

# Rotary Club of Nanaimo **DAYBREAK**

SERVICE ABOVE SELF

## Club Duties

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

**September 17, 2014**

**Front Door Greeters:**

San Mahara & Karin Mattern

**Invocation:**

Neil Sorsdahl

**Introductions:**

Nelson Allen

**Rotary Minute:**

San Mahara

**50/50:**

Bill Brendon

**Sgt @ Arms:**

Dave Thompson

**September 24th, 2014**

**Front Door Greeters:**

Rod Mont & Ev Mudryk

**Invocation:**

Harry Stephan

**Introductions:**

Ron Blank

**Rotary Minute:**

Karin Mattern

**50/50:**

Dawne Anderson

**Sgt @ Arms:**

Denise Davidson

**October 1st, 2014**

**Front Door Greeters:**

Wayne Peddie & Leanna Plug

**Invocation:**

Eileen Tatton

**Introductions:**

Dawne Anderson

**Rotary Minute:**

Rod Mont

**50/50:**

Patrick Maguire

**Sgt @ Arms:**

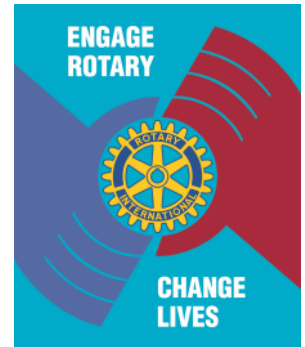
Daryl Knievel

Newsletter Date:

**September 17, 2014**

Volume 19 Issue 12

# Weekly Wake-up



## Upcoming Programs

Sept 17 Club Assembly - Business Meeting

Sept 24 Rebecca Kirk - Literacy Central

Oct 1 TBA

## NOTICES & NEWS

*At Rotary Daybreak you will always be happily greeted...*



*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 - September 10th*

*by San Mahara, photos by Donna Allen*

Nathan Thornton was on the cash but San Mahara quickly took over. Patrick Maguire and Doug Lum were greeting members while Dawne Anderson joined the team.

President Don Bonner summoned the meeting while Rod Mont accompanied on his sax on singing of O'Canada.

Donna Allen found no visiting Rotarian to welcome but was satisfied to welcome Kim Howland as her guest.

Sgt at arm Neil Sorsdahl allocated tables for the breakfast.



*Daryl Stech came by for a visit...and coffee with Neil...*

Patrick shared his Rotary Minute. While he was preparing for a topic, Chris Everett suggested to talk about Rotary Family. On the other hand, Ron Blank said to talk about Guatemala. He opted to talk about Rotary Family. He emphasised that we have a great opportunity to meet and network with other Rotarians. There are five clubs in Nanaimo. He suggested visiting all the clubs and meet as many Rotarians as possible. He shared an experience that once he was a guest at a club in Shanghai where the breakfast would cost you \$100 and the happy buck is not a loonie.

It was a day for a classification talk from Amy Taylor. She was born and brought up in Winnipeg, Manitoba. She says it was a "great place to be from". Once she went against her dad's rule not to drive a car half tank and she got stranded in a sub zero weather. While she was waiting for a help she wondered why anybody would want to be there in such a harsh cold.

She finally moved to the Island in 2008, according to her it is a paradise. Her parents were already in Qualicum Beach. Growing up, she had always been very athletic and outgoing. She loved baseball, soccer, and badminton. Played piano and trumpet, as well. She was a provincial champion in badminton in Manitoba. She represented the province in Eastern Canada championship, as well.

Later she got a scholarship in Vancouver, but decided to go back to Manitoba for university. She earned a Bachelor of Medical Rehabilitation in Physical Therapy from the University of Manitoba in 2004. Later she got certified in acupuncture and intramuscular therapy.



