



### 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.

#### August 3rd, 2011

**Front Door Greeters:**

Gayle Wilson & Donna Allen

**Invocation:**

Christine Craigie

**Introductions:**

Doug Lum

**Rotary Minute:**

Terry Rogers

**50/50:**

Val Lennox

**Sgt @ Arms:**

Don Bonner

#### August 10th, 2011

**Front Door Greeters:**

Nelson Allen & Cindy Bartlett

**Invocation:**

Denise Davidson

**Introductions:**

Jim McIvor

**Rotary Minute:**

Kris Rongve

**50/50:**

Randall Taylor

**Sgt @ Arms:**

Kris Rongve

#### August 17th, 2011

**Front Door Greeters:**

Ron Blank & Jeff Boegel

**Invocation:**

Wendi Ferrero

**Introductions:**

Patrick Maguire

**Rotary Minute:**

Daryl Shaw

**50/50:**

Randall Taylor

**Sgt @ Arms:**

Neil Sorsdahl

## Weekly Wake-up

### Upcoming Programs

August 3rd - Ken Hammer, update on Ghana

August 10th - Jeff Boegel

August 17th - Club Assembly



### NOTICES & NEWS

#### *Brian asks for return support for Thrifty Foods at Brooks Landing...*

As you are getting your shopping done, please consider shopping at Thrifty Foods Brooks Landing. This store has just donated \$300, plus they are going to competitively price items, for our Swim Dinner on August 6. Please show this store our support and thanks!

Thank you.  
Brian Kirkhope

#### *A special note to the Rotarians in our district...*

On July 26th 2011 our district lost a valued Rotarian. Dave Sclair, Past District Governor for District 5020 in 1998 to 1999 passed away with his family at his side. Follow your Rotary Dream was the theme that year when Dave was DG and he has set a shining example for all Rotarians by doing just that. A member of Lakewood Rotary for many years Dave served on many committees both at the club level and district level. Dave's son Bill, is this years President for Lakewood.

In private life many Rotarians will know Dave as the editor of the General Aviation News. Dave leaves behind his wife, Mary-Lou and many family members. He will be missed by all and we would like to extend our heart felt condolences to his family. We wish them well in this time of sorrow. God speed Dave and don't worry, we will continue to Follow our Rotary Dreams thanks to you.

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

### Club Birthdays

No Birthdays this week.

### Club Anniversaries

No Anniversaries this week.

*Meeting Notes - July 20th*

*notes by Ron Blank, photos Donna Allen*

We are now into our fourth meeting with President Bill at the helm and things proceed ever smoother. Rod Mont accompanied and the practiced voices of Karin Mattern and Dave Perry could be heard during our anthem.

Don Bonner's invocation focused on the "meaning of life," which can be summed up by Winston Churchill's "We make a living by what we get, but we make a life by what we give."

Val Lennox couldn't find anyone to fess up as Visiting Rotarians, but found several Guests: Donna Allen intro'd Melissa Verhoeks, outbound Youth Exchange student; Denise Larson presented Chris Barfoot; Jeff Boegel shared his lovely wife Cathy Robson; and Francine Frisson introduced mère Hélène Frisson.

Don then gave a brief description of the role and responsibilities of the Sergeant-at-Arms. He then showed that obfuscation must be part of their role by confusing the hell out everyone with his directions to the breakfast buffet. BUT some felt SPECIAL and could "just feel the love" in his plan...

Brian Kirkhope discussed the upcoming Club participation in food sales at Swim Meet on Saturday 6 August, held at Nanaimo Aquatics Centre. We will be preparing and selling lunch for the event. So far, 96 tickets have been sold. THRIFTY FOODS, COSTCO and COUNTRY GROCER have graciously donated to our fundraiser. Volunteer sign-up sheets were distributed. Contact Brian to help.

Past President Patrick Maguire (yes, does have a nice ring to that phrase) spoke on the discussions with Origin at Longwood and food costs. Options were to decrease the variety of food to hold the costs. Opinions were mixed. Most members maintained more modesty in these discussions, but an English accented lad shouted out "SAVE THE BACON!"

Dave Perry's Rotary Minute described the entertaining aspect of doing Make-ups at other Clubs. Duncan was fun as this "senior" club meeting seemed to begin with "the health of the members" discussing their various aches and pains caused by ageing. Nonetheless, visiting other Clubs gives great insight how we compare and may give you fresh ideas to improve our Club.



