

Rotary Club of Nanaimo **DAYBREAK**

SERVICE ABOVE SELF

Newsletter Date:
February 12th, 2014

Volume 18 Issue 31



Club Duties

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

February 12th, 2014

Front Door Greeters:

Denise Larson & Michael Leduc

Invocation:

Eileen Tatton

Introductions:

Nelson Allen

Rotary Minute:

Doug Lum

50/50:

Wendi Ferrero

Sgt @ Arms:

Kris Rongve

February 19th, 2014

Front Door Greeters:

Doug Lum & Karin Mattern

Invocation:

Dave Thompson

Introductions:

Dawne Anderson

Rotary Minute:

San Mahara

50/50:

Patrick Maguire

Sgt @ Arms:

Neil Sorsdahl

February 26th, 2014

Front Door Greeters:

Robb Mowbray & Ev Mudryk

Invocation:

Nathan Thornton

Introductions:

Ron Blank

Rotary Minute:

Denise Thornton

50/50:

Patrick Maguire

Sgt @ Arms:

Dave Thompson

Weekly Wake-up

Upcoming Programs

Feb 12 Mark MacDonald - Managing Editor, Nanaimo Daily News
Feb 20 Five Club Celebration at Cruise Ship Terminal (see below)
Feb 26 Club Assembly - Business Meeting

NOTICES & NEWS

Graham's Guatemala Blog...

Graham Calder here. I understand it is quite cool in Nanaimo. Not bad here in the "Land of Eternal Spring" Guatemala. I'm sure Bill Brennen and Ron Blank have returned to regale you with their adventures. I have been blogging and can be followed at:

www.grahamandvickiguate.wordpress.com.

Please pass on to the club. I would enjoy their comments and feedback.

Five Club Rotary Celebration this month!...

You are cordially invited to attend our Five Club Celebrate Rotary 2014

Event Date: February 20th 2014

Event Place: Cruise Ship Terminal, 100 Port Drive, Nanaimo, BC

Time: 5:00 pm to 7:30 pm

Please join us for some great Fellowship, Cocktails and Delicious Appies.

Sincerely

Yours in Rotary

5-Club Past Presidents/ Program Coordinators



Please send content and photos for the Weekly Wake-up to 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 - Feb 5/2014

notes by Ron Blank photos by Donna Allen

Nice to be back! I knew I was there for a reason for me to be here. Neither San, nor Terry were at the meeting. Brian Kirkhope and Daryl Knievel were there to greet us. With President Randall presiding, Rod Mont horned us into our Anthem.

Guests this morning were Assistant District Governor Barry Sparkes from Lantzville Club and guest speaker David Shaver.

Ron gave a Rotary Moment on his recent trip to Guatemala. The gist was we are doing great things with latrines and vented wood cookstoves and will continue to improve our product as we gain more experience.

Barry announced details of the District Leadership Training Assembly to be held on 29/30 March in Victoria. BYOB: Build Your Overall Bench Strength. The goal of this annual event is to inform and train our leaders and future leaders to work within Rotary, to inspire the building of stronger Clubs and to develop better projects. The Hotel Grand Pacific will offer special room rates of \$118/night if booked before end February. Conference cost is \$70 and our Club has budgeted \$1,000 to defray conference costs. There are five education sessions with 10 or more subject choices per session. Youth Protection Training is over two sessions and Grant Management takes three. Check out the District 5020 website for details and sign-up. Fellowship on Friday nite will have a no host bar for early arrivals. Friday dinner on your own, Saturday Buffet lunch included, Saturday networking evening in their VI Ballroom for \$40, Sunday morning breakfast in Pender Ballroom "Improving Lives Thru H20" for \$29 and closing ceremonies at Noon on Sunday. BYOB!

Rod intro'd David Shaver. David has made a career of working with high risk kids, specializing in addictions, anger management, self esteem building and learning disabilities. David hails from Kitchener, ON, retired to the Island in 2000 and later attended Edgewood.



...Pres Randall with guest speaker David Shaver...

David is recuperating from a leg issue "This is my first day without crutches." Edgewood has continued to expand over 40 years and now employs 140 staff and has 135 in-patients. "Addiction is a family disease." For the past 20 years, spouses and parents have also been treated. Over the past 3 years, kids programmes now include 6-12 year olds and they have developed a teenagers' programme.

