



Rotary Club of Steveston Weekly Synopsis



Every Tuesday 7.00 a.m. at the Steveston Hotel 12111-3rd Avenue

RI President 2011-2012: President Kalyan Banerjee

President: Lee Bennett Vice President: Barbara Bradey Secretary/President Elect: Martyn Westerman

Treasurer Bill Brooke Bulletin Editor: PP Wilbur Walrond / Webmaster: Rtn Dale Jackaman Assistant Paparazzi: PP Albert Wong

Meetings of December 6-13, 2011

This is Christmas and Family Month in Rotary (So spread the Joy)



Today's head table ready to spread the Christmas Joy



Today's audience as Rtn Sgt Kate censors Rt Bob's joke for today!

December 6, 2011

You may recall that that was our special Pancake Breakfast in place of our regular meeting to support the McKinney High school in their special Christmas Fund Raising project for their various charities. The School teachers very appreciative of the many stalwart members who braved the chilly morning to turn up to help flip pancakes for the kids and their parents.

It was so dark at 6.30 a.m. that when the paparazzi got there he could make out the faces of the several chefs although they could recognize him.

The Event raised \$1100 for the students so everyone was happy, especially the intended beneficiaries.



McKinney School Pancake Breakfast Fund Raiser



Teacher Brenda



McKinney School Pancake Breakfast Fund Raiser



Even Martyn's son was there



End of Movember Month



Thanks to three PROSTRATE Rtns who kept a stiff upper lip in aid of the PROSTATE Cancer Fund Raiser during that month. Just shows why Rotary has to be in everything to achieve best results!



The 'growsome' threesome –Rtns Blacker, Walrond & Madsen

December 13, 2011

COMMITTEE & Other REPORTS

A PROPOSED slate of officers and Committee heads for 2012-2013 was circulated for our review. In January there will be a formal call from the floor for election of members for the various positions which are not etched in stone – as yet- so that all members can have an opportunity to volunteer their services for whatever committee they would like to head or be a member of.

There is also a vacancy for the position of President elect, so please give some serious thought over the Holiday Season as you imbibe in the Spirits that go with it, to your role in the Club for the coming year.

PROPOSED Officers List 2012-13 - ROTARY CLUB OF STEVESTON - RICHMOND -
#55422 - 13/12/11



THE ROTARY CLUB OF STEVESTON DIRECTORS AND COMMITTEE ASSIGNMENTS FOR THE PERIOD JULY 1, 2012 - JUNE 30, 2013

<u>Position</u>	<u>Person(s)</u>	<u>Committee Assistant(s)</u>
President	Martyn Westerman	
Secretary & VP	Lee Bennett	
Treasurer	Bill Brooke	Judy Lau
Past President	Lee Bennett	
President Elect	tba	
*		
Club Service	Kate Hansen	Barb Bradey, Jim Toogood, Marlee Girard
Community Service	Garth Mooney	Paul Meyer, Bob Butterworth, Rick Duff, plus all other members on major events
Funds Allocation	Executive	
International Service	Doug Nielsen	Bob Blacker, Wilbur Walrond
Membership	Sean Graham	Scott Stewart, Jack Evans, Pat Kasprow
New Generations Service	Trevor Sticker	Sally Houston, Thomas Forbes
And		
Vocational Service	Susan Nielsen	
Public Relations	Rob Madsen	Bill McNulty, Peter Mitchell
And		
Bulletin, Website, Photos		Dale Jackaman, Wilbur Walrond, Albert Wong
Rotary Foundation	Bill McNulty	All Past Presidents
*		
Greeters	Bob Jones	+ Newer members on a rotating basis
Sergeant at Arms	All members on rotating basis as designated by President	

Special Presentation

PDG Gordon Dalglish and former member of our Club presented a cheque for \$1000 from the IBM his former employer, to PDG Bob Blacker, in recognition of IBM's 100 anniversary and their commitment to Community Service.

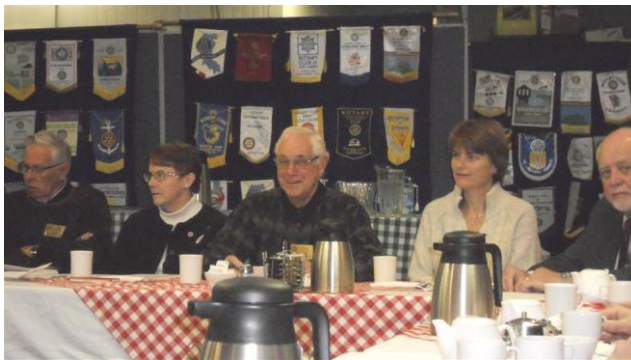
These funds will go specifically to PDG Bob's Government Rotary Literacy Community Building Project in Rivers Inlet to purchase safety equipment for the community and educational material for their new library.



