

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.

July 15th, 2015

Front Door Greeters:

Mark Winkelmanns & Donna Allen

Invocation:

Nelson Allen

Introductions:

Christine Craigie

Rotary Minute:

Bob Wall

50/50:

Dawne Anderson

Sgt @ Arms:

Dave Thompson

July 22, 2015

Front Door Greeters:

Nelson Allen & Ron Blank

Invocation:

Pat Bartlett

Introductions:

Denise Davidson

Rotary Minute:

Mark Winkelmanns

50/50:

Dawne Anderson

Sgt @ Arms:

Denise Davidson

July 29th, 2015

Front Door Greeters:

Dawne Anderson & Jeff Boegel

Invocation:

Ron Blank

Introductions:

Nesh Gatere

Rotary Minute:

Donna Allen

50/50:

Patrick Maguire

Sgt @ Arms:

Daryl Knievel

Newsletter Date:

July 15th, 2015

Volume 20 Issue 3

Weekly Wake-up

Upcoming Programs

- July 15 Business meeting / Patrick Maguire 2015/16 Theme
July 22 Air Cadet's F/Sgt Ramash & George Ruscoff
July 29 TBA

NOTICES & NEWS

Bulletin Editor away for two weeks...

A warning that I will be away for the next two weeks, so there may not be full Weekly Wake-ups coming out until the last week of July. I won't have access to a computer, so unless I can put something together on my phone, OR Ron can put together a simplified Bulletin, you may not receive Meeting info. Please take note that all Meeting Duties for the next three weeks are listing to the left. See you in late July.

Robb



Please send content and photos for the Weekly Wake-up to robbmowbray@telus.net

Club Birthdays

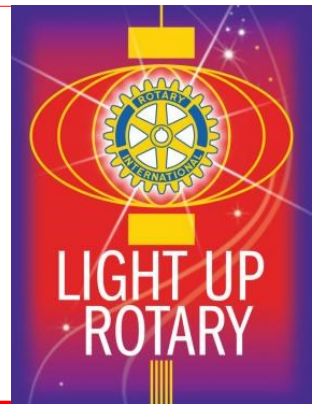
- July 17 Eileen Tatton
July 18 Robb Mowbray
July 19 Bill Brendon

Club Anniversaries

- July 20 Kim Howland

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 - July 8th, notes by Terry Rogers, photos by Robb Mowbray

Meeting chaired by Eileen Tatton for her very first time.
Karin Mattern led us in O Canada.

Guests

Heather Owen from the Vancouver Island Crisis Centre.
Joanne Harding a previous Daybreak club member.

Rotary Minute

Randall Taylor showed his collection of walking sticks and then finished with a query as to how this related to Rotary. He then cleverly informed the meeting that a walking stick is not merely a stick when it is sticking up for a Rotary friend or something along this vein.

Guest Speaker Heather Owen

Heather is the Promotions and Community Leader for the Vancouver Island Crisis Centre. They provide School programs on suicide awareness and maintain a crisis help telephone line that receives about 80 calls a day. The crisis centre has about 50 volunteers and 22 paid staff.

In addition, they have developed crisis chat online support and crisis text for mobile phones. A database is also maintained to direct individuals in need to the appropriate community services. Heather advised that during the period 2007-2010 there were 39 deaths attributed to drug overdose, 42 to MV accidents and 408 caused by suicide. Suicide goes unreported up to 25% of the time.

It is important to engage youth in suicide awareness as 70-80% of youth will consider suicide prior to graduation and for every 1 suicide there are 100 to 200 attempts. Suicide is the second leading cause of death in youth.

In 2014/2015, they have extended their programs to include:

- 1) new grade 5/7 suicide prevention program
- 2) Info sessions for parents
- 3) Expanded programs at VIU
- 4) Increase access to crisis support, crisis chat and crisis text

To maintain these programs they need both money and volunteers.

Heather finished off her talk saying that we should never take for granted the power of a kind gesture.

Jeff Boegel advised that the Mid-Island Abilities Society is moving to new premises and they will be looking for our members to provide some sweat equity to set up the new location.

Birthday

In abstentia, Ron Blank was wished a happy birthday as he had made a quick exit to the golf course.

50/50

Bill advised that the pot is about \$1000. No Winner.

SOA

Neil advised that in all good conscience he could not fine anyone on Eileen's inaugural meeting, so happy dollars ruled the day.

We then recited the Four Way Test

Have a Great Week!

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:

Eileen Tatton

Past President:

Don Bonner

Vice President:

Club Secretary:

Club Treasurer:

Anna Jones

Club President Elect:

Neil Sorsdahl

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

~~~~~ 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?

