



The Miner's Lamp

Bringing the Light of Service to the Community and the World Through Rotary

13 March 2007



Volume 8 Issue 7

March is Literacy Month

Rotary's literacy programs provide the gift of reading to people everywhere.

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ADDICTION IN THE WORKPLACE



Catherine Patterson-Sterling, MA, RCC was our guest speaker last week and her topic dealt with addiction in the workplace. Catherine was ably assisted by her colleague, Melanie Jordan. Catherine is the Program Director at the Sunshine Coast Health Centre in Powell River and Melanie is the Admissions Coordinator at the same facility, which provides services to recovering alcoholic men.

Catherine described the problems facing employers in identifying and dealing with employees who develop

addiction problems. Ten per cent of our society have an addiction and 20% have problems with alcohol. Absenteeism is frequently the first clue to a problem. Addiction leads to poor performance, industrial accidents and a whole host of other costly issues. Catherine described some of the outward symptoms of persons abusing certain drugs and alcohol. Chemical addictions and process addictions affect many people. Process addictions include gambling, running, shopping, texting, computer gaming, and overeating. She gave us a formula that consists of 3 Cs: Control, Compulsion and Consequence. A lack of control means that one will not be able to honour a commitment to restraint. Compulsion means planning your life around your addiction. Consequence means continuing to do the same thing expecting a different result. A great presentation! She and Melanie distributed guides to help us deal with these issues at work.

EVERY
ROTARIAN
EVERY
YEAR

Announcements

Jill Cornwell continues to be interested in suggestions for speakers: jcornwell@shaw.ca She is also accepting donations of good books for the Cumberland Lodge Library we have helped establish.

The **Youthact** club is spearheading a **fundraiser** to hire a teacher for an orphanage (Chip's project) in India by collecting refundable drink containers. Please see if you can help.

President Dave reminded us that our **2007 Extravaganza Italiana** need to occupy our thoughts. Find sponsors, services and articles for the auction, etc. The hall will be booked for **13 October**.

President Dave announced that **March** will be polio awareness month in the district and every Rotarian is asked to pay the equivalent of an **extra breakfast (\$6.00) toward supporting polio plus partners**. District 5020 will provide \$0.50 additional toward the campaign for every dollar donated.

President Dave encouraged all of us to **bring a guest to breakfast** who might be a potential Rotarian. The club will pick up the tab for breakfast.

John presented a Paul Harris Fellow tie to Chip Ross on behalf of President Graham Bruce of the Rotary Club of Strathpine, Queensland, Australia.

In his acceptance speech, Chip spoke of the benefits of Rotary Fellowships such as Rotarians On The Internet—ROTI www.roti.org



District Conference 1-3 June Tacoma Sheraton.

Jerry Feniak announced that the next "Night of a Thousand Dinners will be held in the Courtenay Legion on Wednesday, 4 April. Tickets are \$25; \$17 will qualify for a tax receipt. Major Tammy Tremblay will be the featured speaker upon her return from duties in Afghanistan.

Debbie Lemire offered raffle tickets on behalf of the Courtenay and District Fish and Game Protection Society. Great prizes. See Debbie for tickets: \$2 each or 3 for \$5.

Judythe, our Foundation Director, spoke about our foundation (TRF) and that our District 5020 ranked 11th in the 503 Rotary districts in the world! She spoke of the partnership of two Rotary clubs, one in Jamaica and one in Florida who obtained funding through TRF to provide enhanced facilities to the only pediatric hospital in the English-speaking Caribbean.

President Dave announced that **defibrillators** will be presented at a special media event on **Saturday, 10 March at 1:00 PM at the Cumberland Customs House Presentation Centre**. The media and the public have been invited to attend. Laurie Baird will demonstrate the device.

President Dave reported on his participation in the successful Roaring Twenties fundraiser evening put on by the RC of Strathcona Sunrise

March Greeters: Rob Neal and Kurt Nielsen

Rotary Moment

Polio Eradication



Despite tremendous progress in reducing the incidence of polio, it still exists. Polio will continue to threaten children everywhere as long as it exists somewhere. In this age of global travel, a new outbreak of polio might only be a plane ride away.

Did you know that . . .

Polio is a highly infectious disease that primarily affects children under the age of three and can cause paralysis within hours.

