

The Miner's Lamp



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Vocational service involves aspiring to high ethical standards, recognizing the worthiness of all useful occupations, and contributing professional talents to solve society's problems and meet community needs.



Gaetane Palardy, our guest speaker on Tuesday, is a professional chef and educator who owns a business known as Island Gourmet Trails. During her introductory remarks, Linda mentioned that she had participated in one of Gaetane's tours.

Gaetane was involved with the Canadian Olympic staff at the Beijing 2008 Summer Olympics. She offers patrons the opportunity to discover and enjoy the many culinary delights to be found in the Comox Valley from Parksville to Black Creek. Gaetane customizes packages for groups that can be a full day of visits to the wineries, brewery, distillery, farms, cheese and pasta producers and restaurants. She emphasized the availability of fresh food in all its forms from the oceans and farms. Shorter morning or afternoon excursions are also tailored to the wishes and the budgets of the participants. She keeps the size of the groups to about 20 people because the venues she guides people to are modest in size. Visit: _____ for more details.

"Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections." Author unknown.



- Jill Cornwell is always interested in suggestions for speakers: _____ Jill is also accepting donations of good books for our library at Cumberland Lodge.



- From President Deb: Extravaganza Italiana is behind us for another year. She thanked everyone and made particular mention of the many family members and friends who pitched in to make the event a great success. She asked that if any of us have any leftover donation forms to make sure they are returned to our storage cabinet. Keith has bought a table for eight at the Hospice Society's "Putting on the Ritz" Gala event on 5 November but can't use it so is offering the seats to Rotarians. Contact President Deb if you would like to attend. The Rotary Club of Strathcona Sunrise is planning a Makeup Madness event in November. Stay tuned for further details.
- Christine asked that we all complete a feedback form on the Extravaganza Italiana. She thanked everyone who turned out to help set up, work at the event and help with the cleanup.
- _____: Cathe Egan and Bill Armstrong
- _____ Arrive by 6:30 AM, set up room, greet everyone as people arrive and hand out badges, help with visitors' name tags and make-up cards. Return room to original setup.

Meet Jessica Xavier, a member of the Rotary Club of Demerara, Guyana, who left a singing career to spend more time volunteering. Her club is filled with young Rotarians like her. Learn more about her story in *The Rotarian* .

_____ : 22 Cumberland Rotarians attended our meeting on 4 October. We missed the company of: Dodie, Alan, Steve, Stefan, Kim, and Alinda. Visiting Rotarians: Bent harder and Laurie Haines of the Rotary Club of Courtenay and Chip Ross of the Rotary Club of Strathcona Sunrise. Guests: Hendrika Stigter, Barb and Wayne Giroday and our guest speaker, Gaetane Palardy.

Birthdays: 7 Bill Armstrong, 16 Kim Sleno, 20 Alinda Ware and 25 Catherine Bell. No one celebrates a wedding anniversary in October. Best wishes to all from our club.



From Friday afternoon to Sunday morning we transformed the CRI into a fantastic venue and back again. Lots of work but well worth it!

11 - Mia Sutherland - Back Health

18 - Club Assembly

25 - Official Visit of DG David Stocks and Frances Stocks

