



Eye Opener

MOUTHPIECE OF THE
Rotary Club of West Vancouver Sunrise



Proceedings of the meeting of November 6, 2003

O Canada

Invocation:

Nico

Guests/Visitors:

- Dave Bradley, a familiar face, good to see you.
- Peggy Wilson, visiting with husband Ken.
- Jacci McTavish, honorary Sunriser and one of the Club's best friends.
- Ken Grant, North Shore resident, long time community volunteer, visiting with friends Ken and Peggy.
- Shirley Robertson, Rotarian from the Lionsgate Club, great to see you.
- Dr. Kelly Farnsworth, West Van physician and today's guest speaker, thank you for joining us.

Regrets:

Janice, Joan, John, Bruce, Tania, Blair, Hendrik.

Club Business/Announcements:

- President Val bid one and all welcome.
- Nico reports a make-up as the guest speaker at the Peace Arch Rotary Club. The Club has about 35 members and a unique ongoing fundraiser: all members regularly donate their Canadian Tire Dollars to their service efforts!
- Shirley Robertson introduced the Club to the Lionsgate Club's fundraiser: a beautiful calendar composed of works

by artists from the 'Artists for Kids Trust'. The calendar has 12 exclusive artists prints and sells for \$15.00 of which the selling Club will receive 33% for their own projects, the balance will be shared by the Lionsgate Club and the Trust. Excellent Christmas gifts, should be an easy way to contribute to our coffers.

- Jacci reminded the Club about the West Van Club's Christmas Carol Ship Cruise. The event is December 10th and includes dinner and a cruise with the Carol Ships, tickets are \$60.00 and not many are left, contact Jacci.
- Klaus reported on the WineFest 2003 wrap up: at last Saturday's breakfast meeting all involved agreed that the event was a smooth running, fun, successful evening. The crowd agreed as well, everyone commenting on the event praised it for its size, layout and execution. This bodes well for the future: The formula has been perfected by this year's crew (take a bow everyone involved) and success is guaranteed!
- Operation Red Nose: Ray reports that things are progressing well and the sponsors are signing on.
- Ken reports a make-up at the West Van Club for the celebration of the 1st birthday of the Sentinel Interact Club Charter. Ken will also be visiting with Nancy Masterman and members of the Rockridge Club this week. They hope to obtain their charter within the next 8 weeks.
- Joan and Janice send greetings from Argentina and New Zealand

respectively. The two Club members are on one-month vacations.

- The District 5040 Foundation Dinner is scheduled for Nov 21st at the Firemen's Club at Metrotown in Burnaby. Cost is \$45.00 and the evening will include dinner, entertainment and silent auction.
- **Seniors Christmas Luncheon:** Sam reports that all is going well. Invitations are to be sent out next week.

Rotary Moment: Mark.

The Rotary Clubs of Britain and Ireland have made the Guinness Book of World Records by holding free cardio clinics in their area and screening hundreds of thousands of persons on a single day.

Guest speaker:

Nancy introduced today's guest speaker Dr. Kelly Farnsworth who practises here in our community. Dr. Farnsworth was born in Vancouver and raised in the B.C. interior; he received his professional education in Toronto and Portland Or. Dr. Farnsworth has been the President of the Canadian Naturopathic Association as well as the Naturopathic College of Physicians of B.C. and a Director of the Canadian College of Naturopathic Medicine. Kelly told the Club of the methods and objectives of Naturopathic Medicine. The physician is dedicated to the use of the primary tools of medicine, natural before

chemical prescriptions and the least invasive therapies and treatments. The primary objective is to help the patient to live a healthy lifestyle and to prevent the occurrence of illness and disease. Dr. Farnsworth also works with a gene-testing laboratory to search for possible genetic flaws of predispositions to certain illnesses or conditions. The gene testing allows early identification of areas where a patient may be at risk of developing an illness and permits the physician to develop a regime of preventative therapy. As well this testing allows the patient to adjust his or her lifestyle in a manner that will promote health and well being. Dr. Farnsworth stressed that lifestyle is probably the greatest of all influences on our health. Ray thanked Dr. Farnsworth for speaking to us this morning.

More Club Business:

- Nancy reminded one and all of the upcoming Rotary Business Forum meeting, 07:00 November 18th at the Radisson Hotel, Burnaby.
- Robert has graciously donated a television set to the Klahanie Residence.

50/50/happy/sad: Jacci couldn't find the right card.

Meeting adjourned.