



Club Duties

December 5, 2007

Front Door Greeters:
Rod Mont & Don Bonner

Invocation:
Bruce Mede

Introductions:
Nicole Gosselin

Rotary Minute:
Darryl Shaw

50/50:
Jim McIvor

Sgt @ Arms:
Daryl Stech

December 12, 2007

Front Door Greeters:
Cindy Bartlett & Jo-Ann Harding

Invocation:
Nathan Thornton

Introductions:
Robb Mowbray

Rotary Minute:
Daryl Knieval

50/50:
Jim McIvor

Sgt @ Arms:
Kris Rongve

December 19, 2007

Front Door Greeters:
Maryke Van Rooyen
& Darryl Shaw

Invocation:
Henri Van Amerongen

Introductions:
Ron Blank

Rotary Minute:
Val Lennox

50/50:
Moira Steele

Sgt @ Arms:
Don Bonner

Weekly Wake-up

Upcoming Programs

December 5th - Rotary Inbound Students

December 12th - Rotary Family Auction

December 19th - Club Assembly: President Donna Allen

NOTICES & NEWS

MEETING LOCATION CHANGE!!!

The December 5th, 12th and 19th meetings will be held at the **Starlight Bistro** at the Best Western Northgate Inn, located at 6450 Metro Drive in North Nanaimo. Directions can be found online at:

<http://www.mytelus.com/maps/map.do;jsessionid=8735F7E4291D56FD94DD388B15A4F3CB?sreet=6450+Metral+Drive&city=Nanaimo&province=BC&postal=&lat=49.23162&long=-124.04402&scale=24000&poilat=49.23162&poilong=-124.04402&cm=false>

T-shirts

Kris Rongve still has some "Rotarian at Work" t-shirts available, including: T-shirts are \$20. See Kris to purchase your t-shirt before they are all gone!

Bill & Melinda Gates Foundation provides huge award to Rotary!

On Monday, November 26th, some wonderful news was announced from Seattle and the Rotary International offices in Chicago. The Bill and Melinda Gates Foundation has awarded a \$100 million grant to Rotary International for the polio campaign. This generous gift will be matched by Rotarians around the world and hopefully will be enough money to bring the dreaded disease of polio to final eradication.

NOTICE!

December 5th Elections for the 2008-09 Board of Directors

Club Birthdays

Dec. 10 Lee Mason
Dec. 12 Nathan Thornton
Dec. 20 Moira Steele

Club Anniversaries

Dec. 2 Jo-Ann Harding
Dec. 25 Henri Van Amerongen

Meeting Notes - November 28th

Sheila Forrest was our featured speaker with her classification talk.

Sheila was born in Halifax, Nova Scotia, the middle child of three. Her early plans were to do something with sculpting or painting but then Sheila picked up classical guitar and decided she would play guitar.

Sheila was active in sports and competed in sprints, hurdles and long jump. She studied classical guitar at Dalhousie before moving to Toronto at age 21 to learn accounting. While in Toronto, Sheila would play guitar in coffee shops. She later worked for the Rankin family arranging tours and organizing payroll before finally being exposed to Respiratory Therapy. As a Respiratory Therapist, Sheila worked in Florida for three months but eventually found herself driving across Canada to work at the Vancouver General Hospital where she worked for eight years. Her favourite jobs at VGH were in the Intensive Care Unit which was intense and she dealt with emergency patients for things like burns and trauma and in the spinal unit where she worked with patients with spinal cord injuries. Sheila met her husband at VGH, had a daughter while in Vancouver and was pregnant with her son when she moved to Nanaimo. Sheila currently works for Medigas and her job includes working with people who have sleep apnea. Sleep apnea was described by her as a silent killer, a condition which is very hard on the cardiovascular system and which has a direct association with diabetes. Sheila told us that there is a simple test to determine if we have sleep apnea and that if we are snoring or not sleeping well, this is an indication that something may be wrong.

Francine Frisson, for her Rotary minute, advised us that she saw an article in the staff room at her school regarding Rotary. The Bill and Melinda Gates Foundation has pledged \$100 million to assist in the eradication of polio - this donation will be matched by the Rotary Foundation and will be a significant boast to the Polio Plus program.

