

# 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.

**November 12th, 2014**

### Front Door Greeters:

Donna Allen & Dawne Anderson

### Invocation:

Nelson Allen

### Introductions:

Ken Hammer

### Rotary Minute:

Neil Sorsdahl

### 50/50:

Bill Brendon

### Sgt @ Arms:

Kris Rongve

**November 19, 2014**

### Front Door Greeters:

Nelson Allen & Ron Blank

### Invocation:

Dawne Anderson

### Introductions:

Sher Holubowich

### Rotary Minute:

Harry Stephan

### 50/50:

Bill Brendon

### Sgt @ Arms:

Neil Sorsdahl

**November 26th, 2014**

### Front Door Greeters:

Scott Bradford & Bill Brendon

### Invocation:

Ron Blank

### Introductions:

Kim Howland

### Rotary Minute:

Eileen Tatton

### 50/50:

Dawne Anderson

### Sgt @ Arms:

Dave Thompson

Newsletter Date:

**November 12, 2014**

Volume 19 Issue 20

# Weekly Wake-up

## Upcoming Programs

- Nov 12 Dr. Bob David – Certified DreamBuilder Coach  
Nov 19 Club Assembly - Business Meeting  
Nov 26 Classification Talk - Scott Bradford

## NOTICES & NEWS

### *Fiddler on the Roof opens this week...*

Daybreak Rotary will be going to Fiddler on the Roof as a fellowship event on either Friday, November 21st or Saturday, November 22nd. Rod Mont, who is part of the orchestra for the show, will buy a block of seats, once he knows how many people want to come out.

The price per ticket including taxes is \$29.40.

Please contact Rod directly at [mont@islandlaw.ca](mailto:mont@islandlaw.ca) or 250-753-6435, advising which night or nights are good for you and how many tickets you want. Rod will directly reply as to which night has been picked.

Schmooze Productions & Harbour City Theatre Alliance Proudly Present

Dean Chadwick as Tevye in **Fiddler on the Roof** 11 SHOWS ONLY

Directed by DEAN CHADWICK & LISA KERR  
Musical Direction by JILL MCELWAIN  
Choreography by LISA KERR  
Set Design by ROGER LAPPIN  
Costume Design by LORNA MCELLELAN  
Book by JOSEPH STEIN  
Music by JERRY BOCK  
Lyrics by SHELDON HARNICK

November 13 - 29, 2014 at 8pm  
Matinées on November 16 & 23 at 2pm

Reserved Seating \$25 GIFT & Service Fee 250.739.0721  
Lux - An Accessory Boutique (212 Commercial St, Downtown Nanaimo)  
www.schmooze productions.com

*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 - November 5th by Ron Blank & Donna Allen, photos by Donna Allen*

Shining Sher Holubowich was on cash. Nelson & Nathan (Allen & Thornton) gripped and grinned, Rod Mont captured our attention and exalted President Don Bonner began our morning.

Nelson & Donna had a table for Rotary Foundation (RF) donations and Nels distributed envelopes with everyone's current donations. Contribute \$1,000 US to Foundation and you become a Paul Harris Fellow. (PHF) For those who have contributed \$750 to RF, points can be shared from other donators to make you a PHF. Got it?

Denise Davidson sought guests. Doug Lum presented Asst District Governor Barry Sparkes, Lantzville Club and Ken Hammer intro'd Wendy Pratt, Nanaimo Rotarian. (also candidate for Nanaimo City Council) Rod presented Anita Smith, our morning speaker and Ken intro'd VIU Tourism students: (left to right in photo)

- Maika Duhr from Germany, 1<sup>st</sup> year
- Valeria Bables from Mexico and 3<sup>rd</sup> year
- Laura Liesabeths, Germany, 1st year, and
- Harriet Medel, Phillipines, 3<sup>rd</sup> year.



Kris Rongve, no pictures please, did an awareness quiz for her Rotary Moment. Who are "Men with Friends, Blue Boys, Conspirators or Round Table? Ans: Suggestions for naming the original Chicago Rotary Club. Don asked if anyone knows the name of the notch in the centre of the wheel? It's called a key way. (Original designs of the Rotary wheel included spokes, dust and Rotary Club of... Finally, an engineer's suggestion of functional design of the wheel that should have 6 spokes, symbolizing the then six objects of Rotary, 24 cogs (teeth) and a key way, thus making the wheel "a worker and not an idler" wheel. Rotarian Oscar Bjorge's design was adopted in 1929. Conference and has remained the same for 85 years.)



Rod formally introduced Anita Smith, who has been Executive Director of Nanaimo Community Kitchens Society for the past 10 years. During her tenure, she has expanded the number of programmes from one to four and has facilitated 100's of cooking sessions. Thru' her role, she built strong community partnerships to increase food security among low income persons and families. Anita has a BSc and MSc in Food Science. She grew up with seven siblings. Her mom taught her how to stretch the family food budget.

