

# The Lakeshorian

BULLETIN OF THE ROTARY CLUB OF MONTREAL-LAKESHORE



## Recent Events

On 6<sup>th</sup> January, five of our Club Members recently returned to St Anne's Hospital to take down the Christmas decorations (which we helped to put up in December) and return them to storage. This is an annual task which we participate in every year and which is appreciated by the staff and guests.

At our first meeting of the New Year, on 14<sup>th</sup> January 2020, we welcomed Stewart Valin back into Rotary and back into our Club. We were also pleased to welcome two visitors Bradley Leonard MacDonald and Gunes Umucu who we hope to see again in the not too distant future!

JP spoke to us about a Casino Night as a possible fundraiser, and the feasibility of such an event is currently being researched. One of the key tasks required is to find a company who can provide the staff and games for the night, so any suggestions are welcome.

We were pleased to welcome Knud's guest Rima Talih at our meeting on 21<sup>st</sup> January (daughter of friend and fellow Rotarian Lina Talih).



Our speaker on 28<sup>th</sup> January 2020 was Andrea Rose Courey (award-winning entrepreneur, author, lecturer and recipient of a McGill Dobson Fellow) who spoke to us about Sound Healing Meditation.

For more information visit her website [www.andreacourey.com](http://www.andreacourey.com).

Stan introduced his guest Roberto Dibeinedetto at this meeting.

## February Birthdays...

1<sup>st</sup> Lawrence Cantrill  
18<sup>th</sup> Mary Saad  
28<sup>th</sup> Serge Robillard

## ...and Anniversaries!

Steve & Margaret Moors

## Special Reminder

### Weekly Meetings

Club meetings have now returned to a weekly basis.

### Club's 59<sup>th</sup> Anniversary

The celebration of our Club's 59<sup>th</sup> Anniversary will take place on February 25<sup>th</sup> 2020.

Rosie Dilek and other Club Members recently attended The Teapot Lachine, which was having a party to celebrate recent birthdays. Club Members assisted in setting up the tables and chairs, and serving drinks and cake to around 40 people. They also helped to clean up again at the end of the day.



## Upcoming Events

59<sup>th</sup> Anniversary  
25<sup>th</sup> February 2020

This will be the celebration of our Club's 59<sup>th</sup> Anniversary. All members must reply to Lawrence's e-mail regarding their food choice from the menu. As well as celebrating our Club's Anniversary, we will also be recognising three long-serving members who have served Rotary and humanity for 50 years!

Curling  
29<sup>th</sup> February 2020

The ice at the Baie D'Urfe Curling Club is ours from 12:30 to 16:30. All members must reply to Cameron's e-mail informing him if you wish to attend and if you wish to curl. Pizza will be served, and we shall be charged for each sheet of ice we use, so we need to know numbers in advance. If curling, you need very clean footwear! A curling brush or broom would be great but Cameron will provide a couple of spares.

## WhatsApp

If you would like to be added to the Club's WhatsApp Group, please contact Deniz:

## This Month's Jokes

This month's Valentine Day jokes are provided by my son's first grade class:

What flower is always in love?

Tulips.

What do you call two birds in love?

Tweethearts!

Knock, knock!

Who's there?

Howard.

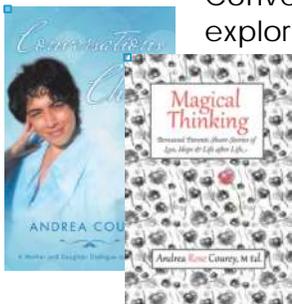
Howard who?

Howard you like a kiss?

## Sound Healing Meditation

Andrea Courey is an award winning entrepreneur, author, lecturer and recipient of a McGill Dobson Fellow for her work with budding entrepreneurs. She has published two books. The first one

*Conversations with Chloe – A Mother/Daughter Dialogue Across the Veil*, is an exploration of grief and loss. Her second book, *Magical Thinking*, is the book she wishes she could have read when dealing with the loss of her daughter Chloe in 2016.



A dedicated meditator since the early 90's, Andrea offers sound healing meditations, workshops and lectures to groups around the city. Her mission in life is to help reduce the fear of death and to encourage health and well-being for all

Andrea provided a lasting benefit to members in the form of an acronym (BHT) to remind us to use the most accessible, relevant sound instrument that we all carry – our own voice.

B - for the breath and remembering to breathe deeply occasionally

H - for a hum. An effective stress reliever that happens only on the out breath

T - for tone. Make a sound! Sing a tone, a note or a song.

## Rotary Board Highlights

- Maureen stepped down from the Board due to health reasons. The Board is grateful for all her efforts and filling in last year in time of need. Anthony was assigned as Membership chair with Art helping him but following Anthony's job change in December, he will be away for 2-3 months.
- Auction will not be held this year as there is not enough member volunteering to work for. After lengthy discussions during every meeting, the Board decided to proceed with organizing smaller but frequent fundraisers. Members participation to generate new ideas and to organize new events is crucial. JP already stepped in with Casino Night suggestion which we are following through but still need feedback from membership. Andy's Hungarian Feast and Maureen's Easter Egg Hunt will follow. Contacting corporate clients for sponsorship or donation campaigns is another important way to raise funds. Again, membership contribution will be a great help for contacting corporates.
- Christmas Dinner and Breakfast left behind,
- Club's Charter Celebration will be on Feb 25, 2020.
- Alan Liddiard Speaking Competition too will not be held this year as there is not enough application from the schools. The funds dedicated to help the youth will be directed to other requests with the aim of creating better impact.
- To encourage better membership participation to Club meetings, social gatherings will be organized along with trying different venues and time schedules.