

# ROTARY CLUB OF NANAIMO

# “C O G S”

Volume 97, Number 15

4,745th Meeting

Friday, October 21, 2016



Hitting the Children's Book section early in our Rotary Book Sale were Gina, Catherine and Elizabeth Gail.  
Photos by Ian Williams

**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**

## DIRECTORS

Henry Jiang	Susie Stephens	Moe Lessan
Norm Myden	Wayne Anderson	Charles Ramos

## President Rotary International

John F. Germ, Rotary Club of Chattanooga, Tenn., USA

## District Governor

Joanne Croghan  
Bainbridge Island, Washington

## Assistant Governor

Bev Hilton  
Nanaimo Oceanside

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

## Meeting Notes from October 7th, 2016

By Joyce Smith

A slightly off key National anthem became the start of the meeting. **Barb Blinston** gave induction. We had two visiting Rotarians—**Dave Hammond** introduced **Paul Geneau**, who was our guest speaker and Rotarian from Nanaimo North Club. **Brent Barootes** introduced his son **Jeff Hughes** who is in the Calgary South Club.

There were four guests of Rotarians for this meeting—**Bruce Gordon** introduced past Rotarians from Langley **Geoff Clay** and **Peggy Richardson**, now living on Gabriola Island; **Dave Hammond** introduced **Laurie Bienert** from



Nanaimo Community Foundation; and **Brent Barootes** introduced his daughter



**Brooklyn Barootes.**



**Debbie Narver** presented the President's update—the Strategic Plan Working Group is currently defining the purpose scope and process and is expecting greater involvement in January and February. There have been Board discussions around RI changes to attendance and participation standards. The “hands on project” was introduced which is basically any project or initiative that would benefit the Community, the Board has set an

overall \$5,000 budget and this requires no standing committee involvement, the board is seeking proposals by members.

**Dates to Remember**—no lunch next week—the Book Sale will be on. The next Board meeting is on October 18<sup>th</sup> at MNP office, and Qualicum Beach Sunrise Roses will be delivered October 22<sup>nd</sup> order online at <http://www.qbsunriserotary.ca>? There were no club birthdays, partners' birthday Robert Hais—Donna's husband and anniversaries Wayne & Gail Anderson 47 years, Wahid Ali and Nancy Ford 20 years and Brent Barootes and Coryna Kulba 16 years. Jane Currie had a club anniversary of 9 years.

**Health of the Club**—**Bob Fenty** is undergoing chemotherapy and radiation in Victoria. **John Salem** went to see Bob and he would like to see the club consider making Bob an honorary member. **Frank Shoemaker** is sounding better he had 4 stents after his heart attack a couple of weeks ago and is still in the hospital. **Dave Hammond** talked to **Bill**



**Horman** who is feeling tired and is getting tests done in Victoria.

**Paul Geneau** gave an update on youth exchange which is a combined 5 club project. Currently there are two students visiting this district one from Norway and

one from Thailand. We also have two outbound students—one in Switzerland and one in Spain.

Just an overview for next year we have nine students for the outbound program largely because of Bob Fenty's efforts in generating interest. We have committed two students for outbound and two students for inbound this next year.

### Announcements:



**John Salem** announced on behalf of the Fellowship Committee that November 24<sup>th</sup> is Theatre night to be held at Chemainus Theatre. Tickets will be \$69.99 all in including dinner, 40 seats are being held and guests of Rotarians are welcome. **Dave Hammond**, also on behalf of the Fellowship Committee, sent a sheet around for sign up one for the Supper Club which will be scheduled one in November and one each in the months of January and February, 2017.

**Janeane Coutu**, on behalf of the Book Sale Committee, reminded Rotarians that the Book Sale will start next Friday and that we still need volunteers.



### International Donations Motions Passed

**Norm Myden**, on behalf of International Committee, made a motion to present \$2,000 US to the all schools project in La Penita, Mexico and \$1,000 US to Project Amigo in Mexico. Both motions passed without discussion.

### Sgt-at-Arms Report



**Dave Hammond** was Sergeant at Arms—right off the bat our **President Debbie Narver** got fined. Then Dave had a quiz around Thanksgiving which raised lots of funds from almost all the tables. The answers were as follows:

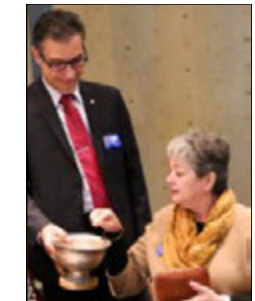
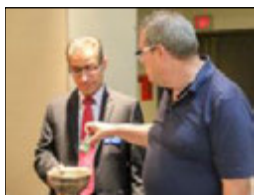
- When did Parliament designation Thanksgiving as a statutory holiday—1879 (*Bob Wilson says it was 1957*)
- In Canada on Monday is Thanksgiving what day is it in the US—Columbus Day
- What region in Canada has a parade on Thanksgiving—Kitchener Waterloo
- In Canada we celebrate thanksgiving on the 2<sup>nd</sup> Monday of October when does the US celebrate thanksgiving—4<sup>th</sup> Thursday of November

### Happy/Sad bucks:

**Joyce Smith** gave a happy \$10 since this is her last meeting before her fellowship exchange to Australia

**Joan Ryan** gave \$2 for RYLA announcements and needs two kids from Grades 9 to 10 who want to go to RYLA.





Bob Wilson got a hug from Janeane because he whined about Wahid getting a hug last week for doing a book collecting job for a couple of weeks while Bob does it all year

Geoff Clay and Peggy Richardson gave a happy \$20 for being at this first Rotary meeting in about 6 to 10 years.

