



### Club Duties

If you are unable to fulfill your duty, could you please find a replacement or let the President know you are unable to attend.

#### June 16th 2010

**Front Door Greeters:**  
Donna Allen & Val Lennox

**Invocation:**  
Eileen Tatton

**Introductions:**  
Eileen Page

**Rotary Minute:**  
Bill Brendon

**50/50:**  
Randall Taylor

**Sgt @ Arms:**  
Daryl Stech

#### June 23rd, 2010

**Front Door Greeters:**  
Rod Mont & Eileen Page

**Invocation:**  
Patrick Maguire

**Introductions:**  
Nathan Thornton

**Rotary Minute:**  
Christine Craigie

**50/50:**  
Randall Taylor

**Sgt @ Arms**  
Don Bonner

#### June 30th, 2010

**Front Door Greeters:**  
Neil Sorsdahl & Doug Lum

**Invocation:**  
Val Lennox

**Introductions:**  
Denise Larson

**Rotary Minute:**  
Ron Blank

**50/50:**  
Wendi Ferrero

**Sgt @ Arms:**  
Bruce Mede

## Weekly Wake-up

### Upcoming Programs

June 16th - Club Assembly

June 23rd - Classification Talk - Eileen Page

June 30th - Club Social

### NOTICES & NEWS

#### *Invitation from District to meet RI President...*

Dear Rotary leader,

You and the members of your Rotary club are invited to meet and hear Rotary International President Ray Klinginsmith when he is the keynote speaker in Richmond on Wednesday, September 29, 2010. I am sending an early notice to assist you and the members of your club who may wish to hear RI President Klinginsmith.

I know it is expensive to travel from Vancouver Island to the Mainland. However, I do not want your club members to miss this opportunity. I know many Rotarians travel from the Island for family, business or personal reasons. They may be able to combine attending this great Rotary event with other travel plans.

Ray Klinginsmith is an outstanding speaker. He is a passionate and thoughtful speaker. I know you will enjoy this opportunity to meet him and hear him speak.

The dinner will be held at the River Rock Casino Resort in Richmond. We have a block of rooms at \$159.00 a night. There are also many other hotels in the area. Why not extend your stay.

You can even travel as a foot passenger to the Tsawwassen Ferry Terminal; catch the Trans Link #620 bus that goes directly to Bridgeport Sky Train Station which is at the River Rock Hotel. The River Rock is on the Canada Line so it is easy to visit the shopping Centres in Richmond or be downtown in 20 minutes.

Tickets for the dinner are \$85.00 per person, part of the funds go to The Rotary Foundation. Tickets are now on sale at [www.RotaryEvents.ca](http://www.RotaryEvents.ca). You will also find a link to the hotel, President Ray's bio and a tentative agenda. Rotarians from District 5020, 5040, 5050 and 5060 have been invited to this celebration. We are limited to 450 tickets. I fully expect the event will sell out.

Thank you for all you do for Rotary and your community,

**Please send content and photos for the Weekly Wake-up to [robbmowbray@telus.net](mailto:robbmowbray@telus.net)**

### Club Birthdays

June 14 Caran Carr  
June 14 Lynda Kazanowski

### Club Anniversaries

June 18 Robb & Barb Mowbray  
June 21 Ken & Brenda Hammer  
June 22 Bruce & Catherine Mede

**Meeting Notes - June 9th**

submitted by Ron Blank, photos by Donna Allen

Dave Thompson was prepared to give invocation after our saxophone accompanied Anthem. President Dave chose Karin Mattern instead. (See, I told you Dave! Singing creates brain cramps. Memorized details before the song evaporate when needed afterward.)

Randall Taylor then carried on with Introductions of Guests. Rotarians: from the Lantzville Club included President Barry Sparkes, ret'd Navy, Leslie Cameron, Travel Classification, Glynn Currie, ret'd teacher and Don Cohn, ret'd RCMP; and from Sunyani Central (Ghana) Club President-Elect Samuel Orbour, Education Management, and Christiane Orbour, Library Management. Guests of Rotarians: our speaker Laura Walsh, Campaign Coordinator with B.C. Cancer Foundation; Anna Mont and Amanda Smith, Wellington Secondary School students; and frequent guest, Gayle Wilson, NYSA Board member.



