

### Club Duties

If you are unable to fulfill your duty, could you please find a replacement or let the President know you are unable to attend.

#### November 17th, 2010

##### Front Door Greeters:

Don Bonner & Bill Brendon

##### Invocation:

Barb Denike

##### Introductions:

Val Lennox

##### Rotary Minute:

Neil Sorsdahl

##### 50/50:

Val Lennox

##### Sgt @ Arms:

Daryl Stech

#### November 24th, 2010

##### Front Door Greeters:

Christine Craigie  
& Denise Davidson

##### Invocation:

Wendi Ferrero

##### Introductions:

Christine McAuley

##### Rotary Minute:

Daryl Stech

##### 50/50:

Val Lennox

##### Sgt @ Arms:

Neil Sorsdahl

#### December 1st, 2010

##### Front Door Greeters:

Barb Denike & Wendi Ferrero

##### Invocation:

Francine Frisson

##### Introductions:

Jim McIvor

##### Rotary Minute:

Eileen Tatton

##### 50/50:

Randall Taylor

##### Sgt @ Arms:

Dave Thompson

# Weekly Wake-up

### Upcoming Programs

November 17th - Club Assembly

November 24th - Rotary Exchange Students

December 1st - World Community Service - Nelson Allen

## NOTICES & NEWS

### *New Member Notice...*

Unless written objection is received by a member of the executive within 7 days of this notice, the following person will be invited to join our Rotary Club:

Anna Owens  
Classification: Accounting & Tax  
Sponsored by Rod Mont

### *Fireside Chats...*

Members please note the dates for the two remaining Fireside Chats:  
Thursday Dec 2nd, hosted by Val Lennox (room for no more than 2 or 3 more)  
Friday December 3rd, hosted by Tiffany Haarsma. Both evenings begin at 7:00 p.m.  
There are about 10 members who have yet to sign up for a Fireside!  
You're missing an evening of great fellowship and conversation - not to mention the consequences!!  
Patrick Maguire

### *Notice to Members re: Foundation Donations...*

Kris Rongve will ensure that all Foundation money that club members have donated through the club will be sent in at the beginning of December. Therefore, anyone who wishes to make an extra donation for the 2010 tax year, please provide the funds to Kris by December 1, 2010.

### *CFL East & West Finals this coming weekend...*

No Lions, but Neil is happy!...for now...but the Riders aren't at home this week...anyway, check the final scores to see if you win on the pool!



**Please send content and photos for the Weekly Wake-up to [robbmowbray@telus.net](mailto:robbmowbray@telus.net)**

### *Club Birthdays*

No Birthdays this week.

### *Club Anniversaries*

No Anniversaries this week.

*Meeting Notes - November 10th submitted by Ron Blank, photos by Donna Allen*

It's a brekkie away from home. It must be Wednesday. Easily confirmed by the presence of our Day-break President Patrick Maguire standing in front. Nice touch this morning. In honour of Remembrance Day, Rod Mont played Last Post, followed by two minutes of silence. Then, back into our regular routine with our National Anthem.

Daryl Knievel handled our introductions. Patrick was slow, when Andriana Wilson-Busby jumped up & introduced herself as President of the Oceanside Rotary Club. Guests: Dave Thompson introduced Gina (hard G) Dibden, Don Bonner spoke of the son he never had, exchange student Kevin, Ken Hammer reacquainted us with the recently returned Ray Penner of VIU, Mike Consell, our guest speaker was introduced by Kris Rongve and Christine Craigie advised that her partner John Layer would also take away our food donations. Rod Mont re-introduced the recently blistered Anna Owens, who has now presented her application for membership. (Got them from planting daffies!)



*Don with the son he never had, exchange student Kevin...*

Never one to shirk the power, Sergeant-at-Arms Don Bonner managed to derange the order for our morning repast, and amazingly, the boys didn't eat last!

Kris returned to her feet, and formally presented our speaker, Mike Consell, the Executive-Director of Loaves & Fishes, our community food bank.

Mike shared their history, beginning 25 years ago with St. Paul's Anglican Church members providing assistance to some of their own needy. The numbers grew and they started to include members of the community. Within 13 years, the programme grew too big for the congregation, and they then incorporated the Loaves & Fishes Food Bank Foundation. (1996)



*...Jennifer presents the book to guest speaker Mike Consell on behalf of camera-shy Kris...*

Since they opened their doors, the people of Nanaimo, through churches, businesses, service clubs and as individual donors and volunteers, have generously contributed time, energy, financial support, donations and vision to help feed those in need. In 2009, they provided 43,855 food bags to those in need. Mike noted that he had seen several of our Club members helping in past, and everyone is invited to come and see their them in action, and to volunteer.

