

FALL HAMPERS

Rotarians are reminded to bring your Food Donations
for Loaves & Fishes to the meeting next week.
Cash donations will be also be gratefully accepted.

ROTARY CLUB OF NANAIMO

“C O G S”



Volume 97, Number 12

4,742nd Meeting

Friday, September 23, 2016



St. Eval - a motor yacht originally built in 1929 at Scott & Sons in Bowling, UK and formally named Chieftain, a warrior-class tug that served in the UK with a storied past during WW2. Converted to a motor yacht in the 80's. She is 35.02 meters in length with a breadth of 6 meters. A draught of 3.7 meters and Gross tonnage of 209 tons. Flag UK. She is owned by Seaspan out of Vancouver and seen here last week at the visiting vessel pier in downtown Nanaimo.

**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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Nanaimo Oceanside

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

Meeting Notes from September 16th, 2016

By Jane K. Currie

Douglas Anderson read an invocation on the theme of peace – first believing, then acting to achieve peace with oneself, peace within the club and ultimately peace in the world.



Fay Laing introduced guest **Janice Perrino**, new to Nanaimo in her role as CEO of the Hospital Foundation. Janice has a wonderful resume, including past President of Rotary Club of Summerland! **Wendy Pratt** introduced **Rod Mont** from the Daybreak Rotary, who was visiting to bring news of an upcoming fundraiser.

Announcements

President Debbie announced she would be away for a few weeks and in her absence **Vice President Carey McIver** and **Past President Lila Tanner** would run our weekly meetings.



Dave Connelly asked for volunteers for hands-on help to plant new courtyard gardens at NTL and Eden Gardens, likely the weekend of Sept. 24, TBC.

Joan Ryan reported that we need to find two students to send as delegates to RYLA, and the Oct. 7 deadline for applications is fast approaching. The focus is most likely at the grade 9-10 level, probably at J. Barsby school. Some coordination with other clubs may help. It is not our aim at this time to conscript exchange students for this opportunity.



Rod Mont, Rotary Daybreak Club, described opportunities to participate as a walk or sponsor in the Sept. 25 "Walk for Nepal" fundraiser to be held at Westwood Lake. A member of his club has been championing fundraising to provide assistance after last year's devastating earthquake. Daybreak is partnering with a Rotary club in Katmandu to deliver the support.

Ross White announced that at this time of year local food charities are often neglected for donations of food. He asked members of our club to please bring some non-perishable meal basics to the Sept. 23 meeting that could be delivered to the Salvation Army and Loaves & Fishes organizations.

Ian Williams reminded people to register ASAP online for volunteer shifts at



the upcoming book sale. **Janeane Coutu** later emphasized that we really need to know what we have for staffing, to avoid discovering at the last minute that we need to ask for outside help. Any requested shift changes should be sent to Ian.

Sgt-at-Arms Report

Yvan Gosselin performed as Sergeant-at-Arms with great success, covering issues such as rude Pokémon-walking, living in Nanoose, and not talking while the President was speaking. A plethora of happy and sad bucks followed: **Jane Currie** for a good pre-PETS meeting with local Presidents Elect; **Frank Shoemaker**



for a Foundation meeting; **Douglas Anderson** for wife **Brenda Grice's** recovery from shoulder surgery; **Ross White** for a happy family visit in Montreal with a 92 year-old aunt; **Brent Barootes** for a getaway with the Mrs. in



Saltspring Island while daughter Brooklyn was away on a school trip; **Fay Laing** for Poke-walking and nearly catching up to her grandson; **Carey McIver** for spotting grizzlies while on a drift boat in Bella Coola; **Debbie Narver** for an upcoming holiday in Saltspring; and several more.

Janeane Coutu won the table stakes (third week in a row!) and **Frank Shoemaker** tried his hand for the card draw. The 50-50 pot now stands at \$390 and continues to grow. Get your ticket this week!

NO REGULAR NOON MEETING ON OCTOBER 14TH

President Debbie announced that as in the past, there would NOT be a weekly club meeting on the first day of the book sale, Friday October 14th.



Rotary Daybreak's Walk for Nepal

If you would like to support the Rotary Daybreak club projects in Nepal, you can help by joining them for the "Walk for Nepal" on Sunday, September 25th at Westwood Lake. Registration from 8:30 am to 9:00 am—more information on Facebook by searching "Walk for Nepal." It is just a year since the drastic earthquake hit that country and Nepal's recovery is just beginning.



Jason Harrison

Our program last week was on mental health, and Jason Harrison and Kierston Stewart were on hand to tell the club about the local chapter of Mental Health Mid-Island Services.



Kierston Stewart



Our speakers were thanked by Dave Connolly, who presented each with the Rotary pen, which he may have made himself.

As Rotarians we are often asked "what do Rotarians do?" and it is sometimes a difficult question to answer. If you find yourself stuck for an answer, the following makes a good reply . . .