*Leslie Cameron intros our guests from Ghana, Samuel & Christiane Orbour...*



*...Guest speaker, Laura Walsh of the BC Cancer Foundation...*

Sergeant-at-Arms Neil Sorsdal gave the orders for us to proceed to our morning buffet. Luckily, short term memory loss is not a concern for most of you. There appeared to be some semblance of order in following his direction. (Easy for me. We were last, again!)

Ken Hammer then introduced our Guest Laura Walsh. Laura is a graduate of University of Victoria & Moscow State University, and is a Certified Fund raising Executive. Since 2002, Laura has been a Senior Director of the B.C. Cancer Foundation supporting the Vancouver Island Centre. Last year, she became the Campaign Director for the Foundation's \$10 Million "Inspire the World."

Laura extended greetings from the Medical and Scientific Team of the BC Cancer Vancouver Island Centre. She explained her reason for being in Nanaimo, is that one half of all the Centres client base comes from north of the Malahat. The V.I. Centre is one of six B.C. Centres, and they operate with six radiation therapy machines. This Centre is unique in that the research labs are in the same buildings where patients receive treatments, allowing staff and researchers to work as a team in developing new and better practices. Their goal is to develop patient support and holistic care.

Ms. Walsh described cancer as an uncontrolled growth of cells in our body. There are over 100 plus types of cancer. Cancer is the leading cause of premature death, and nearly double that of the next cause of death: heart diseases. For both sexes, lung cancer resulted in 27 % of those deaths. In men, 48 % of the deaths were from lung, colorectal then prostate cancer. In women, lung, breast then colorectal cancers resulted in 53 % of the deaths. The good news is that British Columbia has the highest survival rate in Canada, as we incorporate research in our treatment models. The survival rate from breast cancers improved by 22 % over the past decade, and, men's prostate survival rate is 96 %. Many cancers may be associated with diet and lifestyle. The mortality of the number one cancer disease can drastically reduced by quitting smoking!

On Vancouver Island, the programmes are based on:

1. Prevention: education on diet and lifestyle
2. Early Detection: the Canary Project, with a major donation by Canadian born Don Listwin, is a collaborative multi-institute research project to develop a simple screening blood test for early detection of ovarian cancer, and
3. Treatment: with targeted radiation & the newest IMRT (Intensity Modulated Radiation Therapy) which shapes the radiation beam, thus decreasing radiation exposure to healthy body parts.

Laura said that in B.C. we have established a Tissue Tumour Repository, where all excised tissue, with permission of the patient, is flash frozen and used for Canadian and International research.

*...continued on next page /*

**Rotary Club Meetings**

Monday – Parksville, Bayside Inn, Noon

Tuesday – Nanaimo North, Frith-Radcliffe Auditorium, Kiwanis Village, 6:15 p.m.

Wednesday – Nanaimo Oceanside, 3rd Street Fieldhouse, 5 p.m.

Thursday – Lantzville – ABC Restaurant on Mary Ellen Drive, 7 a.m.

Friday – Nanaimo – Coast Bastion Inn, 12:15 p.m.

**Rotary Contacts****Club President:**

Dave Perry

**Club Secretary:**

Eileen Tatton

**Club Treasurer:**

Cindy Bartlett

**Club President Elect:**

Patrick Maguire

**Bulletin Editor:**

Robb Mowbray

**Foundation Chair:**

Dawne Anderson

**Assistant Governor Area 2B:**

Brenda Grice

**District Governor 2009-10:**

Alex Alexander

**RI President 2010-11:**

Ray Klinginsmith

**Make-ups**

To ensure that your make-up information is properly recorded, send any info on extra meetings attended, extra committee work, service projects, online work, etc. to Rod Mont at [mont@islandlaw.ca](mailto:mont@islandlaw.ca)

**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 concerned?

**Upcoming 2010 Events:**

Rotary District 5020 Conference, Longview, Washington, June 4-6

Rotary International Convention Montreal, Canada; June 20-23



Cancer researchers are now focusing on immune based cancer causes with 40 international researchers coordinating their work on T-Cells. (type of white blood cell) Patients have shown an increased survival rate in ovarian cancers with increased T-Cells. Two years ago, a project cured 37 % of the breast cancers with using T-Cells alone, with a further 25 % with a partial response. The research is focusing on how to boost the immune system, and how to test the patients. It is expected that three years from now, they will be able to offer treatments for all recurring patients. More good news: unlike many drugs, the side effects of T-Cell treatments are flu-like symptoms!

