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EAST NEWS is a publication of Rotary Club of St. John's East edited by Gary Lane and produced compliments of:

Message Mediums

The Rotary Club of St. John's East meets Friday mornings, 7:30 at The Fairmont Hotel in St. John's Newfoundland Labrador, Canada

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President's Golf!

- Friday, September 5 –
1:30 pm @ The Wilds

Wheels & Deals

- Saturday, November 1 –
Avoid the Rush!

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Ticket Sales Today!

EAST NEWS

The Early Riser

Our President's First Words...

Alex Twells

I consider myself extremely fortunate to be stepping into the president's role of such a vibrant and successful club. St John's East really is one of the jewels in the Rotary crown, demonstrating all the features that Rotary International is striving to achieve in a new rejuvenated organisation. We have a youthful mix of genders and professions, we have developed new and high profile ways to engage with our local community and our membership is growing. My job is made so much easier by you, the amazing group of community leaders we are fortunate to have as members.

One of my first duties as president in July was to introduce the Paul Harris Fellow presentations at Government House to two of our most committed members. I think it was the perfect venue to recognize Brian Martin and his contribution to the club and our community. In an amusing twist, I had put a fair amount of effort into keeping the award for Kevin Casey a secret, which was promptly blown by His Honour, Lt Governor Crosbie. Kevin has been an enormous support not only to Wheels and Deals but to most of our key activities such as Read-A-Long and Bishop Abraham. Both Brian and Kevin are very worthy Paul Harris Fellows.

Standing at the podium on Friday mornings I have made some serious attempts to mangle our meeting agenda but I'm delighted that you have all been keeping me on track when I miss items. I might get it right by next summer! I am very excited by the creation of the new Speakers Committee headed up by Kevin. They are off to a flying start

with a great line up for September but I would ask all of you to keep the speaker committee informed of any good speakers that you have connections with.

I am looking forward to another successful year for the club. We have some great new initiatives starting this year, including the Brian Martin park at Easter Seals House, *All is Well*, and the possible creation of a Rotaract Club in collaboration with other St John's clubs. If you are not already involved with a committee or project, now is your chance.

Yours in Rotary
Alex

August Speakers...

Linda Hensman

The August line-up of speakers focuses on youth...

August 1 - *Marilyn Macdonald* - The significance of our Rotary Youth Exchange Program (RYE).

August 8 - *Rosanna Pierson* – Our club's latest RYE out bound student presents her inaugural report to the club.

August 15 - *Sarah Goodridge* – Tells us about her experiences in Sardinia as an RYE out bounder.

August 22 – *Lee Shinkle* – The increasing importance of environmental issues and business.

August 29 - *Business Day* – Our club Executive present their monthly update regarding club business.

The September Lineup...

Kevin Casey – *Speakers Committee*

The Speakers Committee is very active and Club members are encouraged to

submit names of interesting speakers for future club meetings. Contact Gary Peddle, Angela Antle or me with your suggestions.

Here is your September line up...

September 5 - The always entertaining and blunt *Bob Wakeham* will be talking about his battle with cancer. His amazing story is in his new book, "For the Moment: A Memoir of Survival".

September 12 – A heart wrenching story of a young boy and the risk of being on an island surrounded by water and not being found for 73 days – and a way to possibly avoid this in the future with a simple but powerful piece of sonar equipment. The speaker will be *Junior Pinksen* Chair of The Stephan Hopkins Memorial Foundation (the boy's dad will also be there) and the website for information on this is www.73days.ca.

September 19 – St. John's Deputy Mayor, *Ron Ellsworth*, will be in to talk about St. John's Sports & Entertainment and the future vision for Mile One Center and return of hockey.

September 26 - *Business Day* – Our Club Executive will present their monthly update regarding club business.

All Is Well - Moving Forward...

Gordon Martin

At the District Conference in Nova Scotia, I had the opportunity to present my vision for the *All is Well* initiative.

I was delighted that four other speakers during the conference spoke about the challenge of Water and Sanitation and what Rotary's role needs to be. Both DG Doug Logan and RI Representative, Judge David Soper spoke about how Water and Water Projects are becoming one of the new main world wide intentions of Rotary – and that we need to change our approach to this issue towards sustainable solutions and partnerships. Craig Kielberger of Free the Children showed us an MTV video of the actors of *Degrassi High* as they did a water walk with women in a

community – a two hour journey done four times a day. Then PDG Pete Smith, inspired us with his efforts in Cameroon and India to provide Safe Water and how he has brought together technology and empowered local communities to clean contaminated water by using Slow Sand Filtration. On Saturday night, in order to keep the momentum going and garner more support, we announced that we would partner with District 9110 to do our first project in Nigeria. This choice brings with it many positive connections. During that evening, the Rotary Clubs of St. John's and Clarendville stood to pledge and continue their support for our initiative. We have now received two projects from PDG Chief Yomi of District 9110 and are evaluating them. We will announce our project very soon.

