Grice announced that November is Foundation month. During November, all donations to Foundation will be matched by our club. Donations can be made online, or by personal check to our club, with a note 'to Foundation' at the bottom.

Dave Hammond announced that the bridge club will meet briefly after lunch

Douglas Anderson announced that the 'young members' under 50 are asked to meet briefly after lunch

John Shillabeer announced that the book sale has once again achieved record returns, having raised \$75,090, and sold 40% of the 90,000 book inventory. It was a very successful event, with happy customers and great volunteers. Many thanks to all the members, spouses, friends, and supporters who helped out. And special thanks again to the *Nanaimo North Town Centre* for their incredible and ongoing support. Thank you notices to the NNTC are prepared for the local papers, as well as a thank you letter from the club. Of note this sale was **Susan Gerrand's** \$750 sale of a rare book!



Sergeant at Arms

John Shillabeer was today's Sergeant at Arms. As he does not agree with fining club members for indiscretions, he immediately opened the floor to Happy and Sad bucks, of which there were many:

John Salem paid announcement \$5 that **Brovember** has begun, and he has cheated by starting early (1-2 months ago, from appearances). John challenged all men and women in the club to join him in this fundraising effort for the Nanaimo Hospital Foundation.



Dave Hammond announced his acceptance of **John Salem's** challenge, and reminded members of the 'Great Shave-off' at the end of November where we might once again get to de-foliate **Ian Williams**.

Joan Ryan gave announcement bucks about the upcoming seniors' health fair this Sunday.

Brenda Grice gave happy bucks for folks covering her book sale shifts while she was down with a cold.

Bob Patrick gave happy bucks that he has now reduced to part-time work, but sad bucks that he will need to address his wife's to-do list.

Wendy Pratt gave \$5 to self-fine herself for a missing nametag, and also kudos to the book sale committee.

Susie Stephens (nee: Walker) was happy to pay for her new name badge presented by VP Janeane, so now there should be no confusion as to what her name is!

Brent Stetar paid to announce his daughter cut her hair to support cancer research.



Ian Williams mentioned that one of the NNTC staff personnel is hoping to find lodging for their parents between January – March. If any in the club could help out it would be much appreciated.



Frank Shoemaker gave happy bucks for his recent trip to France where he visited the Toulouse Rotary Club. Frank mentioned that other clubs have the same overall goals as ours, but sometimes do things in a totally different way!

The visiting Rotarians all gave happy bucks to be joining us for today's meeting.

Club Draws

Table stakes were won by **John Salem**, and **Lynne Pankratz's** draw attempt for the 50/50 prize was unsuccessful. The prize is now up around \$275.00 for some lucky winner!



"Tour de Rock" Raises \$1.2M for Cops for Cancer

Reported by Mike Herold

Our speaker today was **Hillary Eastmure** has joined us today to tell us about her recent experience with *Cops for Cancer* and her recent ride on Vancouver Island.



Hillary was introduced by **Bob Patrick** who told us that **Hillary** worked at *Coast FM* and joined the team as a media representative. Her training included 7 months of intensive riding in preparation for her island adventure which correlates to 2000 km of riding.

Hillary's big ride took place on October 2nd with the **Tour de Rock** from one end of the island to the other and she noted that they rose \$1.2m for childhood

cancer research. She noted that only 2% of all cancer research money goes to children's cancer research and that the *Tour de Rock* has been going now for 18 years.

Hillary decided that 2015 was going to be her year for stepping out of her comfort zone and the year started with a Polar Bear swim on New Year's Day and included her *Tour De Rock* experience. Her riding started with the traditional shaving of her hair in support of the young girl she was riding for and she found so many times when she was bone tired that she found the needed energy to carry on with the support of the other riders.

She noted that one of the other riders in her group had a neck brace placed around his neck due to an injury one day prior to the start of a 120 km ride.

Some of the places visited during the ride included Rath-



trevor Beach in Parksville, a school in Woss, which raised \$300. Sayward where a lady donated a crocheted boat for the kids to play with when they attended the kids camp. The

boat took her 6 month to crochet. Other locations visited included a school in Campbell River where the kids were very excited, Shawnigan Lake School, and at one location a young 8 year old girl had Hillary share her head and raised \$300 for the ride in 30 seconds.

The summit in Port Alberni and the summit on the way to Ucluelet / Tofino were grueling for the group and they celebrated getting to the summits by large amount of hugging but the riders.

One thing our speaker learned during her training and subsequent ride was always find someone to hug and don't be afraid to cry; it's good for you. It releases your emotions.

In Sayward, the community presented a cheque to the Rock for \$10,500. And the Port McNeil Rotary Club cooked up steak dinners for the riders.

In Port Hardy a 14 year old boy with a rare form of brain cancer has the community rally around him to support the *Tour De Rock*. His sister also donated her hair. A church in Union Bay made cookies for the riders by the ladies of the church.