The "High on Life" programme teaches coping and self esteem skills to Grade 7 students. Students need the skills to learn how to pick up the pieces when something goes awry.

There are three categories of drugs: Stimulants, Depressants & Hallucinogens. The average student tries cannabis by age 15.7, alcohol by 15.3 years. Licit and over the counter drugs are often tried earlier. Nanaimo's current rage is



Blank was back! :-)

Rotary Contacts

- Club President:**
Randall Taylor
- Past President:**
Denise Larson
- Vice President:**
- Club Secretary:**
Neil Sorsdahl
- Club Treasurer:**
Anna Jones
- Club President Elect:**
Chris Everett
- International Service Director:**
Nelson Allen
- Community Service Director:**
Rod Mont
- Youth Service Director:**
Doug Lum / Sher Holubowich
- Club Service Director:**
Kristin Rongve
- Bulletin Editor:**
Robb Mowbray
- Assistant Governor Area 2B:**
Barry Sparkes
- District Governor 2013-2014:**
Peter Taylor
- RI President 2012-13:**
Ron Burton

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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?

...continued on next page/

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.



harvesting family drugs, dumping them into a bowl, add cough syrup and down what you can!

20+ percent of youth will use opportunity drugs, cigarettes and alcohol. Interestingly, since 2004, crack and coke hallucinogen use has dropped from 11.8 % to 4.8%! Another current kid favourite is to see how much booze you can chug-a-lug until you pass out. (Not only potentially lethal but must produce one hell of a hangover!) Canada produces 800 tons of cannabis and BC Bud is a 5 to 7 Billion dollar business. Another Nanaimo "game" is hiding THC in food and cookies and giving them to unsuspecting kids. Alcohol continues to be most problematic as it's a depressant and slows down the nervous system.

The High on Life programme takes 4.5 hours, uses exercises, team building and a game of "drug jeopardy." David has shortened Leonardo di Caprio film "Basketball Diaries" to 15 minutes. This film takes 15 minutes and shows an addicted druggie, who gets kicked from the team, steals to get drugs and finally shows his withdrawal symptoms with writhing on the floor. The class also brings a 19 year old patient to tell their story of addiction and contemplation of suicide. (David will also add to his knowledge by attending our next PARTY programme.)

David shared that addictive behaviours can be predicted in Grade One. Students need to build their self esteem and learn to deal with their feelings. Research from Pine River Psychiatric Ward has estimated that \$1 of prevention will save \$127 in intervention. Edgewood funds this programme in our community! Ken Hammer how we can support this programme? "The only cost is chocolate bars and pizza." The Family Insight Programme costs \$2,000 for 6 days of 8 AM to 7 PM live-in training. The regular programme is 28 days, costing \$27,500 but cheaper rates for needy can be found.

Neil Sorsdahl is still in San Diego enjoying golf and Kris Rongve will be back soon. (What happened to Kris?)

Ken has purchased 10 books and 10 tickets to "Turn the Ship Around" with David Marquette on 19th Feb with \$42.50 for the ticket and \$17.50 for his book. (I'm in if some don't fess up!)

Wendi Ferrero did the 50/50, Barry did the cut and Patrick Maguire did win half of \$105!

Randall read a thanx from Shelter Box for our recent donation of a kit for Syria. Swing into Spring will be on 22nd of March at Coast Bastion Hotel, tix TBD, Patrick is apparently I/C of the silent auction, so he needs to get back from Guatemala. District 5020 Conference for 2015 will be in Nanaimo!

Sergeant Don Bonner fined Daryl K for last week's misleading cut at Nelson Allen and Chris Everett was happy (?) to see Ron's back. (So I turned around.) Many were impressed by David's presentation.

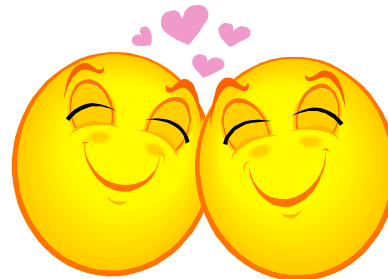
We then "Four Wayed" the end of our meeting.



...Barry Sparkes visited to talk about the District Leadership Training Assembly in Victoria...



...Nothing like breakfast to put a smile on your face!



Have a Great Week!