What is WASRAG?...

Linda Hensman

On July 12, 2008 I had the pleasure of attending the first meeting of the Water and Sanitation Rotary Action Group (WASRAG) at the Rotary International convention in Los Angeles. I was inspired by the efforts of many Rotarians around the world who are trying to make significant changes in the lives of so many people who do not have access to clean water and sanitation. The statistics are frightening. Did you know that 1.2 billion people (1 in 5) lack access to safe water and 2.5 billion people have no sanitation?



Water plays a critical role in sustaining life and the lack of access to safe

drinking water and sanitation facilities has significant negative health and economic consequences and can give rise to conflict in regions.

The United Nations Millennium Development Goal (MDG) #7 focuses on ensuring environmental sustainability and states that the proportion of people without access to safe water and basic sanitation will be reduced by 50% by 2015.

The Rotary Water Resource Group and WASRAG endorse this MDG and challenge every Rotarian to become aware of world water issues and challenge every club to implement a water and/or sanitation project. They also encourage Clubs to implement major demonstration programs relating to water and sanitation.

It became very apparent to me that water projects are more than going to some region, drilling a well and thinking we have done a great job. In most cases such projects have failed in the long run. What is required is an integrated strategy for water supply, community hygiene and sanitation that includes selecting appropriate technology for the region as well as training, educating, engaging and empowering the local community. This will require significant funding, working with our Rotary partners and time commitment on our part.

Our *All is Well* committee is actively working to identify a project to support these RI activities and I hope each of you will join us in this effort.

Community Service...

Miriam MacLeod

The last day of July was the date for our first *Lunch with Seniors*, held at high noon. Len Bennink, Bob Tipple, Kelly Finlay, Steve Walters and event sponsor Bob Martin met eight seniors with the Bridging Cultures group from the *Senior's Resource Centre*. Group Programs Organizer Robyn Murphy rounded out the group's number to a cozy sixteen around the tables. The seniors who attended were Mary Jacob

from Sri Lanka, Harold Rupesinghe from Sri Lanka, Marta Rupesinghe from Germany, Melly Swamidas from India, Brigitta Schmid from Austria, Shura Dadasheva from Turkmenistan, Yudy Nunez from Colombia and Shahe Mustafa from Kosovo.



As you can see, we are good-looking enough to grace the cover of *Vanity Fair*. It was wonderful how quickly conversations started and continued easily throughout the 90 minutes we shared together. Topics varied from travel, books, Newfoundland weather, and information about everyone's families and country of origin. There was a lot of common ground to cover.

The Seniors' Resource Centre is located on Torbay Road. The workers and volunteers have a wide variety of programs for seniors across the province, including information sessions on Literacy, the ABCs of Fraud, the Friendly Visitor Programme, and a toll free information line for seniors to call in and ask questions. The Resource Centre has a Peer Advocacy Program to share information about services and resources for seniors in their community.

Kelly Finlay expressed the luncheon's effect on her in a beautiful way:

Yesterday for me was such an eye opener. It made me realize how important it is for seniors to keep active, socialize and have people around them that they can turn to as friends. I worked as a pre-school teacher years ago and loved the fact children don't see the color of another child's skin, or question why they look different; they accept other children for who they are, children. The luncheon with the Seniors gave me the same feeling, except this time, while children don't understand the differences, seniors embrace the differences because they understand who they are, people, who like them,

want to experience new friendships and companionships just like children do. I guess life really does come full circle.

Bob Tipple remarked that the Newfoundland cultural emphasis on family is shared with other cultures around the world. Very early into the conversation, everyone described the family members that were with them and how important this love and support is to them in Canada. Bob's son and his young family is in Edmonton, but we know how close the Tipples are, despite the distance that separates them. Bob Martin observed that even though we were on Elizabeth Avenue, it was as if we had left St. John's and were in an exotic location with exotic people. And these people were right here in our community all along.

We are planning another luncheon in the fall, probably in late October. Please consider attending, and invite your spouse or significant other to join in. I also welcome your assistance in organizing the event. It's a great way to meet these members of the St. John's community that you might not have the chance to meet otherwise.

Lt. Gov. Presents Paul Harris Fellowships...



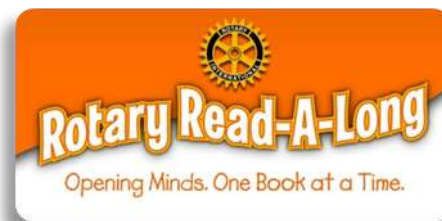
Cheryl Martin receives late husband Brian's PHF from the Lieutenant Governor



Lieutenant Governor presents Paul Harris Fellowship to Kevin Casey while Club President Alex Twells looks on.



Lieutenant Governor, The Honourable John C. Crosbie, with PHF recipients, their families and Club members at Government House, July 23



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