Hillary noted that they trained on Calder Hill in Nanaimo and she said this was simply a steep and nasty hill to ride up. She said that there is a valley for every hill in life that

ATTENDANCE

By Bob Janes

Attendance - Oct 30 = **38%**

We missed Rotarians:

Ali, Borisenko, Cantelon, Finnegan, Gerrand, Yvan Gosselin, Hais, Heisterman, Henderson King, Lessan, Lewis, McIver, Morris, Myden, Raedler, Ross, Samson, Al Smith, J. Smith, K. Smith, Tanner, Wilson

Visiting Rotarians: Henry Traa, Suzy Depledge, Doug Pearson and Gord Levin

Guests: Gordon Reid and Hillary Eastmure

Make ups: John Salem – book sale

John Morris=hosp. visits X 3

Birthdays:

Brenda Grice, Nov 8th
Frank Shoemaker, Nov 12

Spouse Birthdays:

Brenda Grice [Douglas] on November 8th
Peggy McDougall [Bob] on November 10th
Barbara Williams [Ian] on November 12th
Diane Salem [John] November 1st

Wedding Anniversaries

Bob & Marie Fenty, 54 years, on November 11th

Club Anniversaries

Mikel Knutsson, 5 years on November 12th

Bruce Samson, 16 years on November 12th

you need to climb and that you need to keep up the momentum; it is worth it.

She rode to the top of Mount Washington and going back down was more terrifying. She also said that riding to Ucluelet / Tofino on that steep and narrow highway was something she would not want to do again.

Hillary left us with words of wisdom ...

You've still got a lot of fight left in you

You can do great things at any age

Don't take no for an answer

Hugs are magic and it's ok to cry

Do your part

Be thankful

There's a hill for every valley

Savour the moment

Be part of a team

Jump in



Bob Fenty with a tear in his eye thanked **Hillary** for a job well done and managed to get two hugs at the same time.

Remembrance Day

Wednesday, November 11th

Don't Forget to wear Your Poppy!

IN MEMORIAM

Rotarian Dr. Herbert C. Welch

May 9, 1925 — October 19, 2015



We are saddened to hear of the passing of long-time member of our Rotary Club, Herb Welch, who has served in many capacities in our club including President in 1983-84. Herb joined our club in 1960, and is a Paul Harris Fellow and an Honorary Rotarian.

Herb came to Nanaimo in 1954 as a GP and then moved his family to Rochester, NY where he specialized in internal medicine, returning to Nanaimo in that capacity in 1959.

Along with Rotary, Herb supported the Nanaimo Hospital Society, the Internal Medicine Society of North America, Probus, the Port Theatre and the Nanaimo City Planning Commission.

A private Celebration of Life will be announced for family and friends at a later date. If desired, donations in Herb's memory can be made to the Heart & Stroke Foundation.

DATES TO REMEMBER

November—"Brovember" month, support your Rotary "Stache" contestants with a donation.

Sunday, Dec 6—Family Christmas Pancake Breakfast, Bowen Park. Bring your children, grandchildren, nieces and nephews—just make sure you provide a wrapped gift for each child you bring!

Friday, Dec 18—Christmas Dinner at Coast Bastion, fellowship at 6 pm, dinner at 7 pm—More details will be forthcoming.

WEEKLY CLUB PROGRAMS & MEMBER DUTIES

MEETING DATE	Friday, November 6th	Friday, Nov 13th	Friday, Nov 20th
GREETERS	Janeane Coutu, Joyce Smith, Carey McIver	Susie Stephens, Doug Cowling, Norm Myden	Debbie Narver, Brent Stetar, Bob Fenty
CASHIER	John Shillabeer	John Shillabeer	John Shillabeer
SGT-AT-ARMS	Bob Fenty	Dave Hammond	John Heisterman
INVOCATION	John Heisterman	Dave Connolly	Egon Holzwarth
HEAD TABLE	Pres. Lila, Comm.Darren Rich, Doug Anderson, Brenda Grice, Frank Shoemaker, Janeane, Joyce, Carey	President Lila, Megan Lurn, Wendy Pratt, Doug Greer, Janeane Coutu, Joyce Smith, Carey McIver	President Lila, Bill Simms, Jane Currie, Egon Holzwarth, Debbie Narver, Brent Stetar, Bob Fenty
INTRO GUESTS	Kevin Cantelon	Carmon Henderson	Doug Cowling
INTRO SPEAKER	Mikel Knutsson	Wendy Pratt	Jane Currie
PROGRAM	Can. Forces Maritime Test Range Commander Darren Rich	LIT/Quest: Our Future Leaders Megan Lurn	Future of Water in Nanaimo Bill Simms
THANK SPEAKER	Bruce Samson	Barbara Blinston	Wendy Pratt