



*Club Duties*

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

# Weekly Wake-up

**August 8th, 2018**

**Front Door Greeters:**

Dave Perry & Terry Rogers

**Front-of-House:**

Jeff Boegel

**Invocation:**

Anna Jones

**Introductions:**

Denise Larson

**Rotary Minute:**

Karin Mattern

**50/50:**

Bonnie Murrell

**Sgt @ Arms:**

Sher Holubowich

**Meeting Notes:**

Bill Hardy

*Upcoming Programs*

Aug 8th - Lauren Rogers re: Malawi Trip

Aug 15th - Rob Rose, Rotary Club of Bellevue, Nepal

Aug 22nd - Meeting moved to Tillicum Lelum. Host Tammie Myles (Business Meeting)

**August 15th, 2018**

**Front Door Greeters:**

Kris Rongve & Eileen Tatton

**Front-of-House:**

Jeff Boegel

**Invocation :**

Brian Kirkhope

**Introductions:**

Doug Lum

**Rotary Minute:**

Christine McAuley

**50/50:**

Caitlin Mangiacasale-Ashford

**Sgt At Arms:**

Denise Davidson

**Meeting Notes:**

Janice Perrino

*2nd Annual Rotary Youth Exchange Fundraiser...*

The 2<sup>nd</sup> Annual Rotary Youth Exchange Fundraiser will be taking place on Tuesday, August 26<sup>th</sup> at Cavalotti Lodge. Tickets are \$25 Adults, Kids \$15.

Last year's event was well attended and we needed to move to a larger venue. Attendees will get to meet incoming and outbound students and meet other Rotarians.

For more details, contact Joan Ryan at 250-713-5549.

Contact Ron Blank or Rod Mont with your intentions to arrange for tickets.

*New Member Application...*

Fred (Frederic) Pons:

Works at Coastal Community Credit Union as Information Security Officer at Main Branch. Married to Lisa with daughter Carole. Previously worked in French military in cyber security. Would like to raise awareness about information security and cyber fraud. Also an enthusiastic vegan.

Sponsored by Ron Blank, tentatively approved by the Board. Proposed classification "Cyber Security". Any objections should be voiced or written to the Executive before Tuesday 7 August at 4PM. If none heard, he will be asked to join Rotary Daybreak.

*Link to Daybreak Calendar...*

[http://www.daybreakrotary.ca/index.php?p=1\\_14](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](mailto:robbmowbray@telus.net)**



**August 22nd, 2018**

**Front Door Greeters:**

Randall Taylor & Dave Thompson

**Front-of-House:**

Jeff Boegel

**Invocation :**

Denise Larson

**Introductions:**

Patrick Maguire

**Rotary Minute:**

Bonnie Murrell

**50/50:**

Caitlin Mangiacasale-Ashford

**Sgt At Arms:**

Daryl Knieval

**Meeting Notes:**

Terry Rogers

*Club Birthdays*

Aug 8 Wayne Peddie

*Club Anniversaries*

Aug 12 Bonnie Murrell & Brad Harvey

Aug 13 Bill Brendon & Nancy Scott

## Meeting Notes - Aug 1/2018 submitted by *Randall Taylor*, photos by *Donna Allen*.

President Ev Boegh led this week's meeting, opening with an a cappella version of 'O Canada', followed by invocation. Our guests were Dr David Forrest, who would be our guest speaker and Major Rob Burrows of the Salvation Army. There were no visiting Rotarians. Sgt-at-Arms Kris assigned table order and breakfast began.

### Announcements:

President Ev circulated a sample of a Rotary business card for individuals. Contact Ev for details.

There will be a "5 club" Youth Exchange fundraiser held on Tuesday August 28<sup>th</sup> at Cavalotti Lodge. The event starts at 6:00pm. This will be similar to last year's event at the Rugby Club, with exchange students in attendance. See Ron or Rod for tickets. We need 5 members to bring a bottle of wine to this week's (Aug 8<sup>th</sup> meeting).

There will be a Rotary Friendship dinner to hosts Rotarians visiting from New Zealand. The dinner will be held on Sept 11<sup>th</sup> at the Nanaimo Yacht Club. Please sign up this week!

Our meeting on Aug 22<sup>nd</sup> will be held at the Tillicum Lelum Aboriginal Friendship Centre. This will be our monthly "info meeting".

Bonnie announced that the Rotary logo'd shirts have arrived. These will be distributed at next week's meeting.

Ron B. reminded us that some membership dues are still outstanding. Also, Every Rotarian Every Year donations will be applied to the "polio" fund this year. Please make payments to Ron.

We have a membership application from Frederic Pons, whose classification is cyber security. Frederic will be installed as our newest member pending no member objections.

San Mahara described the Nature, Culture and Adventure tour of Nepal from October 27<sup>th</sup> to November 13<sup>th</sup>. Rob Rose will be a guest at an upcoming meeting to provide details.

### Presentation:

Sheila introduced our guest speaker; Dr. David Forrest. David is an "internist" in the I.C.U. of the Nanaimo Regional Hospital with a focus on infectious disease and critical medicine. David provided a very unique opportunity for club members to ask questions, without formal presentation. This format more than filled the available time. We learned that:

Management of HIV is a huge success as the medical approach is to suppress the virus and let the immune system rebuild. Treating a large portion of the population to prevent transmission of HIV will help eradicate the disease.

The largest population group at risk from Hepatitis C is baby-boomers; born between 1945 and 1965. There is effective treatment and cure, so everyone should be tested for the disease at least once.

There is concern about younger parents opting-out of vaccinations for their children; there is some increase in disease rates where vaccinations are effective. If there are not enough people vaccinated in a population then the disease can out-breed the treatment.

Shingles is a painful disease for which we have effective vaccination. The vaccine is not supported through public medicine so must be purchased privately.

Unusual infective diseases in our area include Cryptococcus, which has likely been "imported" from Australia. This disease is appearing on east Vancouver Island, also now on Mainland and down to Oregon. Cryptococcus affects the lungs and can affect the brain.

Special presentation was made to Denise Davidson as she has earned a Paul Harris plus 2 award.

### Draws:

50/50; Ron B had a chance to draw (in absentia), but no luck. Foundation draw was won by Dawne Anderson.

Sergeant at Arms collected fines and Happy Bucks. We then recited the Four Way Test and said our goodbyes.



## 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, 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!**

