



# Rotary International District 5020

January 2016  
Vocational Services Month



Vancouver Island, B.C. and Western Washington  
from Pierce County south to Woodland including the Olympic Peninsula

## DISTRICT GOVERNOR'S MESSAGE



The Second Object of Rotary states:

"High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society."

The vocation of each Rotarian is very important to the health and growth of our Rotary Clubs. January is a great time to focus on your member's vocation by having short classification presentations at your club meeting and showcasing a few of your members in your monthly newsletter.

Have a club meeting at a members work place or business to learn about their vocation and work in your community.

This is also a good month to review the Rotarian Code of Conduct at one of your monthly meetings.

### As a Rotarian, I will:

1. Act with integrity and high ethical standards.
2. Deal fairly with others and treat them and their occupations with respect.
3. Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and the world.
4. Avoid behavior that reflects adversely on Rotary or other Rotarians.

This month I give a "Shout out" to Tim Cowan of

the Rotary Club of Comox. Congratulations to Tim who is the 2015-2016 Recipient of the 5020 Vocational Service and Leadership Award as selected by Rotary International. Please enjoy Tim's story. He is certainly a worthy winner of this award.

## VOCATIONAL SERVICE LEADERSHIP AWARD 2015



Rotary International has announced that Past President Tim Cowan, of the Comox Rotary Club, has been selected as the recipient of the 2015 Vocational Service Leadership Award for District 5020.

Tim is committed to improving the lives of others through his vocational service. As the owner of, and pharmacist at the Medicine Shoppe in Comox, BC., Tim goes above and beyond for all of his patients, including being on call at all hours for individual health care needs.

He is known in the community as a highly ethical pharmacist and is well trusted amongst other health care professionals in the Comox Valley and throughout western Canada.

Tim uses his vocational talents to serve the community in many ways. He created and continues to operate the "Life Cycle" program, which encourages health and wellness by organizing weekly bike rides free of charge to the community. He volunteers his time to present to many community groups on various different health topics. Tim has used his vocational skills on a polio National Immunization Days (NID) trip to India as well as a Rotaplast mission to Africa.

Tim regularly volunteers to have pharmacy, nursing and high school students shadow him and he always treats them as peers while teaching them the value of service to patients. He has mentored many high school and university students who are now caring, ethical pharmacists partly due to his outstanding values and guidance.

Tim has taught his club about his vocation by hosting a club meeting at his business to showcase the present and future state of pharmacy. He belongs to a business networking group through which he regularly introduces non-Rotarians to the principles of vocational service. He will often bring the members of the group to club meetings as guests.

Through his actions and integrity Tim Cowan exemplifies the service ideals of Rotary and has made a significant impact on his local and international communities. He is a very deserving recipient of the 2015 Vocational Service Leadership Award.

## DISTRICT 5020 LEADERSHIP & TRAINING ASSEMBLY 2016

Victoria, Vancouver Island BC • April 1-3, 2016

Save Big, Early Bird Savings Going Fast

33% of DLTA 2016 Marriott Inner Harbour rooms already filled. **Book Now:** [www.Rotary5020.org](http://www.Rotary5020.org)

Rotarians new and old, from all across District 5020 attend District Training & Leadership Assembly (DLTA) annually to learn, expand skills, make new friends, re-connect with distant friends, and grow their leadership potential.

From Port Hardy down to Woodland WA, Rotarians turn-out for this annual event, celebrating community and world service, joining with District leaders to exchange ideas and take action.

Guest and family members of Rotarians also come along, taking in a bit of vacation time while their Rotarians enjoy the many workshops and plenary sessions that DLTA offers.

When you attend DLTA, you open up doors for yourself, deepening your Rotary experience, igniting your passions, and connecting with new opportunities that can span the world.

For Sarah Bryant, a Rotarian who joined the Bainbridge Island Club in March 2014, attending DLTA in 2015 connected her with the District Youth Exchange Leaders. She was then recruited to join that committee as a Country Officer for Nigeria, Indonesia, Japan, Taiwan, Thailand.

She has since traveled across the District and up and down the west coast for our District's Youth Exchange program, working with Exchange youth on a mission that is dear to her heart. This May 29, 2016, she be attending the Rotary International Convention in Seoul as one of our District's Youth Leaders, working with youth from around the world.

For others, DLTA is an opportunity to satisfy the required Rotary International educational pre-requisites for writing and submitting global grants to Rotary Foundation. Once you have completed the District's required grant management seminars, you are eligible to develop community projects and apply for funding for them through the Rotary Foundation grant program.

Attending DLTA will provide you with the information, resources, and tools to help you successfully plan, build, and take action on the local and world community projects of your dreams.

To find out more about DLTA 2016, and to register while the earlybird savings last, check out the District web pages: **[www.Rotary5020.org](http://www.Rotary5020.org)**.







