



# THE ROTARY CLUB OF NORTH VANCOUVER WHEEL SQUEALS



July 27, 2009

*Created By Norm Binion*

**Desk:** As a golden retriever welcomes family members back home after a lengthy absence so did Bob McKilligan greet us with open arms at the front desk. Then, like a Rottweiler on a meaty bone, Bob pounced on our fees and donations to RI Foundation. Before directing us to the Cheers mess hall Bob ensured that we each had the 'winning' ticket, all the time grinning slyly like a Vegas blackjack dealer working from the bottom of the deck.

**O Canada:** Neil McDonald started off the proceedings with a rip roaring, raucous and robust, rendition of O Canada. The inner sanctum of Cheers reverberated with the rhythm and harmony. Each of us quietly self-congratulated ourselves on our particularly good form.

**Invocation:** Taking a page from a very short Norwegian toast, 'Nu!' John Stuart offered up a short but succinct invocation. It emotionally stirred the heartstrings of President Norman to the point that, in a desire to hear more, he asked hopefully, "Is that it?"

**Guests:** We had many welcome guests in attendance. Sarah Kokubun, our outgoing Youth Exchange participant, attended with her parents Dianne and Koichi. Stephanie Smith, with Bloomington Daymakers Rotary, traveled from Minneapolis. Phil Perry visited for the third time, as a prospective new member. Rick Singh, our guest speaker for the evening traveled from Vancouver.

**Announcements:** President Norman led off the announcements with a reminder that the Rotary International Conference is in Montreal next June. Further, that the planning and organizing of the Terry Fox Event in September is coming along nicely. He also reminded us that there is no Club meeting next Monday, August 3 (BC Day).

Stephanie Smith, from District 5990, extended warm greetings from her Rotary Club in Minneapolis. Stephanie is a sports medicine specialist, specializing in head injuries, who is involved with Jr. Olympic ice hockey. She hopes to have other members of her Club, as well as perhaps Rotoractors, attend one of our future meetings during the Olympics. She encouraged our members to attend Jr. Olympic hockey games at the Olympics in February. Each hockey game raises money for PolioPlus, which is a program close to Stephanie's heart, as her Mom had polio. Stephanie also presented our Club with a beautiful banner from her Club. We reciprocated with a paper copy of a banner design we hope to use again in the future.

**Table Talk Odds and Sods:** Norm Binion picked up a few table talk items worthy of note. Aspiring future club member Phil Perry has recently graduated from the engineering program at Capilano University and is headed into the engineering program at UBC. Visiting Rotarian Stephanie Smith was a member of a university track team when she met her husband who was also on the team. Did she chase him down or visa versa? Danica Silver has just sold her condo at 3<sup>rd</sup> and Lonsdale and bought near Capilano University. She also misses Sue Smith, who became a good friend of hers. Bob McKilligan provided Norm Binion with extremely valuable and top secret Rotary information, based upon his years of service - when it is hot always sit at the table nearest the fan! Neil Creighton concurred with this sage advice and went on to mention the going away party for Aymeric, who headed back to Switzerland last Saturday.

**Happy and Sads:** Neil McDonald introduced our outbound Youth Exchange student to Switzerland, Sarah Kokobon. President Norman produced a magnificent red blazer for Sarah, which Sarah then beautifully modeled. John Stuart announced that he is glad to be replacing his porch. David Spears is happy that he is heading to Sakinah Lake and the Okanagan. Fred Sverre is happy for the nice weather and happy to be alive. Bob McKilligan provided an update on Harold Stringer. Harold's kidneys were on the verge of failing; he had a high sugar level and was on oxygen. Showing a feisty disregard for his condition Harold wanted to nonetheless escape the hospital immediately. His physician gave him the straight goods that if he escaped on Monday and did not take his medicine he might die, but if he remained a prisoner and took his medicine he should be out by Wednesday. After his physician left Harold told Bob, "I like that guy". Three cheers to Harold for his indomitable spirit! He is in room 415 at LGH, but is probably leaving Wed. July 29 (unless he orchestrates an earlier escape).

