

Club Duties

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

Weekly Wake-up

June 26th, 2019

Front Door Greeters:

San Mahara & Bonnie Murrell

Front-of-House:

Karin Mattern

Invocation :

Sher Holubowich

Meeting Notes:

Terry Rogers

Introductions:

Dave Perry

Rotary Minute:

Eileen Tatton

50/50:

Bonnie Murrell

Sgt at Arms:

Denise Davidson

July 3rd, 2019

Front Door Greeters:

Teresa Nielson & Doug Pearson

Front-of-House:

Jeff Boegel

Invocation:

Karin Mattern

Introductions:

Fred Pons

Meeting Notes:

Randall Taylor

Rotary Minute:

Randall Taylor

50/50:

Caitlin Mangiacasale-Ashford

Sgt at Arms:

Daryl Knievel

July 10th, 2019

Front Door Greeters:

Wayne Peddie & Janice Perrino

Front-of-House:

Jeff Boegel

Invocation:

Bonnie Murrell

Introductions:

Rahul Ramteke

Meeting Notes:

Bill Hardy

Rotary Minute:

Dave Thompson

50/50:

Caitlin Mangiacasale-Ashford

Sgt at Arms:

Graham Calder

Upcoming Programs

June 26 - Exchange Students

July 3 - Multicultural Society – Jennifer Fowler, Executive Director

July 10 - Primal Communications, Robert Dodds

Rotary District 5020 Summer Trip help needed...

Hello, everyone.

The summer trip is 3 weeks away and I still need a few more hands J. I am reaching out one more time because I haven't heard from many of you.

Drivers - I am looking for a few more drivers for days 2-6. See the spreadsheet below for details.

Sleeping Bags – I need some more sleeping bags/pillows/foamies or air mattresses. See the spreadsheet below for details.

Cooking Duties – I will be looking for a few hands each day to help with meal.

Friday– Help with the BBQ (Jason, Kari, Stephen) a few more would be great

Saturday Morning – Help with breakfast and making sandwiches for lunches. Probably arrive around 7:30am

Saturday evening – Dinner and prep for Sunday

Sunday (Leaving early, no help required)

Tuesday Breakfast

Tuesday BBQ

I have also included the current host families to see if they want to assist with driving J

All drivers are welcome to participate at Treego, I have budgeted for that.

If you have any questions please let me know.

Cheers,

Jason Bradley, Country Officer Northern Europe, District 5020 Coordinator

[Link to Daybreak Calendar...](#)

http://www.daybreakrotary.ca/index.php?p=1_14

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

Rotary
District 5020



rotary
youth
exchange



Club Birthdays

June 29 Terry Rogers

Club Anniversaries

June 29 San & Su Mahara

Meeting Notes - June 19/2019 submitted by ???, photos by ???.

No meeting notes this week...

2nd Annual Rotary Hike to Everest Base Camp

Traverse through the land of Everest, Explore the unique highland culture, Be one with the Mountains and People - and do all of these with a purpose!

Continuing our partnership with Rotary Club of Nanaimo, Daybreak, we are working together this year also to organize the Second Annual Rotary Hike to Everest Base Camp, where the adventurers will experience an ultimate Himalayan adventure in the land of Everest. The trip will take you to the Base of Everest through the legendary Khumbu Valley amidst unmatched landscape and breathtaking Himalayan culture. The two weeks' journey will start on 1st November and end on 15th November. As a part of your payment (US\$ 250 from each trip cost of \$1600), will be donated to the support programs of Rotary Club of Nanaimo, Daybreak. Your trip won't just be an adventure but also a meaningful journey with a difference.

Overview of the Trip:

The trip starts with a day of exploration in the treasure troves of Kathmandu and continues with an electrifying flight to the airport in Lukla, which hangs on the edge of the cliff at 2,860m. From Lukla, the gateway to the Everest region, the trip winds through the floral and faunal richness of Sagarmatha National Park, while at the same time following the spectacular views of Himalayan giants including Mt. Everest [8,848m], Mt. Lhotse [8,586m], Mt. Cho Oyu [8,188m] and Mt. AmaDablam [6,812m]. Not just the natural grandeur, once the trail starts ascending, you will also get deeper and deeper into the astounding cultural highlights of highland Sherpa villages. The monasteries, stony houses, Buddhist prayers flags and engraved mani walls throughout the trip will give you the feel of a mystical journey. With every step ahead, you will get closer to Everest Base Camp which lies at the foot of the Khumbu Icefall. Once you reach the Base Camp, your glacial walk continues to Kalapattar [5545m], the most scenic viewpoint to savor the eternal beauty of Everest and other Khumbu peaks. Finally, after relishing the sublime beauty of Khumbu region, your journey culminates and the trip retraces back to Lukla.

2ND ANNUAL ROTARY HIKE TO EVEREST BASE CAMP (5365M)
ROTARY CLUB OF NANAIMO DAYBREAK

Nov 1 - Nov 16

PRICE
USD 1650 per person.

Lukla flight
 Kathmandu Hotel & Sightseeing
 Accommodation & Meals
 Licensed Guide & porters
 All permits
 Government taxes

TRIP FACTS
 Trip duration: 16 days
 Difficulty: Moderate to challenging
 Activity: Sightseeing & Trekking
 Starts & Ends in: Kathmandu
 Trek Type: Tea House
 Accommodation: Local Lodges
 Transportation: Flight & private car
 Max Altitude: 5545

USD 250 goes to charity projects of Rotary club of Nanaimo Daybreak

OUTLINE ITINERARY

- Day 01: Arrive Kathmandu
- Day 02: Sightseeing tour of Boudhanath, Pashupatinath & Patan
- Day 03: Flight to Lukla (2860m, 27 min) & trek to Phakding (2656m)
- Day 04: Trek to Namche (3450m, 6-7 hrs)
- Day 05: Rest day in Namche
- Day 06: Trek to Tengboche (3870, 5-6hrs)
- Day 07: Trek to Dingboche (4410m, 5 hrs)
- Day 08: Rest day in Dingboche
- Day 09: Trek to Lobuche (4930, 6 hrs)
- Day 10: Trek to Gorak Shep (5184m), Visit Everest Base Camp (5375m)
- Day 11: Morning climb Kala Patthar (5545m) & trek back to Pheriche (4252m)
- Day 12: Trek to Namche (3450m, 7-8 hrs)
- Day 13: Trek to Lukla (2860m, 7-8 hrs)
- Day 14: Fly to Kathmandu
- Day 15: Free Day
- Day 16: Departure Kathmandu

Event organized by
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Logistics Operated by
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Summit Air, Travelife Certified, PATA

Rotary Contacts

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

- International Service Director:** Graham Calder
- Community Service Director:** Dave Perry
- Youth Service Director:** Bill Hardy
- Club Service Director:** Donna Allen
- Member Service Director:** Rod Fay

Bulletin Editor: Robb Mowbray

- Assistant Governor Area 4:** Wayne Anderson
- District Governor 2018-2019:** Craig Gillis
- RI President 2018-2019:** Barry Rassin

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, Nanaimo Golf Club 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!

