



The Spokesman



ROTARY CLUB OF
CAMPBELL RIVER
BC, CANADA



MEETING: WEDNESDAY, 12 NOON
COAST DISCOVERY INN

VOLUME 64 #7

AUGUST 26, 2009

Rotary International
President

John Kenny

District Governor 5020:

Alex Alexander

Club Officers

CR Rotary Club President

Doug Dyer

286-3293

President Elect

Sterling Campbell

923-0744

Secretary

Iain McClymont

923-4352

Treasurer

Harper Baikie

286-1187

-Directors-

International Service

Mark Degagne

287-7799

Service Projects

Lorrie Bewza

923-8088

Community Service

Ian Baikie

286-6266

Club Administration

Dave Thagard

923-9312

Membership

Patricia Gagnon

850-1180

Past President

Brian Shaw

287-7806

Sergeant at Arms

Dave Proctor

287-4114

The Spokesman

**Produced & Written
by**

Brian Shaw

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Dr. Carl Ivey last visited our Club in the year 2000 and as boisterous as ever he lectured us on the subject of wellness and healthy nutrition. Dr Ivey is a parenting coach & retired holistic pediatrician

THE BOTTOM LINE

In summary, we need to reduce or avoid altogether foods which promote inflammation and have little to no real nutritional value such as trans-fats, partially hydrogenated fats, refined sugar, soda pop, artificial sweeteners and processed meats. The connection between the over-consumption of refined sugar and many chronic diseases is so clear that many researchers describe the typical North American diet as a "sugar suicide program." Research published in the journal Depression and Anxiety (2002) showed a clear connection between higher rates of sugar consumption and higher rates of depression among nations. In Japan, where rates of depression are much lower than North America, the annual consumption of sugar and sweeteners is less than half that of the United States and Canada.

We need to eat more whole grain cereals, high fiber foods, (organic foods whenever possible), beans, raw nuts, seeds, omega-3 oils (found in flax oil, sardines and wild salmon), uncooked omega-6 oils (found in raw nuts and seeds), and as wide a variety as possible of fresh, organically grown and pesticide-free, raw fruits and vegetables. For those who dislike fish



or are allergic to fish, the essential omega-3 and omega-6 oils can be obtained in a supplement such as "Essential Balance", manufactured by "Omega Nutrition". Two high quality fish oil supplements containing omega-3 essential oils and routinely checked to be free of mercury and other contaminants are "Nutra-Sea" and "Nordic Naturals."

For more information go to Dr. Ivey's Website
<http://www.carliveymd.com/>

He also suggests 3 books for you to do your own research. They are as follows

The Spectrum; by Dean Ornish

The China Study; by Colin Campbell

Cooking with Food that Fights Cancer;
by Dr Richard Beliveau

Visiting Rotarians & Guests:

Dr Carl Ivey
Blanel Rivera; guest of Ted Foster
Karen Adams; Andy's wife
Kim Sleno; Past Asst District Governor
Gage Crawford; young guest
of Marlene Wright

*Presentation to the
club of the
"Lame Duck" from
Maureen Fritz-
Roberts President of
the Comox Club*



President's Announcements

At the executive meeting last week

- It was decided that Weekly Draws will go to Club Funds 'til further notice to fill a reported shortage of cash flow.
- They voted to donate \$2500 to Mt. Washington Ski Club to help them complete construction of their expansion
- Storage unit now approx. 80% full. If you wish to store stuff call the overworked sniveling Sterling Campbell (President Elect)

Amendments to the By-Laws

Will take place on September 23rd.

Keith Price Resigned from the Club
for personal reasons.

Birthdays:

Aug. 26: Jackie MacNaughton

Aug. 27: Agnes Chapman

Aug. 28: Todd Peachey



Anniversaries:

Aug. 31: Francois and Myra Egan (35)

Attendance: 100%

Draw: The World Community Service Draw for \$25 was won by Jim Robinson

Greeters for Next Week:

Greg Manzulenko, Jerry Dennison, Joe Dinn

Next week's program: Tour de Rock:

Nicky Dyson will outline this year's program

Also:

Distribution of canvass sheets for TV auction.