Things the VI Cancer Centre does well: patient satisfaction. Badly: help the patient and family navigate through the system: IE. psycho-social aspects and follow-up after treatment. There is currently a two week waiting period from original diagnosis to start of treatment. This often results in patient fear, and poor information provided by the internet. "Inspire the World" campaign wants to address this, to increase the research space and to develop a tele-health programme for the Island.



*...Rod intros our three Rotarian of the Year candidates...*

Laura answered questions regarding cancer rates: Lung cancers are higher in Campbell River from corporate pollution and smoking. There is no international body that coordinates research, but many of our VI Centre's research is borderless, and shared. (As often insisted by international donors) Will Nanaimo get a Centre? Ultimately, but, radiation therapy machines cost \$3 Million, and staffing is the biggest hurdle. Jeff Boegel thanked Laura Walsh for her presentation and had her sign the library book we will donate in her name.

Rod Mont introduced the three nominees for Rotarian of the Year, being Nelson Allen, Daryl Stech and Ron Blank, gave a short bio, and then passed out the ballots. The award was to be presented at our Installation of our new Executive on Saturday evening, but will come later.

Next came the (contentious to some) awarding of Lantzville Rotary's "2 Bit Trophy" for the winning Rotary Club Team in their Fairwinds 'Golf for the Cure.' Lantzville Rotary President Barry and his Turnney Organizers were delighted to again present the trophy to winning our Rotary Club: with the team of Ornerary Ron Blank, Powerhouse Terry Rogers, Slugger Doug Lum and Secret Weapon 'Slick' Ben Sedgewick. Slick was unavailable, but I've included a picture of him clutching the vaunted trophy. Now, I over heard some malcontents asking for a judicial recount of the score of the winning Team. I know a Rotarian was score keeping, and, therefore, being the truth is, no recount is necessary.

Don Bonner was our sole attendee at the Rotary District 5020 Conference and presented certificates to President Dave for our Club having 100% attendance at 2/12 months and for an overall attendance of 91% for the year.

Denise Davidson won the opportunity to pull the Queen of Hearts from the pack for our 50/50 draw of \$1109. Sorry, close only counts in Horseshoes.

Anna Mont and Amanda Smith spoke of their multi-year involvement with "Relay for Life" 12 hour walk, and their fundraising goal is helping others and having fun. Our members helped their cause.



*...Don presents one of two certificates he brought back from the District...*

For those of you who did not attend the Saturday Evening Soiree at Costin Hall, you missed out. Good company, good food, and good fun provided by 'Mag Uidhir' foursome of Terry Rogers, Brian Kirkhope, Karin Mattern and Wendi Ferrero. Guests included Rotarian President-Elects from the four area Clubs, & Sunyani Rotarians Samuel and Christiane Orbour. Gayle Wilson was there, and even helped with the set-up crew. Brian Kirkhope ably performed the duties of our Master of Ceremonies as he said "he has the loudest voice!" Assistant District Governor Brenda Grice did the official duties, and inducted the Officers and Directors of our 2009-2010 Board: officially passing the reins from Dave Perry and his Board to:

President - Patrick Maguire  
President Elect - Bill Brendon  
Secretary - Eileen Tatton  
Directors: Club Service - Denise Larson  
Vocational Service - Dave Thompson

Past President - Dave Perry  
Vice President - Neil Sorsdahl  
Treasurer - Cindy Bartlett  
Community Service - Christine Craigie  
International Service - Rod Mont

*See photos on the next page.*

This being the end, Toast to your Rotary deeds!



*...The winners (again!) of Lantzville's Two-bit Trophy...*



*...Amanda Smith & Anna Mont tell us about the Relay for Life...*

*Photos from the Installation...*



Outgoing President Dave Perry...I guess he had so much more fun this year, he turned blonde!...

Assistant District Governor, Brenda Grise of the Downtown Rotary Club performs the induction ceremonies...

...Patrick Maguire is now our Club President.  
Congratulations, Patrick....



...the new Directors...wait a minute! How did Ron get in there?!...



...Your new Board of Directors for 2010-2011.