

The Miner's Lamp

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



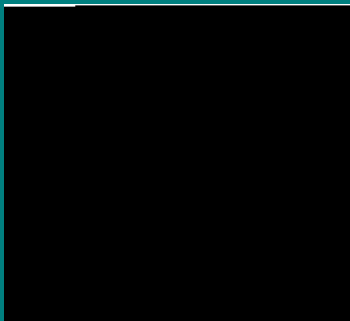
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December is Family of Rotary Month

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Rotary clubs celebrate the family of Rotary by completing the election of club officers and holding a family gathering before the end of the month.



Seeds Natural Foods

Our guest speaker on Tuesday was Christina (Tina) Willard-Stepan, owner of Seeds Natural Food Market in Cumberland. Tina, who trained as a teacher and personal coach and her family came to the Island from Calgary to visit about five and half years



ago and have never left. Tina's store has a focus on providing affordable wholesome food. The store is a gathering place for many members of the community who pause to chat and catch up on community news. The food that is offered for sale is purchased from suppliers within as small a radius as possible. Produce is grown close by and processed products - sauces and dressings for instance, are made within a short distance of the store. In the first year of operation, Tina's business received the Cumberland Chamber of Commerce Customer Service Award and has been nominated most recently for the BC Small Business Best Employer Award. Tina and her staff are committed to providing great products at competitive prices with service to the customers being most important. www.seedsfoodmarket.ca

Announcements

Time goes, you say? Ah no! Alas, time stays, we go. ~Alan Austin Dobson, English poet 1840-1921

- 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 Alan: Thank you to November's greeters for a job well done.
- Chantal reminded us of the EDAS work party at the Cumberland Cultural Centre from Noon until 5:30 on Sunday, 12 December.
- Jon Toogood welcomed Bill England and Josh Robertson. Josh will be attending Adventures in Film in Powell River. Tatyanna Kurucz, who has been selected to attend Adventures in Culinary Arts, could not be present.
- Liz suggested re-scheduling the ladies' fashion exchange in December. The consensus is to wait until January and hold it on a Sunday. Details TBA.
- Keith will provide a truck, space and lights if we wish to decorate one on Saturday, 11 December. A sign-up sheet was circulated. Contact Keith or David Stevens if interested.
- Jill reported that she works for BCAA in the Safeway Plaza, which has forged a partnership with the Vancouver Canucks who have provided two tickets for the 4 February game between the Canucks and Blackhawks. Discussion about how the tickets could be used to raise money for a BCAA/Cumberland Rotary community project followed. Further discussion and decision by the board.
- **December Greeters:** David Bossom and Steve Galbraith.
- **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



Vocational Training Team is All Heart in Uganda

A vocational training team specialized in paediatric heart surgery made a profound difference in the quality of life for 11 young people in Uganda in October.

Organized by Rotary districts 6560 (Indiana) and 9200 (Eritrea, Ethiopia, Kenya, Tanzania, and Uganda), the 12-member team from Riley Hospital for Children in Indianapolis, performed the life-saving procedures at the Uganda Heart Institute at Mulago Hospital in Kampala. The team also spent several days monitoring their patients' recovery. After Dr. Mark Turrentine operated on 19-year-old Onesmus to correct serious congenital heart abnormalities, he asked the youth, "What do you want to do with your life?" "I want to help people like you do," Onesmus said. "I want to be a doctor, if that's what God decides for me." The team also shared their skills with their counterparts at the institute.

This was the Riley Hospital team's third mission as part of an initiative called Our Hearts Are in Uganda to improve care for kids with congenital heart defects. The initiative was launched by the Gift of Life Foundation and Rotary International in 2008 and is designed to continue until 2014, when it is turned over to the Uganda Heart Institute. A US\$33,094 global grant, sponsored by the Rotary clubs of Makindye, Uganda, and Greenfield, Indiana, partially funded the team's mission, which addressed the maternal and child health area of focus under The Rotary Foundation's Future Vision Plan and the RI Strategic Plan.

"The contribution of Rotary is visible in Uganda," RI Director Samuel Owori said. "By networking in the community, we are well known on the ground for health and other projects, and the government appreciates our role." Source: Rotary International News / Courtesy : eFlash_Rotary www.eflashonline.org.

Attendance

24 Cumberland Rotarians attended our meeting on 30 November. We missed the company of: Robb, Mac, Debbie, Judythe, David S., Gale and Casper. Guests: Bill England, principal of Mark R. Isfeld Secondary School, Josh Robertson our candidate for Adventures in Film, Maj Birch of the Mountain Avian Rescue Society and Tina Willard-Stepan, our guest speaker.

Birthdays and Anniversaries in December

Birthdays: 4 Christine Dickinson, 7 Jay Dahlgren, 8 Steve Galbraith and 12 Adri Pretorius. Anniversaries: 3 Judythe and Bob McQuillan, 6 Liz and Elmer Phillipson, 11 Christine and David Dickinson and 28 Rhonda and Bill Armstrong. Best wishes to everyone.

Parting Shot



Maj Birch of the Mountain Avian Rescue Society provided a video of the work of the organization. President Alan presented Maj with a cheque for \$500 from our club to support the society's work.

December Programs

7 Cst Tammy Douglas, RCMP, talking about Operation Red Nose 14 Club Assembly 21 Christmas breakfast at Zocalo's Café – bring your family members to share their favourite or funniest Christmas stories over breakfast. 28 Onyx Ogilvie about a project he is involved with through Fertile Ground in Assam. He is hoping to go to Assam to work on the project.

Chuckle Corner

Paraprosdokians*

- Do not argue with idiots, they will drag you down to their level and beat you with experience.
- Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
- Light travels faster than sound., that is why some people appear bright until you hear them speak.
- If I agreed with you we'd both be wrong.
- We never really grow up, we only learn how to act in public.
- War does not determine who is right – only who is left.
- Knowledge is knowing a tomato is a fruit; wisdom is not putting one in a fruit salad.

*A **paraprosdokian** from Greek "para-", meaning "beyond" and "prosdokian", meaning "expectation". Used by comedians and satirists because they provide a surprise ending to a statement.