



Club Duties

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

June 12th, 2013

Front Door Greeters:

Patrick Maguire & San Mahara

Invocation:

Nathan Thornton

Introductions:

Robb Mowbray

Rotary Minute:

Daryl Knievel

50/50:

Dawne Anderson

Sgt @ Arms:

Don Bonner

June 19th, 2013

Front Door Greeters:

Karin Mattern & Ev Mudryk

Invocation:

Bob Wall

Introductions:

Ron Blank

Rotary Minute:

Michael Leduc

50/50:

Randall Taylor

Sgt @ Arms:

Kris Rongve

June 26th, 2013

Front Door Greeters:

Leanna Plug & Terry Rogers

Invocation:

Donna Allen

Introductions:

Jeff Boegel

Rotary Minute:

Doug Lum

50/50:

Randall Taylor

Sgt @ Arms:

Neil Sorsdahl

Weekly Wake-up

Upcoming Programs

- June 12 Classification Talk - Leanna Plug
- June 19 Club Assembly
- June 26 Linda Whitehead - Canadian Wheelchair Foundation

NOTICES & NEWS

REMINDER!!! Installation This Coming Sunday, June 16th!...

President Recognizes Contribution...

President Denise presented young Suvan Mahara, our Rotarian of the Future, with his very own Rotary hoodie, in the presence of Dr. Larry Hill and the entire Mahara family! Suvan can now wear the Rotary emblem with pride.



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

- June 14 Lynda Kazanowski
- June 15 Sher Holubowich

Club Anniversaries

- June 18 Robb & Barb Mowbray

Meeting Notes - June 5th

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

Doug Lum's cheery face greeted, Pres Denise presided and Rod accompanied our singing to start our 47th Rotary Meeting of 2012-13 Year.

Guests: Rotarian Bob Fenty, past jeweler, present hard-warian of Rotary Nanaimo; San intro'd Clan Mahara with mother Sue, sons Suvan and Samira and daughter Sass. San also presented our guest speaker Dr Larry Hill.

Sgt Denise Davidson then shepherded the rabble to brek- kie. After, Brian Kirkhope stepped in with a Rotary Moment and regaled us on Rotary Fellowship Month which began in 1928 and continues to be one of the primary reasons and benefits of Rotary.

Pres Denise recounted the benefits of the past weekend's District Conference in Sidney. She & Ron B were particularly intrigued in the story behind women in Rotary. Sylvia Whitlock gave a presentation that was detailed and funny. Most Rotarians may not know that Rotary International had morphed into a formal "men only" organization before the early 70's. Sylvia described how the Rotary Club of Duarte, California was desperate for new members. So, they decided to admit women and only told their district the women's first name initials. "As you know," she said, "The devastation of a 15 member Clubs losing six men can be easily fixed by adding two women." In 1978, the visiting District Governor discovered the ruse and complained to Rotary International (RI) This was obviously wrong and a RI rep. later came and physically removed their Rotary Club Charter.

Not accepting this, they became the 'Ex-Rotary Club of Duarte.' In 1982, Sylvia joined Ex-Rotary Duarte. Later, the Club decided to proceed through California Courts to lift the ban on women in Rotary. They won! RI then appealed to the US Supreme Court and in 1987 Duarte won again. As Sylvia was the Ex- Rotary Club's President in 1987, she became the first woman Club President in Rotary International! The 1989 Council of Legislation finally voted to permit women to join Rotary. (When Daybreak Chartered in December 1995, our membership was 32 % women and we've never looked back!)

Bob Fenty shared posters for the Saturday 15 June "Food Matters" drive from 10:00 AM to 4:00 PM by the Salvation Army and Rotarians to help fill their shelves. Grocers 'Fairway Market,' 'SaveOnFoods,' 'Quality Foods' and 'THRIFTY FOODS' have all joined by providing their location and snacks to make this happen. Drop by QF in Beban Plaza or SaveOn in Terminal Park to help with donations and get a beverage and dog.

San intro'd Doctor Larry Hill as a semi-retired dentist and partner-in-crime in the Downtown Dental Group at 140 Wallace Street. (No fines for San as I put this in ((-:))

Larry shared that he visited Nepal several years back and did some free dental work in the high country. Unfortunately, he lacked suitable equipment and most villages lacked electrical power. He later developed his suction equipment from our local Harbour Chandler using regular dental equipment and a bilge pump. His Nepalese patients now consider the sights and sounds of the hand bilge pump as part of a regular dental treatment.

In April this year, Larry attended a Conference in Nepal and spoke on TMD (or Tempromandular Disorder refers to an imbalance in the jaw to skull relationship) and Degenerative Sleep Apnoea. (Refers to pauses of 10 to 30 seconds in breathing during sleep which disturb the normal sleep cycle.)

...continued on next page/



Brian provides the Rotary Minute...

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.





...Prez Denise with guest speaker, Dr. Larry Hill of the Downtown Dental Group

He said the Sleep Apnea is best treated with CPAP, (Continuous Positive Air Pressure) but wearing of a mask during sleep can be uncomfortable and results in low compliance. Mild disease can be treated with mouth appliances that cost \$400 to \$600. Not surprisingly, a technician in Nepal produced a similar mouthpiece for \$20! Dental work in Nepal may sound cheap to our ears as the Nepali State Hospital charges \$4 for most treatments and a basic extraction will cost \$1.25 (100 Nepal Rupees)

When Dr Hill volunteers in remote high altitude villages, they provide their services for free. Without decent roads and vehicles, water buffalo are used for road maintenance. Trekking by foot is the preferred method of transport. When arriving in the villages, they are welcomed with flowered necklaces and the traditional "Tika" red dot placed on their foreheads. Nepal also has a well-developed homestay programme where village visitors stay with families and are served traditional meals. Larry says he has now reasonably mastered eating with his hands.

The State of Nepal has several pieces of donated portable equipment in a central location, yet patients must undertake the arduous trip to get dental treatments. Larry is trying to organize dental camps for needy villages and is organizing UBC Dental Students to assist. He believes they need three portable equipment sets for their teams plus hand instruments and consumables.

Costs are \$4,500 for portable dental equip't sets, \$2,000 for hand tools and another \$2,000 for consumables. Rod Mont thanked Larry with a Paul Harris Donation in his name.

Whoa! Exciting things this Wednesday the 12th as Leanna Plug will give her classification talk. The sad news, she has no idea what to say as she's never heard one. I'm sure she can handle it! Darryl Shaw is 'working' his brand of humour at the Acme Food Co. Saturday the 8th. Prize winning Director Robb

Mowbray shared that the Nanaimo Theatre Group (NTG) play, "Les Belles Soeurs", is returning to the Bailey Studio on June 27,28 & 29 to help raise funds for their showing at Destination Mainstage competition from July 5 thru 13 in Kamloops. (Tix at www.nanaimotheatregroup.com) The NTG performance in Kamloops will be on the Friday night before the Final Night Awards Ceremony on Saturday. (Several of us saw their performance and believe it will do very well! Break a leg!)

That being the end, we Four Way Test'ed and madly rushed off in all directions.....



**ROTARY DAYBREAK
UPCOMING BINGO COMMITMENTS 2013**

- Monday, July 15 11am-1pm Terry Rogers & Christine Craigie
- Saturday, Aug 24 11am-1pm Leanna Plug & Kris Rongve
- October 3 - Thursday 11am - 1pm Ron Blank and Dave Thompson
- November 16 - Saturday 11am - 1pm Kris Rongve and Sher H
- December 22 - Sunday 11am - 1pm Robb Mowbray and Anna Jones

Have A Great Week!