



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.

January 4th, 2011

Front Door Greeters:

Jeff Boegel & Don Bonner

Invocation:

Anna Owens

Introductions:

Donna Allen

Rotary Minute:

Ken Hammer

50/50:

Val Lennox

Sgt @ Arms:

Denise Davidson

January 11th, 2011

Front Door Greeters:

Christine Craigie
& Denise Davidson

Invocation:

Dave Perry

Introductions:

Nelson Allen

Rotary Minute:

Sher Holubowich

50/50:

Randall Taylor

Sgt @ Arms:

Don Bonner

January 18th, 2011

Front Door Greeters:

Wendi Ferrero & Francine Frisson

Invocation:

Terry Rogers

Introductions:

Dawne Anderson

Rotary Minute:

Lynda Kazanowski

50/50:

Randall Taylor

Sgt @ Arms:

Kris Rongve

Weekly Wake-up

Upcoming Programs

January 4th - Club Social

January 11th - Shelterbox - Chris Everett

January 18th - Club Assembly

January 25th - School District 68 - David Hutchinson



NOTICES & NEWS

Inside this Week...

Read about the presentation at the December 21st meeting by Katherine Sorsdahl and Iain Watermeyer regarding Katherine's post Doctorate work in the area of Substance Abuse and Trauma Intervention in the Western Cape region of South Africa, a country with very high incidence and almost no resources to deal with the problems. This is a project that Rotary could really sink its teeth into...



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 newsletter now online...

Go to <http://docs.rotary5020.org/newsletter1/2011-12/2011-11.pdf>

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

Club Birthdays

No Birthdays this week.

Club Anniversaries

No Anniversaries this week.

Meeting Notes - Dec. 21st

notes by Ron Blank, photos (last week) by Donna Allen

So, this is it! The end of another calendar year. 2011 brought some good things and some bad. The good news, six more months to our Rotary Year. The bad? My diet hasn't worked as well as Donna's. OK, OK. The Four Way Truth is I haven't done anything but grow some hair. But this is not my forum.

President Bill Brendon presided, with Rod Mont's accompaniment, we began our last meal for 2011. Rod also gave his Latin invocation with suitably dulcet intonation. Who can remember what he said? Who can understand? Thanks to modern technology "Sit gloria domine in secula laetabitur dominus in operibus suis" and the translation "Glory be to the LORD shall rejoice in his works for ever, O Lord"

Guests this morning: Lucas le Goaréguer, now ensconced with the Kirkhopes. Neil Sorsdahl proudly presented their daughter Katherine & her partner Iain Watermeyer.

Wendi Ferrero's Rotary Minute was about what happened during her recent sojourn from Rotary, with illness. She was pleased with how we Rotarians individualized our fellowship and kept in contact and shared our concerns for her welfare. Welcome back, Wendi!

Rod, again at the fore, this time to Christm-size our meeting with leading two groups singing A Capella "God bless all good friends" and "A very Merry Christmas and a Happy New Year". Nice touch for the season!



Western Cape region of South Africa...



...Drug Abuse is rampant in South Africa...

Neil better introduced Katherine. She achieved her PhD at the University of Capetown, South Africa (SA) with a paper on traditional healing. She is now a Post Doctorate Fellow with the University and has recently received Government funding to compare two models of intervention on Substance abuse and TRauma InterVEntion. (STRIVE)

Katherine explained that trauma and violence are deeply rooted in SA Society. Compared to Canada, the statistics are appalling! With the rural agrarian population, 75% have been subjected to alcohol abuse and violence, with 34% being kidnapped. Personal injury is also very high. It is a major public health problem. Tertiary care and long term care is

minimal. SA does not have intervention programmes!

She explained her research will compare three groups and the results, with:

- 1/3 patients with intense motivational intervention, TRIAGE and cognitive therapy;
- 1/3 with in depth cognitive therapy; and
- 1/3 control group.

An added dilemma is they also need to train psychiatric personnel.

Life in SA has changed, said Iain. His mother is trying to develop the Langenberg Hospice, in the Western Cape area, in Swellendam. (abt. 200 mi. E. of Capetown) The area has intense agriculture, with low income. One part time nurse serves an area (100 x 50 kilometres) that has five regional

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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:**
Anna Owens
- 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 Membership Chair, Rod Mont at mont@islandlaw.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?





centres and a populations of abt. 175,000. Elders have no financial support, nor means of getting to a hospice, or available equipment. Many elders have terminal cancers & HIV/AIDs. They need physical, medical and spiritual support.

Their goal is to partner with Rotary, in developing the infrastructure and training, to respond to the desperate needs of the local population.

Robb Mowbray was here! Welcome Robb! He presented "The Book" to our speakers this morning.

Neil multi-tasked this morning and was also our Sergeant-at-Arms. The Christmas Spirit (provide by Denise Larson, thank-you!) prevailed and fines were light. Nelson Allen, deer in the headlights, paid for his lack of greetings. Chris Everett was victimized, Dave

Thompson was saddened and Ken Hammer paid for his Saskatchewan trip.

Val Lennox promoted her Nissan Innovation Challenge and wanted us to view her video and improve her opportunity to win. Goto http://apps.facebook.com/innovation_challenge/ type in Lennox in the search box and watch her submission. Say you "are not resident of Quebec and klik Vote. Do it daily and improve her chances.

That being my good deed for the day, we recited the Four Way Test, and hit the road, for the last meeting this year. HNYTY



...photos clockwise from top left...map of the Western Cape region...typical home in the region...patients waiting in one of the very few Trauma Centres.

ROTARY DAYBREAK
UPCOMING BINGO COMMITMENTS 2012
 TBA

