



The Lakeshorian

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WEEKLY BULLETIN OF THE ROTARY CLUB OF MONTREAL-LAKESHORE

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This Week's Program...

Murray will present the first **Amcal Rotary Leadership Award** to an amazing Amcal Family Services graduate.

Birthdays and Anniversaries this week...

Happy Birthday, Murray Today, May 9th!

Happy Birthday, Marie-Josée Raboisson...

... Today, May 9th!

Future Programs...

- May 16: **Murray** will chair a discussion on how to make our public speaking contest even better.
- May 23: Wendy Sherry, RN, BSN, MN, will talk to us about Saving Lives through Organ Donation.
- May 30: Club Assembly.

Special Events...

- May 13: (Saturday) **District 7040 Foundation Walk**. This year's Walk will be held on Saturday, May 13th in Cornwall with home base, the Cornwall Civic Complex (100 Water St E, Cornwall, ON K6H G4), where we can walk inside in case of inclement weather. Plan to arrive at 9:00 am for snacks and social time. The Walk starts at 10:00 am and includes bicycle options and a short historic walk in addition to the longer walk for the more enthusiastic walkers.
- May 25: (Thursday) **RMCL Board Meeting**.
- June 2: (Friday) **Our Annual Auction**. In less than seven weeks we will host our most important fundraising event of this Rotary year. This year's auction will provide the lion's share of financing for our club's projects in 2017-2018.
- July 8: (Saturday) **Changeover Party**, Baie-D'Urfé Curling Club, 3-8 pm, \$30/person. Cash bar available.

Last Week's Meeting...

Last Tuesday was an evening meeting and it was our annual **Alan Liddiard Memorial Public Speaking Contest**.

Students from four local high schools competed and the room was literally filled with people, comprising a Chief Judge (**Phil Méthot**, from Pointe-Claire Toastmasters), 4 contestants (in alphabetical order: **Annie Coffin**, **Anika Della-Cioppa**, **Isabella Gavanski** and **Cheyenne Skurczak**), 4 school counselors (**Nancy Dubuc**, Beaconsfield High School; **Nancy Ransom**, John Rennie High School; **Shirley Kapitsky**, Vice-Principal of Macdonald High School; and **Karen Nesbitt**, Westwood High School, Hudson), 9 parents and friends of the contestants (**Angela Styhler**, **Catherine Forbes**, **Natasha**

Boisselle, **Brandon Cameron**, **Brian Coffin**, **Maggie Coffin**, **Joe Della-Cioppa**, **Susan Tuff**), 19 members of our club and six visiting Rotarians (**Louis-Philippe Lefrançois**, **Raymonde Lefrançois**, **Robert McKinnon**, **Art Surette & David Warne**, all from the Rotary Club of Hudson-and-Saint-Lazare, and **Jean-de-Dieu Tshileu** from the Mbuji-Mayi Rotary club in the Democratic Republic of the Congo), and 8 guests of members (**Sandy**, guest of **Wayne**, **Suzanne (Abe)**, **Anita (Stan)**, **June (PDG Bill)**, **Carol Horn (Murray)**, **Helen (Art Surette)** and **Winnifred (Cameron)**).

Our Sergeant-at-Arms **Stan**, is owed a huge vote of thanks for recording the names of so many visitors and collecting all the money from our paying visitors...and refusing the money he was offered by a few of our non-paying guests...and getting it all right!

We missed the fellowship of **Sacit Süha**, **Kelly-Anne**, **Bob**, **Semiha**, **Aytaç**, President **JP**, **Moors**, **Jennifer**, **Nestor**, **Sade**, **Sola**, **Marie-Josée**, **PDG Serge**, **George Saad**, **Berna**, **Omer** and **Joe Zemanovich**.

President-elect **Helen** presided over the proceedings with her usual aplomb, and called upon our Sergeant-at-Arms to introduce our guests and visiting Rotarians, with the exception of our student contestants and their counselors, who would be introduced later.

PDG Bill gave us a short course on Rotary. In about two minutes he told us about the beginnings of our organization, the official definition, the breadth of its global tentacles, including Interact, Rotaract and The Rotary Foundation. He talked about our global war on poliomyelitis which, with the help of the Bill and Melinda Gates Foundation and the World Health Organization, Rotary is winning, with only 5 new cases in only two countries reported so far this year, compared to 350,000 new cases reported every year in over 100 countries back in 1985 when Rotary was the first to declare war on polio.