Before global eradication efforts began in 1988, following Rotary's commitment in 1985, polio paralyzed more than 1,000 children a day, which totaled about 350,000 children annually. The incidence of polio has since declined by more than 99 percent.

Vaccinations easily can stave off polio. Vaccinations have prevented an estimated 500,000 children per year from contracting polio. A child can be protected against polio for as little as 60 cents (US) worth of vaccine.

Only four countries are still polio endemic — an all-time low: Nigeria, India, Pakistan, and Afghanistan.

Rotary International is the spearheading member of the Global Polio Eradication Initiative and is the largest private sector donor. It has contributed more than US\$600 million to the polio eradication activities in 122 countries. In addition, tens of thousands of Rotarians have partnered with their national ministries of health, UNICEF, the World Health Organization, the U.S. Centers for Disease Control and Prevention, and with health providers at the grassroots level in thousands of communities.

A polio-free world is within our grasp. Join Rotary's effort to end this crippling disease. Learn more about Rotary's ongoing efforts to eradicate polio and how you can help through contributions to PolioPlus and PolioPlus Partners. <http://www.rotary.org/foundation/polioplus/>

The PolioPlus Division of The Rotary Foundation supports Rotarians' efforts to achieve Rotary International's and its Foundation's goal of the certification of the eradication of the wild poliovirus. This support includes the provision of quality education and information to promote the efforts of Rotarians directly involved in polio eradication activities, and the membership at large; facilitation of interaction, particularly between Rotarians in polio free and polio affected countries, collaboration with Rotary's partners in the Polio Eradication Initiative, and grants to Rotarians and partner organizations.

Attendance

Treasurer John reported that 17 of 25 Cumberland Rotarians were present on 6 March. Visiting Rotarians: Chip Ross and Jerry Feniak from the RC of Strathcona Sunrise. Other guests: Bayne Mann, guest of his mom, Deb Nolan and our guest speakers, Catherine Patterson-Sterling and Melanie Jordan of the Sunshine Coast Health Centre.

From the Top—An Interview With President Dave



President Dave Stevens has served as our president for eight months so the Editor of The Miner's Lamp dispatched his star cub reporter to conduct an interview with our esteemed leader to gain some insights into his thoughts about the club and his role as its chief executive.

TML So, President Dave, where has the time gone? It seems like only yesterday that we had our installation dinner and you accepted the gavel from Past President Mac. We imagine you have some thoughts to share with all of our readers about the past eight months of the club's activities and the role you have had to play as its president. Care to share some your thoughts?

PD You're right, it's hard to realize where the time has gone. So much has happened in our club. Our membership has grown from the initial charter number of 20 to a solid 25 members who have demonstrated their commitment to Rotary's motto: "*Service Above Self*". Feedback we've received from our Assistant Governor Kim Sleno is that we have made our mark on the District map from the earliest days following our charter. We have raised the profile of Rotary in our community and have earned the respect of the three, older, established clubs in the Comox Valley.

TML Right. Could you describe some of the club's activities since the beginning of the year?

PD We've had several work parties in the orchard led by Steve Galbraith and we can notice the differences they have made, particularly at this time of year as the daffodils we planted begin to show themselves. On 18 March at 11 AM we're going to burn much of the branches and other prunings. We installed an automatic watering system in the outdoor garden at the Cumberland Lodge to provide its residence with beautiful flowers and make life easier for the staff under the guidance of Dave Bossom. Our Second Annual Extravaganza Italiana was a huge success and involved everyone of our members. Rob and Margaret Neal did a tremendous job with the menu and food preparation, Bill and Rhonda Armstrong coordinated the silent auction with the help of many others. Cathe Egan, Dodie Brand, Gale Wheeler, Deb Nolan and Linda Oprica spearheaded the transformation of the Cumberland Recreation Hall into an attractive venue for the event. We raised enough money to purchase five portable defibrillators, support a chicken farming project in Zimbabwe, and purchase books and materials for the literacy program at Cumberland Elementary School. In addition, we helped the community business leaders run a safe Hallowe'en parade for the children, provided security for the Empire Day Parade, and played a big part in the Taiwanese Lantern Festival.

TML Perhaps we can run another feature in a later issue because we're running out of space.