

Rotary Club of Nanaimo **DAYBREAK**

SERVICE ABOVE SELF

Newsletter Date:

December 2nd, 2009

Sorry it's late this week...editor was away...

Volume 14, Issue 24



Club Duties

If you are unable to fulfill your duty, could you please find a replacement or let the President know you are unable to attend.

December 2nd, 2009

Front Door Greeters:

Jeff Boegel & Daryl Knievel

Invocation:

Rod Mont

Introductions:

Nelson Allen

Rotary Minute:

Nathan Thornton

50/50:

Randall Taylor

Sgt @ Arms:

Daryl Stech

December 9th, 2009

Front Door Greeters:

Bob Wall & Dave Thompson

Invocation:

Lynda Kazanowski

Introductions:

Kris Rongve

Rotary Minute:

Christine Craigie

50/50:

Wendi Ferrero

Sgt @ Arms:

Dave Thompson

December 16th, 2009

Front Door Greeters:

Wendy Ferrero & Don Bonner

Invocation:

Donna Allen

Introductions:

Dawne Anderson

Rotary Minute:

Doug Lum

50/50:

Dave Thompson

Sgt @ Arms:

Don Bonner

Weekly Wake-up

Upcoming Programs

December 2nd - Cycle for MS - Corey May

December 9th - Rotaract Report - Kalila Wilkinson

December 16th - Christmas Auction

NOTICES & NEWS

Garage Sale #1 at Nicole's House...

Garage Sale - the first of a few to come! - Carole, Nicole Gosselin's sister, is holding a Garage Sale on Saturday and Sunday December 5 & 6, from 9:00 am until 3:00 pm. At this first sale are Christmas ornaments, a large volume of fabrics, and patterns. Address is 2321 Whitney Road in Nanaimo. Watch for more sales in the New Year.

Next Year's Board of Directors

Greetings Rotarians!

First of all, thank you for the confidence you expressed at the meeting recently when you accepted me as President-Elect for next year. It goes without saying that this is not the way I had expected this position to come about, and I would have much preferred to have had the opportunity to work with Nicole during her presidency. Sadly, that is not to be.

As a club we now have to face the future and I am committed to doing whatever I can to support and extend the successful record that this club has had since it was chartered almost 15 years ago.

As a first order of business, we need to address the issue of next year's Board of Directors. It is my understanding that during the months of September and October, Nicole contacted many club members with a view to filling the board positions for next year. She apparently received commitments from a number of members to take on board roles for the coming year. Unfortunately, so far we have not located any written record of these discussions or of Nicole's plans for the board structure.

Could I ask, then, that those members who had any discussions with Nicole regarding Board positions, please to contact me right away. This is an urgent issue and needs to be dealt with quickly. I'm sure that I don't need to remind anybody that we live by the Four-Way Test, so "Is it...!!"

Please e-mail me at /maguirep@telus.net/ or phone me at 250-816-5323.

Thanks.

Yours in Rotary.

Patrick Maguire

Club Birthdays

No Birthdays this week

Club Anniversaries

December 2

Jo-Ann Harding

Meeting Notes - November 25th, 2009 submitted by val Lennox

Visiting Rotarian: Andrea Rissoto-Taylor from the Downtown Club

Guest speaker: Heather Owen from the Crisis Society of Central Vancouver Island

Rotary Minute

Brian Kirkpatrick's Rotary Minute noted the connection between friendship and breaking bread together which occurs at Rotary events. He then reviewed the history of Daybreak Rotary's eateries:

- Rutherford Golf Centre - now closed
- old New York Pizza - assumed new identity
- Earl's - survived
- Swiss Chalet - survived
- Mom's Cape Breton kitchen - closed
- Firehall Grill - closed
- Starlight Cafe - closed
- Origins - currently still in operation



Things are busy at the Grey Cup Party...

Heather Owen was the guest speaker. She is no stranger to Daybreak Rotary, having been sponsored by the club through the Leadership Training program. She presented information on the history and pending changes at the Central Vancouver Island Crisis Line plus information on people at risk of suicide.

The Crisis Line has been operating for 40 years and answers five different crisis lines 24 hours a day, 365 days a year. Last year, the organization handled 17,806 calls for an average of 49 calls a day. Approximately 35 to 50 volunteers are needed to keep the lines manned. Volunteers receive 72 hours of communication training and report that volunteering is rewarding, as they enable people to successfully work through their problems.



...this must have been before the final play...

The group has recently lost its Vancouver Island Health Authority (VIHA) funding since VIHA plans to consolidate all crisis lines on the island into one service. The Central Vancouver Island Crisis Line is applying to be that service. If the agency is not chosen as the central service, it will evolve into an information/educational service. Other funding for the crisis line comes from United Way, from gaming, from grants and from public donations. The Crisis Line's annual fundraiser, the RCMP Appreciation Night, has raised more than \$45,000 in the past three years.

