



Club Duties

Weekly Wake-up

January 16, 2008

Front Door Greeters:

Denise Larson & Nicole Gosselin

Invocation:

Jim McIvor

Introductions:

Cindy Bartlett

Rotary Minute:

Bruce Mede

50/50:

Ron Blank

Sgt @ Arms:

Moira Steele

January 23, 2008

Front Door Greeters:

Ken Hammer & Debbie Shea

Invocation:

Chris Everett

Introductions:

Rod Mont

Rotary Minute:

Lee Mason

50/50:

Jo-Ann Harding

Sgt @ Arms:

Daryl Stech

January 30, 2008

Front Door Greeters:

Jim McIvor & Daryl Stech

Invocation:

Dean Carto

Introductions:

Christine McAuley

Rotary Minute:

Sheila Forrest

50/50:

Moira Steele

Sgt @ Arms:

Kris Rongve

Upcoming Programs

January 16th - Club Assembly: President Donna Allen

January 23th - Nanaimo Disability Association: Catherine Robson

January 30th - "Give Meaning": Tom Williams

NOTICES & NEWS

Club Fellowship Evening

British Night — with Faulty Towers

Saturday, January 19th — 6:00 pm Potluck: bring an English dish (food)

Nelson and Donna's house, 1235 Selkirk Drive...above the college.

Nicole's Plaque

On the right is the plaque designed by Nicole Gosselin, which will be placed on the water fountain, part of the water project in Ethiopia worked on by Rotary members including Nicole.



Club Birthdays

Jan. 23 Daryl Stech
Jan. 28 Karin Mattern

Club Anniversaries

Jan. 1 HAPPY NEW YEAR!

No Anniversaries in January!

Meeting Notes - January 9th

Neil Sorsdahl passed around a committee sign-up sheet for our Golf Tournament which will be held on May 9th this year. President Donna announced that there will be a board meeting next Tuesday and that the president & CEO of VIHA will be the guest speaker at Nanaimo North Rotary at their meeting on January 15th. Francine Frisson thanked the club for its amazing support of the NDSS turkey meal - 149 turkeys were cooked by Tony Mengual and his crew. President Donna passed along a thank you to the club from Karen Miller for all of our support for the Christmas families.

Katherine Sorsdahl was our guest speaker. Katherine is a PhD candidate at the University of Cape-town in South Africa and is doing her thesis on "South Africa, Mental Health & Traditional Healers". Katherine advised us that there is a lack of medical services available to South Africans despite estimates that 30% of South Africans have some form of mental illness. There are only 300 psychiatrists in the whole country. This compares with about 200,000 traditional healers in the country representing one traditional healer for every 500 people. Katherine described the different types of traditional healers. She has been working with the South African Depression & Anxiety Group (SADAG). SADAG runs a toll-free suicide crisis line, offers talks to schools aiming at grades 8 to 12, provides rural outreach, and produces talking books. A couple of the talking books were passed around. Low literacy is a big problem and these books help give useful information. Katherine advised that each book is seen by an average of 56 students and the cost of each book is \$9.00.

Ken Hammer was back from his long trip which started in Athens, Greece.

Ken presented banners to Daybreak from the Rotary clubs of La Puntilla, Equador, Downtown Auckland, New Zealand, Sydney Cove, Australia and Wollongong, Australia. Welcome back, Ken!

Don Bonner announced that Gill Campbell of Nanaimo North Rotary is collecting used eyeglasses to send overseas. Anyone who has eyeglasses that they are not using can give them to Don before the end of January.



President Donna with Katherine and Neil Sorsdahl

Upcoming Events

January 19, 2008 - Zone 22 Regional Rotary Foundation Seminar, Richmond, BC

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

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 & Denise Larson

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?

