



Reach Within to Embrace Humanity

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.

September 21st, 2011

Front Door Greeters:

Tiffany Haarsma & Brian Kirkhope

Invocation:

Lynda Kazanowski

Introductions:

Robb Mowbray

Rotary Minute:

Nathan Thornton

50/50:

Dawne Anderson

Sgt @ Arms:

Kris Rongve

September 28th, 2011

Front Door Greeters:

Michael Leduc & Daryl Knievel

Invocation:

Brian Kirkhope

Introductions:

Ev Mudryk

Rotary Minute:

Jennifer Tonsi

50/50:

Dawne Anderson

Sgt @ Arms:

Neil Sorsdahl

October 5th, 2011

Front Door Greeters:

Denise Davidson & Doug Lum

Invocation:

Daryl Knievel

Introductions:

Anna Owens

Rotary Minute:

Bob Wall

50/50:

Gayle Wilson

Sgt @ Arms:

Dave Thompson

Weekly Wake-up

Upcoming Programs

September 21st - Club Assembly

September 28th - 7-10 Club - Gord Fuller

October 5th - TBA

NOTICES & NEWS

Poker Tourney winners...



Pres Bill shakes hands with last week's poker tourney winners, including First Place Chris Cope (above), Second Place Angela Kent (left) and Third Place Tom Prokopenko (right). Ninety-seven competitors took part in the very successful event!

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

District 5020 newsletters now online...

<http://docs.rotary5020.org/newsletter1/2011-12/2011-09.pdf>

Please send content and photos for the Weekly Wake-up to robbmowbray@telus.net

Club Birthdays

September 22 Wendi Ferrero

Club Anniversaries

No Anniversaries this week.

Meeting Notes - Sept 14th

notes by *Ron Blank*, photos by *Donna Allen*

Did the Sergeant-at-Arms read last week's notes? "What is Rotary's Focus for September?" That being said, President Bill Brendon began our meeting, with Rod Mont saxing our Anthem and Nelson Allen presenting an apolitical Invocation. (& he looked nice in blazer & tie.) Lynda Kazanowski's and Sher Holubowich's spirited front door greetings were noted by Pres Bill.

Rod handled Introductions and, slick as ever, asked Brian Kirkhope to intro Youth Exchange student Lucas Le Goareguer from Paris France. (Brian & Louise will later host Lucas) Nelson presented fellow School Board Trustee David Murchie, and Chris Everett eloquently intro'd Tom Grauman, & Mark Willott, both with Columbian Centre Society. Sergeant-at-Arms Don Bonner then assigned our breakfast order.

Dave Thompson's Rotary Minute was on RAGs. Rotary Action Groups started when a group of Rotarians wanted to share their service passions with others. At first, Rotary International thought poorly of this idea, but quickly discovered the benefits to Clubs and Districts. No need to re-invent the wheel. (See http://www.rotary.org/RIdocuments/en_pdf/action_groups_flier_en.pdf) They've been there, done that. "Rotarian who have got things done!"

Don Bonner intro'd Tom Grauman, Executive Director of Columbian Centre Society. (CCS) Their Society is partially funded by Vancouver Island Health Authority (VIHA) and the United Way of Central & Northern VI (Don is also the UW President this year!) "CCS provides invaluable service to those in our community with mental illness." <http://www.columbiancentresociety.com/>

Tom presented Mark Willott; a previous resident with their Society, who's had a tremendous recovery, Mark later asked to be on their Board. After a "get to know us" period, Mark was enthusiastically welcomed to the CCS Board.

Tom said Daybreak Rotarians "have previously got their hands **very dirty** for CCS." Consider, many of "our clients are addicted to smokes." For obvious health reasons for staff & clients, the CCS homes were deemed "smoke free" in 2007". To resolve this issue a gazebo package was purchased. Daybreak Rotarians & residents stained & assembled the gazebo at their Rosstown Road home. (I've got the saw horses to prove it.) "The gazebo is a very welcome gathering place for residents. Therapy comes from staff and from fellow residents."



Dave does the Rotary Minute...

Currently, mental health issues find themselves "in a good moment" in Nanaimo. With today's announcements by VIHA in the Nanaimo Daily News, CCS, Haven Society & Nanaimo Affordable Housing have co-jointly applied to manage the BC Housing initiative for 'social housing' in our community.

The Centre "gets the sickest residents." They have been discharged from hospital, but need continued support. As a licensed facility, the Centre provides the most intensive level of support. Clients then go into secondary levels of housing within CCS, then, ultimately, back into our community. "Most persons improve."

