



Club Duties

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

Weekly Wake-up

Oct 10, 2018

Front Door Greeters:

Denise Davidson & Sheila Forrest

Front-of-House:

Terry Rogers

Invocation:

Rod Mont

Introductions:

Bonnie Murrell

Rotary Minute:

Eileen Tatton

50/50:

Caitlin Mangiacasale-Ashford

Sgt @ Arms:

Denise Davidson

Meeting Notes:

Janice Perrino

October 17th, 2018

Front Door Greeters:

Bill Hardy & Sher Holubowich

Front-of-House:

Terry Rogers

Invocation :

Bonnie Murrell

Introductions:

Doug Pearson

Rotary Minute:

Wayne Peddie

50/50:

Caitlin Mangiacasale-Ashford

Sgt At Arms:

Graham Calder

Meeting Notes:

Bill Hardy

October 24th, 2018

Front Door Greeters:

Brian Kirkhope & Daryl Knievel

Front-of-House:

Terry Rogers

Invocation :

Wayne Peddie

Introductions:

Janice Perrino

Rotary Minute:

Randall Taylor

50/50:

Patrick Maguire

Sgt At Arms:

Kris Rongve

Meeting Notes:

Terry Rogers

Upcoming Programs

Oct 10 - Dr. Thomas Therriault – Research Scientist

Oct 17 - Rotary Information Meeting

Oct 24 - Rod Fay re: ???

Oktoberfest 2018 coming up VERY soon!!!!...

We are now 10 DAYS away from our biggest fundraiser event that brings in money from outside the club. Do you have your tickets? Are you bringing Friends? Family? Guests?

This year's event will be on SATURDAY, OCTOBER 20 at Beban Auditorium. Let's make it the best one yet!!!

Tickets are available now for \$25 each. There is a small service charge (\$1.74 or 3.3%) per ticket for online purchases. For online ticket purchases, go to <https://www.eventbrite.ca/e/nanaimo-oktoberfest-2018-tickets-49160962763>

THIS WEEK!!! Tickets will be sold to Rotarians for them and their guests on WEDNESDAY, OCTOBER 10, 2018 at our regular meeting. Cash or cheque will be accepted and no service charge will be levied on these purchases on this day. No IOU's. Please talk to Rod Fay about volunteering on the day of!

Buddy List now online...

The October version of Daybreak Rotary's Buddy List is now online in the Members Only section of RotaryDaybreak.ca.

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

Club Birthdays

Oct 14 Rod Fay

Club Anniversaries

Oct 10 Doug & Karen Lum

Oct 11 Nelson & Donna Allen

Meeting Notes - Oct 3/2018 submitted by Randall Taylor, photos by Donna Allen.

President Ev Boegh led this week's meeting, opening with 'O Canada', followed by invocation.

Guests: included Joy Cameron and Michael Ribicic from the Lantzville Rotary Club, guest speaker Dr. Paola Lake and Rotary Exchange Students Ayu Fijiwara from Japan and Dorien Abbekerk from the Netherlands. Ed Wittenberg's son, Dominic, was also in attendance.

Rotary Minute: was provided by Kris Rongve, who reminded us about the work of ShelterBox and Disaster Aid Canada. ShelterBox has provided assistance to over one million people in need, in an impressive list of countries around the globe. Last year, they assisted 32,000 people and the need will always be ongoing.

Announcements:

San reminded us of the third annual Walk For Nepal taking place on Sunday, October 28, at Westwood Lake. Registration is at 9:30. Come and walk, or help by collecting pledges.

Rod Fay let us know that our meeting on October 24th will be "bring a guest" breakfast, as a way to introduce new people to Rotary and our club.

Rod also circulated a sign-up sheet for volunteers to help with the Club's annual Oktoberfest event on October 20th. Many volunteers are needed as this event continues to grow. Please email Rod Faye to offer your services.

Christine McAuley invited all to a Beer and Burger event on October 14th at the Old City Station pub. The event is in aid of work of the Brain Injury Society. Event starts at 6:00.

And Rod Mont somewhat gratefully passed the Daybreak Award of Excellence to Bonnie Murrell for her participation with an outing for Rotary Exchange Students. Way to go Bonnie!

Guest Speaker: Our program was provided by Dr. Paola Lake, who is clinical and rehab psychologist. Dr. Lake focused on the "balance" in our lives, getting us to consider that "how we think shapes our decisions about our well being". We can visualize the balance as an emotional bank account where we "deposit" the benefits of activities that give us energy and peace-of-mind. The withdrawals from the account are those activities and thoughts that deplete our energy. We need to balance these thoughts and activities.

To make changes to our life's balance we need to re-evaluate our beliefs (the subconscious). It is important to determine "what activities create a deposit for yourself". Your decisions about this can change your physiology and balance your mind. We were encouraged to consider eight areas of our lives and consider which areas might be off-balance. Then consider "what are my beliefs that prevent me from making deposits" in these areas.

Dr. Lake encouraged us to target our beliefs to those which allow empowering behavior. Dr. Lake can be contacted at drlake@shaw.ca

Draws: 50/50; A new game begins. For this day we played a virtual hand where Doug Lum had a chance to guess the elusive card, but no luck. The Foundation draw was won by Denise Davidson.

Sergeant at Arms collected fines and many Happy Bucks, with Bob Wall making a large donation from his winnings last week.

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!