Other happy sad bucks were Janeane Coutu, Brenda Grice, John Salem, Egon Holzwarth, Brooklyn Barootes and Debbie Narver.

Ian Williams won the draw for 50/50 but no money, and Henry Jiang won the table draw.

## DATES TO REMEMBER

**November 24th**—Chemainus Theatre Night, "A Christmas Story" \$69 per person including dinner.

**Dec 11th**—Family Christmas Breakfast

**December 15th**—Rotary Christmas Dinner

## ATTENDANCE

By Bob Janes

Attendance for Oct 7<sup>th</sup> = 49%

### We missed Rotarians:

Ali, W. Anderson, Borisenko, Currie, Gerrand, Henderson, Janes, Lessan, McIver, Pratt, Raedler, Ramos, Samson, A. & K. Smith, Stetar, Tessier, Wittkofski, Woodward, Woychuk, Zhang

**Visiting Rotarians:** Paul Geneau, Geoff Hughes

**Guests:** Jason Breuker, Laurie Rienhart, Brooklyn Barootes, Peggy Richardson, Geoff Clay  
**Makeups:** Grice, Anderson, J. Smith

### Birthdays:

Barbara Blinston, Oct 26  
David Woodward, Oct 26

### Spouse Birthdays:

Coryna Kulba [Brent Barootes] on Oct 27th

# Seniors Eye Health and Eye Disease

Reported by John Shillabeer

Norm Myden introduced Dr Paul Geneau, noting his



very active membership in Rotary since 1981, including stints as president of Nanaimo North Club and Assistant District Governor, together with his leadership in several professional societies.

Eye disease is a growing problem in Canada because of our aging population. After age 40, the number of cases of vision loss doubles every ten years. Vision loss in the aged leads to serious knock-on effects including falls, depression, more people needing to live in a nursing home and eventually death.

Dr Geneau focussed his talk on two of the most common diseases of the eye among seniors: cataracts and macular degeneration.

Cataracts result from the natural aging of the lens. Cells in the lens continue to replicate throughout life, gradually adding to the thickness and the rigidity of the lens. As a result the lens is less flexible and less able to adjust to different focus points. It also becomes cloudy or hazy and lets in less light. Cataracts develop slowly and usually painlessly, so one is barely aware of their development. Risk factors for cataracts include aging, family history, sun exposure (UV rays), lifestyle choices (smoking), eye injury and certain medications (e.g. prednisone in high doses).

There are a number of easy precautions to minimise cataracts:

- wear sunglasses that block UV rays
- lead a healthy lifestyle
- eat a healthy diet rich in antioxidants
- have a regular eye exam

Fortunately cataracts are readily fixed through surgery. Dr Geneau said that surgery has advanced massively since first undertaken some thirty years ago. Today an artificial lens is usually placed under local anesthetic and only takes a few minutes.

Macular degeneration affects the cones in the central part of the retina. The cones are what we use for detailed vision. Macular degeneration is an age related disease that in its early stages shows no symptoms. As it develops vision becomes blurry and dark spots appear. There are two forms of Aged Macular Degeneration (AMD): dry and wet. Dry is more common but can progress to become wet. Wet is about 10% of all cases and usually results in more damage to the eye. AMD can now be treated through regular injections to stop the further development of the disease. It cannot be reversed.

Risk factors for AMD include:

- Age
- Lifestyle
- UV exposure
- Poor diet
- High blood pressure
- Family history

AMD is not preventable but the best precaution is regular comprehensive eye exams

(annually for those over 65). There are also vision aids for those with AMD including special magnifiers, video screens and low vision counselling.

In answering questions from the floor Dr Geneau said that transition lenses protect against UV light and that some contact lenses provide UV protection. Island Health does provide a screening program for children. However it is targeted only at certain diseases and therefore children should also be seen by an eye doctor for a comprehensive exam.

**President Debbie** thanked **Dr Geneau** for sharing his expertise and presented him with a treasured Rotary pen.



Emptied book trays are taken back into the sort room by Brent Stetar early in our book sale as customers were snapping up bargains from the opening of the sale on Friday morning.

## WEEKLY CLUB PROGRAMS & MEMBER DUTIES

MEETING DATE	October 21st	October 28th	November 4th
GREETERS	Keith McFarlane, Brenda Grice, Nattalie Tessier	Ian Williams, Donna Hais, Carey McIver	David Hammond, Bob Wilson, Norm Myden
CASHIER	Henry Jiang	Henry Jiang	Christine Parsons
SGT-AT-ARMS	John Heisterman	Brent Barootes	Bruce Samson
INVOCATION	Ed Borisenko	Eric Brand	Dave Connolly
HEAD TABLE	Pres Debbie, Joan Ryan, Brent Barootes, Barbara Blinston, David Woodward, Henry Jiang	Pres Debbie, Henry Jhang, Kathy Smith, Ellen Ross, Donna Hais, Ian Williams, Carey McIver	Pres Debbie, Michael Knutson, Brenda Grice, Dave Hammond, Bob Wilson, Norm Myden
INTRO GUESTS	Bruce Samson	John Shillabeer	Frank Shoemaker
INTRO SPEAKER	Bob Wilson	Kathy Smith	President Debbie
PROGRAM	<b>Lifeline's new Go Safe &amp; Check</b> <i>Joan Ryan</i>	<b>All You Need to Know About China</b> <i>Henry Jhang</i>	<b>REMEMBRANCE DAY PROGRAM</b> <i>Mikel Knutson</i>
THANK SPEAKER	Susie Stephens	Wayne Anderson	—