



### Club Duties

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

#### November 7th, 2012

**Front Door Greeters:**

Ev Mudryk & Terry Rogers

**Invocation:**

Bob Wall

**Introductions:**

Graham Calder

**Rotary Minute:**

Doug Lum

**50/50:**

Dawne Anderson

**Sgt @ Arms:**

Kris Rongve

#### November 14th, 2012

**Front Door Greeters:**

Kris Rongve & Darryl Shaw

**Invocation:**

Donna Allen

**Introductions:**

Denise Davidson

**Rotary Minute:**

Patrick Maguire

**50/50:**

Dawne Anderson

**Sgt @ Arms:**

Dave Thompson

#### November 21st, 2012

**Front Door Greeters:**

Eileen Tatton & Dave Thompson

**Invocation:**

Nelson Allen

**Introductions:**

Chris Everett

**Rotary Minute:**

San Mahara

**50/50:**

Randall Taylor

**Sgt @ Arms:**

Denise Davidson

## Weekly Wake-up

### Upcoming Programs

November 7th - Chris Everett & Denise Davidson, Membership

November 14th - Anna Jones, Transition to GST / PST

November 21st - Club Assembly

## NOTICES & NEWS

### Order Your Christmas Fruit!!!...

Hello Friends - Again this year, the Rotary Club of Nanaimo North is offering the chance to order boxes of Oranges and Grapefruit. The proceeds from these sales will be used by the club to support local charities and community projects. You can buy it for yourself and/or buy it to donate to a deserving charity.

The fruit is tree-ripened, fresh picked and driven directly here. It will be arriving in mid to late November. The cost is \$40 for a 40lb box, \$25 for a 20lb box and \$45 for a mixed box (half oranges and half grapefruit). If you would like to order some, you can just e-mail me at [bill@ourhiddenheroes.org](mailto:bill@ourhiddenheroes.org) or call me with your order (250-741-7499) and I'll fill in the form for you. I'll let you know when it comes in and you can pick it up or I'll be pleased to deliver it to you - you can pay when it arrives.

In addition to getting great fresh fruit in time for Christmas this is also a wonderful opportunity for you to support those organizations that help the less fortunate in our community. Each year quite a few people order fruit to be given to a deserving local organization such as the Food Bank, Sally Ann, Haven House, Nanaimo Youth Services etc (I for example am ordering a couple of boxes to give to the Nanaimo Women's Centre and the one-stop centre at Nanaimo Youth Services).

Thanks and please share it with anyone you think may be interested.  
Bill Robinson

### Club Correspondence...

Check out the link below for the latest in correspondence to the Club from various sources:  
[http://www.daybreakrotary.ca/index.php?p=2\\_8](http://www.daybreakrotary.ca/index.php?p=2_8)

**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.

*We gratefully acknowledge the financial support of the province of British Columbia*

P.O. Box 37051, #38 - 3200 Island Highway, Nanaimo, BC Canada, V9T 6N4 / Phone 250-741-9333  
Rotary District 5020 / Club # 31160

*Meeting Notes - October 31st*

*notes by Ron Blank, photos by Donna Allen*

Karin Mattern stepped in to give our Invocation. (? Couldn't hear what she said? Ans: "I mumbled as it was too short a time to prepare."

Christine Craigie found one guest this morning, our speaker Ansel Updegrave, a Doctor of Chiropractic at the Long Lake Clinic.

Robb Mowbray subbed as Sergeant and we got fed.

Ever learning more about Rotary, Michael Leduc's Moment related the beginnings of Rotary. In the summer of 1900, Attorney Paul Harris had dinner with a small town friend. After dinner, they strolled through the neighbourhood and he was introduced to all of the local business owners. Paul was impressed with the social aspect of meeting fellow business people. On 23 Feb 1905, he had Gustavus Loehr, Silvester Schiele and Hiram Shorey meet in his Chicago office and he pitched his idea of forming a professional club with the same friendly spirit he had felt in small town America. Today, we have over 32,000 Clubs and 1.2 million people in more than 200 countries.

President Denise thanked everyone who stepped in last week during our District Gov's visit. Our meeting looked and sounded seamless.

Chris Everett noted our Fireside Chats are now done, and President Elect Randall Taylor will make a synopsis of our discussions. (Results will help guide him in his year as Pres.) Chris also said that we will again be hosting the Tigh-Na-Mara for their annual staff appreciation party and sought volunteers.



