



*Club Duties*

**September 17th, 2008**

**Front Door Greeters:**  
Nicole Gosselin & Eileen Tatton

**Invocation:**  
Lee Mason

**Introductions:**  
Dave Perry

**Rotary Minute:**  
Henri Van Amerongen

**50/50:**  
Sheila Forrest

**Sgt @ Arms:**  
Neil Sorsdahl

**September 24th, 2008**

**Front Door Greeters:**  
Val Lennox & Nelson Allen

**Invocation:**  
Patrick Maguire

**Introductions:**  
Robb Mowbray

**Rotary Minute:**  
Karin Mattern

**50/50:**  
Darryl Shaw

**Sgt @ Arms:**  
Maira Steele

**October 1st, 2008**

**Front Door Greeters:**  
Sheila Forrest  
& Christine Craigie

**Invocation:**  
Nelson Allen

**Introductions:**  
Jim McIvor

**Rotary Minute:**  
Donna Allen

**50/50:**  
Darryl Shaw

**Sgt @ Arms:**  
Daryl Stech

# Weekly Wake-up

*Upcoming Programs*

September 17th - Ron Blank, Club Assembly  
(focus on youth programs as it is New Generations Month)

September 24th - Henri Van Amerongen, Classification talk

October 1st - TBA

October 8th - TBA

## NOTICES & NEWS

*Sports Hall of Fame dinner and induction ...*

On Saturday, September 20th, 2008 there will be a gala evening at the Vancouver Island Conference Centre ballroom to host the Nanaimo Sports Hall of Fame. Inductees will arrive at 6:00 pm with dinner between 6:30-6:45pm and 7:45pm, followed by welcoming speeches and official induction of the recipients. Tickets are \$75.00 per person and can be purchased by calling the Nanaimo Museum 250-753-1821. Nelson and Donna Allen are planning to attend and it would be great if some other members attended with them.

*Grey Cup Tickets about to go on sale...*

This is a heads up grey cup tickets are about to go on sale. If you know you can sell more than 2 at \$50 a ticket then let Nicole Gosselin know. That way those who are unable to sell the tickets can have theirs reassigned to those that can.

*Contributions for ShelterBoxes...*

A number of the people who attended the Ladysmith ShelterBox meeting on Saturday night were talking and decided to make joint contributions to buy ShelterBoxes. Our individual donations will lead to charitable donation receipts. So far, we have eight contributions of \$100 (but any contribution is welcome.) Is anyone else interested? Please let Kris Rongve know.

*Club Birthdays*

Sept. 19	Val Lennox
Sept. 22	Wendi Ferrero
Sept. 26	Christine McAuley
Oct. 8	Cathy Robson

*Club Anniversaries*

Oct. 8	Daryl Stech
Oct. 9	Neil Sorsdahl
Oct. 10	Doug Lum
Oct. 11	Donna & Nelson Allen

*Meeting Notes - September 10th*

*submitted by Val Lennox*

**Guests:** Rotarian Diane Turner from Lantzville; "Bubbles", a school friend visiting Sheila Forrest; Bank Manager Russ Burke; Larry Price of Westlock, Alberta, who is Rod Mont's father-in-law; Guest speaker Brenda Hammer.



*Nathan rarely gets his photo in the Bulletin, so here's a fine shot..*

**Rotary Minute:** Rod Mont compared the importance of retaining Rotarians to the importance of retaining clients in a business. He suggested keeping an eye out for people who are not present at meetings and contacting them to ensure they are okay and moving around to talk to different people.

**September birthdays:** Christine Craigie, Val Lennox, Wendy Ferrero

**Guest speaker:** Brenda Hammer reported on her two deployments to Afghanistan as a civilian critical care nurse volunteering with the Canadian Forces. In August 2007, she was the first Canadian critical care nurse to

volunteer for a 10 week deployment. She returned to Afghanistan for a second deployment in June 2008. Both times she was stationed at the Kandahar Air Force base. She noted the Canadian Forces are in dire need of medical help, both doctors and nurses.

During her first deployment she was the only the civilian nurse but by this year, there were four civilian nurses. She arrived via Camp Mirage, which is considered Top Secret ... unless one looks for it on Google Maps. At Camp Mirage, everyone hands over their passports and dons protective gear to travel into Afghanistan.

She identified several initial challenges: Learning to live within a military environment; Arriving at a huge camp full of identical buildings in the middle of the night and then trying to find her way around with few landmarks; Coping with a very hot environment with daytime temperatures of 40 – 50 degrees. The camp was very dusty and brown.



*...It's a fine looking crew at this table...*



*...Brenda Hammer proved to be a fine speaker with a much appreciated presentation...*

The first photo she took in Afghanistan was of the moon, since it reminded her that her family back in Canada – and her husband on the cruise ship – were watching that same moon. Photos of the airfield were not allowed but she took many photos of the base, which was built around a former civilian airport. Scattered minuetts rise above the rows of identical BATS – aka Big Ass Tents. Facilities include the huge American gym, where people can work out. O Canada House, where there are movies to rent, wireless Internet access, and phones. There is also a Subway and a Tim Hortons, both located in trailers. A less popular feature was the so-called "Emerald Lake" aka Pooh Pond, which was the sewage lagoon for the base.