Past President Don Bonner inducted Peter Koch and Cindy Bartlett into Nanaimo Daybreak Rotary. Cindy was introduced to the club by her sponsor Denise Larson and Peter was introduced to the club by his sponsor Rod Mont. Welcome to Daybreak Rotary, Peter and Cindy!

Jim McIvor announced that the Grey Cup Party was a success. Jim thanked lots of people who helped on the event, apologized for anyone he missed, and presented money to the winners of the Grey Cup lottery.

Karin Mattern was the big winner for her ticket which matched the final score. Nathan Thornton advised that there is a lot of pop, booze and food left over for sale - contact Nathan to purchase these items.

President Donna reminded everyone that our Christmas Auction will be held on our regular meeting on December 12th. The families that we are helping this year are listed on our website and NDSS students are also collecting items. Look for items at home to be auctioned and bring them to the meeting. Items such as baked goods also can be auctioned. We were encouraged to bring guests to this meeting to bid on items.

Rod Mont announced that the deadline for applications by music students at Malaspina for the three \$700 Summer Song scholarships is Friday, November 30th. Rod hopes to be able to present the scholarships in December.

President Donna reminded everyone that next week's meeting will be held at the restaurant at Northgate Best Western.

PHOTOS ON NEXT PAGE.../

Upcoming Events

December 12th Meeting - Christmas Auction

June 14-18, 2008 – Rotary International Conference in Los Angeles

Rotary Club Meetings

Monday – Parksville, Bayside Inn, Noon

Tuesday – Nanaimo North, Frith-Radcliffe Auditorium, Kiwanis Village, 6:15 p.m.

Wednesday – Nanaimo Oceanside, ABC Restaurant on Mary Ellen Drive, 4 p.m.

Thursday – Lantzville – ABC Restaurant on Mary Ellen Drive, 7 a.m.

Friday – Nanaimo – Coast Bastion Inn, 12:15 p.m.

Rotary Contacts

Club President:

Donna Allen

Club Secretary:

Nicole Gosselin

Club Treasurer:

Nathan Thornton

Bulletin Editor:

Robb Mowbray

Foundation Chair:

Don Bonner

Assistant Governor Area 2B

Brian Kirkhope

District Governor 2007-08:

Norm Watts

RI President 2007-08:

Wilfrid J. Wilkinson

Bingo Volunteers

December 21, 2007 (Fri 7-9 pm)

Don Bonner & Bev Wilson

February 2, 2008 (Sat 9-11 pm)

Daryl Knievel & Doug Lum

February 3, 2008 (Sun 1-3 pm)

Ken Hammer & Kris Rongve

February 15, 2008 (Fri 7-9 pm)

Daryl Stech & Neil Sorsdahl

Make-ups

To ensure that your make-up information is properly recorded, send any info on extra meetings attended, extra committee work, service projects, online work, etc. to Rod Mont (mont@islandlaw.ca).

Please send content and photos for the Weekly Wake-up to Robb Mowbray at robb@theatrebc.org.

FOUR WAY TEST

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?



Last week's meeting...



Sheila Forrest presents her classification talk.



Francine Frisson gives us a Rotary minute.



Debbie Shea receives her Grey Cup winnings from Jim McIvor.



Karen Mattern was the biggest winner, taking the \$1,000 for final score of the Grey Cup.



Don Bonner won twice...well, he supposedly shared his \$600 with his friend Dan Poirier.



And Bruce Mede is a happy winner, too!

Below, Peter Koch was introduced to the club by his sponsor, Rod Mont.

Below, Cindy Bartlett was introduced to the club by her sponsor, Denise Larson.

Below, Don Bonner introduces newly-inducted members Peter Koch and Cindy Bartlett.



DIRECTIONS FOR THE DEC. MEETINGS
Directions to the meeting location for December, the Starlight Bistro at the Best Western Northgate Inn are to the right —>

The venue is on Metral Drive, directly across from the Great Canadian Superstore, just where Metral Drive bends around past the Superstore's Gas Bar.

