



Club Duties

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

Weekly Wake-up

July 17th, 2013

Front Door Greeters:

Dave Thompson
& Nathan Thornton

Invocation:

Ron Blank

Introductions:

Graham Calder

Rotary Minute:

Karin Mattern

50/50:

Wendi Ferrero

Sgt @ Arms:

Don Bonner

July 24th, 2013

Front Door Greeters:

Bob Wall & Donna Allen

Invocation:

Jeff Boegel

Introductions:

Christine Craigie

Rotary Minute:

Rod Mont

50/50:

Wendi Ferrero

Sgt @ Arms:

Kris Rongve

July 31st, 2013

Front Door Greeters:

Nelson Allen & Dawne Anderson

Invocation:

Don Bonner

Introductions:

Denise Davidson

Rotary Minute:

Robb Mowbray

50/50:

Patrick Maguire

Sgt @ Arms:

Daryl Knievel

Upcoming Programs

- July 17 Club Assembly - Business Meeting
- July 24 Liz DeMattia – Nanaimo Science Centre
- July 31 Meeting at NYSA with thanks from Steve Arnett and crew

NOTICES & NEWS

Robb Mowbray & "Les Belles Soeurs" take seven awards!!!...

Daybreak Member Robb Mowbray took home the Best Director trophy at Theatre BC's provincial Mainstage Festival last week, while Nanaimo Theatre Group's production of "Les Belles Soeurs" also won awards for Runner-up Best Production, Best Ensemble (Acting), Best Costumes, Best Properties, Best Backstage Coordination and Best Hairdressing. It was a triumphant return to the Festival for Robb, who served as the organization's Executive Director from 1999 to 2009. The Festival showcased ten Zone Festival winning productions from around BC, competing for provincial honours, as selected by adjudicator, Dean Paul Gibson of Vancouver's Bard on the Beach.



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

- July 17 Eileen Tatton
- July 18 Robb Mowbray
- July 19 Bill Brendon

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 - July 10th

notes by *Ron Blank* photos by *no photos*

This is our second meeting in our Rotary 2013-14 year. Randall Taylor seems to be comfortably presiding. Thanks to the voices of Karin Matter and Diane Turner, our anthem sounded just fine.

Guests this morning: I intro'd Lantville Rotarian Diane Turner, back in the part-time business of funeral services, Jeff Boegel presented wife Cathy Robson & ED of Mid Island Abilities & Independent Living Society, Sanjivan Mahara intro'd Fern, our Youth Exchange Student and Karin introduced fellow Chiropractor Dr. Ansel Updegrove and his daughter Anika, attending her first Rotary Meeting.

Sergeant-at-Arms Denise Davidson rewarded the great voices with first dibs at breakfast.

Karin again introduced Dr Ansel Updegrove of Long Lake Chiropractic Centre. Ansel stated that Alzheimer's is the 6th highest cause death and the disease is irreversible. "Being hospitalized creates a massive economic burden on the health care system" Our BC Health Care budget is over \$44 BILLION and the Auditor General said only 5% is used for prevention. 85% of an individual's health care costs occur in the last 5% of your life.

The BC Chiropractic Association has recently struck the Wellness Council with the goal of creating more effective preventative actions. Past preventative programmes failed as people were "Told what to do!" Dr Updegrove is spearheading a pilot programme in Parksville-Qualicum schools. The purpose is to increase socialization in the young, to greater involve them with their community and to learn how they think, move and socially engage with others. They want to improve their social networks and personal interactions.

Recent technology has decreased young peoples verbal skills and kids are not connected to their community. They will work on how to grow organizations that involve student interactions. Community based education that includes mentor involvement will help break down social gaps and develop community. With ever shrinking youth populations and shrinking budgets, School Districts may find it difficult to fund the programme, but the real rate of return is calculated at 3 to 1 and the medical benefits are 6 to 1. Ansel said "Kids need to understand that good citizenship and serving our fellow man drives us all to do better." A programme for Nanaimo School District will be the next step.

