



# The Miner's Lamp

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



5 August 2008



Volume 14 Issue 4

## August is Rotary Membership and Extension Month

### In This Issue

|                             |   |
|-----------------------------|---|
| Club Assembly               | 1 |
| Announcements               | 2 |
| Program 5 August            | 2 |
| Green Tip No. One           | 3 |
| Attendance                  | 3 |
| Anniversaries and Birthdays | 3 |
| Parting Shots               | 4 |
| Chuckle Corner              | 4 |

**August is the month that all Rotarians focus on their duty to share Rotary by inviting non-Rotarians to attend meetings to learn about Rotary and to become Rotarians and to start new clubs (Extension).**

## Club Assembly



President Linda presided over a great assembly that covered a number of topics requiring our attention. She began the meeting by testing our brain agility with a number of teasers. We were amazed how clever we all were at 7:15 AM! Foundation Chair Judythe reported District 5020 exceeded its goal of giving to the Annual Programs Fund and that our club exceeded its goal as well. She reminded us to designate some of our donations to eradicate polio. The Bill and Melinda Gates Foundation gave Rotary International \$100 Million as an outright grant with the understanding that RI will raise a matching amount during the next three years. She asked that our club give \$1313 per year for the next 3 years. The number is based on the reported polio cases in the world last year. Tell Treasurer John how much is for PolioPlus.

## 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. Jill suggested that someone else would like to get involved and eventually take over the responsibilities she has executed so well during the past few years.
- Our 2008 - 2009 Club Directory is now available—two copies each — see John C. This hard copy booklet is designed as a quick reference for phone numbers, addresses and e-mail addresses. The website: [www.rotarycc.org](http://www.rotarycc.org) has more information and is password protected.
- Dodie announced that the District Foundation Chair had advised our club that our District Simplified Grant for \$2,500.00 has been approved! Well done, Dodie. The funds will be used to help equip the Paramedic volunteer Bike Squad with an AED (Automatic electronic Defibrillator) and several sets of raingear.
- President Linda reminded us that 200 donations is our target for our Extravaganza Italiana. Debbie has received about 50 replies to her request for information about donors that members will contact/have contacted. President Linda only counts donations that are physically “in hand” and she has set a deadline of 11 October for that process to be completed. Four are in hand, 196 to go!
- Big Time Out pancake breakfast in the Village Square on Sunday, 17 August, 8 AM to 11 AM. Volunteers will be needed. Dodie will advise people of their duties. Set up at 6 AM and clean up following. Funds to community school drama program.
- President Linda read a card from DG Brian Beagle congratulating us on a super meeting in the orchard during his visit on 15 July. He complimented all of us for our club's leadership, activities and spirit of service.
- There will be a work party in the orchard on Wednesday, 20 August at 6:30 PM for about an hour. The Wave features burger night every Wednesday if anyone would like to meet there around 5 PM for a bite before the work party.
- Victoria area Rotary clubs will be hosting Rotary International President DK Lee and Rotarian Tom Henderson, Founder and CEO of ShelterBox on 12 September at 12 Noon at the Delta Ocean Pointe, Victoria. \$75 per person with a tax receipt for \$40. Call 1 800 677-0900 or email [don@shelterbox.ca](mailto:don@shelterbox.ca) for tickets or to reserve full tables or visit [www.shelterbox.ca](http://www.shelterbox.ca)
- Keith and Stefan are organizing a car rally for the club on either Saturday, 6 September or Sunday, 7 September. If anyone would like to help, contact either of these Rotarians. More details to follow.
- **Program 5 August:** Ron Bannerman - No. 6 Mine Park
- **August Greeters:** David Bossom and Dodie Brand
- **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.

# Green Tip No. One



Our “Queen of Green”, Gale, offers this green tip as the first in a series to help us all think greener. Feedback on this idea of providing tips is welcome—Ed.

## Bottled Water

Aside from the health dangers associated with the plastic water bottles, there are other reasons not to use them:

- They are an environmental disaster, filling up our landfills (10 million a year in BC alone.)
- The water itself is not scrutinized as public water is and may not be safe to drink.
- The process used to make them is environmentally unsound.

