



The Miner's Lamp

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

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Volume 7 Issue 12

BODY TALK

EVERY
ROTARIAN
EVERY
YEAR

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Debbie Lemire introduced our guest speaker, Roberta Meilleur who gave an animated, enthusiastic presentation on her passion: Body Talk. Roberta is a Body Talk practitioner who explained that all parts of bodies, to the smallest molecule, are interconnected and capable of sharing energy. Her modality has allowed her to help her clients with a variety of issues. When a client books a visit with Roberta, he/she is placed on a massage bed fully clothed and Roberta proceeds through a list of questions with her client to determine the source of the person's imbalance and then uses the appropriate technique to help rebalance the body. Her short list of case studies document favourable results for

a variety of complaints including: warts, sleep apnea, eating disorders, genital herpes, post traumatic stress, shoulder pain, behavioural problems, self esteem and relationship issues, back pain, child's fear of riding in cars, sore toe, shyness, headaches, fatigue and depression.

Announcements

- Jill Cornwell continues to be interested in suggestions for speakers: jcornwell@shaw.ca
- A reminder that the club will pay the registration fees for anyone wishing to attend the District Leadership Training Assembly in Victoria on 24 & 25 February 2007. Register on line for the DLTA and book your room. The event will be at The Empress and the hotel is offering rooms at special rates.
- Bayne and Madelyn from the Youthact club are 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 drew our attention to the recently distributed Club Members' Handbook which outlines the correct protocol to use when acknowledging and addressing President Dave.
- Secretary Deb read a letter of thanks from Laurie Baird acknowledging our participation in the Christmas lighting festival.
- Rotarian Chip Ross announced that the RC of Strathcona Sunrise would be holding their second annual dinner theatre at the Rod and Gun Club on Saturday, 3 March. A silent and live auction will form part of the celebration of the club's 20th anniversary. The live auction will fall under the gavel of President Dave Stevens. Tickets are \$89 per couple. Roaring 20s costumes are encouraged and will earn the wearers \$20 in auction money. Let Chip know how many tickets you need: chip.ross@shaw.ca
- The work party at the orchard on Sunday 14 January—pictures on our website: www.rotarycc.org consisted of 2 hours of work followed by an hour of debriefing and refreshments at President Dave and First Lady Kathy's home.
- Rotarian Mac informed us of the work of Karae White who is working with the CV Head Injury Society and has developed a phenomenal PowerPoint presentation to educate the public. The presentation will be marketed provincially and nationally to raise funds for the society to be self-sufficient. To get them started, the society is seeking financial help for Karae et al to attend a conference in Vancouver in February and one in Toronto in July. More to follow.
- Mac showed us some Chinese lanterns that we could consider marketing during the Taiwanese Lantern Festival.
- President Dave informed us that he had received an e-mail from Rotarian Pippa Atwood who is exploring the idea of establishing a committee made up of representative all four local clubs to take on a joint, international project. Mac will investigate further on our behalf.
- President Dave mentioned that he had received a suggestion that the club consider meeting in more than one venue. More to follow after further study and discussion. Since the meeting, Duncan McLeod has confirmed that we could meet back in the Miner's Café as early as 30 January. He was informed that we would "come home" on 6 February.
- President Dave read an e-mail from Doug Ante in Zimbabwe. The sustainable chicken operation has been started in Silozwe with the \$500 we gave to Doug last fall. An initial flock of 100 chickens plus food, pens, etc have been purchased. Doug will monitor the development and running of the operation and provide any help needed to make this operation a sustainable success. Pictures to follow.
- 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 the cost of eradicating polio.
- President Dave reads a card of thanks from one of the two families we supported as part of the Christmas Hamper program of the Salvation Army.
- Secretary Deb reminded us that if we use Island Ink Jet to refill our cartridges, to mention our club's name and at the end of the year the club will receive a cheque for 10% of the total money spent by us for their goods and services.

January Greeters: Rotarian Steve Galbraith and Rotarian Ann Janssen

Lighter Moment

I'm a Senior Citizen Almost 50

I'm the life of the party even when it lasts 'til 8pm.

I'm very good at opening childproof caps with a hammer.

I'm usually interested in going home before I get to where I'm going.

I'm good on a trip for at least an hour without my aspirin and antacid . . .

I'm the first one to find the bathroom wherever I go.

I'm awake many hours before my body allows me to get up.

I'm smiling all the time because I can't hear a word you're saying.

I'm very good at telling stories...over and over and over and over.

I'm aware that other people's grandchildren are not as bright as mine.

I'm not grouchy, I just don't like traffic, waiting, politicians . . .

I'm positive I did housework correctly before the Internet.

I'm sure everything I can't find is in a secure place.

I'm wrinkled, saggy and lumpy, and that's just my left leg.

I'm having trouble remembering simple words like . . . uh . . .

I'm now spending more time with my pillows than with my mate.

I'm realizing that aging is not for sissies.

I'm walking more (to the bathroom) and enjoying it less.

I'm sure they are making adults much younger these days.

I'm wondering if you're only as old as you feel, how could I be alive at 50?

I'm anti-everything now: anti-fat, anti-smoke, anti-noise, anti-inflammatory

I'm supporting all movements now . . . by eating bran, prunes and raisins.

I'm a walking storeroom of facts . . . I've just lost the storeroom.