During Brenda's first deployment, the nurses shared a large room which they cordoned off with blankets. During her second deployment, they were housed in newly built quarters, which had no electricity and the closest plumbing was two blocks away. To get around the base, she walked or

*Rotary Club Meetings*

- Monday – Parksville, Bayside Inn, Noon
- Tuesday – Nanaimo North, Frith-Radcliffe Auditorium, Kiwanis Village, 6:15 p.m.
- Wednesday – Nanaimo Oceanside, ABC Restaurant on Mary Ellen Drive, 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:**  
Ron Blank
- Club Secretary:**  
Nicole Gosselin
- Club Treasurer:**  
Nathan Thornton
- Club President Elect:**  
Dave Perry
- Bulletin Editor:**  
Robb Mowbray
- Foundation Chair:**  
Don Bonner
- Assistant Governor Area 2B**  
Brian Kirkhope
- District Governor 2008-09:**  
Brian Beagle
- RI President 2008-09:**  
Dong Kurn Lee

*Bingo Volunteers*

- Oct. 10 Don Bonner & Bev Wilson
- Dec. 26 Val Lennox & ???
- Feb. 13 Dave Thompson & Nathan Thornton
- Feb. 20 Ken Hammer & Denise Davidson

*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 Rod Mont ([mont@islandlaw.ca](mailto:mont@islandlaw.ca)).

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*Please send content and photos for the Weekly Wake-up to Robb Mowbray at [robb@theatrebc.org](mailto:robb@theatrebc.org).*

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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?



used a bicycle. "Sometimes it was so hot, I couldn't hold onto the handlebars," she said. The small hospital is makeshift with a 3-4 ICU beds, but is well-equipped with current equipment. A new base hospital is to be ready in 2009. "They do amazing work in the OR," Brenda said. In almost 100 per cent of cases, if the injured can make it to the base hospital, they will survive.



*...Bruce ended up without the usual fine bucket...*

The injured are usually brought in by helicopter and transferred by army ambulance to the hospital. Although the hospital served soldiers and civilians from the 15 countries involved in the peacekeeping effort, approximately 70 per cent of patients were Afghan residents injured in the conflict. These also included children. There were casualties every day with between 5 and 30 people in the hospital at any one time. Canadian soldiers were stabilized and then sent on to Germany for further treatment and recovery. The Afghans were usually kept at the hospital longer, since the care was much better than they could receive outside the base. However, if the hospital was overwhelmed by casualties, the recovering Afghans were transferred to a local hospital.

Brenda noted that this was a difficult moral decision because staff knew the care at the local hospitals was not as good and the outcome might not be as favourable.



*...Don ended up sitting on his own...maybe he has fined too many of us?...*



*...a pic from two weeks ago...this fine bunch of guys finished the job of putting down the exit path from Nelson Wing at Travelers Lodge...*

During rocket attacks on the base, everyone had to wear helmets and armoured vests, which weighed about 30 pounds. Blast blankets were placed over the patients. Protective gear was also worn in the evenings, when travelling between the hospital and the barracks. Brenda noted that those on the base regarded the rocket attacks as a "minor inconvenience." A larger challenge was getting used to the military culture, which Brenda summarized as "How about a nice cup of shut-the-fuck-up?" If there were no incidents during the preceding week, there would be a Saturday market on the base, where Afghan merchants would come and sell their wares. People looked forward to the markets, Brenda said.

There was a BBQ once a month. Since the base is "dry", soldiers are allowed only two beers a month, which were usually saved for the BBQ. Other activities included street hockey, mock sumo wrestling in inflated suits, and target practice. The military had to carry their weapons at all times. No weapons = no food. There were also bomb-sniffing dogs, with their own protective gear, on the base.

At the close of her second deployment, Brenda received a general service medal.

She is now considering joining the Reserves and seeking other volunteer nursing opportunities. "I saw it as a privilege. I think they do great work over there."

**Announcements:** - The Raise-a-Reader program is seeking sponsors.

- The first chocolate Bastion sales to cruise ship visitors will be this Sunday, Sept. 21. Volunteers are still needed for the Sept. 30 cruise ship visit. Contact Donna Allen.

- Kevin Dobson, a former Rotary youth exchange participant who went to Taiwan, has just received a full scholarship to a university in China.

- Last year the Greater Nanaimo Chamber of Commerce Leadership Program - for which Daybreak Rotary sponsors one participant - successfully promoted the Big Brothers organization to recruit 16 to 18 new big brothers. The leadership program has 15 candidates coming in this year.

- 50-50 has now reached \$2,619.

### *How's Nicole doing, you ask?...*

An update from Wendy Ferrero on Nicole Gosselin's health, for those who might be a bit shy of asking her how she is doing...

Nicole has seen her Doctor for the results of the last round of tests. The tumors in her abdomen have reduced by more than 50% - from 12cm x 17 cm to 6cm x 10 cm; and the tumors in her lungs are less than 2 cm! The doctors, not to mention Nicole and the rest of us, are very pleased with this outcome. As a result of all her hard work, Nicole has the next three months off from chemo. Good stuff, Nicole!!!



*...and Nicole is doing just fine, thank you!...*

*...this week's bulletin photos brought to you by the word "fine"...*