*Rod Mont was resplendent in his Beef-eater Guard costume...  
...and the only one to dress up...*

Grey Cup Party tickets are now available and cost \$25, which includes thirst provoking snacks, a great steak dinner from Chef Bruce Mede, and the fun of have 99 others hollering for BC Lions to win again! Rod Mont still has some 50/50 tickets available. They must be sold before game one of semi's on Sunday November 11th at 1:PM, Torawneh time.

Patrick Maguire needs volunteers for November 7th Prevent Alcohol & Related Trauma to Youth, PARTY, at the Hospital. Here's a chance to witness the transformation of jaded 15 year olds. (The Nanaimo results are very positive <http://partyprogram.com/Default.aspx?cid=560&lang=1>)

Christine Craigie is looking for auction items for Grey Cup. Also, for those so inclined, baked items and baskets would be appreciated for our Christmas Auction. Yup, more pickling beets are coming as well.

Coming on Thursday Feb 21st will be another 6 Club soiree and Bill Brendon will fill in the details as they hatch the plot, maybe a new place, different theme, and other Clubs have ?graciously? declined further input from the Daybreak Theatre Group.....

Our speaker Ansel Updegrave came from Detroit Michigan. He was active in cross country skiing, and played lacrosse at Albion College. He graduated with a B.A, worked in the auto business. Dissatisfied, he left the industry. He went back to college and graduated with a Doctor of Chiropractic.

*...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:**  
Denise Larson
- Past President:**  
Bill Brendon
- Vice President:**  
Chris Everett
- Club Secretary:**  
Neil Sorsdahl
- Club Treasurer:**  
Anna Jones
- Club President Elect:**  
Randall Taylor
  
- International Service Director:**  
Francine Frisson
- Community Service Director:**  
Darryl Shaw
- Vocational Service Director:**  
Doug Lum
- Club Service Director:**  
Donna Allen
  
- Bulletin Editor:**  
Robb Mowbray
  
- Assistant Governor Area 2B:**  
Barry Sparkes
- District Governor 2012-2013:**  
Judy Byron
- RI President 2012-13:**  
Sakuji Tanaka

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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?





...There were Hallowe'en goodies on all the tables...

He chose Nanaimo because he felt Nanaimo, unlike the auto industry, is sustainable, natural and has lots of resources for the health of our community. He practices in the Wellington Clinic

Ansel said that Alzheimer's is the 6th leading cause of death and it's increased 9,000 % since 1980. (2011 W.H.O. report shows Alzheimer's & dementia is 4th cause of death in high-income countries <http://www.who.int/mediacentre/factsheets/fs310/en/index.html> ) "All other leading causes of death are reversible, not Alzheimer's."

Dr Updegrave believes that finding an early warning system will help prevent some effects of the disease. We were then asked to stand, close our eyes, and balance on one foot. Most of us could not stand for 17 seconds. He says that balance is the earliest and best

determinants of whether a person will get the disease.

The impact of Alzheimer's on families will be profound, both on their stress and financial levels. The financial impact on society will be astounding. Consider that 85% of your medical costs are spent within the last five years of your life.

The brain's hippocampus plays a role in consolidation of short-term and long-term memory and in spatial navigation. In Alzheimer's, the hippocampus is one of the first regions to be affected. Hence the memory and spatial loss issues (time, place & location) associated with the disease.

Dr Ansel believes that high fructose corn syrup, introduced into foods in 1976, is a neuro-exciter and it accelerates aging. Because it's cheap, industry uses it in place of more natural products. It should be removed from our foods! By eating more holistically, we can lower our levels of stress and toxicity.



...Guest Speaker, Dr. Unsel Updegrave with Rod and Denise...

Chiropractic works on your neurological system. Neurogenesis will help and improve your body and it's systems.

Thanking Ansel for his presentation, Patrick presented the book we will put in a library, in his name, titled "Feet of Clay"

50/50 was handled by Wendi Ferrero and the money pot keeps growing. That being the end, we 4Way'd to home and work.



...(above) Happy Rotarians in happy discussion...  
...(left) Wendi wins the bottle of wine...and donates it back :-)  
...(right) Sargeant for a Day



**ROTARY DAYBREAK  
UPCOMING BINGO COMMITMENTS 2012**

Mon, Nov 12 11am – 1pm  
Dave Thompson Daryl Knievel

Fri, Dec 21 11am – 1pm  
Denise Larson Robb Mowbray

**Have A Great Week!**