He closed by reciting and explaining the 4-Way Test of the things we think, say or do.

Past President Lawrence welcomed our four student contestants and wished them all success. He explained that the students have been each given a number from 1 to 4, randomly chosen. He asked the judges to stand up "so you'll know where those folks you have to impress are sitting."

After he cautioned each contestant not to disclose the name of her school until after the judges had left the room to deliberate and choose the winners, he called Contestant No. 1 to the podium.

Contestant No. 1 (later identified as **Cheyenne Skurczak** Beaconsfield High School) had chosen to speak on the topic, *Inventions I would like to see and why*. After listing several materialistic things that don't yet exist, she went on to say the invention she would most like to see is World Peace. To create world peace is easily said but not so easily done, she told us. While contemplating the enormity of trying to achieve world

peace by oneself, she reminded us that “Martin Luther King was only one man; Malala was only a girl of fifteen when she stood up to the Taliban; Nelson Mandela, Gandhi, Schindler—each was only one person.”

While contemplating the enormity of that task, she recalled the dreadfulness of the alternative. “No mother should have to search for her child as children come crying out of Sandy Hook Elementary. No baby should have to never meet her father because he was off fighting a war. No one should have to turn on the news, only to hear yet another story of chaos, of hatred, or of terrorism.”

She went on to assure us that if she could make a machine that she could throw evildoers into and have them transformed into angels, she would do so. But she also pointed out that one must be realistic.

“I want to see invented a way to reduce segregation, just as Martin Luther King did. I want to see invented a way for women to feel empowered and equal. I want us all to become people who have done all that they can for a greater good, for us to create a new form of security and respect amongst us all. I want humanity to invent peace once and for all.” [Applause]

Contestant No. 2 (**Isabella Gavanski**, Westwood High School) appeared to be fumbling with her smart phone as she approached the podium. “Well, if you haven’t guessed already, my speech is about *Technology*. You know, I wasn’t always like this. I wasn’t always on my phone. When I was little things were different. I think that’s because my parents told us there was no TV in Quebec. My family moved here from BC when I was eight years old and that’s when my sister and I still believed everything my parents said. We were so naive!

“Without TV we had to find other ways to entertain ourselves, so we would go and catch frogs in the back yard, put on plays, and play hide-and-seek until we were exhausted. Totally pointless activities, of course, but at the time it seemed like a lot of fun.

“Eventually, the jig was up. We went to a friend’s house and we discovered a TV! To think we had been outside playing this entire time when new could have been watching SpongeBob. Soon, we started to spend more and more time at our friends’ houses.

“Well, that’s what I call the end of my age of innocence and the start of my healthy engagement with the real world or, as otherwise known, the Web. I was in Grade 8 and had been accepted into the advanced program at my school. You can imagine my excitement when I learned that it was compulsory for me to have a computer.

“My parents would not prevail this time. In short order I found the pleasure of binge-watching amazing YouTube videos. I explored the world of Sims and spent hours cleaning my virtual house and socializing with my Sims friends and every once in a while I would feel a pang of guilt as I looked around my real room at the piles of laundry and dirty dishes that were accumulating. But then I’d reorganize my Sims world and I’d feel better about myself again.

“It was awesome, like, when I was bored I clicked. Homework piling up on my desk? Uh, click. What’s the harm in just



one more video? Click. My parents called it an addiction. They talked about an ‘intervention.’ Crazy, right? They said it was deadening me; I said it was making me feel alive. I had had enough of my parents claiming to know all that was wrong with the new online world. They called it One Big Social Experiment. How would they know, anyways? They don’t even know what Snapchat is. I decided to get the upper hand in our argument and started researching the effect of social media, in support of my position. The positives were obvious but, if I’m being fair I have to say I was quite chocked by the extent of some of the more negative things that I discovered. Like the fact that many boys between the ages of 8 and 12 regularly watch Internet porn, which has now created a class of erectile dysfunction in young men when trying to have relationships with real people. I wondered what the implication of that would be for my generation. Anyway, with one negative fact after another, realization washed over me. I was an addict, an Internet junkie. The more time I spent on the Net, the more depressed and lonely I felt. My self-worth had become entwined with the number of Comments, the number of Likes. It prevented me from doing all the things I loved. I stopped playing. I stopped reading. I stopped living. I became a zombie with only one purpose, to find Internet access, to get my next fix. I was a slave, addiction now woven into my DNA. I would never be the same. How did this happen to me, an honour roll student, a good kid? Why has the Internet been allowed to go unchecked for so long? When and where are the discussions about how it will affect us children? What’s to become of the world’s future leaders’ precious brains? Where are the Tao Advocacy Groups and the public health agencies?