Happiness personified! Can you imagine what they would be like if the cheque was for \$1M!
☺!

Today's Guest's

We were all pleased to welcome back our "Friends of Rotary" **Joan and Charlie Haws** from their 70 day – 22 ports – cruise from Vancouver, via the Bering Sea to Korea, Australia and other exotic places and back to the Wet Coast! They survived 15- 20 ft high waves in order to be back to tell us – Program Chair take note – of their first of hopefully many more "one in a life time experiences."



One of other visitors of course was the bearing of 1000 glad tidings **PDG Gordon Dalglish**.

And last but not least was the lady who epitomizes the best in our Secretary / Pres Elect - **Vivienne Atcheler**- the rose on the right between the two thorns.

The other rose of course is **Rtn Barb Bradey**.

The US Navy half time at football

<http://www.youtube.com/watch?v=MjPmmCtHmfE>



The Lighter Moment..Rtn Bob's Corner

After marriage, husband and wife become two sides of a coin; they just can't face each other, but still they stay together.

Merry Christmas from 5 ½ year old Mikayla Walrond

<http://www.youtube.com/watch?v=0Bzjj8F6v4M>



A Trinidad Christmas story

THE PASTELLE MAKING PROCESS... memories of home By Pat Ryan

Pastelle making nowadays is a much easier activity than it was in the good old days when it really brought the family and a few good friends together. While I have more vivid memories of the scene in Lucky Street, La Romaine, I believe this went on in Bungalow 78 (next door to the Telemaques and near to the Fyzabad intermediate school in the Community Centre) and know that it did at our last Apex home on 22 Road. The bungalow was 104 which had been previously occupied by the Titus family. (Why these 2 storey houses were referred to as bungalows I really don't know.) This is how I recall the process.

Basic ingredients:

Dried corn, ashes, banana leaves, meat (usually beef) and seasonings. Good will and good humour.

PROCESSING THE CORN

The corn was shelled and pounded with ashes. This helped to remove a thin transparent film which covered the corn, and to a large extent removed the white "eye" of the corn seed. This was followed by several washings to remove the ashes, and also to get rid of the loosened eyes. The remaining corn was then softened in clean boiling water with salt added and then came the final clean-up of the remaining eyes. It was very important to do this, as leaving any of them in could make the corn go "sour" and compromise the later stages of the work.

The corn was then ground to a paste in a special mill. When we lived at 78, I seem to remember this being done at the home of Tommy and Clarita Encinas who lived on the main road... easily accessible through a short cut. Next came the careful mixing of the corn with oil and some salt. This was always done by Mummy who supervised the earlier stages and stepped in at crucial times when her expertise was indispensable. The corn was then separated into balls about 1½ times the size of a golf ball and covered with a damp but not seriously wet, clean cloth.

PREPARATION OF THE BANANA LEAVES

In Apex (Fyzabad) the leaves were usually collected and delivered to our home by a group of young men who worked in the Oilfields and boarded at our home, because they had access to the type of transport needed. The leaves had to be passed over a flame to soften them. They were then separated from the central spine, wiped clean with a damp cloth and cut into sizes suitable for wrapping the pastelles. They were then stacked for use when the time came.

THE MEAT

Frozen slabs of beef usually came from the Company Commissariat. These were thawed, cut up and steam cooked, and then put through a mincer. Mummy then put some oil into an iron pot on the fire, added seasonings and generally made the mixture ready for the pastelles. As we got ready to make the actual pastelles, Mummy would add raisins and capers to a bowl of meat taken from the pot and brought to the "assembly line".

MAKING THE PASTELLES

Mummy sat at the head of our dining table with a small bowl of oil beside her. She oiled a rectangle of banana leaf and flattened the corn ball which was placed in the middle of the leaf... first using the tips of her fingers and then continuing with a pliable plastic tumbler which she placed over three fingers, leaving the thumb and little finger on the outside. Rolling the tumbler back and forth and side to side, she produced a rectangle of corn large enough for a Pastelle. She trimmed the sides and passed it on to whoever was next in line.

MAKING THE PASTELLES Cont'd

(The corn trimmings were placed in a saucer nearby and used for mending occasional weak spots or holes in the rolled corn) A good helping of the meat mixture was placed down the middle of the corn... no skimping was allowed, as each bite of a cooked Pastelle had to contain both meat and corn.

The banana leaf was then carefully folded over so that the two sides of the corn met in the middle. This was passed down to the next in line who wrapped up the Pastelle and secured it with string. This had to be done with care in view of the next step.

