



Club Duties

If you are unable to fulfill your duty,
PLEASE FIND A REPLACEMENT,
then let the meeting chair know.

April 17th, 2013

Front Door Greeters:

Jeff Boegel & Don Bonner

Invocation:

Anna Jones

Introductions:

Randall Taylor

Rotary Minute:

Graham Calder

50/50:

Wendi Ferrero

Sgt @ Arms:

Denise Davidson

April 24th, 2013

Front Door Greeters:

Bill Brendon & Graham Calder

Invocation:

Leanna Plug

Introductions:

Randall Taylor

Rotary Minute:

Christine Craigie

50/50:

Dawne Anderson

Sgt @ Arms:

Don Bonner

May 1st, 2013

Front Door Greeters:

Christine Craigie
& Denise Davidson

Invocation:

Terry Rogers

Introductions:

Dave Thompson

Rotary Minute:

Chris Everett

50/50:

Dawne Anderson

Sgt @ Arms:

Kris Rongve

Weekly Wake-up

Upcoming Programs

April 17 Club Assembly

April 24 Cassidy Pedersen, Riley McDougall, Jake Mitton and Firn Tienaklin - RYLA

May 1 TBA

NOTICES & NEWS

Step Challenge Invitation...

(If this works out we could build a fund-raiser out of it.)

Studies have shown that walking 10,000 steps per day will approximately equal the minimum daily exercise recommendation by most health authorities to reduce health risks. I've been walking for at least an hour every day after work for the past two weeks.

I'm challenging you to join me in a step challenge for a 6-week period beginning soon. I won't quit if it's part of a challenge and after 6 weeks it will be a habit, so I need your help. If you want to join the challenge, please email me and I will provide you with the information you need to get started. The cost is minimal - \$15 for a pedometer and a login for a web site where you can record your daily steps.

Please reply by April 19th. Join now and get fit.

Ev Mudryk
ev@mudryk.ca



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

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.

We gratefully acknowledge the financial support of the province of British Columbia

P.O. Box 37051, #38 - 3200 Island Hwy, Nanaimo, BC Canada, V9T 6N4 / Phone 250-741-9333
Rotary District 5020 / Club # 31160

Meeting Notes - April 10th notes by San Mahara photos by Donna Allen

Sher Holubowich was at the cash. She was distantly accompanied by Ron Blank and Jeff Boegel as greeters. Meeting was started with Rod Mont's famous musical talent for O Canada.

Eileen Tatton got a chance to welcome visiting Rotarians and guests. The guests were Ms. Feron Walker and Ms. Amelia Smit from VIHA, which looks after the P.A.R.T.Y. programme. Our guest speakers for today were Ms. Hanna Coulson and Mr. Barry Galenzoski.

Don Bonner, the Sgt-at-Arms, allocated the tables for Breakfast.

Don Bonner was happy to announce that Nelson Allen has joined the legacy of Rotary foundation by becoming a Benefactor. RI will continue to benefit from his generosity and love for a better world even after his passing. Congratulations and thank-you, Nelson!

Never stop learning. That was an advice from President Denise Larson. She has learnt a Japanese word "Ichiban" which means first with less connotation to superiority.

Evelyn Mudryk made an announcement regarding a fellowship night at Bailey Studio on April 27th for \$18. "Les Belles Soeurs" directed by Robb Mowbray will be playing in full swing.

Feron and Amelia accepted a cheque for \$500 for the Nanaimo Hospital Foundation. The donation will be utilized to run the P.A.R.T.Y. programme.



Pres Denise with guest speakers, Barry Galenzoski and Hanna Coulson...



...Pres Denise and Patrick with VIHA guests, Feron Walker and Amelia Smit...

The speaker for today was Barry on the "Errington Therapeutic Riding Association". He shared the value of riding for therapeutic purposes. The association has been operating successfully for last 25 years. They have around 50-60 volunteers to cater to around 60 clients. The programme runs for 11 weeks and has 1 certified instructor. The clients are mostly children and young adults. They come from a wide variety of disabilities, including autism. The programme helps them be more sociable and communicable. The riding improves balance and coordination. It also improves physical and emotional well-being. It's a good form of exercise and fun. It mobilizes pelvis, lumbar, spine and hip joints. The riding is carried out indoor and outdoor weather permitting.

The selection of pony is such that it will be suitable even for wheelchair bound individuals. The safety of the rider is very important, too. They have side walkers with each horse, which is why they need more volunteers.

The programme is completely run by volunteers. The estimated budget is \$6,000 to \$7,000 per year. They have a good numbers of sponsors and benefactors. Rotary is one of them. Barry and Hanna were at the meeting to promote their fundraising effort for a saddle. It will be a specialised saddle with more padding suitable for larger person. A newer one would cost \$3000, but they are looking for a used one for \$2000.

