

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



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The Month of August is Membership and Extension Month

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Consider bringing a guest to a meeting or two during the month to share Rotary and peak interest in becoming involved.	

Horticultural Therapy

Our guest speakers on Tuesday were Lisa Hamilton and Chanchal Carbrera representing Inisfree Farm and Gardens Without Borders. We learned that plants are to people what water is to plants -



indispensable, essential and life giving. Horticultural therapy is a process, which uses plants, horticultural activities, and the natural world to promote awareness and well being by improving the body, mind and spirit. Horticultural therapy is universal, adaptable and validated by research. ~ Canadian Horticulture Therapy Association 1997. Chanchal and her husband, Thierry Vrain operate Inisfree Farm at 3636 Trent Road. Using the gardens and features they have developed they offer programs to a variety of target groups including youth, mentally challenged people, abused women and a number of other groups. The tag line for the program is: Horticultural Therapy - Growing Wellness - Reconnecting Soul and Soil. Chanchal provided the results of research into the recovery of gall-bladder surgery patients that revealed that the ones who had a view of green space out of their window recovered with less pain and medication than those whose view consisted of a wall and an industrial site. See: www.gardenswithoutborders.org

www.rotarycc.org



Announcements

Aging is not for sissies.

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



- From President Deb: A reminder that the Rotary Club of Strathcona Sunrise will operate pancake breakfasts at the Fall Fair on 27 and 28 August and a beer garden at the Fair on 26 to 28 August. Terry Nielsen's global grant application has been approved for the protected springs project. Dawn to Dawn is still looking for boots and runners that have been worn with love for distribution at the Homeless Fair in October. If you can provide, please e-mail President Deb or bring them to a meeting and she will see that they are delivered. Deb circulated a Ron Bannerman Memorial Medallion that we helped make possible that is awarded to students participating in the annual Heritage Fair.
- Debbie reminded us that the deadline for donations for the Extravaganza Italiana to be in her hands is 22 September, less than a month away.
- Jerry Feniak spoke about the famine developing in the Horn of Africa and the role Disaster Aid Canada is playing in bringing relief to the 11 Million people affected. <http://www.disasteraidcanada.ca/>
- David Stevens announced that the coal cart bench project is almost complete. There will be a work party at 10 AM on Tuesday, 23 August and another at 2:30 PM the same day. Check the parting shots for a glimpse at what the benches will look like when completed. John C will arrange to have plaques made to acknowledge the donors of the benches and the fact that our club refurbished them.
- **August Greeters:** Debbie and Judy
- **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 Presidential Nominee 2013 - 2014



Ron D. Burton, a member of the Rotary Club of Norman, Oklahoma, USA, is the selection of the Nominating Committee for President of Rotary International in 2013-14. Burton will become the president-nominee on 1 October if there are no challenging candidates.

Burton retired as president of the University of Oklahoma Foundation Inc. in 2007. He is a member of the American Bar Association, as well as the bar associations of Cleveland County and the state of Oklahoma. He is admitted to practice in Oklahoma and before the U.S. Supreme Court.

Attendance: 23 Cumberland Rotarians attended our meeting on 23 August. We missed the company of: Catherine, Jill, Christine, Kim, Jon and Paul. Visiting Rotarians: Blaine Douglas of the Rotary Club of Courtenay and Jerry Feniak of the Rotary Club of Strathcona Sunrise. Guests: Megan Haas, Taylor Hughes, Chantal's sister Sasha Levasseur, Thierry Vrain, and our guest speakers: Chanchal Carbrera and Lisa Hamilton.

Birthdays and Anniversaries in August

Birthdays: 1 Leslie Baird, 4 Linda Oprica, 9 Rob Neal, 28 Jill Cornwell. Anniversaries: 1 Alan and Angie deJersey, 7 David and Kathrine Stevens, 24 Leslie and John Baird and Robb and Brenda Flannery . Best wishes to all from our club.

Parting Shots



A completed Coal Cart Bench - doesn't it look great?

August Programs

30 - Chip Ross and David Stevens on their experiences at the RI Convention in New Orleans

Chuckle Corner

Ever hit a Deer with a car? Ever see a train hit one? Don't be squeamish.. Look below.



Question #1 Is my grandson OK? Question #2 Where is he. I think I'm going to strangle him. The kid came out without a scratch but he wasn't so sure that'd be the situation after his granddad sees this

Footnote: Although the paramedics discovered no one was injured when they arrived on the scene, they did have to caution people that got near the tractor motor laying on the ground as it was still running.

Apparently, nothing runs like a Deere!