Of the calls received, only 6 per cent are from people at risk of committing suicide. Based on figures from 2008, the issues covered in the calls are:

- 30% deal with mental and emotional health issues
- 13% deal with individual and family life issues
- 12% are information referral calls, since the crisis line maintains a directory of more than 500 support/service/help groups in the central island area
- 10% relate to addiction issues
- 6% relate to financial issues although Heather expects this number to increase over 2009
- 6% are from people at risk of suicide
- 4% relate to physical health issues

Rotary Club Meetings

- Monday – Parksville, Bayside Inn, Noon
- Tuesday – Nanaimo North, Frith-Radcliffe Auditorium, Kiwanis Village, 6:15 p.m.
- Wednesday – Nanaimo Oceanside, 3rd Street Fieldhouse, 5 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:**
Dave Perry
- Club Secretary:**
Eileen Tatton
- Club Treasurer:**
Cindy Bartlett
- Club President Elect:**
Nicole Gosselin
- Bulletin Editor:**
Robb Mowbray
- Foundation Chair:**
Dawne Anderson
- Assistant Governor Area 2B:**
Brenda Grice
- District Governor 2009-10:**
Alex Alexander
- RI President 2009-10:**
John Kenny

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*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 Jeff Boegel [dorack@shaw.ca](mailto:dorack@shaw.ca)

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

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**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 BENEFCIAL to all concerned?



- 4% relate to abuse issues within families

The crisis line offers non-judgemental support for callers plus public access to the mental health response team for those at risk. That team are the suicide prevention experts in the community.

Most people associate crisis lines with preventing suicide and that is a significant role of the crisis line. Owen presented the following information about suicide.

Between 1997-2004 in central Vancouver Island, 15 people died in homicides; 137 through motor vehicle accidents; and 215 by suicide. Suicides go unreported an estimated 5% to 25% of the time. For every successful suicide, there are an estimated 50-100 suicide attempts. More than 23,000 Canadians are hospitalized annually due to suicide attempts and 85% of the population thinks about committing suicide - although most people abandon the idea because they remember good things in their lives or their responsibilities to others.



*...what Grey Cup...there's a more important game here...*

Youth are especially at risk for suicide. Between January 2003 and December 2007, 81 youth in B.C. committed suicide. Of those, 21% were aboriginal youth. Suicide is the second leading cause of death for young people and especially peaks around the ages of 17 to 18. The primary warning sign of suicide is alienation from family and friends. Suicide is driven by alienation and feelings of not belonging, loss and having nothing to give.

Another large demographic for successful suicide is caucasian men over the age of 65. Although more women than men attempt suicide, more men die by suicide since women choose methods (sleeping pills etc.) that can be countered whereas men are likely to choose more violent means that cannot be countered.



*...smiling faces...the money must be coming in!...*

To combat suicide, the Crisis Society operates a school program to train teachers, staff and students in recognizing signs of alienation and preventing suicide. The Society is also involved with professional organizations, including the Canadian Association of Suicide Prevention and is accredited by the American Association of Suicidology.

They offer a monthly bereavement support group for friends/family of people who have committed suicide. September 10 has been declared World Suicide Prevention Day by the United Nations.

Life stress is seen in more than suicide statistics. Owen reported that 12% of payroll time is lost to disability-related mental health disorders and that in 2009, long-term disability claims climbed by 40%. Poverty also generates stress and Nanaimo has many people living in poverty, accounting for 2/3 of those living below the poverty line in the region.

Finally, she reminded us to never underestimate the power of a kind gesture. She told the story of a young man who was contemplating suicide and was about to acquire the means when he was unexpectedly acknowledged at school by one of the popular students, who came to him and asked if he was feeling okay. Feeling validated and acknowledged, the young man decided not to commit suicide that day. He is now an adult and a volunteer for the local Crisis Society.

Fundraising, Upcoming meetings & Volunteer opportunities:

- For the next club assembly, participants will divide into their service groups for discussion.
- The volunteers who ran the Pygmy Pavilion bar the previous Saturday raised \$310.
- Rotary Daybreak has offered a donation of labour towards the new Haven House.
- The Xmas Families auction is coming up on December 16. Information is available on three sponsored families.
- Denise Larsen reported on the issue of book collections in the mall, with a suggestion that the Raise a Reader book collection box be moved to the other side of the mall as the Daybreak Rotary book collection box. Christine McAuley reported that each fundraising venture supports different aspects of literacy in Nanaimo.



*...this is why Nathan volunteers for the bar...*