Many Nalgene water bottles and other hard plastic sport water bottles are made of polycarbonate (#7 on the bottom), which may leach Bisphenol A, an estrogen-like chemical. Canada is considering a ban of products containing Bisphenol A (BPA), which has been linked to breast cancer, early puberty, effects on babies, concerns about the effect of feminizing hormones on men, such as breast enlargement or dropping semen counts.

What should you do?

### 7 Ways to beat BPA, in order of Importance:

1. Ditch the clear plastic baby bottles now. Research points at the effect of the estrogen-like BPA on children as being the most significant.
2. Tin cans are often lined in plastic BPA and sit around a long time; get rid of older tin cans, particularly if they contain tomatoes and other acidic fruits.
3. Don't use your polycarbonate bottle for hot drinks.
4. Polycarbonate bottles get crazed and cracked as they get older; that increases surface area. Get rid of old ones.
5. Replace your Polycarbonate bottle with a Sigg, Kleen Kanteen, or the new BPA free Camelbak, particularly if pregnant or pre-pubescent.
6. Replace jugs where water sits around a long time, like Brita knockoffs. (Brita says they are BPA free)
7. Stop using jugged water cooler water, get a filter and cooler that uses city water. It is a big jug so there probably isn't much of a problem, but why are you drinking bottled water anyway?

## Attendance

21 Cumberland Rotarians attended our meeting last week. Guests: Chantal Stefan and Anatol Gudenus.

## August Birthdays and Anniversaries

Birthdays: 4: President Linda, 9: Rob Neal, and 28: Jill Cornwell. Anniversaries: 1: Angie and Alan deJersey, 7: Kathy and David Stevens, 16: Doreen and Mac Fraser and 24: Brenda and Robb Flannery. Best wishes to all of you from all of us.

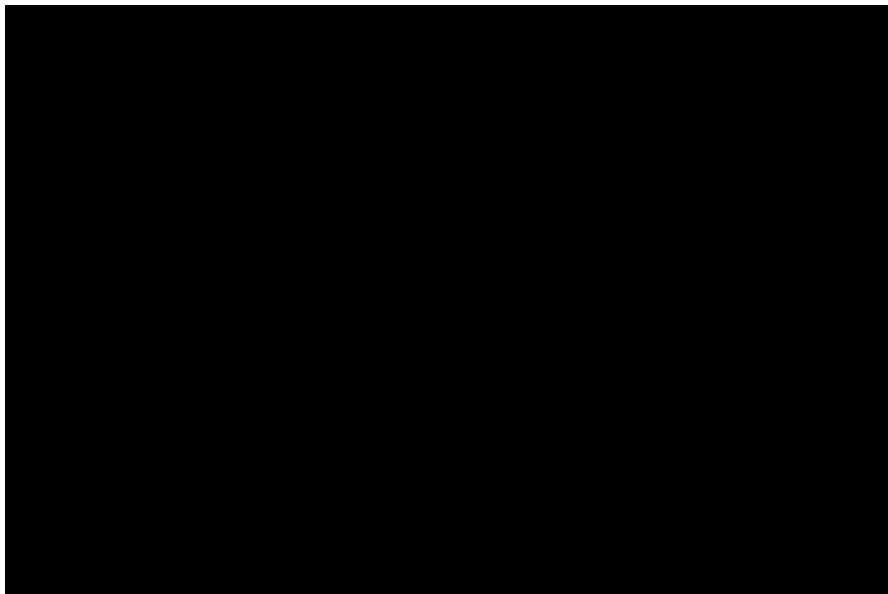
## Parting Shots



### Transit Shelters Branded

The transit shelters we provided to the Village of Cumberland last year have now been “branded” with the Rotary logo and our name. Also, during the past week, one of Cumberland Ready Mix’s drivers drove her truck to the two shelters and gave them a good cleaning. Makes us proud!

## Chuckle Corner



*My mind is like a parachute...its effective only when open.*  
Cumberland Centennial Rocks!