**Sergeant-At-Arms:** Oliver Twist, the artful dodger, last night appeared in the guise of David Spears. David, of course, again systematically picked our pockets. Then he engineered the lucky ticket draw. John Stuart, in his excitement over perhaps winning a jackpot to pay for his new porch, had to take a washroom break during the drawing of the ticket, which turned out to be his. On his return, and with grand exuberance, he gingerly drew his 'winning' card. Bob McKilligan smirked in the background at the prospect of a potential winner. Was it the ever elusive ace of spades that John drew? Of course not! John may now have to downgrade his aspirations for a new porch to a simple two by four extending from his doorway.

**Presenter:** President Norman performed the honors of introducing our speaker, Rick Singh, who is a fellow Rotarian with the Millennium Rotary Club. Rick is a financial planner and is a member of the 'Canadian Academy of Senior Advisors'. His topic for the night was 'Our World is Aging!' There were several very interesting facts that came out of Rick's presentation. In 1900 life expectancy was 47, in 2000 it was 77. A 30 year bonus brought to us courtesy of advancements in medical science and healthcare, as well as mental stimulation in retirement. Then some shocking news - men live longer who are in a relationship and women live longer who are single! My personal analysis is probably totally misguided, but does this mean men who are married live longer because their wives attend to all of their needs, whereas women who are not married live longer because they only have to keep themselves alive? Idle conjecture on my part. Rick further explained how most women spend 17 years in child rearing and then another 18 years taking care of their spouse and parents. Fortunately (perhaps) for some women one in five women is widowed by their late 60's. Gulp! I plan on giving Marianne a hug right after I finish this commentary, with the hope that she can eek out a bit more life out of me past that point.

Rick went on to examine how aging impacts our health, social needs and financial requirements. 82% of all seniors living at home have a chronic health condition - diabetes, arthritis, cognitive impairment, physical immobility. The statistics also look a bit bleak going forward - in the year 2000 only 8% of retirees had a mortgage, but expect this number to rise to 64% by 2010. A generation ago 65% of Canadian workers were covered by defined benefit pension plans, but now only 28% are. 70% of baby boomers still have children at home, 12% have parents living with them and 23% are providing monetary support to their parents. With stats like these I feel we should consider a slug of whiskey a mandatory offering at each future Club meeting!

**Thanks to Speaker:** Danica Silver thanked our speaker, Rick Singh, and presented him with our coveted certificate, that promises to immunize twenty children against Polio, with the intent of polio eradication from the world.

**Toast to Rotary International:** Fred Sverre led the group in toasting Rotary International.

**The 4-Way Test:** Neil Creighton led the group in the 4-Way test.

Of the things we think, say or do:

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOODWILL and Better FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?

**President Norman, hearing nothing more for the good of Rotary, adjourned the meeting.**

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**Future Meetings / Key Dates**

Aug 3 <sup>rd</sup>	No Meeting - BC Day
Aug 10 <sup>th</sup>	Terry Fox Run - Donna White, Provincial Director, Terry Fox Foundation
Aug 17 <sup>th</sup>	Birds and The Environment, Derek Matthers, Vancouver Avian Research Centre
Aug 24 <sup>th</sup>	The Brazil Report (Youth Exchange) - Jen Chapman
Aug 31 <sup>st</sup>	Camp Moomba - Luke Balson, Executive Director, Western Canadian Pediatric AIDS Society
Sep 7 <sup>th</sup>	No Meeting - Labour Day
Sep 13 <sup>th</sup> (Sun)	Terry Fox Run

**Wheel Squeals - Editor for a Day**

Aug 10 <sup>th</sup>	Peter Taylor
Aug 17 <sup>th</sup>	Deborah Sommerfeld
Aug 24 <sup>th</sup>	Alec Wallace
Aug 31 <sup>st</sup>	Norm Binion