

### 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.

#### July 20th, 2011

**Front Door Greeters:**

Nathan Thornton & Jennifer Tonsi

**Invocation:**

Jeff Boegel

**Introductions:**

Denise Larson

**Rotary Minute:**

Ray Penner

**50/50:**

Gayle Wilson

**Sgt @ Arms:**

Bruce Mede

#### July 27th, 2011

**Front Door Greeters:**

Bob Wall & Gayle Wilson

**Invocation:**

Don Bonner

**Introductions:**

Val Lennox

**Rotary Minute:**

Dave Perry

**50/50:**

Val Lennox

**Sgt @ Arms:**

Donna Allen

#### August 3rd, 2011

**Front Door Greeters:**

Dawne Anderson & Donna Allen

**Invocation:**

Christine Craigie

**Introductions:**

Doug Lum

**Rotary Minute:**

Terry Rogers

**50/50:**

Val Lennox

**Sgt @ Arms:**

Don Bonner

## Weekly Wake-up

### Upcoming Programs

July 20th - Club Assembly

July 27th - Chris Barfoot, Terry Fox Run

August 3rd - Ken Hammer, update on Ghana

## NOTICES & NEWS

*Update on Kevin, sent to & edited by Don & Beverley Bonner...*

I was watching some pictures of myself there in Canada and I couldn't believe how long my hair was. I looked very different. I couldn't last two hours in Colombia with my hair like that.

I bet there's no 'Friends' or soccer going on on TV by now. I bet there's a lot more of Corner Gas or The Antique show thing. I miss the people in the club a lot (who am I kidding? I miss the BACON Wednesday!) But seriously, I miss the people as well. How's everything with Bill? It has to be a different style, eh?

I was traveling last week with my family to my home city, Ibagué. I saw my Grandmother, my uncles and my aunt, my cousins and pretty much everybody. I danced a lot in the town's festivities with my girlfriend and everything. The very first day I got drunk very nicely with my friends, it was pretty cool.

Coming back to Colombia is always hard in a way that my country is very undeveloped; not only in an economic way but in a social way. But I missed it. There wasn't such a cultural shock, cause while I was in Canada I kept track of my country's situation and all that stuff. Funny story, the very first day I was in a cap and I told the driver to go to my place in English without thinking and the guy just gave me the strangest look ever. I was laughing so hard when I got home.

Copa América is going great. Colombia is the best team so far, we made 7/9 Points in the first round and now Saturday we are gonna play the quarter finals. I'm so nervous, but it's great to see again some Soccer. The FIFA U-20 World Cup in Colombia starts at the end of this month so my country is gonna host more than 50 000 tourists (I really don't know how many, but a lot). I installed my PS3. As a matter of fact, I was playing with you and your team yesterday. The only thing is that my sister is the only one who's got a Plasma TV so she's the only one with a HD tv, and her TV is 21" only.

I've been reading a lot, there's a lot of books that I wanted to read (mostly Latin American authors) and now I'm on that. I keep hanging out with my girlfriend almost everyday.

I miss you a lot, I miss being teased and all that stuff, the humour is very different. That's the thing that I miss the most. But anyway, I hope everything is fine I send you lots of hugs and best wishes.

Kevin

**Please send content and photos for the Weekly Wake-up to [robbmowbray@telus.net](mailto:robbmowbray@telus.net)**

### Club Birthdays

July 17 Eileen Tatton  
July 18 Robb Mowbray  
July 19 Bill Brendon

### Club Anniversaries

No Anniversaries this week.

*Meeting Notes - July 13th*

*wordsmith Ron Blank, photos Donna Allen*

Second week in the reign of President Bill Brendon, and blessed again with the toots of Rod Mont. Ron gave an invocation appropriate to the topic of addiction

Daryl Knievel handled Introductions. Chris Everett presented Michael Leduc (supplied with a member application) Randall Taylor intro'd Don Moody and France Tellier, both with Nanaimo Addiction Society.

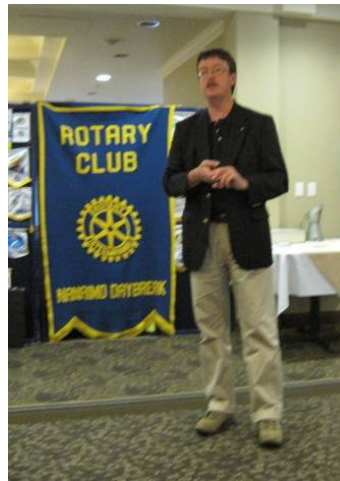


*Eileen provides her Rotary minute on visiting clubs in her native NZ...*

Sergeant-at-arms Denise Davidson did an admirable job of sending the rabble to their repast, though, the "Serenity Prayer" was heard in muted form.

Eileen Page's Minute was on the differences, and similarities, of visiting Rotary Clubs in her native New Zealand. Whilst on the North Island, she visited Ahururiri Sunrise for breakfast, Napier Club for lunch and could visit Ahuriri Club for dinner. She remains impressed with the feeling of community and fellowship of Rotary.

Brian Kirkhope was doing the family touristy thing in Drumheller and also managed to do a make-up. Segue to the Regional Swim meet, to be held in Nanaimo, on the 6th of August. The job is ours! We will be feeding 200 plus parents and kids attending this meet, have the use of both cafeteria's at NDSS, adjacent to our Nanaimo Aquatic Centre. Food details being worked out. All hands needed. Let Brian know.