Note from President Doug

"The Executive and I want the membership to know that we are always open to hearing about your concerns, your ideas or your comments.

We are all volunteers in this great club and always strive to do what we feel will best serve our clubs objectives and honour our prominent reputation.

This is just a reminder that The Rotary Club of Campbell River is your Club and **the Future of Rotary is in Your Hands"**.

President Duck

Carry the Torch!



Kealy Donaldson

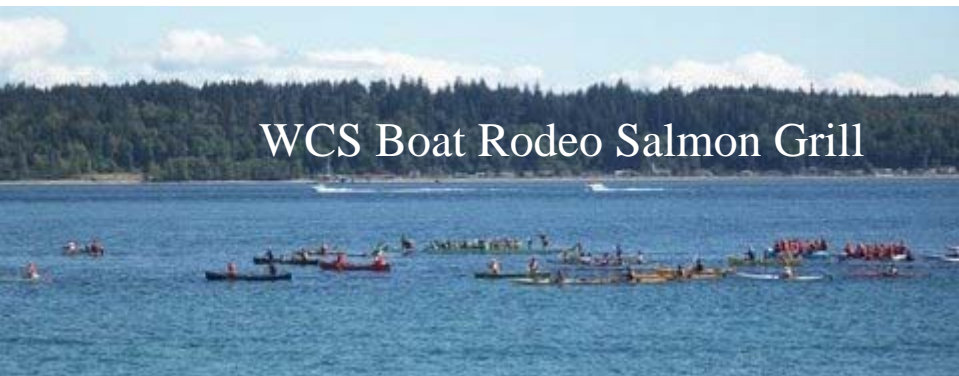
Campbell River has been selected to host

"Community Celebration" for the 2010 Winter Olympic Games Torch Relay!

The Official Olympic Torch arrives in **Campbell River on Monday, November 2, 2009 between 4 and 6 pm** and will be carried through the streets of our City ending up at the **celebration site "Spirit Square"**, featuring local entertainment, athletes, culture and arts. Campbell River is one of the first stops for the Olympic Torch and will be covered by media broadcasting around the world.

This is a very exciting opportunity for everyone in Campbell River to be involved! A **Community Task Force: CR Spirit of the Flame Committee** is now in place. The focus for the event is on youth, diversity, athleticism and the most important "Community". You can help by visiting <http://www.campbellriverbc.ca/play/pages/default.aspx>.

We look forward to hosting you and your organization on Monday, November 2nd for Campbell River's "Community Celebration" Event.



WCS Boat Rodeo Salmon Grill



Rotary Restaurant



Trudy was the only one volunteering for the onions. What about you Bob



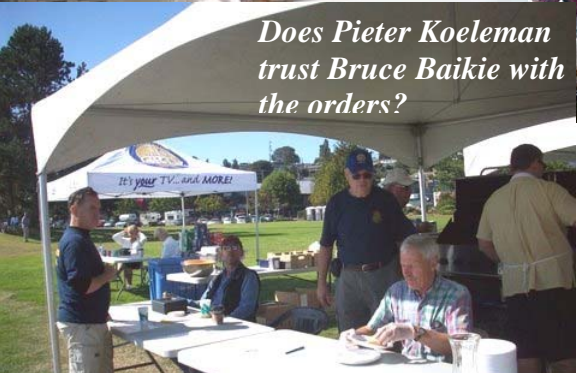
Iain McClymont



Lawrence Lewis on the Grill



Just like at work.. eh Mary?



Does Pieter Koeleman trust Bruce Baikie with the orders?

As you can see, lots of help made for a good time for all at the Rodeo. The WCS committee cleared about \$1,500 at the event. Congratulations to all involved.