Donna and Nelson Allen brought greetings from the Rotary Sunrise Club of Kihei on Maui. Nelson has also become an amateur

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Rotary Contacts

- Club President:**
Denise Larson
- Past President:**
Bill Brendon
- Vice President:**
Chris Everett
- Club Secretary:**
Neil Sorsdahl
- Club Treasurer:**
Anna Jones
- Club President Elect:**
Randall Taylor

- International Service Director:**
Francine Frisson
- Community Service Director:**
Darryl Shaw
- Vocational Service Director:**
Doug Lum
- Club Service Director:**
Donna Allen

- Bulletin Editor:**
Robb Mowbray

- Assistant Governor Area 2B:**
Barry Sparkes
- District Governor 2012-2013:**
Judy Byron
- RI President 2012-13:**
Sakuji Tanaka

Make-ups

To ensure that your make-up info is properly recorded, send any info on extra meetings attended, extra committee work, service projects, online work, etc. to Membership Chair, Denise Davidson at ddavidson@islandadjusters.com

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?

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.



“Geocacher”, thanks to his daughter.

Jeff talked about the upcoming Poker tournament, happening on April 20, 2013 at 6:30 pm. We need to sell more tickets.

It was Lianna Plug’s Birthday this week.

There was no winner for 50/50 this week.

Don was able to collect fines and happy bucks from a number of people. Sher was able to do pick-to-pick ride in Whistler and was thrilled to have it done.

Four Way Test was recited and the meeting was ended.



Nelson was happy to be back...He seemed to have his arms around everyone...

...(above right) Are Patrick and Chris deep in thought or just attracted to the leopard print accessory draped on the chair?... ;-)



**ROTARY DAYBREAK
UPCOMING BINGO COMMITMENTS 2013**

- Monday, Apr. 22 11am-1pm Dave Thompson & Ron Blank
- Wednesday, June 5 11am-1pm Denise Davidson & ?
- Monday, July 15 11am-1pm ? & ?

ROTARY POWER TOUR

Texas Hold'em Tournament
 Saturday April 20, 2013 6:30pm
 Nanoose Library Centre
 2489 Nanoose Rd, Nanoose Bay
 Tickets \$60 includes Buy-in

5 Payouts
 1st \$1000
 2nd \$500
 \$250, \$150, \$100

Proceeds to: **Rotary Club of Nanaimo DAYBREAK**
 Sponsored by: **SmytheRatcliffe** CHARTERED ACCOUNTANTS
KRISTIN RONGVE Barrister & Solicitor

Advanced Tickets only by calling 250-741-9333
 tickets@daybreakrotary.ca

Rotary Club of Nanaimo Daybreak
 Phone: 250-741-9222
 Website: www.daybreakrotary.ca

SERVICE Above Self

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Meeting Notes - April 3rd notes by Ron Blank & San Mahara

OK, Linda found my notes under the bench and that's why Robb is late.

Guests this morning: Assist DGov Barry Sparkes from Lantzville, Pres Bev Hilton and member Marzie Bellucci from Oceanside, Vicki Nold, NDSS Teacher & Students Kai Davis & Kenda Chang-Swanson.

Deer in the Headlights Don Bonner's Rotary Moment waxed extemporaneously on the asbestos in NDSS when he was there. (Been 'dere in 62 when hearing protection and asbestos abatement were unheard/unknown hazards. Remember that Teacher Bradely was the worst hazard.) Don segued by noting that Rotary International has 1.2 million members in over 32,000 Clubs, noting that Rotary had more new members over the past ten years than stayed. Point is, what are we doing wrong with keeping members? Don says "Becoming a Rotarian is way different than joining Rotary." His knowledgeable suggestion is to "travel with Rotary and change your life." Great stuff Don & Wendy!

Marzie presented that James Bond has had 15 years of success. This is Bond's 50th anniversary Golden success and asked that our Club have ten members join their "Golden Gun" event at the VI Conference Centre on 13th of April. Over the past years, they have donated \$750,000 to our Community. 80% has been returned to youth in Nanaimo and the balance to Rotary International.

Ken Hammer spoke on "Harambie" and the effort to raise funds for WUSC sponsorship of refugee students attending Vancouver Island University.

Rod Mont intro'd Teacher Vickie Nold and the NDSS Students. They spoke on their upcoming tour of Bamfield Marine Science Centre (<http://www.bms.bc.ca>). The trip will have 10 students experience three days of phenomenal exposure to classes, nature walks, plankton labs, reproductive labs, sea urchin embryo. Their instruction gets to the roots of biology. The trip includes rent of the research vessel to do a dredge of the ocean floor.

They explained that Government no longer funds this event and costs \$470 per student. Various fund raising events have produced \$2,000 and they need nearly \$5,000. They are encouraging sustainability in school and have fixed up the school garden, started composting at school and at home, clean-up at school, applied for energy investor grants to upgrade the gymnasium lights and applied to Staples for new computer grants.

Their trip takes place from April 23-25th and can accommodate up to 12 students. Ken also encouraged them to join a Rotaract Club. (I left and San takes if from here)

Randall was on 50/50, Rod Mont got his card picked out, but could not grab the fund. He was lucky enough to draw his name for consolation prize as well.

Sgt-at-Arms Neil Sorsdahl said everybody had behaved well so no fines today. Sher Hulobowich was happy to share that her father was finally declared cancer free. A Happy ending, indeed.



Have A Great Week!