Anita explained her role as "Getting people together to cook.", which has been a goal of Nanaimo Community Kitchens Society since 1993. "Nanaimo Community Kitchen's participants build skills, knowledge, friendship and self-esteem, while preparing low-cost healthy meals."

Community Kitchens will go into the community where needed. Nanaimo Community Kitchens began in church basements. In 1993, they were chartered as a non-profit society and were thus able to fund raise to help their activities.

Anita noted the recent Nanaimo Foundation's "Nanaimo's Vital Signs Report" shows the difficulties of poverty in our community where a family of four pays over \$875/month in food. (Likely more than half of their income for food!) 17.3% of our Nanaimo population lives below the poverty level, defined as less than \$20,000/year after tax dollars. In fact, BC has the highest rate of poverty in Canada. (The report: [http://www.nanaimofoundation.com/wp-content/uploads/2014/10/NanaimoVitalSigns\\_2014\\_SinglePgs\\_Oct9Rev.pdf](http://www.nanaimofoundation.com/wp-content/uploads/2014/10/NanaimoVitalSigns_2014_SinglePgs_Oct9Rev.pdf))

Anita says her groups learn by doing things. They teach cooking from scratch, cost of foods skills and nutrition. Participants "had no idea how much salt and sugar are in everything." Last year they conducted 130 cooking sessions, prepared 3220 meals from scratch. They had 960 adult visitors, 250 child minding events and 1300 volunteer hours. Their funding includes \$8,220 in-kind use of kitchen spaces

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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:**  
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

*~~~~~  
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?



and \$2,200 donations from Loaves & Fishes.

Their programmes include:

#### Community Cooking Groups

- where participants meet regularly to cook a meal for their families. Recipes are shared, as well as cooking and clean-up. Each group decides how they will operate, some prepare and eat their meal, others take the meal home. Supportive Apartment Living meets one Thursday/month. Cooking with friends meets 1<sup>st</sup> Monday/month
- Seniors 80-20 one Thurs/month at Royal Family Centre
- Spquepels Mustimuxw Qwulutum meets 1<sup>st</sup> and 3<sup>rd</sup> Friday Morning at Princess Royal with child minding available.

#### Food Skills for Families

- six week cooking and skill building
- learn about healthy foods by cooking and tasting.
- First Nation & Active Seniors modules

#### Cooking Basics

- use basic food items for at risk homelessness to prepare meals,,
- Meet 3<sup>rd</sup> Wed each month at Wesley Housing, 437 Wesley St.

#### Bellies to Babies & Beyond

- 10 weeks cooking for new mothers and pregnant women.
- Prepare healthy inexpensive meals
- learn about nutrition and community supports.

Cooking Out of the Box: Using the "Good Food Box" with fresh and inexpensive ingredients to create healthy inexpensive meals.

Anita closed with "Cooking together we create a healthy community."

Ken Hammer promoted "Innovative Ways to Change the World" by Ugandan Jackson Kaguri at The VI Conference Centre Shaw Auditorium, 7:00 PM, Wed 5 November. We met at the Modern Cafe at five. Ron & Linda, Ken, Denise Larson, Scott Bradford, Patrick Maguire, Robb Mowbray and Neil Sorsdahl enjoyed a great meal. We then listened to in "interesting" presentation by Jackson who began his education with 1/5 of a pencil shared amongst with his four siblings. He went on to achieve international degrees. Jackson began giving back to his village by building a school, then an AIDS orphanage and now a polytechnic school. Another amazing philanthropist and human rights activist.

Valeria, Maika, Harriet and Laura had proposal for us. With Gordon Fuller at the 7-10 Club on Prideaux Street, on November 15<sup>th</sup>, they want to prepare an "International Breakfast" for about 200 people. Their intent is to make this an annual event during VIU's International Week. They also want to hold a second event in February. Our Funds Allocation Committee received a formal request.

On Monday, Neil will host a New Members Luncheon at Longwood Brew Pub. Dave Thompson says the Groveland Park equipment is delayed, so no work party yet. Rod has been practising hard for "Fiddler on the Roof" at Schmooze Productions at Harbour City Theatre at 25 Victoria Road. Contact Rod and he will arrange tickets for either 21<sup>st</sup> or 22<sup>nd</sup>.

Patrick promoted the PARTY Programme at NRGH held on Wed the fifth. If you've never been, join as a student escort. Listen and learn how we educate Central Island Grade 10 students in the realities of bad decisions and driving. We have achieved amazing results with ZERO events occurring during Grade 12 Grad Week.

Vanna (Donna) had ticket 026 pulled and Eileen Tatton gets a \$25 donation to Foundation. Patrick on 50/50 with \$496 available. Our guest Anita held the lucky number but couldn't cut the right card.

We sang Happy Birthday to Amy Taylor.

Dave has the Old City Station participating for our Grey Cup. He was in Chilliwack when a cashier noticed Rotary regalia and shared her impact of being an exchange student to Germany? Notes got scrimpy so will end here.

And we Four Wayed out.....



..Guest Speaker, Anita Smith with Pres Don...



**Have a Great Week!**