



The Rotary Club of Steveston

12111 - 3rd Avenue, Richmond, BC V7E 3K1
Club Bulletin for September 2008



President Doug Nielsen and VP Lee Bennett welcomed members and guests to the Tuesday 7:00 am breakfast meeting at the Steveston Hotel. Queen and Country were toasted, and the Invocation was given.

September 2 Guests: Bob Baziuk

Meeting Notes: Speaker: Bob Baziuk, Steveston Harbour Authority

- Bob Baziuk discussed the Steveston Harbour Authority, current dredging and pumping over the island into the main channel, the single fueling station, property for development on the waterfront, salmon fishing and license buybacks, and the #2 Rd area potential as an estuary.
- Caroline setup a book sort Saturday morning at 9 AM. Bill M scheduled the Library sale Oct. 3 & 5.
- The Garage Sale for the Dream Auction will be Oct. 4 in the Steveston Community Centre parking lot.

September 9 Guests: Doug Vincent, PDG 7080; Syd Harmon; Dieter & Gisela Howald; Jim Kojima, Steveston Community Society; Margret Hewlett, FoodBank; Pat Kasparov; Danuta Mount, Martin Van Holst.

Meeting Notes: Speaker: Dieter Howald, Uganda Hearing Health Project

- Dieter showed a presentation about their spring trip to Kampala Uganda. This time surgeons, OR nurses, and they treated 480, they(we) sent a container of medical supplies, and they used cash to locally purchase a washer for the hospital and a clothesline for drying, awnings to shelter patients from the sun outdoors, and 2 tonnes of food.
- Cheques for \$1500 and \$500 were presented to the Steveston Seniors and the FoodBank.

September 16 Guests: Syd Harmon, Brenda Stringer

Meeting Notes: Speaker: Classification Speech, Dave Ferguson

- Dave described his life including his guitar and piano playing, his alarm work which included most of the work at Expo 86, and his blended family of 4 ages 10 to 19.
- Carolyn described the ShelterBox dinner. Jack thanked helpers and described the "Clink" dinner.

September 23 Guests: Bob Strasser

Meeting Notes: Speaker: ANAF Independent Living & Community Pub, Bob Strasser

- Results of the Canadian Shoeline cleanup were discussed. A new member was proposed.
- Bob J discussed dictionary distribution efforts. The upcoming Garage Sale and Book Sale were discussed.
- Bob Strasser advised that the ANAF was formed in 1946 by 30 vets that bought the site for \$8500 and got a liquor license. At the time houses cost under \$2000! The past 60 years the club has donated to Rosewood Manor, all sorts of sports teams and the FoodBank, and worked on many projects. The club is currently planning converting its site into a 143 unit independent living complex, and a redesigned 12000' community entertainment club.

September 30 Guests: Dr. Richard Mathias

Meeting Notes: Speaker: "Atkins was Right" Dr. Richard Mathias, UBC Health

- Richard Mathias advises that sugar is the problem not fat. Insulin drives sugars into the body and keeps fat in cells. Heart, eye, and other problems result. Lower carbohydrates and sugar (sucrose, fructose). Vegetables and protein "grown above ground" (turnips OK too), and blueberries, raspberries are fine. Moderate other foods.

UPCOMING EVENTS and REMINDERS

REGULAR MONTHLY:

St. Alban's Meal: 2nd Tues at 4:30 pm
Gilmore Meal: 4th Thurs at 5:00 pm
The meeting handout and our website provide a more detailed event listing.

UPCOMING EVENTS:

Steveston Rotary Board Meeting Oct. 18, 7 AM
Rotary Leadership Institute \$85, Oct. 20, Jan. 26, May 15
Rotary Foundation Dinner \$70, 6 PM Nov. 23, Hellenic Centre

BIRTHDAYS,

ANNIVERSARIES:
Eric, Bill M, Jim