Mike said his purpose, today, was also to promote "SHAW TV's Together is Amazing" campaign, where they, and Campbells Soup, will match every donation, pound for pound. (If you missed bringing something this morning, take your donation to to Christine & John's home before Tuesday, but first

Food distribution was initially located in Farquahar Street, near to their largest client base. Times have changed for the worse, and they added food distribution centres from Christ Community Church on Bowen Road, St. Andrews, Departure Bay Road, St. Paul's on Harewood Road, and Brechin United on Estevan Road.

Unfortunately, theirs is one of those businesses that keeps growing as a large segment of our population has the inability to meet their

basic needs. "How many do we feed in a month?" as Mike. Answers were short. In fact, 3,500 to 4,000 adults per month, plus over 1,000 families. Their weekly food supplement bag provides one, to one and a half, days food. They also provide a hot meal to over 120 people per week. (THAT's nearly 5% of our city's population!)

One common problem is the lack of transport for those trying get

*...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.

*Rotary Contacts*

- Club President:**  
Patrick Maguire
- Past President:**  
Dave Perry
- Vice President:**  
Neil Sorsdahl
- Club Secretary:**  
Eileen Tatton
- Club Treasurer:**  
Cindy Bartlett
- Club President Elect:**  
Bill Brendon
  
- International Service Director:**  
Rod Mont
- Community Service Director:**  
Christine Craigie
- Vocational Service Director:**  
Dave Thompson
- Club Service Director:**  
Denise Larson
  
- Bulletin Editor:**  
Robb Mowbray
  
- Assistant Governor Area 2B:**  
Brenda Grice
- District Governor 2010-11:**  
Robert Martin
- RI President 2010-11:**  
Ray Klinginsmith

*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 Neil Sorsdahl at [goldendivot@shaw.ca](mailto:goldendivot@shaw.ca)

*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?



their meals. Their newest distribution centre will be located in Cedar. This is considered a win-win situation as clients will be closer to the food, and L&F will also find a newer volunteer and donation base.

The L&F annual budget is \$820,000, and cash is used to supplement their donations with perishable foods.

This year, the Christmas Hamper programmes will, again, be a joint effort between themselves and the Salvation Army. School District # 68 has donated the use of Mount Benson School, which is a great location to prepare their 2,000 plus food hampers: no stairs, and on a bus route. With \$20,000 from the Salvation Army, and over 300 volunteers, they assemble the hampers over a six week period. Nelson Allen said the Facilities committee at SD68 will continue their "donation" as the long term goal is to re-open that school for kindergarten. Check out their website <http://hampervillenanaimo.org/> or their main site at <http://www.nanaimoloavesandfishes.org/>

Mike admitted during questions that "It is a band-aid solution" and many of their population are the working poor. BC's minimum wage, once the highest, has not gone up since 2001, and is now the lowest. (Consider that our cost of living is one of the highest.) Leftover food from consumers can't be given out, because of public health issues, but they are investigating food from restaurants. Food donations should be non-perishable, and low risk perishables, such as garden fresh or store bought fruit and vegetables. Toilet paper, tooth paste and other personal care items and baby products are always valued. If you donate large bags of rice, potatoes, etc, they actually break them down. Lastly, they will even accept hotel 'travel kits.'



How come? Jennifer Tonsi came up with Kris? Kris announced the book to be donated in Mike's name was "Blue Day Book," a book of humour for these tough times, Jennifer presented the book, and Donna Allen snapped the photo. (GOT IT!! Camera shy Kris tried to negotiate herself out of the picture.)

Last Saturday's daffodil planting was in the shape of two Rotary Wheels, said Christine. She thanked the volunteers and Daryl Stech & Sharecost for the loan of the tools. Continuing, Christine asked that we dig deeper for donations to the Grey Cup Silent Auction. Rod stated we had sold all the of the Grey Cup 50/50 tickets. Jim McIvor passed out the posters for our Event, and they look great. (Check out our website)



*...but Don made sure Kris ended up in a photo anyway...*

President Patrick noted there are two more Fireside Chats, Kris's being full, and Val Lennox will host a Dickens theme at the changed date of Thursday 2 December at 7:00, including 'appies.' Tiffany Haarsma stepped forward and promised a repeat on Friday 3 December, if needed for (my words) those bad ones. like me, that forgot her last event!

