



# The Miner's Lamp

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

Meetings every Tuesday at 7:00 AM  
Gatehouse Bistro and Gallery  
3273 3rd St, Cumberland

17 June 2008



Volume 13 Issue 9

## June is Rotary Fellowships Month!

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**Rotarians all over the world belong to a variety of fellowships covering many areas of interest. Your editor is an active member of Rotarians On The Internet (ROTI), the largest fellowship and ICUFR, the International Computer Users Fellowship of Rotarians.**

## On Prostate Cancer



Our speakers last week were Barry Hesson and Martin Hagerty of the Comox Valley Prostate Cancer Support Group. Using a lighthearted approach to this serious subject, Barry and Martin related their personal experiences from diagnosis until they were declared cancer free, which in both cases was a four-year journey. Both men emphasized the importance of early detection. Survival increases to 95% with early detection. Prostate cancer is a silent disease that does not present many symptoms. Usually when symptoms appear, it is because the cancer is advanced and it may be too late so men need to be aggressive about insisting on PSA test and DGEs (Digital Rectal Examination) annually. Proper nutrition, a diet rich in fruits and vegetables, particularly cruciforms, and reduced fat and red meats plus a supplemental dose of selenium are recommended. So, men, get a PSA test and a DGE every year to ensure early detection since most men will die with prostate cancer I not of it. One in six men get prostate cancer and incidence increases with age. Check out: [www.cpcn.org](http://www.cpcn.org) for more info.

## Announcements—What's Happening in our Club—Please Read

- Jill Cornwell continues to be interested in suggestions for speakers: [jcornwell@shaw.ca](mailto:jcornwell@shaw.ca) She is also accepting donations of good books for the Cumberland Lodge Library we have helped establish.
- Our 2008 Installation dinner will be on Tuesday, 24 June at the Kingfisher. Meal will be a barbecue. \$25 per person. See Dave Stevens for tickets. A celebration of another year of great service with recognition being paid to several of our Rotary family so make it a "can't miss" event in your life.
- On 1 July we'll have a potluck breakfast at 7 AM in the orchard. Several have signed up to bring breakfast food.
- Linda thanked Wayne Giroday for donating \$1,000 to the hospice project and stimulating 10 other members to do the same at the meeting at her home on Thursday. Linda also reminded everyone that our meeting when the DG visits on 15 July will be in the orchard and that the last Rotary meeting of every month will be a club assembly.
- The key to the store room where our cabinets are located will be available from Michael or Belinda at the Bistro. It will be in their till.
- Due to the short time, the plans for a Relay for Life team have been shelved until next year.
- Steve announced that Billy had contacted him about a Day for Africa dinner at the Florence Filberg Centre on Friday, 13 June at 7:00 PM. No charge if you want to represent our club.
- While John C is away, Cathe will look after the newsletter and Liz will be the go-to gal for the audio-visual equipment.
- John Jones reminded everyone that our dues are due on 1 July. Donations to the Hospice Society can be given to John Jones as well and he will send them to the Hospice Society in your name so you get a tax receipt.
- Liz Phillipson, who has designed and will host our new website and John C will provide a look at the site at our meeting on 8 July as the program for that meeting. Liz will also look after setting up our multi-media projector and laptop for speakers while John C is away in Europe from 11 to 29 June.
- Our 2008 - 2009 Club Directory is in the final production stages so if you have any information to change or you have a better picture or you want a new picture taken, please send a note to John C at: [johnpegc@telus.net](mailto:johnpegc@telus.net) Many thanks to those who responded so quickly to the recent request. Let John C know if everything is OK as it is in the 2007 - 2008 directory, second revision.
- **Program 17 June:** Steve Elman - Trip to India
- **June Greeters:** John Challender and Donna Walsh
- **Greeters' Duties:** 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.

# Rotary Moment

## **RI President Wilkinson to be Honoured at 2008 Vision Awards**

Rotary International President Wilfrid J. Wilkinson will receive the 2008 International Humanitarian of Vision award on 12 June at the 35th annual Vision Awards held at the Beverly Hilton Hotel, Beverly Hills, California.

The Vision Awards are presented annually to organizations and individuals who have exhibited exceptional "sight, foresight and insight" for the benefit and advancement of humankind while also enriching the lives of people with visual impairments.

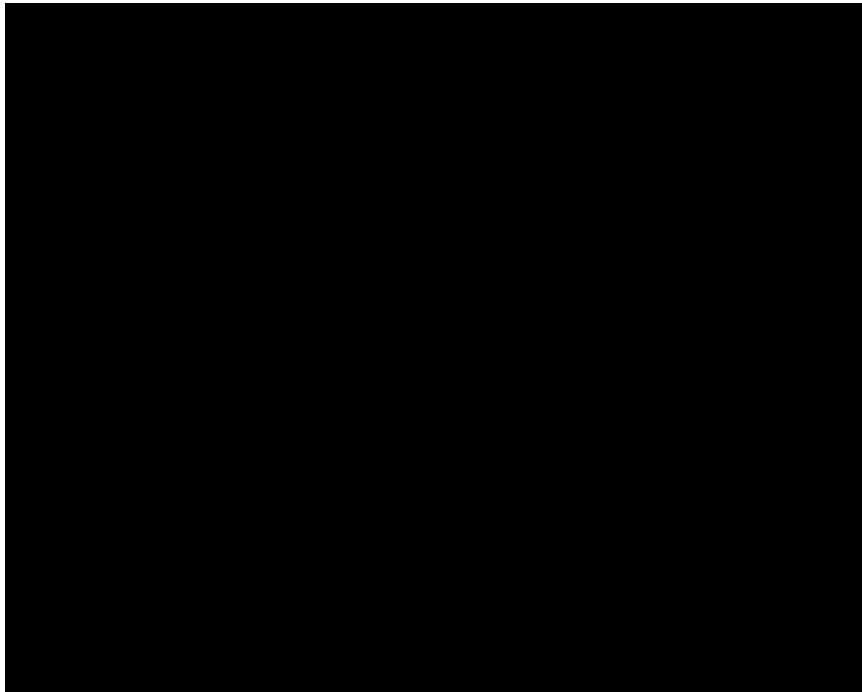
The awards program is administered by RP International, an organization dedicated to

## Parting Shots



Liz was recognized with the presentation of the Presidential Seal as a thank you for her work on the new website.

## Chuckle Corner



*One thing I can give and still keep...is my word.*