

Campbell River Daybreak Rotary

THE SPINNING REEL

WEDNESDAY Feb 26th, 2020 MHC.



Rotary Four Way Test

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all?

Attendance:

Daybreak Members Present:	35
Number of Makeups:	27
Total:	62
Current Membership:	59
Attendance Percentage:	105%

- ♦ **Meeting Officially Called to Order: Fish**
- ♦ Meeting opened – Thanks Glen, Hansi & Bev for another great breaky (cinnamon pull apart was a hit!)

- ♦ **Secretary's Report: Kelly Fisher**
 - ♦ Birthdays – None! Anniversary = Layne & Paulette Marshal
 - ♦ Guests: Mike Rushton, Louise Daviduck (speaker), Chloe Dobrinsky (Returned RYE), Inbound Marie Winkel

- ♦ **Fining Sargent: Sandra P**
 - fined Glen, 'cause he came out to sit with everyone (*that was cruel!*), then proceeded to fine most of the guys at her table (they were insulting), the club rookies (wants them to feel included), Bruce & Sandra R (for having a wonderful conversation in the food line up – and not moving fast enough).

- ♦ The group fine was for Litarcy Mnth – anyone that didn't read had to buck up.

Happy/Sad bucks:

Happy buck from Kelly, who got to witness a marriage of a sweet young couple (conducted by Craig G) at the MHC. Then she swore vengeance on anyone that didn't self declare a birthday....Thanh T had a happy buck 'cause her Tapas partner Ian B is coming back two weeks sooner than planned (nicely ahead of Tapas now). Kevin S had a couple happy bucks because he got to go SAILING! Plus one was a Rotarian buddy from Port Hardy, and Kevin thinks he convinced him to take an exchange student. Dave B was

Happy/Sad bucks – cont'd

-thankful his wife had a successful procedure last week, and they're off to Hawaii next week – then threw in a third happy buck for Doug P introducing him to eating beaver & cougar (at last week's Fish & Wildlife Dinner.) Dave was also a bit sad about his Canadians losing to 'those pesky Canucks' last night. Craig G was proud to have Kelly & Ron stand up as witnesses for the recent wedding, and that PE Don H was so well Behaved at PETS. Bruce I threw in a buck just so he could gloat over Bazowski :) Tracey B was excited, as she and Dan write their Real Estate licence exam on Monday, then take of to Vegas afterwards. Kim B was happy that she'd gone to the Fish & Game dinner as well, in company of Trammy – which paid off, as she got to eat first, & won a good draw! Plus – they bought a new house, & are moving in with the in-laws (*I think that was a happy buck..*) Sandra P was happy she had visited Mary & Carl Ashley recently on their 60th(!) wedding anniversary. Kim B threw in yet another happy dollar, in order to acknowledge Doug P as being Member of the Year for the Fish & Game club.

Feedback from PETS – PE Don H

“What a Weekend!” Don had a good time & great learning experience at President Elect Training in Seattle (aside from being constantly watched by Craig G); he travelled down with multiple local PE's to join over 600 (!) others, had a terrific roommate, visited the 'Alaska Room' Craig had advised to stay away from; (*on list for next year!*) and came back more organized & energized for his coming role.

And somewhere in there he began to realize the quality of support in DayBreak – Past Prez Doug laying out our Strategic Plan for him, Past DG welcoming him to PETS plus serving as club Membership Chair, past District Youth Protection Officer Ron F on the Board as Past President; Don felt welcomed, secure & accepted – and that's how he wants everyone in our club to feel, Knowing that they can pick up a leadership role, and get incredible support in making the world a better place to live.

PETS comes highly recommended by all Past Presidents, and Don further reinforced that – Go Don Go!

Spy photos from PETS: left, Don with cool Roomy Emile, President Elect Ashland Rotary Club, Oregon.

Below, Don hobnobbing with AG Area 1 Barb, PE Rotary International Holger Knaack, PE Amy, Noon Club



Program – Louise Daviduck, CR Hospice Society

Louise was introduced by Kelly, and welcomed to the podium.

Louise thanked us for an early breakfast, and for what we do to make the community great. Rotary has consistently supported Hospice, most recently with a new fence to close off the back, and create the quiet serene place it should be. She also had to mention the Soul Cyclers – the bike riding team we have several members (Sandra, Kelly, Fish) on, raising money for Hospice.

Louise came to talk about Hospice, about death and dying. It's a topic most people avoid – it's uncomfortable – yet the reality is it affects everyone, it goes along with birth – everyone gets borne, everyone dies. The more we talk about it, the easier it becomes to deal with, not only for ourselves, but even more so our families.