Thanks to the Dahls for their time and equipment



Larry Stright has found a new career

Jim Forsythe prepares the secret recipe

Rotary Seawalk connects users

By Gina Forsyth

The 6.2 kilometres of seawalk starts south of the Hidden Harbour condominiums, beyond the bottom of a hill that's steeper than it appears when you're on foot. Sitting on a nearby bench, it strikes me that condo residents could supplement their income in the fall and winter by offering up close and personal views of the angry, swelling waters of Discovery Passage. But not today. The view from the seawalk is one of calm, peaceful water interrupted only by an unbroken line of kelp stretching almost as far as my eye can see.

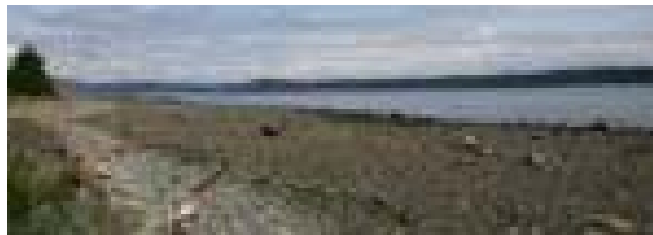
Locals and tourists alike have Campbell River Noon Rotary to thank for this wonderful seawalk that stretches to Maryland Road. It's a terrific way to enjoy the water that is so much part of our lives in this community.

Adding phases to the Seawalk project has become a club tradition, said Rotary Special Projects Chair and Past President Ted Foster recently.

From the first phase that opened in March 1996 at a cost to Rotary of \$75,000 to the Seawalk Completion project undertaken in 2007 under President Marlene Wright that included the renewal of the 50th Parallel marker, the refurbishment of the information displays in the Seawalk Centre at the south end and several information posts along the Seawalk Rotary, funds have come from the community, specifically from the proceeds of Rotary's annual local tv auction.

Monies invested to date exceeds \$1 million. This doesn't include land acquisition, maintenance costs, the value of volunteer work or donated goods and services.

Funding partners have been the Coast Sustainability Trust, the province of BC, Cycling Network and Access, City of Campbell River, Area "D" of the regional district, Campbell River Tide Guides, the Marine Trades Association, Weyerhaeuser, Maryland Estates and a public fundraising appeal that raised approximately \$30,000.



On this particular afternoon, cyclists and walkers are sparse. I guess it's true about only mad dogs and Englishmen going out in the noon day sun. I'd add Ginas to that. However, two black members of the Small Dog Group clearly enjoy their roll in the grass at Rotary Beach Park, accompanied by their hat-wearing, camera-toting humans. I do notice that everyone is in the shade.

The park, in the 700 block Island Highway, provides convenient parking as well as benches for contemplating the view of Quadra Island and its lighthouse as well as picnic tables. Trees offer refuge from the sun. It would also make a magnificent location for a wedding, one I'm sure guess would talk about long after the thank you cards had been mailed.

A unique feature of the seawalk is the Campbell River Hospice initiated Sally Wellman Memorial Garden, also located at Rotary Beach Park. It's a respectful and quiet place where people can remember a loved one by planting small shrubs or flowers or placing a memorial plaque for a minimum \$25 donation. Please contact the Hospice at 250-286-1121 for more information before buying plants or placing a memorial plaque. Their website is [www. http://www.crhospice.org](http://www.crhospice.org).

South of Rotary Beach Park, the roller blading is not for the faint of heart. The straight stretches allow you to gather considerable speed, an important fact that may go unnoticed if you're enjoying the ocean view. That's why you really should invest in knee pads and elbow pads, at the very least. Based on the Great Rollerblade Wipeout of July 2007, the concrete is hard. Really hard. But the feeling of freedom and taking joy in movement was worth the numerous, "My goodness, what did you do to your knee?"

If you walk to Willow Point, your reward is a cold drink from 7-11 and an unobstructed view of the water south, made even more spectacular at night when there are cruise ships on their way to and from Alaska.

Learn more about the local side of Rotary and its other contributions to Campbell River, visit their website at <http://www.campbellriverrotary.org/>.