During questions, Ken Hammer noted Rotary already has Interact and Rotaract clubs in Schools with similar ideas of promoting involvement. Ken asked "What do young people want?" Ansel said that many do want to get involved. One American school had 70% student dropout rate. A sustainable gardening project over three years resulted in 80% graduation rate. Students also want to be involved with sustainable energy. Hands on projects work much better than just intellectual teaching.

San introduced Fern, resplendent with all of her pins. Fern gave us traditional Thai greeting of bowing her head with her hands clasped in prayer. She really loves Nanaimo and will be saddened to leave. She returns home in 10 days.

Her aim is to give us some experience with her country. She lives in Nakhon Sawar, about 250 Km miles north of Bangkok. Her sponsoring Rotary Club is Nakhon Sawar, it meets at 630 PM on Thursdays and is in District 3350.

The population of Thailand is 66 million, they speak Thai and 90 % of the population is Buddhist. The exchange rate for one dollar is 33 Baht. Thailand is called the Land of a Thousand Smiles.

School is similar to BC in that elementary is from grades 1-6 and secondary is from 7-12. She will have to restart grade 10 when she returns after her year in Canada. Her school has 4 thousand students.

Tourism is important to Thailand. Phuket, 4 hours from Bangkok has amazing beaches, snorkeling, swimming and dining. Chaing Mai, north of her home, offers golfing and many temples. Her city Nakhon Sawar is famous for a Chinese festival. 100's of years ago many Chinese immigrants populated her city. In addition to two rivers merging in the city, they also have a golden temple.

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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:

Randall Taylor

Past President:

Denise Larson

Vice President:

Club Secretary:

Neil Sorsdahl

Club Treasurer:

Anna Jones

Club President Elect:

Chris Everett

International Service Director:

Community Service Director:

Vocational Service Director:

Club Service Director:

Bulletin Editor:

Robb Mowbray

Assistant Governor Area 2B:

Barry Sparkes

District Governor 2013-2014:

Peter Taylor

RI President 2012-13:

Ron Burton

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### 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](mailto:ddavidson@islandadjusters.com)

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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?



Temperatures are hot and 40 degrees in April and "cold and rainy in Winter at 28 degrees.

Muay Thai is their national sport and has been adopted by others in the form of kickboxing.

Nicknames are given at birth and children are named after beautiful things such as fern, flowers and water. In Thailand, many homes will have miniature "Spiritual Houses" that pay homage to their ancestors.

Food is important in Thailand and "can be found everywhere 24-7." They don't use chopsticks "how can you pick up rice?" and 'pathai' is mostly noodles and that's what the tourists eat, not the locals.

Fern is an only child and she knows her parents are proud that she is a scholarship student. Fern likes to volunteer, play badminton, plays the clarinet, violin and saxophone and, with cadets, is learning to fly. "I will become a pilot and fly back to Canada!"

Fern then exchanged Club banners with President Randall.

Anniversaries: Wendi & Dave Ferrero, Francine Frisson & Jaap Tuinman and I know Ron & Linda are at 45 years.

Dawne Anderson worked the 50/50 and lucky Eileen Tatton pocked 20 bucks.

Sgt Denise had no fines, though someone commented on our dress code going downhill? Patrick & Maura Maguire have been to Bangkok. Daryl Kneivel shared the balance of his third place finish in the hockey pool with dead last Brian Kirkhope. Dawne & Brian Anderson's life will soon change as her son has become engaged. Darryl Shaw was amazed to have shared 4 hours of his time in a bar with Dawne... during our helping Nanaimo North this past weekend. Ansel shared this was his daughter Anika's first Rotary Meeting.

That being it, we Four Wayed outta here.



**ROTARY DAYBREAK
UPCOMING BINGO COMMITMENTS 2013**

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!