“It’s ridiculous when I think about it. I mean, the government won’t allow me to go buy a bottle of beer, a pack of cigarettes or the chance to see certain films without parental guidance. But an accidental click and I could wind up watching footage of a beheading or a dog being skinned alive, or pornographic images beyond the wildest teenage imaginings.

“I think it’s time that we had some serious discussions about these things., and stop assuming that someone else is making sure that checks and balances are in place. In the meantime another kid hits rock bottom while we wait

“There needs to be greater awareness, through education, starting from a young age. And for those who are addicted there needs to be more programs and resources they can go to for help, such as Internet addiction support groups at their schools.

“Obviously, I don’t have all the solutions, but I do know that we need to be taking a stand to protect those who cannot protect themselves.

“Don’t get me wrong. I am not against progress. But maybe my parents were right about a couple of things. We need to act now. But instead of embracing Mark Zuckerberg’s mantra, ‘Move fast and break things,’ maybe we should be taking a slower approach. I think enough things have been broken already.”

“Oh, sorry, there’s just one more thing I gotta do,” she declared as she held up her phone to get a selfie of herself with the audience in the background. [Laughter and applause]

Contestant No. 3 (**Annie Coffin**, Macdonald High School) began by asking us to, “Imagine waking up every morning with a heavy sigh, because you know you’re getting up to go to a job that you absolutely hate. For my topic today, I chose, *Why I believe having passion for your job is more important than the salary you make, when choosing your future career path.*

She went on to compare happiness versus monetary gain as a motive for choosing a career.

"If you decide that liking what you do for a living is not as important as the cheque you bring home every payday, you may live to regret that decision," she told us.

She said she cares a lot about the things she does—the sports she plays, her hobbies. "I like to be passionate about things because it feels good to be excited about something, to look forward to the future. I could never choose a job just to make a lot of money. Having money to buy things or to pay for vacations with friends and family and for other things you like to do is nice, but it won't make up for a lack of fulfillment in your life."



She acknowledged that there were exceptions, like a teen who has to find a summer job that helps her put money in the bank for the school year ahead.

"But being enthusiastic about your job will make you better at it. And your work will have an impact on your life outside the workplace. If you like what you do you will have a happier life.

"I want to be the kind of person who looks forward to going to work every day. I want to study things that interest me and make me happy and become so good at those things that someone will hire me and pay me to do the things I like to do, even if I could earn more doing somethings I enjoy less.

"Passion beats money every time, as far as I'm concerned."

Contestant No. 4 (**Anika Della-Cioppa**, John Rennie High School) began by thanking our Rotary club "for giving me this wonderful opportunity. My speech tonight will be about *What human quality do we need more of?*

"Emily baked some fresh cookies and offered them to her neighbours and introduces them to the community.

"Alec sees an elderly women struggling on the bus and offers her his seat.

"Anna sees someone eating alone at a cafeteria table and joins her for lunch.

"The Oxford dictionary defines compassion as sympathetic pity or concern for the sufferings or misfortunes of others. Literally, compassion means 'to suffer together.'

"Just feeling someone else's emotions, you feel compassion when you have the motivation and desire to help a suffering person. You respond emotionally by wanting to understand the situation of that suffering person.

"Showing compassion is having a softness in your heart for the plight of another, a softness for their woundedness. When we begin to see each other as wounded people, we can begin to understand each other's pain and suffering. We can begin to understand their actions and their behaviour.

"And until we extend our compassion to all of these things, humanity will not find peace.

"Great opportunities to help others seldom come, but the small ones surround us every single day—the sadness of a friend, a misfortune, those less blessed than ourselves.