*...Amy Taylor presented her classification talk...  
...Pres Don just likes being in pictures....*

She got married in 2006 in Manitoba. Their first son, Charley, was born in 2011 and is three and half now. Since she moved to the Island she has done six half marathons. She has done one in Iceland, as well. Even though her mom was from Iceland, she had never been there. She visited Iceland with her mom and completed her 6th half-marathon in Reykjavik, Iceland, which is one of the fondest memory. Last May, she finished her first full marathon, which is 42.2 km in distance. She revealed that she was diagnosed as type 1 diabetes at age 30 and has personally raised \$6,535.00 for her disease, prior to making the trip to Iceland.

Amy admits that it is genetics, as she got it from her mom. She gave a quick 'diabetics 101' to the

*Rotary Contacts*

- Club President:**  
Don Bonner
- Past President:**  
Randall Taylor
- Vice President:**  
Dave Thompson
- Club Secretary:**  
Neil Sorsdahl
- Club Treasurer:**  
Anna Jones
- Club President Elect:**
  
- International Service Director:**  
Nelson Allen
- Community Service Director:**  
Rod Mont
- Youth Service Director:**  
Terry Rogers
- Club Service Director:**  
Kristin Rongve
  
- Bulletin Editor:**  
Robb Mowbray
  
- Assistant Governor Area 4:**  
Barry Sparkes
- District Governor 2014-2015:**  
Michael Procter
- RI President 2014-15:**  
Gary C.K. Huang

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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?



*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.



club. Despite her medical condition, she has managed to finish a marathon without any medical issues. She explained how she injects insulin every time she eats. She has a little patch inserted on her upper leg with a remote controlled pump attached to it. The remote control looks like a phone and she can adjust how much insulin she needs to administer for that meal depending upon how much carbs she has eaten. She requested all the "sgts at arms" not to impose a fine on her while she is using the remote control in the assumption that she is texting.

Ever since she was diagnosed as diabetic, she has become more aware and knowledgeable about nutrition and fitness. As a result she has now made "nutrition" her passion.

Currently, she works at PinPoint Physiotherapy in downtown. Her philosophy has been to take time and build the practice base on reputation and service. There are many people who need physiotherapy as part of their rehab programme due to injuries, motor vehicle accidents and bad backs. It was great getting to know you, Amy! Thanks for sharing.

Don announced that next week will be our club assembly. He said a committee led by Rod Mont will be set up to look after all the projects carried out by the club.

It was Doug Lum's turn to talk about "Youth Exchange". It was unanimously agreed that Doug "possesses a presidential personality". He said that they had an emergency meeting as things were falling through due to summer and some other things. The matter is in control now and they have a strategy for a long term plan. Brian Kirkhope emphasised the importance of family hosting for our exchange students.



...Can I interest you in some tickets?...



..Happy Birthday was sung to Christine for her upcoming birthday on September 15th....

Dawne Anderson promoted her food drive in Country Club Mall for the Salvation Army. She is involved with VI Raiders and there is a "beer and burger" in Pipers Pub on October 3<sup>rd</sup>, along with a golf tourney. Please talk to Dawne if you are interested in helping out.

Patrick Maguire solicited help for upcoming "PARTY" Programme sessions. He announced that since the programme was initiated, there is almost no "Drink and Drive" fatalities seen among the new grades. The sign up sheet is out for any two sessions.

It is time to plan a group trip to Guatemala, which will occur around January/ February. The district funding for the project has been approved through the Lantzville club.

Rod Mont talked about a fund raising event for "Harbour City Theatre". They are starting a new session with a new production. They are going to host an open house. They need an air conditioner in the theatre for which a benefit dinner "Ovation" Black/ White is happening in Simon Holt restaurant.

Jeff Boegel mentioned about a Poker Night happening in September 27th, Saturday at Harewood legion. He was working away so was not able to supervise the prep work directly. Due to its popularity and having a dedicated director in place, the poker night can run almost by itself now. He is looking for sponsors and more volunteers.

It was Christine Craigie's birthday this week. Happy Birthday, Christine. Nobody won the 50/50 today but Dave Thompson was able to win donated cucumbers.

The Sgt-at-Arms was able to secure a few fines and happy bucks.

At last, we did our four way test and went off on our way.

**Have a Great Week!**