## Rotarians, Rotaract Youth, Family & Friends • April 1-3, 2016

### FEATURED LEADERS:

### BILL MCCARTHY, JUDY BYRON

posted by Ann Warman



*Photo: District Foundation Director, Bill McCarthy awards Bill Maule with his 4th Paul Harris Fellowship.*

Long-time Rotarian, Bill McCarthy, is wrapping up his third year as District Foundation Director and this June 2016, will pass the baton into the capable hands of Judy Byron.

I had a chance to talk with Bill about his experiences in this respected and coveted role, and he told me that two main achievements have stood out as the most satisfying part of his work.

Firstly, building a team of experienced Rotarians to chair his committees, then organizing and leading them to help manage the massive demands of the District's Foundation tasks was a tremendous source of fulfillment for him.

In years past, the Foundation Director performed the entire scope of the responsibilities, resulting in a day-to-day schedule equivalent to the most demanding occupations. By selecting a few well-seasoned Rotarians for his Committee Chairs, Bill was able to not only distribute the work effectively, but to increase efficiency and improve Foundation services.

Secondly, the educational curriculum and workshops that the District Foundation Committee presents have gotten better and better. New members have come on board to help in the endeavor and the curriculum has improved.

At these required workshops, our District Rotarians learn how to build strong projects and successful grants. About 205 Rotarians per year have attended the educational sessions that Bill and his Committees have planned, meaning that over 600 Rotarians have learned the complexities of District grant writing over the past three years that Bill has been in office.

When Judy Byron moves into office next June she has some big shoes to step into, and she's every bit up to the task.

A former District Governor (2012 - 2013), Judy joined Rotary in 1998, was Group Study Exchange (GSE) Team Leader to the Russian Far East in 2002, District GSE Chair 2003 - 2006, as well as District Leadership and Training Assembly (DLTA) Chair in both 2003 and 2009. She served as District Council Chair, 2009 - 2010 and Assistant Governor, Area 4B 2006 - 2010.



Check out this vimeo of Judy delivering a keynote to Rotary Club of Gateway:

<https://player.vimeo.com/video/50351261>

# UGANDA TRAVEL INSPIRES NEW PROJECTS

*posted by Ann Warman*

The new year brings us a treasurable moment to memorialize the passing year, celebrate successes, and make new goals.

For Bainbridge Island Rotarians, Dave Christensen and Sarah Bryant, memories for 2015 included travel to Uganda and Kenya to evaluate Club projects in partnership with the Rotary Clubs of Kampala / Sseke Island Rotary and the Lira.

Northern Uganda is a special place for the Rotary Club of Bainbridge Island. It all started over 15 years ago when now District 5020 Governor Elect, Joanne Croghan, had a vision. She'd lived in Kenya during the 1960s, and had witnessed the third world challenges of the northern Ugandan countryside.

She'd seen the women and children walk miles and miles each day, carrying water to their families. Sometimes polluted mud puddles became the water source, other times canoe excursions searching for less contaminated waters lead to crocodile attacks, deaths, and children left motherless.

Nearly 2 million children die each year from water-related illnesses, and the people of Northern Uganda are visible proof of this. They are among the 1 billion people in the world who rely on unsafe drinking water.

The evolution into better health and prosperity is grounded in hope and inspiration that motivates action. Joanne realized that Northern Ugandan needed better access to clean water, as well as improved educational resources. She recognized that we have the means, within our Rotary Clubs, to help the Northern Ugandans along this path. She successfully

convinced her Club to support a first, small literacy project providing books for Northern Uganda school.

Club member Howard Hanners (past club president) and the much loved, John Walker, who passed away this year, along with Joanne, were the first Bainbridge Rotarians to travel to Uganda. In their travels they noticed that the Ocher Primary School, in particular, had widespread health problems among the children and adults. It was discovered that there was no clean water source for this community, that the nearest water source was 5 kilometers away. If the women gathered water from the shoreline, it was contaminated and led to water-born illnesses.

The second Bainbridge Club project resulted in one bore hole (well) being drilled in the Ocher district. With the success of this project, other villages were surveyed for water needs, and over the years other Rotary Clubs joined efforts with Bainbridge. Through these partnerships and grants, over 150 bore holes have been drilled in Northern Uganda.

Joanne's dream was realized through Rotary by bringing Club members together in a common cause. Committee members learned how to write grants for the Uganda projects, found partner Clubs both locally and in Uganda, and made the long-term connections to ensure program success.

This year, Sarah and Dave returned to check the status of 15 of the wells, and to plan subsequent projects around bore hole maintenance and education. An April 2016 trip is now being planned to oversee next steps. For more information, contact Steve Bentley (360-662-9860) or email [BentleyRotary@gmail.com](mailto:BentleyRotary@gmail.com). ■



*photo by Sarah Bryant*