"Our purpose in this life is to help others. So why aren't people more compassionate? We focus so much on what we have to do and our lack of time. We rush from one place to the next. Our lives are filled with so many places to be and things to do that we don't allow ourselves to be more compassionate.

"And why do we need more of this human quality?"

"The world would be lonely and bitter, filled with hatred and jealousy and conflict. Picture a world built on the bones of selfishness and hatred. Homeless men, women and children left to starve, Broken families left to perish.



"Compassion is what connects us to each other. It helps us understand each other and relate to each other's pain and passion. We need compassion because life is hard. But compassion takes the edge off.

"When you're feeling alone, as if the world is crashing down on you, feeling that you're not good enough, it helps knowing that someone else can empathize with your pain and suffering. It helps to feel that you're not alone and it gives you the strength and courage you need to keep going.

"Compassion doesn't have to be a momentous act that makes the news. It can be something seeming inconsequential and trifling. It's something we all can do if we simply just took the time.

"For me compassion is giving my hot cup of coffee to the homeless man on the street, knowing I won't have time to get another but realizing I can get another cup any day.

"It's reading about the horrific events in the world and not stereotyping an entire religion or culture based on the actions of a few evil individuals.

"It is focussing on a human being and looking beyond their race, religion, beliefs, culture or habitat. It is putting others before yourself because you feel their pain and you really, truly want to help lighten their load, in whatever small way you possibly can.

"We need compassion in this world. We read about and see so many horrific things on a daily basis. Quebec mosques are attacked. People are violently ripped off planes. Mass shootings make the news. There is enough hatred and ignorance in this world at present. We are literally bombarded by it via media outlets all the time.

"American philosopher Eric Hoffer tells us 'Compassion is the antitoxin of the soul: where there is compassion even the most poisonous impulses remain relatively harmless.'

"I fell quite ill last November and if it weren't for the compassion shown to me by my friends, family and even teachers, I would have lost all will and strength to heal. Something as simple as a teacher pulling me aside before class and telling me I didn't look well enough to take a test and giving me an extension, was enough to give me the power and strength to get through whatever I was dealing with. That small gesture of compassion and kindness made me feel supported and understood on a whole new level.

"Imagine a world where everybody consciously tried to do at least one compassionate thing every day. Let's all work on becoming more compassionate together, for together we can help the suffering world, each other and ourselves.

"Victoria sees a baby bird fall from its nest and helps it return home.

"Eric saves money from his allowance each week so he can help buy a low income family some groceries.

"Dylan sees a little boy crying in a sandbox and walks over to pick him up." [Applause]

Emcee **Lawrence** urged the audience to give the contestants one more round of applause, which we were happy to do. He then invited the judges to retire to a convenient meeting place, ("not the bar") where they could deliberate, compare notes and come back with the names of the winners of this year's Alan Liddiard Memorial Public Speaking Contest.

He then invited the student contestants to come up in the same order as they spoke, to introduce themselves and tell us the names of their school, then proceed to introduce their teachers or school counselors, their parents and friends.

Cheyenne Skurczak told us she goes to Beaconsfield High School, and she introduced her mother **Natasha Boisselle** and her teacher and guide, **Nancy Dubuc**. "Speaking about myself, my motto is, 'Optimism and being good to others can have absolutely no bad effects in the world.' So if you everything with a positive light ion mind, you're set."

Isabella Gavanski said "I'm from Westwood High (School in Hudson) and I'm here with my Mom, **Catherine Forbes**, my guidance counselor **Karen Nesbitt**. If I have to say something about myself it would just be that I'm so involved, to the point that I was almost unable to come because I'm so busy all the time. I'm sure many of you guys can relate. You're all in this room right now. But yes, I'm always getting myself involved and I just want to see change happen. Thank you."

Annie Coffin said, "I'm from Macdonald High School and I'm here with quite a few people tonight. First my Dad, **Brian Coffin**, my sister, **Maggie Coffin**, my boyfriend, **Brian Cameron**, my aunt, **Susan Mulcair** and Vice Principal, **Shirley Kapitsky**. Something about myself? I spoke about passion in my speech. One of my passions is animals and that is what I want to work with when I'm older; it's the kind of career I would like to do. It's one of my defining characteristics."