*...and we'll throw in last week's photo to boot...*

White boards for whiteboards is close to completion, with donations being accepted this coming Wednesday, announced Ken.

Bill Brendon encouraged more helpers with the PARTY Programme at NRGH today. Five to six are needed each week, and their coordinator, Nikita, provides pizza and free parking. (Patrick & I are also volunteering as presenters for the "Rehab" sessions)



*...Nelson & Ken receive cheque from Andriana, Oceanside President...*

Jeff Boegel will coordinate a team of bell ringers for the Salvation Army Kettle and funds allocation has decided to pay the fee for promoting our Club.

Being late, Sergeant-at-Arms Don passed.

Our Annual Christmas Auction is on December the 8th meeting, and Donna Allen said that Fairview and Park Avenue Schools will select two families each

Our President has received a notice of intention to join our Club from Anna and the Board passed their acceptance on Tuesday.

Eileen Tatton has work and family conflicts and regretfully has asked to leave her Secretary's position. She received a round of applause for her contributions. We will support you, Eileen, in these difficult times.

Gayle Wilson jumped in and said that she could be the Secretary! (WHOA! Do you know what your getting into?) Bravo Gayle!!

Club Service Director Denise Larson has found a better venue for our 15th Anniversary Dinner on the 22nd of January, 2011 (ALREADY!) and the Diner's Rendezvous has also agreed to a better price of \$30 for the evening meal.

Our 50/50 has reached the gala sum of \$163, and Don drew for the now absent Doug Lum. Ancillary prizes were given by Gayle to Lucky Denise Davidson and Patrick (AGAIN!)

Before closing this very active and busy meeting, Pres has contacts with a time-share in Southern California, and he will divulge the details when asked.

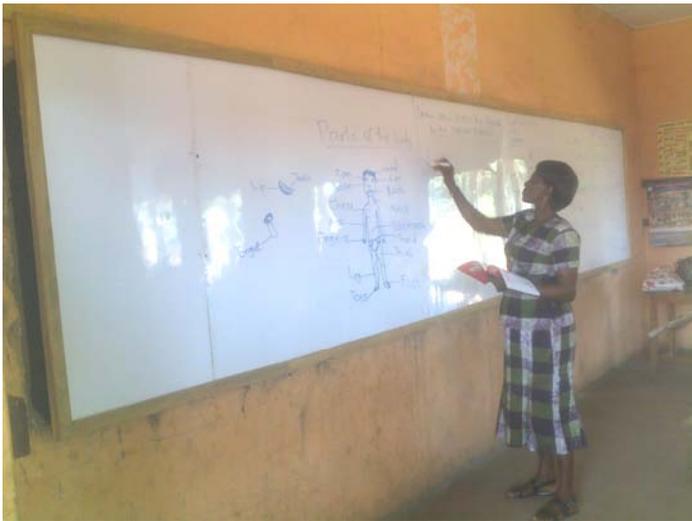
WHEW! Damaged typing digits indeed. We have now completed this year's 44th meeting. Have you joined the "Every Rotarian, Every Year" club? See Dawn Anderson.

**ROTARY DAYBREAK  
UPCOMING BINGO COMMITMENTS 2010/2011**

Tues., Dec. 7, 2010	11am – 1 pm	Ron Blank & Dave Thompson
Thurs., Jan. 13, 2011	11am – 1 pm	Don Bonner & Robb Mowbray
Sat., Feb. 19, 2011	11am – 1 pm	Kris Rongve & Christine McAuley
Mon., Mar. 28, 2011	11am – 1 pm	Eileen Tatton

*Don't Forget to Sell Grey Cup Party Tickets!!!*

*Work on Whiteboards Is complete.  
Whiteboards for Classrooms of Sunyani, Ghana*



<b>\$25.00</b>	Watch The Grey Cup On Projection Screens	
	Door Prizes & Silent Auction	
	Plus Much Much More	
	Tickets include	
	One Free Drink and Steak Dinner plus all the munchies you can eat	
	Lantzville Costin Hall No Host Bar 3:30 - 8:00 pm Sunday, Nov. 28, 2010	