A Rotarian is someone who, through their efforts:

- Digs wells from which they will never drink
- Restores eyesight for those they will never see
- Builds houses in which they will never live
- Vaccinates children they will never meet
- Plants trees they will never sit under
- Educates children they will never know
- Feeds hungry people, regardless of colour, race or politics



DATES TO REMEMBER

September 25th—Walk for Nepal. Rotary Daybreak's walk around Westwood Lake. Details on Facebook - "Walk for Nepal"

Oct 1st—Foundation/Grant Management Seminar, Nanaimo

Oct 14th to 23—Rotary Book Sale at Nanaimo North Town Centre. Many hands needed to work the sale—more info to come.

November 24th—Nanaimo Theatre Night, program to be announced

Dec 11th—Family Christmas Breakfast

December 15th—Rotary Christmas Dinner

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, contact your COGS committee member

ATTENDANCE

By Bob Janes

Attendance for September 16th was **43%**

We missed Rotarians:

Ali, Wayne Anderson, Blinston, Cowling, Fenty, Forghani Targhi, Grice, Hammond, Heisterman, Jiang, King, Lessan, Lewis, Pankratz, Patrick, Raedler, Ramos, Ross, Salem, Samson, Shillabeer, A. & K. Smith, Stephens, Tanner, Tessier, Wilson, Wittkofski, Woodward, Woychuk, Zhang

Visiting Rotarians:

Rod Mont, Daybreak

Guests: Janice Perrino

Makeups:

Brent Stetar, A. Smith

Birthdays:

Bob Wilson, Sept. 27

Spouse Birthdays:

Tim Tessier [Nattalle] on Sept 23rd

Ron Willis [Joyce Smith] Sept. 28th

Wedding Anniversaries:

Jane & John Currie, 40 yrs on September 25th

Pat & Dave Connolly, 60 years on Sept. 29th

Club Anniversaries:

Wayne Anderson, 12 yrs on September 24th

John Heisterman, 21 years on September 29th

Art Vanidour, 49 years on September 29th

E.& O.E.

Mid-Island Mental Health

Some of the services available at the Mid-Island Branch of the Canadian Mental Health Association include:

Support Services

Bounce Back: Reclaim Your Health is a program designed to help adults experiencing symptoms of depression and anxiety that may arise from stress or other life circumstances. It is now available in both English as well as Cantonese and Mandarin.

Employment

The **Employment Services Inventory** is an up-to-date, searchable listing of more than 4500 services from 540 agencies that can help people with mental illness search for employment supports in their community. This resource can be used either for looking for individual program availability in your area or simply as a way of generating ideas for your future.

Housing & Income

The **Community Navigator Project** is a program to help connect clients contacted through the Homeless Outreach Program and other referral sources to achieve goals beyond housing through one-on-one support. Piloted in 2008 by the Ministry of Housing and Social Development, in partnership with CMHA BC, it aims to help individuals access government and community services and programs in order to improve

their participation in their communities.

Public Education

- **Living Life to the Full** classes can help those with low mood and worry while also helping community members to maintain good mental health.

Mental Health First Aid is the help provided a person developing a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved. The concept is based on the model of medical first aid. Training for Mental Health First Aid is delivered by CMHA Branches to diverse groups in the communities.

Community Outreach

Connecting the Dots is an innovative project funded by the Public Health Agency of Canada, which seeks to promote the mental health of urban Aboriginal youth and families by mobilizing the community to address risk and protective factors influencing mental health. It adapts an American-based prevention science model known as Communities that Care (CTC) to the urban Aboriginal Canadian context.

The [Mid-Island Branch](#) is located at:

437 Wesley Street
Nanaimo, BC
V9R 2T8 Canada

Phone 250 244 4042

WEEKLY CLUB PROGRAMS & MEMBER DUTIES

MEETING DATE	September 23rd	September 30th	October 7th
GREETERS	Bruce Gordon, Brent Stetar, Fay Laing	Lucie Gosselin, Moe Lessan, Denise Wittkofski	Behzad Forghani Targhi, Yvan Gosselin, Derek Lewis
CASHIER	Ed Borisenko	Egon Holzwarth	Henry Jiang
SGT-AT-ARMS	Dave Hammond	Wahid Ali	Dave Hammond
INVOCATION	Wayne Anderson	Joan Ryan	Barbara Blinston
HEAD TABLE	VP Carey McIver, John Woychuk, Denise Wittkofski, Behzad Forghani Targhi, Brent Stetar, Fay Laing	PP Lila Tanner, Paul Sadler, Wayne Anderson, John Shillabeer, Lucie, Moe and Denise	Pres Debbie, Dr. Paul Geneau, Norm Myden, Behzad Forghani Targhi, Yvan Gosselin, Derek Lewis
INTRO GUESTS	Guenter Raedler	John Shillabeer	John Salem
INTRO SPEAKER	Lila Tanner	Wayne Anderson	Norm Myden
PROGRAM	CLASSIFICATION TALKS John Woychuk, Denise Wittkofski and Behzad Forghani Targhi	HARMAC: A Successful Comeback Paul Sadler	Seniors Eye Health & Eye Disease Dr. Paul Geneau
THANK SPEAKER		Henry Jiang	Ross White