*Hobro Harbour in northern Denmark...*

Melissa Verhoeks, intro'd again by Donna, has been selected as the Rotary Clubs of Nanaimo Outbound Youth Exchange student and is going to Denmark this Friday for one year. Her host family is located in Hobro, a community in northern Denmark with a population of about 11,500 and a long history. She said that Youth Exchanges are either

- Short: one month stay with host families then reciprocating as host family, or
- Long: with students being either Out-bound to another country, or In-bound to our District, staying for one year, with one or more host families.

Nanaimo normally hosts and sends four Youth Exchange students per year with

Melissa's choices top five choices were in Europe, because of the the proximity of the countries, and the ease of the students integration into their host family.

Melissa said she was born in Nanaimo, attends Dover Bay 2nd'ary, has two older siblings, is en-



*...Rotary Exchange Youth, Melissa Verhoeks with Kris and President Bill...*

*...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:**  
Bill Brendon
- Past President:**  
Patrick Maguire
- Vice President:**  
Randall Taylor
- Club Secretary:**  
Neil Sorsdahl
- Club Treasurer:**  
Gayle Wilson
- Club President Elect:**  
Denise Larson
  
- International Service Director:**  
Francine Frisson
- Community Service Director:**  
Christine Craigie
- Vocational Service Director:**  
Dave Thompson
- Club Service Director:**  
Donna Allen
  
- Bulletin Editor:**  
Robb Mowbray
  
- Assistant Governor Area 2B:**  
Brenda Grice
- District Governor 2011-12:**  
David Stocks
- RI President 2011-12:**  
Kalyan Banerjee

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

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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 BENEFICIAL to all concerned?



rolled in Arts & Sciences, and will likely specialize in Environmental Sciences. She hopes her stay in Denmark will broaden her horizons, as well as help in directions for her future career. Melissa's book was appropriately entitled "Finding Your Way."

Denise Larson presented Chris Barfoot, Recreation Coordinator for the City of Nanaimo. As said, Chris would return to "fill in the Blanks" (pun intended, Ron?) 'bout the annual "Terry Fox Run". Chris quoted Terry Fox with "Dreams are made possible if you try". Chris is inspired by what he accomplished by working very hard. Terry started his "Marathon of Hope" to raise money for cancer research with a run across Canada in April 1980. He began in St. John's, with three prosthetic legs, eight pair of runners, a friend for support and a donated van. By the time he had to stop, he had stopped at 760 sites and raised \$3.5 million for cancer research.

Daily, he ran a marathon, and had run nearly 5,400 km, just outside of Thunder Bay, Ontario. His cancer had appeared in his lungs, and he died the following June, at age 22. His legacy was continued by his mother and, to date, the Terry Fox Run (& Foundation) has raised over \$550 million from around the world with 85% being used for cancer research.

Chris is looking for an organization to run this annual event. The Terry Fox Foundation <http://www.terryfox.org/> makes it easy, with full support and assistance for anybody who wishes to take on the task.

The Foundation provides Step By Step Guidebooks, and the media is very supportive of this event. Details for starting an event [http://www.terryfox.org/Run/Starting\\_a\\_new\\_event.html](http://www.terryfox.org/Run/Starting_a_new_event.html) include:

- Register your event,
- Organize your team,
- Pick a run site,
- Promote, promote, promote,
- Run Day, 8 September 2011 from 11-1:30 and
- Celebrate the money you have raised for cancer research.

Parks & Rec has already found the perfect venue, starting at the Aquatic Centre, with 3,5 & 10 Km routes selected, with washrooms halfway. Chris asked for us, and possibly other Rotary Clubs to coordinate the event. Denise Larson volunteered to help. Denis Davidson thanked Chris and presented the book.

Val also handled the 50/50, with funds now at \$1332. San Mahara won the chance to cut the cards, but "Aaaahhh!" he lost. President Bill revealed his card skills with PP Patrick. "Ooooh!" Patrick won!

We sang birthday wishes to Darryl Shaw, who admitted that he's 343 years old, in dog years. That's "Ruff!" And this being the end, our Sergeant collected sums from the ringing Dawne. Others shared their good luck, plus Brian paid, in absentia, for departing early.

Remember, July was Literacy Month in Rotary.

**AUGUST - MEMBERSHIP & EXTENSION MONTH:** Emphasize the importance of exciting and effective service projects to help attract new members and retain existing ones.

Toast to your Rotary Deeds!

*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](http://www.daybreakrotary.ca/index.php?p=2_8)

*District 5020 newsletters now online...*

<http://docs.rotary5020.org/newsletter1/2011-12/>



...Speaker Chris Barfoot with Dawne for the book presentation...



...San has a chance to win the 50/50 pot, but comes up with the wrong card. :-)

**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

**Have a Good Week!**

