



Charlotte Reporter

The Rotary Club of Charlotte

July 17, 2012

Charter Date December 1, 1916 Club 6006 District 7680
www.charlotterotary.org

Janice Holly Booth

Only Pack What You Can Carry

By: George MacBain

Today, we had the distinct pleasure to hear our own Charlotte Rotary member Janice Holly Booth discuss her new book, *Only Pack What You Can Carry*. Janice is a native of British Columbia and has lived in the US/Charlotte for the last 25 years. She is an award winning former CEO of 3 national non-profit organizations, an author and has become an expert on solo travel!



Ten years ago, Janice sought out someone – anyone – to accompany her on a trip to southern Utah to explore the mystery of slot canyons. When her quest for a companion turned up empty, she went alone and has been addicted to solo travel ever since. Her book, published by National Geographic, is a guide to personal growth through solo travel. Though she raised millions for good causes over the last 20 years, she is most proud of her new work inspiring audiences around the world to step out of their ruts and into a new definition of living.

It was 17 years ago Janice saw her first slot canyon in Canada. A slot canyon is a narrow canyon, formed by the wear of water rushing through rock. A slot canyon is significantly deeper than it is wide and Utah has the most slot canyons of any place in the world. Janice shared that she went to the canyon 13 times before she could bring herself to harness and rappel down the slot. This was such a great experience for her that she has continued to travel alone. With each progressive trip, her perspective on life changed into the 4 areas below:

- Solitude* – All the miseries of mankind come from one thing, not knowing how to be alone (Blaise Pascal).
- Courage* – We can never be certain of our courage until we have faced danger (Francios duc de La Rochefoucauld).
- Introspection* – The philosophy of the wisest man who ever existed is mainly derived from the act of introspection (William Godwin).
- Commitment* – The gem cannot be polished without friction, nor man perfected without trials (Chinese proverb).

So, Janice asked, did the 13 tries equal 13 failures? Janice supports the notion that courage is a muscle and takes exercising for it to be strengthened. This first step into the canyon led to many other steps; dog sledding, flying trapeze and paragliding over where she grew up. Janice encourages to not just see the scenery during your travels, but to see where you want life to take you. Take one step forward to what you want as that first step gets you closer. Take time in solitude to make sure you are taking right steps for you. Exercising that courage muscle makes you more confident and smarter. Janice's hope is her book will inspire people to take that first step towards

PROGRAM SCHEDULE

2012-2013

Program Chair: Ed Driggs

1Qtr Edwin Peacock

2Qtr Colleen Brannan

3Qtr Bob Freeman

4Qtr Bill Constangy

JULY 2012

24th **Frank Emory**
Chairman, Charlotte Chamber

31st **Beth Petty**
Charlotte Film Commission

AUGUST 2012

7th **Molly Grantham**
News Anchor, WBTV

14th **Fernando Aguirre**
CEO, Chiquita Banana
And Thomas Federl

12:30 Tuesday
Crowne Plaza – 201 S. McDowell Street

<https://www.facebook.com/groups/42974089870/>

solitude and introspection who otherwise will only see the scenery! Thanks Janice for sharing your comments with us today and Congrats on completing your first book!

Head Table: Daryl Lerner, Kevin Pitts, Marilyn Bowler, Colleen Brannan, Alex Browning, Vinny Satchit; Invocation: Jerry Coughter
 Visitors & Guests: Karen Bentley; Song: Chris Kemper; AV: Jessica Dupree; Photos: Bert Voswinkel

CLUB NEWS

- It was good to see **Bill Nichols** on Tuesday; forty members and guests attended a very impressive tour of the Siemens Plant. Thanks to **Russell Ranson** for making this happen.
- Big Brothers Big Sisters will hold the eighth annual Big Day at Lake Norman on July 21. Executive Director **Karen Calder** says this is an opportunity for children who live in the shadow of Lake Norman to enjoy boat rides and fellowship.
- **Angela Broome** provided input to the Business Journal's question "are lunch-and-learn sessions useful."
- Add **Tony Zeiss** to the list of golfers participating in the September 11th Rotary Scholarship Golf Classic. Please do your best to get your registration in today!
- Save the Date: Charlotte South is holding a casual fellowship/wine tasting event at Zebra on August 16, 5:00 PM. The cost to attend will be \$15 for the wine and cheese plate appetizer.

UPDATE ON MITCHELL (Facebook posting on 7/17/12)

The results from Mitchell's tests all came back with positive results. The spinal fluid was clear, so that tells us that the cancer has not spread to his central nervous system. The bone marrow results are only partially back, but the results that we have gotten are positive. Dr. Hock, the oncologist said that the marrow shows that good blood cells are forming. The more extensive bone marrow testing will take 7 to 10 days. Some of tests are being done in the Presbyterian Hospital lab and others will be done at Johns Hopkins. Dr. Hock advised that the bone marrow results today are exactly where they want them to be at this stage. He was very pleased. He said that the next major milestone in the testing will come in the 10th week.

One thing you learn as a parent of a child with cancer is that you have to wear gloves to change diapers and put the diaper in a biohazard bag for special disposal. Mitchell is starting to get a bad diaper rash from the upset tummy and the chemo medications being on his skin in his diaper. He cries when we change his diaper because the skin is so raw. There is special cream mixture that one of the registered nurses who studied a Vanderbilt introduced to the hospital. It is a miracle cream. It's so thick that it creates a barrier between the contents of the diaper and the skin. One of the ingredients is ilex cream and the hospital pharmacy has been out of stock for over a week and all the cancer patients on the floor have been begging for it every day so we can mix the special cream. The supplier is on back order. Well, I'm resourceful, and found ilex on Amazon. The Amazon vendor had 12 tubes in stock; so I ordered all 12 tubes that will be arriving tomorrow! I can't wait to get this "miracle cream" mixed and on my sweet boy's bottom. I think I might package and market this cream and donate all the proceeds to childhood cancer research.

Attendance	<u>07/17/2012</u>	<u>07/19/2011</u>	Membership	New Members:
Visitors & Guests	13	44	07/01/2012 316	
Club Members	157	167	07/17/2012 313	
Total Attendance	170	211	Net Increase -3	Resignation: Tom Worth, Sheila Neisler, Ry Hudnall
Percentage	56.0%			
Birthdays July 24-30			Anniversaries July 24-30	
25 Tom Hutchins	26 Bill Nichols		24 Laurie and Dale Gillmore	25 Tracy and Brian Huber
27 Sadler Barnhardt	27 Jim Adams		26 Debbie and Bruce Darden	26 Sharon and Richard Bullard
29 Nikki Keith	29 Bill Barnhardt			
29 David Norman	29 Roger Sarow			
30 Hank Donaghy				