"The great luxury is that their Centre is open 24/7/365." They get to know their clients very well and vice versa. CCS houses 32 people on a transitional level. Their speed of recovery depends upon the length and severity of their disease.

The principle of CCS is "psychosocial rehabilitation, in that they are kind to people." Like in the gazebo, "residents are incredibly supportive of each other." Those who leave often return to visit staff and their resident friends.

Over the last five years, Tom said, "Mental Illness has come out of the

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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

~~~~~ 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

~~~~~ 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?



closet. Our goal is to de-stigmatize mental illness," as "We all have mental illness in our family!"

Some methods for publicity:

1. Live local "People First" <http://www.columbiancentresociety.com/pfr.php> on CHLY Radio at 101.7 FM from 12-1:00 PM Thursday's,
2. Annual Block Party at Bailey Studio, with rides, music & City Councilors dunk tank,
3. Workshops to stimulate the experience of 'hearing voices', to equip our community of health care workers and police so they may understand how sick people react.

Mark Willott spoke next. He said after high school graduation, "he was having delusions and paranoia." His father encouraged him to have a psychological evaluation. Mark ended up in hospital for several months. "Locked doors, are a major disruption in life-style." After he "came out on the other side," CCS provided a "comfortable place to be, with staff & residents, providing the service I needed." Within a year, he was back in the real world, working, and advancing his education. "CCS served as the gateway to helping me become more independent."

Mark said his future is "exciting and scary, but slowly progressing." He has a job and feels really good about himself. For many, "with addictions, they are not as supported by their families, and they have a poor education. It makes it very difficult to get better."

Mark said, "Young people really need help with role models." and CCS provides that. And, "If I had smoked, I would have been in your gazebo!"

Tom added that our Christine McAuley is a valued member of their Board. He also said that many programmes occur off-site. ie: "Take People Camping," a four day spiritual retreat on Bowen Island.

Questions: "Medications can be a successful piece of the treatment of the homeless, but, are only part of treating the whole human being." said Tom. Re: no barrier housing: "The chance of the client's recovery, without a roof on their head, is highly unlikely!" Stability is a necessity for recovery. Thankfully, BC Housing now realizes that the building itself "Does not do it!" Staffing 24 hour/365 is the key to successful rehabilitation.

Daybreak can help with Service Projects, ie "Days of Caring/Sharing" where we do hands on projects with the residents. Painting? Planting? (Let's find one!)

Jeff Boegel presented a book to Mark & Tom.

Darryl Shaw announced our 50/50 was valued at \$630 to the winner. Not today, though.

Sergeant Don was quick to fine the politically oriented questioner. (Any questions who?) Jeff was happy, but needed to mention this Saturday's Texas Hold'em Poker Tournie. Kris Rongve will be buying the Amadeus Tickets today, and your previous indication means you've bought the Dinner & Show.

Don promoted the United Way Kick-off Campaign Breakfast September 23rd, at 7:00 AM, Vancouver Island Conference Centre, Nanaimo, Table of 10, which we should be able to fill \$270. Who's going? See Don.

This being the end, we chanted & toasted.

Saturday Night's Texas Hold'em Poker Tourney was a resounding success! We had 97 Players! Our success was guaranteed, with financial support from Ev & Hennessey Information Systems, Doug & Mayco Mix Ltd, Bill & Western Financial Group and Darryl & Tiger Tel Nanaimo. The great turn out made it all happen.

End result, we collected a tidy sum of money for ourselves & Kids on the Block programme at Mid Island Ability Society. Jeff did a great job of organizing and Bobbie Buckle, Elite Gaming, and her two dealers ensured a professional event. Our volunteers dealers bouncers and wenches kept everyone happy. Also, thanks to Branch #10 Royal Canadian Legion for providing the venue.



...Pres Bill and Jeff with guest speakers, Tom Grauman and Mark Willott of the Columbia Centre Society ...

**ROTARY DAYBREAK
UPCOMING BINGO COMMITMENTS 2010/2011**

| | | |
|----------------------|-------------|-----------------------------------|
| Sun., Sept. 25, 2011 | 11 am – 1pm | Kris Rongve & Sher Holubowich |
| Tues., Nov. 1, 2011 | 11am – 1 pm | Daryl Knieval & Doug Lum |
| Thurs., Dec. 8, 2011 | 11am – 1pm | Dave Thompson & Christine Craigie |

Have a Great Week!

