



### Club Duties

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

#### January 15th, 2014

##### Front Door Greeters:

Chris Everett & Wendi Ferrero

##### Invocation:

Terry Rogers

##### Introductions:

Dave Thompson

##### Rotary Minute:

Wendi Ferrero

##### 50/50:

NO DRAW THIS WEEK

##### Sgt @ Arms:

Nathan Thornton

#### January 22nd, 2014

##### Front Door Greeters:

Josephine Gee & Ken Hammer

##### Invocation:

Kris Rongve

##### Introductions:

Dave Thompson

##### Rotary Minute:

Sher Holubowich

##### 50/50:

Ron Blank

##### Sgt @ Arms:

Denise Davidson

#### January 29th, 2014

##### Front Door Greeters:

Sher Holubowich  
& Lynda Kazanowski

##### Invocation:

Darryl Shaw

##### Introductions:

Bob Wall

##### Rotary Minute:

Brian Kirkhope

##### 50/50:

Ron Blank

##### Sgt @ Arms:

Daryl Knievel

## Weekly Wake-up

### Upcoming Programs

- |        |  |
|--------|--|
| Jan 15 | District Governor Pete Taylor - Business Meeting             |
| Jan 22 | Sara Lindhagen - Exchange Student from Sweden                |
| Jan 29 | Scott Bradford - Executive Director Child Development Centre |

## NOTICES & NEWS

### *District Governor this week's Guest!!!...*

The week's meeting guest will be District Governor Pete Taylor and his wife, Kristine. Please come out and help give our DG a warm Daybreak Rotary welcome.

For those who haven't watched enough sporting events to know the words to the Star Spangled Banner off by heart...

### STAR SPANGLED BANNER

Oh, say can you see by the dawn's early light  
What so proudly we hailed at the twilight's last gleaming?  
Whose broad stripes and bright stars thru the perilous fight,  
O'er the ramparts we watched were so gallantly streaming?  
And the rocket's red glare, the bombs bursting in air,  
Gave proof through the night that our flag was still there.  
Oh, say does that star-spangled banner yet wave  
O'er the land of the free and the home of the brave?



*Please send content and photos for the Weekly Wake-up to [robbmowbray@telus.net](mailto: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 - Jan. 8/2014**notes by San Mahara photo by Patrick Maguire*

It was the first meeting of 2014.....Happy New Year to all the Rotarians! Nathan Thornton was on the cash, while Denise Davidson and Kris Rongve gave warm welcoming hugs. After a long break, Rod Mont was trying to hone his musical talent as he accompanied us for O' Canada.

President Randall Taylor opened the meeting. Sher Holubowich gave an impressive impromptu invocation without reading it.

Eileen Tatton called for introductions of visiting Rotarians and guests. We had Perry Williams from Nanaimo North; Ms Juanita Olivier (wife of the late Bert Olivier), who has now moved into the Origins seniors village; Architect Darius Firouzi; exchange student Sara Lindhagen and guest speaker Dr. Drew Digney.

Kris Rongve used her Rotary Moment to ask members what sort of fellowship events they would prefer. She had a couple of ideas such as lunch, pub night, trip to Newcastle Island, and bowling. She will reveal which one gets picked at a future meeting.

Finally, it was time for our speaker, Dr. Drew Digney. He move from Prince George in 2000 to join NRGH as an emergency room doctor. During his 20-years-long career, he has learned a lot about human life and death first hand. He is a passionate doctor and an avid public speaker. His humorous speech was full of conviction and based on facts and reality.

On a personal note, he met his wife in Nepal while doing white water rafting in SunKoshi.

He spoke about the life expectancy of Canadians, which has risen to 80 years from 45 years since 1945. He started off saying that practice of Medicine was an old profession but doing new things. The practice used to be simple, ineffective and safe but the modern medicine is complex, effective and potentially dangerous.

The increase in life expectancy does not mean that medicine has added more age. It means that modern medicine has helped the human body to function to its maximum potential, which is thought to be around 90 to 95. After that the rejuvenating capability of human body declines sharply.

Modern medicine took its moon leap after the invention of antibiotics. He added that a doctor who had started his career in late 40's would have witnessed a mind boggling improvement in modern medicine. He or she would have seen a kid dying from a simple disease such as Pneumonia to medical science being able to save a life by a complex procedure such as a heart transplant. Now we have CT scans, MRI as a diagnostic tool, and complex procedures such as implants, transplants, etc., among many others advances & improvements.

He touched based on how big pharmaceutical companies motivated doctors to prescribe certain drugs to boost their bottom line. There are certain drugs, such as Lipitor, used to control cholesterol, which are not practical after 90 years of age, but are still prescribed and recommended by the pharmaceutical company.

There are two kinds of mistakes done by healthcare professionals. One is "error of commission" and other is "error of omission".

He talked about "the system" of how care should be provided. He was of the opinion that healthcare should be as smooth as getting a parking space at a suitable area, to getting prompt diagnosis, to appropriate care and leaving a hospital on the timely manner. He believes that while each segment of the care delivery system is of the top most quality, the patients gets poor treatment in between the care areas while he/ she is waiting for next step. He is of the opinion that the system has not been able to provide a smooth and straight line care, thus leading to error. Due to this fact, medical error is the number three cause of death in US.

Now the new philosophy is that the patient has a right to say 'No' to any treatment. To simplify the care, a concept of "Ihealth" has been developed. This means one patient record will be created and

*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.

*...continued on next page/**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

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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?



maintained, which will give access to all concerned care providers, including the patient. This will, hopefully, eliminate the errors of omission.

He suggested that all the family members should have an "end of life discussion" to psychologically prepare all the loved ones, should death befall an elder member of the family. Since death is an unavoidable real phenomenon, it should not come as a surprise or shock. When an elder is 90-plus years of age, we do not need to do all the complex medical procedures to prolong life, but need to do something to make the "passing on" comfortable and smooth.

At the end, Denise Larson gave closing remarks, saying we should all go to NRGH (for the P.A.R.T.Y. program) and Dr. Dingy has done a great job of providing service to all concerned. Thanks for an entertaining speech!

Daryl Knievel announced that the Tigh-na-mara fundraising event needs more volunteers.

Patrick Maguire requested to sign up for P.A.R.T.Y.

We have a group comprised of Graham Calder, Bill Brendon, Patrick Maguire and Ron Blank leaving for the Guatemala project. All the best guys!

President Randall announced that we have Executive meeting next week.

There was no luck with the 50/50.

Sgt-at-Arms Kris collected fines and happy bucks. At last we recited the four-way-test and called it a day.



Patrick reports: First photo of the mobile dental x-ray unit in operation in Guatemala from Dr. Snively. A huge thank you to the Daybreak, Lantzville, Downtown and Interact clubs and MIG for supporting this project.



**Have a Great Week!**