April 16th is National Advanced Care Planning Day, when Hospice will provide planning workshops. A couple of retired nurses will walk you through making a plan for yourself now, against the possibility that you encounter an event that leaves you without voice – this provides written guidance for your family & care givers, reducing the uncertainty and pressure of making decisions when they're not sure what you want. Honestly it's as much about them as you.

Hospice provides support for both the dying and the grieving. On the grieving side they have different support methods – first is a grief counsellor, but there is also art therapy, something that is rare, and only available in Campbell River due to donations via the Soul Cyclers plus 100 Women that Care; those two group raised the money that make this possible. Art therapy is for those who have difficulty sitting face to face with the counsellor; the therapist creates art with the griever, and uses the art as a segue way to talking about the grief. Doesn't require any artistic abilities, just using your hands to create and allowing you to show your feelings in different ways - it's great for kids.

People don't usually think about kids & hospice, yet many children are affected by losing an elder, especially if it's a parent being taken by cancer, overdose, or suicide – Hospice is prepared for that. If you know a child that is facing the loss of a parent, they should come early, before the loss happens, not wait till after – it helps them to understand what's coming, and better preparing themselves when it does come to be.

Hospice is 94% volunteer, 5% staff, so volunteers are core to our existence – we have healing touch and rakiki practitioners as volunteers. Our volunteers also support workshops for those waiting for counselling, aimed at learning how you're feeling at that moment, how to understand what you're going through, and how express that – basically getting clients counsellor ready.

Unfortunately right now we have an excessive waiting list for counselling – awareness/demand grew just as we had a counsellor go on leave, creating a bottleneck; where we would normally expect about a 2 week wait, right now we have an unacceptable 3-4 month lag, something Hospice is working hard to resolve. It basically comes down to fund raising to procure another counsellor.

Palliative care for those that are dying has yet more well trained volunteers plus a counsellor. If anyone needs support, they just come in. Our volunteers sit with them, play cards, and provide vigil support. It's surprising how often our volunteers end up holding someone's hand at the end of life – can be as simple as the family goes for dinner.

We're often asked about beds – hospice has 4 beds at Yuculta, and find that working well for us.

Often, when a volunteer is at bedside, they help the family as well as the patient – they serve as a communication tool between the two - the patient wants to talk about dying, but not burden their family with it. The volunteers are trained to encourage the conversations, and turn it into a family discussion if possible.

Many interesting things happen at end of life, and we don't always know why – often family thinks it's from

all the medication, but it's necessarily true – there's a book called “Final Gifts” that talks about this. One example was a dying husband who was constantly telling his wife “I can't leave until I have my passport” . The wife, confused & very upset by this, was blaming the drugs, and reeling on what to do in his last moments of life. Fortunately the hospice volunteer was able to convey to the wife that it was the husband asking for permission to go – he needed her to say it was okay. The wife went home, gathered his passport, and brought it back to him. Sitting with her husband, she told him she had his passport & it was okay to go, and which time, he passed. Such stories are common.

Q& A – Louise was asked if there was as much of a wait time for palliative care as grief counselling: the response was that palliative counselling gets priority, so that wait is short, and there is presently no wait list for the 4 beds.

Louise thanked and requested we Support the Soul Cyclers! Since 2017 they have donated over \$50,000 to Hospice - their annual fund raising would require a full year of staff work – it's irreplaceable.



Pres Fish & Louise Daviduck, CR Hospice Society

Announcements:

- Thanh T – there's a new, energetic liquor inspector in town, not readily accepting of our Tapas wine draw, so to ensure there's no issues, we have to cancel the wine draw for this year, and use the Westjet tickets as the draw prize. Our initial ticket sales are slow, as always, so please step up and spread the word, share the Tapas webpage, buy your tickets and encourage friends to join you.
- Fish - Brief board meeting to follow this morning
- Mark - Wine feast meeting tonight at Urb's

Next Meeting: WEDNESDAY, March 4th 6:45am AT THE EAGLES. - Assembly

March 11th Interact club - Helping hands auction at MHC

March 17 or 18th (TBD) Eden Robinson - Making a movie from a book at NORTH ISLAND COLLEGE

Out and About – Rotarians doing good

Jim V at Water filtration & Hygiene training in Cambodia – lots of parts to this project, looking forward to an update on their return.



Did you know? - from Rotary Service in Action Blog <https://rotaryserviceblog.org/>

Project fairs

Rotary's project fairs connect clubs that are seeking international service projects with those that are interested in collaborating with global partners. Project fairs typically last two to three days and may include visits to service projects or opportunities to experience the local culture.

Who can attend?

Any club representative or Rotary member who is interested in supporting an international service project can attend a project fair.

World Map of Rotary Project Fairs (*Norm – most project fairs appear to occur Jan/Feb, in order to meet grant writing timelines*)

<https://rotary.maps.arcgis.com/apps/Shortlist/index.html?appid=241f74a00a5b4725a5d09c8def1b9242>