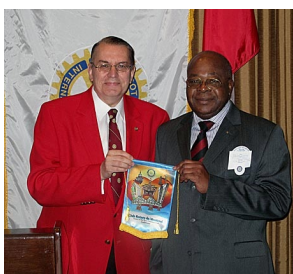


Club #85, founded Oct 2, 1913

September 7th 2010

Attendance: Herman Alves; John Bishop; Andy Dang-Duy; Bertrand de Cardaillac; Carlo Pugliese; Steve Sadler; George Shalhoub; Udo Stundner; Nemo Turner; Bob Velan; Drew Webster; Henry Zalzal. Visiting Rotarian: Joseph Kadina, RC Kinshasa-Limete, Congo, accompanied by his two children Wilfred and Claris. Guest Speaker: Nemo Turner



The meeting got under way with a welcome by **President Nemo** to our visitors from the Democratic Republic of Congo. Nemo is shown presenting the banner of our club to Rotarian **Joseph Kadina**, Past President of RC Kinshasa-Limete.

Nemo reminded members that we would be toasting RC Stretford & Urmston, located in the Greater Manchester area of Great Britain. This would be done next Tuesday, the day before their toast of us. He wondered as to the appropriate libation for a toast at breakfast-time. Ever mindful of his responsibilities as our president, he spoke of the official visit of our District Governor in two weeks, on September 21st. He expected a good turn out.

New member: Upon motion by **Carlo Pugliese**, seconded by **Bob Velan** and carried, the membership of **Mikkel Elsborg** was approved. His classification will be "Marine Engineering".

President Nemo was today's guest speaker. Introduced by **Carlo Pugliese**, he addressed the topic of care-giving, the title of his address being: "How to be a smart care-giver". His experience derives from an estimated 3000 hours spent in his mother's ICU in the past year. That works out to 34% of the number of hours in the year.

The past year has been one of the toughest, if not the toughest in Nemo's life. However, it was not without its rewards. He has learned a lot about human nature, including his own. And yet he wishes he could have read a book to prepare him, or taken a course. He would have spent thousands of dollars for the preparation. He has had to learn the hard way, in the school of hard knocks.

Nemo thoughtfully provided his audience with a list of 26 points on a single sheet of paper. Each one tells a different

part of the care-giving story. For instance, point #2 reads "Always be very, very POSITIVE with patient & staff". He emphasized how a care-giver's positive attitude affects the health of the patient. He was glad to report that his mother was much improved but, as yet, unable to leave the ICU.



Nemo indicated that he was thinking of writing a book of his experience and so, fittingly, an aspiring author and past president of the club was asked to express our thanks. Past President **Herman Alves** acquitted himself honorably of the task and everyone in the room joined him in wishing good health to Nemo's mother.

The Official visit of our District Governor will take place on September 21st. Make plans to attend.

Next meeting: Sept 14th at 7.30 am
Location: The St. James Club
Speaker: TBA

For directions to The Saint James Club, go to:
www.stjamesclub.ca

For back-issues of The Rotary Record, go to:
www.rotarymontreal.org

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Rotary members: 1,228,303
Clubs : 33,976