



## Club Duties

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

### Jan 31st, 2018

#### Front Door Greeters:

Jeff Boegel & Don Bonner

#### Front-of-House:

Sher Holubowich

#### Invocation:

Rod Mont

#### Introductions:

Brad Piercy

#### Rotary Minute:

Dave Perry

#### 50/50:

Patrick Maguire

#### Sgt @ Arms:

Kris Rongve

#### Meeting Notes:

Ron Blank

### Feb 7th, 2018

#### Front Door Greeters:

Scott Bradford & Bill Brendon

#### Front-of-House:

San Mahara

#### Invocation :

Bonnie Murrell

#### Introductions:

Terry Rogers

#### Rotary Minute:

Kris Rongve

#### 50/50:

Patrick Maguire

#### Sgt At Arms:

Denise Davidson

#### Meeting Notes:

Randall Taylor

### Feb 14th, 2018

#### Front Door Greeters:

Christine Craigie & Denise Davidson

#### Front-of-House:

San Mahara

#### Invocation :

Ev Boegh

#### Introductions:

Eileen Tatton

#### Rotary Minute:

Terry Rogers

#### 50/50:

Bill Brendon

#### Sgt At Arms:

Daryl Knieval

#### Meeting Notes:

Janice Perrino

# Weekly Wake-up

## Upcoming Programs

Jan 31st - San Mahara, Nepal presentation

Feb 7th - Julie Bevan and/or Ken Hammer, Nanaimo Art Gallery

Feb 14th - Holly Bright, Crimson Coast Dance, BodyTalk Program

## This Week's Catch a Smile...

With kindergarten class at Forest Park Elementary ...



## Photo from Graham in Guatemala...

Bathing Beauty Blank on the beach at Monterrico, Guatemala on the Pacific Coast...

## Fireside Chats...

Two Fireside Chats have been scheduled as follows:

Rod Mont – Friday, February 9<sup>th</sup> at 7pm

Ev Boegh – Sunday, February 11<sup>th</sup> at 2pm

## Sunshine Ladies reminder...

A reminder...If any members know of another member who is ill or who has had a death in the family, please let our Sunshine Ladies, Sher or Donna know, so that they can send out a card on behalf of the club. Thank you.

**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.

*Meeting Notes - Jan 24th/2018 submitted by Terry Rogers, photos by Donna Allen*

Presided by Doug Lum.

As usual we began our meeting led by Rod Mont on his saxophone singing O Canada.

**Visiting Rotarians**

Vito Giannandrea from the Banff Rotary Club.

**Guests**

San introduced Alex Udev, our guest speaker.

**Rotary Minute**

Janice Perrino advised that she attended the new member luncheon this past Monday. She was impressed in that even though she believes we are an exceptional club the discussion centered on how the club can improve. Janice thanked Ken for his leadership.

Ev asked everyone to get the club membership survey in. Ev is looking for hosts for the fireside chats to be scheduled into February.

**Guest Speaker Alex Udev**

Alex is the author of Food Triumph a book that's purpose is to empower the reader, through knowledge, to take charge of your health and weight. Alex advised that he emigrated to the USA in 2010 from Bulgaria. Within two years his weight had ballooned from about 130 pounds to 250 pounds. He was on various medications for many weight related issues. Alex tried many popular diets with no long-term positive results. It was only when he realized that our subconscious mind controls our eating habits that Alex was able to achieve a healthy lifestyle and significant permanent weight control. Alex advised that the subconscious mind is one million times more powerful than the conscious mind.

So, you must be diligent in training your subconscious mind to "buy-in" to your conscious health goals. Alex advised that his services include:

Author of Food Triumph that can be purchased on Amazon;  
private 1-1 health coaching; leading Business seminars;  
Engagement Speaker



**Anniversaries**

None

**Birthdays**

A boisterous rendition of Happy Birthday was sung for Karin.

**50/50**

Caitlin advised that we have a new deck after Sher's momentous win last week. Janice couldn't pull the Queen of Hearts.

Doug Lum informed the club of our upcoming golf tourney Friday May 25/18 at the Nanaimo Golf & Country Club. We have changed the format to a nine and dine. More information will be provided as planning develops.

**Sergeant -at-Arms**

Daryl fined both Bob and Nelson for sitting at their regular seats. Daryl then canvassed the membership for happy dollars.

On that note, we recited the Four Way Test.

*Rotary Contacts*

- Club President:**  
Nathan Thornton
- Past President:**  
Neil Sorsdahl
- Vice President:**  
Doug Lum
- Club Secretary:**  
Ron Blank
- Club Treasurer:**  
Doug Pearson
- Club President Elect:**  
Evelyn Boegh

**International Service Director:**  
San Mahara

**Community Service Director:**  
Dave Perry

**Youth Service Director:**  
Scott Bradford

**Club Service Director:**  
Donna Allen

**Member Service Director:**  
Ken Hammer

**Bulletin Editor:**  
Robb Mowbray

**Assistant Governor Area 4:**  
Bev Hilton, Oceanside

**District Governor 2017-2018:**  
Tom Carroll

**RI President 2017-2018:**  
Ian H.S. Riseley

*Make-ups*

To ensure that your make-up information is properly recorded, send any info on extra meetings attended, extra committee work, service projects, online work, etc. to Denise Davidson.

*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
- 1st, 2nd, 3rd Tuesday – Nanaimo North, Nanaimo Golf Club, 6:10 pm
- Wednesday – Nanaimo Oceanside, Longwood Meeting Rm upstairs 5 p.m.
- Thursday – Lantzville – ABC Restaurant on Mary Ellen Drive, 7 a.m.
- Friday – Nanaimo – Coast Bastion Inn, 12:15 p.m.

**HAVE A GREAT WEEK!**

