

Rotary Club of Nanaimo **DAYBREAK**

SERVICE ABOVE SELF



Newsletter Date:
October 23rd, 2013

Volume 18 Issue 17



Club Duties

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

October 23rd, 2013

Front Door Greeters:

Leanna Plug & Terry Rogers

Invocation:

Denise Larson

Introductions:

San Mahara

Rotary Minute:

Donna Allen

50/50:

Dawne Anderson

Sgt @ Arms:

Kris Rongve

October 30th, 2013

Front Door Greeters:

Kris Rongve & Daryl Shaw

Invocation:

Michael Leduc

Introductions:

Karin Mattern

Rotary Minute:

Nelson Allen

50/50:

Ron Blank

Sgt @ Arms:

Neil Sorsdahl

November 6th, 2013

Front Door Greeters:

Neil Sorsdahl & Eileen Tatton

Invocation:

Doug Lum

Introductions:

Rod Mont

Rotary Minute:

Dawne Anderson

50/50:

Ron Blank

Sgt @ Arms:

Dave Thompson

Weekly Wake-up

Upcoming Programs

- Oct 23 Club Assembly - Business Meeting
Oct 30 Kathryn Hazel - Pacific Gardens Co-Housing Community
Nov 6 Courtenay Brown – VIU Nursing Student's travels to Ghana

NOTICES & NEWS

Come to A Daybreak Meeting...



... You Will Be Happy You Did!



*Our Best Wishes for a Speedy Recovery to our Dear
Friend and Fellow Daybreak Rotarian, Bob Wall,
following a serious car accident last week!*

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 - Oct 16th**notes by Wendi Ferrero photos by Donna Allen***Gone Fishin'!!!!**

Yup, that's where he said he'd be...then asked me to take notes, so here goes...

There were no visiting Rotarians, but a longtime friend of **Jeff Boegel** was our guest. Her name is **Lorelie Rozzano**, and she will be our speaker for the day.

President Randall passed around an invitation from **VIU** to attend to their **open house** on Friday Oct 18th. Also he noted that we had received a **thank you** from **Kids on the Block**.

Don Bonner as Sergeant at Arms let the "boys table" go first, as **Doug Lum** had made a large **donation** to **Foundation**. The table where **Anna Jones** slid into when she came in late was the last to go. The rest of us followed neatly in order.

Rotary Minute was presented by **Past President Bob Wall**. He said **Rotary is everything**. Become part of the Rotary organization and it will flavour all the parts of your lives. Visit Rotary Clubs when you travel and you will be greeted with a **genuine handshake** in a city you don't know well. Ask a Rotarian at the meeting and you will find out just about anything. He told the story of a Club he visited in Waikiki, Hawaii that met at the Pink Place Royal Hawaiian Hotel. Apparently, it was quite an exclusive Club. One of the members owned an ice cream store and brought samples of ice cream for everyone for lunch. He was fined \$1,000. for advertising! Bob later found out that everyone in that particular Club was fined a thousand dollars a year and the Sergeant at Arms just awaited the perfect opportunity.

Bob also said that our Club was just right for us and reminded us that **October is Rotary Membership month**. Bring someone to Rotary and make them feel welcome....and then he gave a big welcoming hug to our guest Lorelie.

Randall then announced that he would like the Sergeant at Arms and the Treasurer to stay behind after meeting. He would like to discuss a new income strategy for the Club....

Jeff re-introduced **Lorelie Rozzano**. He has known Lorelie for about 16 years. She is a daughter of a Rotarian, a mother, grandmother, foster mother and values family and community. She is the **author of 3 books** and works for **Edgewood**.

Lorelie said it was a great honour to speak at our meeting. It was **like coming home** as she had attended many a meeting with her father in Powell River.

She will be speaking about a subject that some people may find **uncomfortable** and **scary** at any time and **difficult to deal with** so early in the morning. She will be speaking about **Addiction**. It used to be said addiction affected 1 out of 10 people. If you add in internet and social media addiction, the number is more likely to be **7 out of 10**. It affects all families. **Addiction is described as any substance or experience that is mood altering and has life altering consequences**. This could be sex, shopping, alcohol, drugs, eating, computer games, social media, even work, which is the most encouraged of the addictions. People have a false idea of who addicts are. They are not the scary guy in the old overcoat in the back alley with a bottle in a brown bag. Addicts look like you and I. They are all around in every step of life. Lorelie would like to go about breaking the concepts that asking for help with addiction is a bad thing. There is no shame in asking for help.