As the pastelles were being prepared, a pitch oil tin of water was placed over the fire and brought to the boil. The pastelles were stacked in a wire basket which fit neatly into the tin into which some of the trimmings of the banana leaves had been placed... possibly as a cushion for the basket. When the cooking process was over, the basket was lifted out and put in the kitchen sink to allow excess water to drain off. The pastelles were then laid out singly to cool thoroughly.

Beyond the initial preparation of the corn, the out was the most time consuming part of the and after some time, Tommy Encinas gave "press" (See photo right) which had previously seen other service in one of the offices. I last saw it in the yard at Gulf View and managed to get some photos in 2008. The ball of corn was placed between two pieces of banana leaf and placed in a space bottom of the press. A flat metal plate at the moved downwards by manipulating a turning above it and in much less time than before, a rectangle of corn which only needed to be was produced.



rolling
exercise
us a

Oilfields
Drive

oiled
at the
top was
lever
smooth
trimmed,

Pastelle "seasons" were Christmas and New and a steady stream of friends and relatives came to collect their orders.

One friend of the family liked his with chopped pork so this was a special order. We all looked forward to coming home after Midnight Mass on Christmas Eve to sample our first Pastelle along with ham and sweetbread. In addition, each person attending Midnight Mass earned the privilege of opening one gift from beneath the Christmas tree ... usually the one we had not already had a peep at or had been unable to identify by either squeezing or otherwise manipulating!



With the advent (no pun intended) of PROMASA, Mummy could start by mixing the special corn meal with warm, lightly salted water and oil and the process continued from there.

Year,

Another Success Story.... From the patient's family



Another story with a happy ending from a Fraternity who ideals are very much aligned with that of Rotary.

Elsa is 11 days post op and is recovering extremely well - the hard part is trying to keep her rested with all the excitement of having a new sister and Christmas! Elsa did fabulous with her surgery and was such a trooper.

The Shriners were amazing from start to finish. We returned home from China on Thursday, November 24th and Elsa, my mom and I left for Portland on the Shriner's bus on Monday, November 28th.

Scott stayed home with our sweet little addition to the family, Evelyn because she could not travel to the States as she still has a Chinese passport.

Everyone was just so wonderful - Elsa has been terrified of hospitals and appointments and started to panic once we arrived, but it wasn't long with all the kindness she received that she was calm, happy and actually enjoying all of the pre-surgical appointments.



I have attached a picture of "Dr Elsa" with the doll and doctors kit that she received during her pre-surgery visit. As you can see, she was really into it all! The fact that she was not anxious at all leading up to the surgery is in and of itself such a blessing.

The day of the surgery, we were assigned a nurse named "She-Zoo" for the day. She was just fabulous with Elsa and helped calm a nervous mom too!

The surgeon, Dr Nguyen was extremely pleased with how the surgery went and said he was able to get her palate nice and long and got a good "ball" at the back during the pharyngoplasty. (*The Pharynx is the cavity behind the mouth and nose*)

Dr Smith also put in the ear tubes. Our speech therapist told us to expect her speech to get worse before it got better, so imagine our surprise when 2 days post op we were completely blown away by the difference in her speech.

She is much clearer already and you can hear the difference in the pressure - especially with "B"s and "P"s - we are hearing new sounds like "R"s and "K"s and getting the "shapes" of full sentences which we couldn't hear before - and this is all without even any speech therapy that she needs to learn how to use all this wonderful new equipment!! I'm telling you we are the happiest people on the face of the earth right now - and you can see the difference in Elsa's demeanor because she knows she is so much more understood.

How good is it to be able to tell your new little sister "That's enough!!"? Ken this is the best Christmas present ever! Elsa still has 2 and a half more weeks on a soft/pureed diet and can return to speech therapy in mid-January.

Extraordinary care puts children first.

At Shriners Hospitals for Children® we believe in family-centered care. Here, the child and family are at the heart of our medical team. Every treatment we choose, every decision we make is geared toward giving a child the skills and abilities to live a healthy, productive life.

The care given here is the best in the world, and many techniques and treatments that are common in hospitals around the country today were pioneered right here at Shriners Hospitals for Children.

Refer a Patient

Children are eligible for care up to the age of 18 if, in the opinion of our physicians, there is a reasonable possibility they can benefit from the specialized services available. Applicants are accepted based solely on a child's medical needs.

Application Procedures for Orthopedic Care, Spinal Cord Rehabilitation, Cleft Lip and Palate Repair and Non-Emergency Burn Care

The service area of Shriners Hospitals for Children® includes the United States (including Puerto Rico), Canada, the Republic of Panama and Mexico. As of April 2009, we are temporarily not accepting new patients residing outside of these areas.

Cost to the family and patient Absolutely FREE!