



The Miner's Lamp

Bringing the Light of Service to the Community and the 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.	

Update on Policing



Our guest speaker on Tuesday was Inspector Tom Gray, Officer in Charge of the Comox Valley Detachment of the RCMP - our Chief of Police. Tom is also a Rotarian in the Rotary Club of Strathcona Sunrise, Courtenay. Tom has been our police chief for almost 9 years, years that, in his words have flown by, each with a theme. Tom started his presentation with a story of an incident that occurred as a "rookie" when he attended a situation in Lower Post in 1973. Tom provided us with an overview of the policies that are in place to ensure the safety of the citizens of our community. Youth issues were a big topic when Tom arrived in 2003. In 2005 the detachment revamped its business practices and as a result, he was invited in 2007 to London, England to brief police on the approach. Morale in the detachment is high despite the heavy workload that places the members on long periods of overtime due to limited resources. Summers in our valley result in many festivals and activities every weekend, sometimes more than one per weekend. The main element that affects the level of activity is centred around excessive alcohol consumption by a minority at each event. Sometimes organizers do not plan properly for security of the community and that results in extra work for the police.

Announcements

It's lonely at the top.

- 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: Our club has been invited by the Rotary Club of Langley, our partners in the Liberian project, to a summer BBQ on 5 August. Accommodations will be provided by these Rotarians to anyone interested in attending. Contact Terry Smith: terrysmith@shaw.ca if interested.
- Those who volunteered for the pancake breakfast on Sunday, 7 August are asked to report for duty at the Village Square at 7:30 AM to start serving at 8 AM.
- Coal cart bench refurbishment project is still in progress. It has been decided that all of the wood in the benches will be replaced with western red cedar generously donated by Stefan and Island Timberframe. The work party originally scheduled for Tuesday, 9 August has been cancelled and a new date will be announced when the cedar arrives.
- The Extravaganza Italiana is 9 on 1 October. Sixteen donations have been received and here are 9 weeks remaining until the deadline for donations to be received.
- Liz thanked Keith and Joanne for donating the lox and hot-smoked salmon for the potluck on Monday evening.
- **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

Meet Claude Surena



Hours after a massive earthquake hit Haiti in January 2010, Claude Surena, a physician, turned his home into a makeshift triage center, sheltering more than 100 injured people. Using the limited supplies of medicine and food that Rotarians had managed to collect, Surena, his wife, and other volunteers cared for victims, many of whom were in critical condition. The capital city of Port-au-Prince was damaged extensively, making communication almost impossible and resources scarce. “It was difficult to witness so many people suffering and not have the capacity to give them the help they needed,” says Surena, president of the Haitian Medical Association. “I wanted to give as many people as I could some level of comfort.” Three days after the quake, Haitian President René Préal appointed Surena the country’s coordinator of earthquake response, in charge of overseeing the recovery and redevelopment of the public and private health sectors. A Rotarian since 1983, Surena is also head of District 7020’s Haiti Task Force, which works with local clubs on long-term recovery projects. “Haitian Rotarians lost family and friends,” he says. “To see them still able to serve their neighbors and communities under those circumstances made me feel proud to be a Rotarian.”

Attendance: Only 16 Cumberland Rotarians attended our meeting on 2 August. We missed the company of: Bill, Catherine, David B, Jill, Alan, Cathe, Robb, Steve, Kurt, Adri, Kim, Chantal, Keith, and Jon. Visiting Rotarians: Tom Gray, Chip Ross and Michael Syer of the Rotary Club of Strathcona Sunrise.

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



Thanks to Liz and Elmer for hosting the pot luck at their home on Monday evening to view the Nautical Days fireworks display sponsored by Quality Foods.

August Programs

9 - Presidents of the other CV Clubs 16 - Club Assembly with AG Lana Eagle 23 - Lisa Hamilton on Horticultural Therapy 30 - Chip Ross and David Stevens on their experiences at the RI Convention in New Orleans

Chuckle Corner

29 Ways to Stay Creative

WAYS TO STAY CREATIVE

1. MAKE **LISTS**.
2. CARRY A **NOTEBOOK** EVERYWHERE.
3. TRY **FREE WRITING**.
4. GET AWAY FROM THE **COMPUTER**.
5. QUIT BEATING YOURSELF UP.
6. TAKE **BREAKS**.
7. SING IN THE **SHOWER**.
8. DRINK **COFFEE**.
9. **LISTEN** TO NEW MUSIC
10. BE **OPEN**.
11. SURROUND YOURSELF WITH **CREATIVE** PEOPLE.
12. GET **FEEDBACK**.
13. **COLLABORATE**.
14. DON'T GIVE UP.
15. **PRACTICE**, PRACTICE, PRACTICE.
16. ALLOW YOURSELF TO MAKE **MISTAKES**.
17. GO SOMEWHERE **NEW**.
18. COUNT YOUR **BLESSINGS**
19. GET LOTS OF **REST**.
20. TAKE **RISKS**.
21. **BREAK** THE RULES.
22. **DON'T** FORCE IT.
23. READ A PAGE OF THE **DICTIONARY**.
24. CREATE A **FRAMEWORK**
25. STOP TRYING TO BE SOMEONE ELSE'S **PERFECT**.
26. GOT AN **IDEA**? WRITE IT DOWN.
27. **CLEAN** YOUR WORKSPACE
28. HAVE **FUN**.
29. **FINISH** SOMETHING.