*...Brian talks about the job of feeding participants and parents at the Regional Swim Meet on August 6th...*

President Bill noted that Daryl Stech asked for some time off, and will take an LOA.

Randall Taylor wants your money! Dues that is, as funds have to be sent to Rotary International.

Randall then let Don Moody, Vice-President of Nanaimo Addiction Foundation, (NAF) take the floor. Don said he's been in Nanaimo since 1978, has over 40 years of experience in the criminal justice field, and recently retired as the Warden on Nanaimo Correctional Centre. He was involved with establishing the first prisoner "Therapeutic Community" treatment centre, for inmates, within a Canadian Correctional Centre.

France Tellier is NAF President and has lived in Nanaimo for the past 25 years and works with John Howard Society in programme development, monitoring & evaluation and is now their Co-Executive Director. In 2004, France joined the Nanaimo Alcohol & Drug Action Coalition, which morphed into the NAF as a charitable foundation by 2007. Another Nanaimo organization, ADAPT, folded in 2010 and they donated their funds to NAF.

NAF Board of Directors has seven trustees. (and even includes our ever-busy Christine McAuley)

Their purpose is to be "a leader in making a healthier community" by funding for development, implementation and coordination of of addiction education, prevention, harm reduction and treatment with non-profit societies, within the Nanaimo Region.

This year, NAF will distribute \$30,000. ie. Nanaimo Family Life Assoc rec'd \$13,800 for programmes with at-risk youth. They also partner with the City of Nanaimo & others.

*...continued on next page!*

*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:**  
Patrick Maguire
- Past President:**  
Dave Perry
- Vice President:**  
Neil Sorsdahl
- Club Secretary:**  
Eileen Tatton
- Club Treasurer:**  
Cindy Bartlett
- Club President Elect:**  
Bill Brendon
  
- International Service Director:**  
Rod Mont
- Community Service Director:**  
Christine Craigie
- Vocational Service Director:**  
Dave Thompson
- Club Service Director:**  
Denise Larson
  
- Bulletin Editor:**  
Robb Mowbray
  
- Assistant Governor Area 2B:**  
Brenda Grice
- District Governor 2010-11:**  
Robert Martin
- RI President 2010-11:**  
Ray Klingensmith

*~~~~~  
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 Neil Sorsdahl at [goldendivot@shaw.ca](mailto:goldendivot@shaw.ca)

*~~~~~  
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?



What is an addiction? It's an abnormal psychological dependance on such things as drugs, alcohol, sex, pornography, shopping, work, etc. that, without treatment, results in negative consequences, can be progressive and may result in disability or premature death. Addictions are caused by your environment, and your genes.

Anyone can become addicted. People of all ages, sex or economic status can become addicted. Risk factors include family history addiction, being male, having another psychological problem, peer pressure, lack of family involvement, anxiety, depression, loneliness and by taking a highly addictive drug. It is estimated that 10 % of BC population has addictions (NOT INCL TOBACCO!) VIHA estimate that 150,000 people in our region are addicted. With youth: 15.6% to booze and 14.6% to marijuana.

The good news is that support programmes and services will lead to recovery. The goal of treatment is to eliminate poverty, support and educate the addicts. "Recovery is a reality for millions addictions."

Don said that their treatment programme results in only 33 % recidivism (failure) rate. But, they must work within all levels of the addicts family. Be it from mothers, to wife, husbands, children, family and friends. This will then result in prevention of addictions. Don answered one particular question, in that, in most cases, addicts recover when they are educated and supported in their treatment programme. Nelson Allen thanked our guests and presented the book to be donated to a children's library.



...Nelson thanks guest speakers Don Moody and France Tellier of Nanaimo Addictions Foundation...

July Upcoming events: [http://www.daybreakrotary.ca/index.php?p=1\\_30](http://www.daybreakrotary.ca/index.php?p=1_30)

- Interact Club Installation 19 July 6PM Rotary Nanaimo North
- Pot Luck BBQ at Terry & Jodi Rogers 23 July 2PM

Gayle Wilson handled the 50/50 and \$590 was available for the winner. Cindy Bartlett doesn't have the family MIDAS Touch. But Patrick Maquire does have way more luck as PP, and took the ancillary prize.

Sgt Denise was merciless on Cranky Ron and paid the penance. All else complimentary to the content of our guest speakers.

We close with our 4 Way Test recitation, and toast to Rotary.

What month is it in the Rotary Calendar? YUP! LITERACY! Volunteer to help with our Literacy Central Vancouver Island Book Donation box pick-up. Call Ron or Francine.



...Look! I get bacon today!!!...



...Yea, I got bacon. What's it to ya?...



...We're just happy to finally get our breakfast. Maybe there will be bacon, maybe not...

### Club Correspondence...

Check out the link below for the latest in correspondence to the Club from various sources:

[http://www.daybreakrotary.ca/index.php?p=2\\_8\\_Rotary-News](http://www.daybreakrotary.ca/index.php?p=2_8_Rotary-News)

*District 5020 newsletter now online...*

<http://www.clubrunner.ca/Data/5020/HTML/125319/may1-newsletter.pdf>

### ROTARY DAYBREAK UPCOMING BINGO COMMITMENTS 2010/2011

Wed., Aug. 10, 2011	11am – 1pm	Jim McIvor & Karin Mattern
Sun., Sept. 25, 2011	11 am—1pm	Kris Rongve & Sher Holubowich
Tues., Nov. 1, 2011	11am – 1 pm	Daryl Knieval & Doug Lum