Anika Della-Cioppa told us she goes to John Rennie High School. "Tonight I'm here with my Mom and my Dad, **Angela Styhler** and **Joe Della-Cioppa**. And my amazing teacher, **Ms. Nancy Ransom**, and in the back I have my really supportive friends, **Alia, Serena** and [Sorry, I couldn't catch the name of Anika's third friend. *Ed.*] One thing I'd like to say about myself is I believe what I preach and I preach what I believe, so when it comes to compassion I really believe that the root of all happiness is to do unto others. Just be kind because, honestly, kindness is one of the most important human qualities in life."

Lawrence returned to the podium and he and **Helen** once again marvelled at the impressive speeches we had just heard.

As the judges were still out, Helen invited **Bill** to tell us a joke to help fill in the time. He told this one:

A man owned a small ranch in Montana.

The Montana Work Force Department claimed he was not paying proper wages to his help and sent an agent out to interview him.

"I need a list of your employees and how much you pay them," demanded the agent.

"Well," replied the rancher, "there's my farm hand who's been with me for 3 years. I pay him \$200 a week plus he gets free room and board."

"The cook has been here for 18 months, and I pay her \$150 per week plus free room and board.

"Then there's the half-wit. He works about 18 hours every day and does about 90% of all the work around here.

"He makes about \$10 per week, pays his own room and board, and I buy him a bottle of bourbon every Saturday night.

"He also sleeps with my wife occasionally."

"That's the guy I want to talk to...the half-wit," said the agent.

"That would be me," replied the rancher.

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With a few more minutes to spare, **Knud** made a pitch to the adults present to come back to the Holiday Inn on Friday, June 2nd, when our Rotary club will hold its annual charity auction. "It will be a wonderful event, a live auction where we hope to raise between 20 and 30,000 dollars. It's a great night out and a bargain, too. For just \$30 admission fee you get a glass of wine and finger food as well as the opportunity to bid on some great items. Please take a brochure before you leave."

The judges returned and **Murray Horn**, our Director of Youth Services came to the podium to announce the winners. "First of all, I have to tell you that you four are wonderful ambassadors for Canadian youth, involved in your school communities and the community at large. It's a testament to your families, your schools and your peers. Picking a winner was not an easy task

Runners-up were **Cheyenne** and **Annie**, who will receive a Certificate of Merit for being chosen to represent their schools, as well as a cheque for \$100.00 each.

Second prize goes to **Anika Della-Cioppa**. She receives a cheque for \$450.00 tonight. At her school's convocation she will receive a Certificate of Achievement and her school will get a cheque in the amount of \$200.00.

First prize winner is **Isabella Gavanski** She receives a cheque for \$700.00 tonight. At her school's convocation she will receive a Certificate of Excellence and her school will get a cheque in the amount of \$300.00.

He then called upon Chief Judge **Phil Méthot** an accomplished speaker and member of the Pointe-Claire Toastmasters Club, to say a few words to the contestants.

Speaking from the centre at the front of the room, Phil said, "It was wonderful listening to you, listening to heart, not head. In a room this size you should learn to ignore that darned mike because when you're giving a speech it's not just your words. Here is where you want to be.

"I want to acknowledge some of the wonderful things I heard tonight. 'The Invention of Peace,' what a wonderful phrase. You made it tangible. And that thing you did up there with your phone? That was from one of *my* speeches. It was great and funny. And when halfway through your speech you switched sides, seeing the wisdom of Mom and Dad, that was very clever. And, starting a speech with the word 'Imagine' is powerful. Why? Asking us to do something. And another of the most powerful words to use in a speech: You. Use it a lot. And compassion as a concept. Not just being compassionate to him or to her but to everyone. A wonderful concept.

Now let me give you some tips to build on that wonderful foundation you already have. First, all of you: take 20 percent out of your speech, so you can slow down. And do something that none of you did—breathe. You say as much between your words as you say with your words. Pause. Give us a chance to think about what you just said. And eye contact. Look at your audience. And I want to reinforce something I heard from each of you tonight. Heart. Great!. Thank you for letting me talk to you.

The major players in our 2017 Alan Liddiard Memorial Public Speaking Contest, May 2, 2017:



From left: Murray Horn, Annie Coffin, Cheyenne Skurczak, Anika Della-Cioppa, Isabella Gavanski, Helen Cane, Phil Methot