

# The Miner's Lamp

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



18 October 2011  
Volume 29, Issue 1

## The Month of October is Vocational Service Month

### IN THIS ISSUE

Back Health	1
Announcements	2
Rotary Moment	3
Attendance	3
Birthdays and Anniversaries	3
Parting Shot	4
October Programs	4
Chuckle Corner	4

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.

## Back Health



Our speaker on Tuesday was Mia Sutherland, owner of The Core. Mia is a Medical Exercise Specialist who has lived in the Comox Valley for 18 years. She operated a business called Fitness Excellence for 16 years until she sold it to begin her new pursuit, helping people with back issues. Mia amazed most of

us when she informed us that most common way one can herniate a disc can be traced to how we stand when we brush our teeth. Repeated unsupported forward flexion leads to damage to the disc tissue and eventually can lead to a rupture of the disc. One in three North Americans suffer from some kind of back pain. Back pain is the second most common reason for missed days at work after colds and flu and the second reason for hospitalization in North America and accounts for a significant amount of surgery. Mia offers six-week programs to help people deal with their discomfort and pain. Her programs include twice-a-week sessions of one-hour duration over the six week period. Clients receive instruction and participate in an appropriate level of exercise for their individual issue and are given a handbook containing the prescribed exercises. Visit: [www.happyback.ca](http://www.happyback.ca) or contact Mia at: 250-339-9561 or [miasco@shaw.ca](mailto:miasco@shaw.ca) if interested in more information.

## Announcements

"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: [jcornwell@shaw.ca](mailto:jcornwell@shaw.ca) Jill is also accepting donations of good books for our library at Cumberland Lodge.



- From President Deb: Bill celebrated his birthday on 7 October and Kim celebrates hers on 16 October. The regular monthly meeting of the Board of Directors will be held at 7 AM on Thursday, 13 October at Carmie's Café. Everyone is welcome to attend.
- Liz announced that arrangements will be made for a gourmet trails tour for the club in the spring.
- Congratulations to Leslie on her completion of the 8 KM walk on the weekend.
- **October Greeters:** Cathe Egan and Bill Armstrong
- **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

### Promote Polio Eradication



World Polio Day, 24 October, puts polio eradication in the spotlight. Find out how you can promote Rotary's work to rid the world of this crippling disease. Check out: [http://www.rotary.org/en/ServiceAndFellowship/Polio/Announcements/Pages/110929\\_annc\\_poliodayprevu.aspx](http://www.rotary.org/en/ServiceAndFellowship/Polio/Announcements/Pages/110929_annc_poliodayprevu.aspx)

**Attendance:** Only 17 Cumberland Rotarians attended our meeting on 11 October. We missed the company of: Catherine, David B, Jill, Jay, Robb, Steve, Debbie, Linda, Adri, Kim, Keith and Paul. Alinda is back in Kenya for the next 6 months. Visiting Rotarians: Elmer Phillipson of the Rotary Club of Strathcona Sunrise. Guests: Hendrika Stitger, Barb and Wayne Giroday and our guest speaker, Mia Sutherland.

### Birthdays in October

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.

## Parting Shot

### October Programs

18 - Club Assembly

25 - Official Visit of DG David Stocks and Frances Stocks

## Chuckle Corner

### Maxine is Ready for Hallowe'en - Are You?