Children brought up in a house with addictions learn to feel responsible for the well being of other people. They adapt by using three coping mechanisms.

1) **Don't Talk** – they might say the wrong thing

...continued on next page/

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:

Nelson Allen

Community Service Director:

Rod Mont

Youth Service Director:

Doug Lum / Sher Holubowich

Club Service Director:

Kristin Rongve

Bulletin Editor:

Robb Mowbray

Assistant Governor Area 2B:

Barry Sparkes

District Governor 2013-2014:

Peter Taylor

RI President 2012-13:

Ron Burton

*~~~~~
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?



...Pres Randall with guest speaker, Lorelie Rozzano...



- 2) **Don't Trust** – promises to them have been broken over and over
 3) **Don't Feel** – this is a way for them to fill the void of being unheard and unacknowledged.

Addiction affects feelings, thoughts and emotions.

Lorelie has written a children's book called **Gracie's Secret**. This book tells to the importance of children being given permission to cry. In schools, children fear being the "crybaby". But it helps by releasing a stress hormone, plus it allows the child to be heard.

Addiction has little to do with what you are using. It is the Quality of your life and those around you that has the greatest impact. Truthful discussions of addictions need to be happening in homes.

Lorelie fostered her 21/2 year old grandson who was non-verbal and suffered from a variety of setbacks. Today he is a 16 year old who is attending his first year in college.

Addiction is the **only illness that tells you that you don't have it**. It is likened to an onion with layer upon layer of complications. It is a disease that is **genetic** and **generational**. It needs enablers. Addiction cannot be stopped. It can only be stopped going to a terminal stage.

There are resources to help deal with it. The best influence for children in an addictive home is their **peers**. They have an inability to describe how they are feeling. You will see it in their behavior. Communities can make a difference.

Edgewood has a **Bounce Back** programme for 7 – 12 year olds who are affected by addictions. It is important to get the message to the younger ones before they become teenagers.

Lorelie authored the book "**Jagged Little Edges**" to help teenagers and adults to see the circumstances of addiction. This book is available at the library, John Barsby High School and NDSS. You can also buy it for \$18.00. Her website, if you have any further questions, is www.jaggedlittleedges.com

You can also download the **ebook** of Gracie's Secret for .99. Proceeds of this will go to the Bounce Back programme.

Reminder that **Fireside Chats** start this Friday. See **Chris Everett** for the list of upcoming Chats.

President Randall reminded us of the upcoming **Business Expo** at the Conference Centre on **Thursday October 24th**.

Update on **Daffodil** planting – **Ev** is still trying to connect with the City. **Stay posted.**

Jeff reminded us that the **Poker Tournament** is this coming Friday October 18. Harewood Legion 6:00 pm. Come along and help out, no matter what your strengths! Jeff also told us that the **Mid-Island Abilities** was the recipient of a van given to a worthy charity by Real-List Realty. Great news for them!

Wendi asked Rotarians who had any **pictures** of our **former exchange student, Tan from Thailand**, to forward them to her. Tan's family had a flood and **lost all their photos**.

There were no Birthdays or Anniversaries.

50/50 **Denise Larson** was the **winner** of \$65.00 with her card, the Jack of Diamonds.

Sergeant at Arms, Don Bonner announced that his fines were half off today. So they are only \$500!! **Nelson** was fined for his long memory; **Bill** left a going-early dollar. **Brian** paid a fine for announcing he was no longer doing contested family matters in court and is instead trained in mediation. **Rod** and his band are playing for **Spam-A-Lot** (is there a **fellowship** in there somewhere?). **Bob Wall** gave a happy twoonie for a **great speaker** and was happy to sit at a **different table**. **Nelson** was happy he did over **10,000 steps** recently and Denise Larson said she would be **happy again** when she could do 10,000.



Toast to Rotary was presented and we all partied for the day.

**ROTARY DAYBREAK
 UPCOMING BINGO COMMITMENTS 2013**

Have a Great Week!

November 16 - Saturday 11am - 1pm Kris Rongve and Sher H