



*Club Duties*

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

**August 21st, 2013**

**Front Door Greeters:**

Graham Calder  
& Christine Craigie

**Invocation:**

Denise Davidson

**Introductions:**

Francine Frisson

**Rotary Minute:**

Leanna Plug

**50/50:**

Ron Blank

**Sgt @ Arms:**

Denise Davidson

**August 28th, 2013**

**Front Door Greeters:**

Denise Davidson & Chris Everett

**Invocation:**

Wendi Ferrero

**Introductions:**

Ken Hammer

**Rotary Minute:**

Terry Rogers

**50/50:**

Ron Blank

**Sgt @ Arms:**

Daryl Knievel

**September 14th, 2013**

**Front Door Greeters:**

Denise Davidson  
& Francine Frisson

**Invocation:**

Chris Everett

**Introductions:**

Sher Holubowich

**Rotary Minute:**

Kris Rongve

**50/50:**

Wendi Ferrero

**Sgt @ Arms:**

Don Bonner

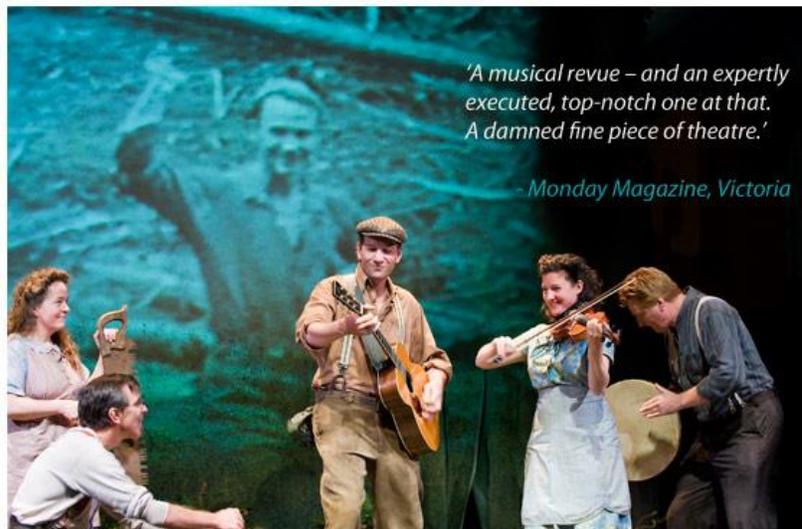
# Weekly Wake-up

## Upcoming Programs

Aug 21 Club Assembly - Business Meeting  
Aug 28 Ron Fisher - Rotary Youth Protection Compliance  
Sept 4 TBA

## NOTICES & NEWS

*Good Timber at the Port Theatre, Tuesday at 1pm...*



### *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*

August 20 Dawne Anderson

### *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 Hwy, Nanaimo, BC Canada, V9T 6N4 / Phone 250-741-9333  
Rotary District 5020 / Club # 31160

*Meeting Notes - August 14th*

*notes by San Matara photos by Donna Allen*

Nathan Thornton was at the door taking payment from all the meeting goers. Don Bonner and Ev Mudryk were eagerly extending their warm welcome. President Randall Taylor summoned the start of the meeting by striking his gavel. Rod Mont was able to give his musical accompaniment to our national anthem.

We had a few visiting Rotarians and a guest as well. Rotarian Tim Rabbit was visiting from the Strathcona Sunrise Club in Comox Valley. Asst. Governor Barry Sparks joined us for breakfast as well. Bill Brendon introduced his friend Randy Spensley. Denise Larson introduced her brother Mark....sorry it was Paul and his wife Diane Lucier from Windsor.

Daryl Knievel, in his capacity as sergeant allocated tables for breakfast and this time he was generous enough to select the unofficial boys table first, as some of the members had to leave early.

Anna Jones did her Rotary moment for which she got the ideas from online about how to encourage the young members to get involved in clubs. Her suggestion, get them involved in service activities before they get lost in the crowd.



*Anna Jones provides the Rotary Minute...*

Randy Spensley, a kidney transplant recipient, was our speaker today. His topic was kidney failure and donor registry. Bill introduced him and spoke with some personal touch about the whole incidence of donating his kidney. They have been friends for more than 14 years, along with their wives. Randy suffered an illness and needed a kidney to survive. There was a long list of donors, but, as a friend, Bill was very unlikely to be a good match. That is what Bill had thought initially. However, he became the most generous donor of all to Randy's life.

During those days, Randy was going for four hours of dialysis two times a week. He was not able to take a bath, only a shower, for four years, as he recalls his last bath in Ireland while he was travelling.

As a donor and recipient, they both had to go for rigorous testing and blood work for six months. Finally, Bill was the perfect match.

On the day of the transplant, they operated on Bill first, and then it was Randy's turn. Due to all those frequent dialysis sessions, Randy's bladder was shrunk and he now had to go to washroom very frequently. "Billy the Kidney" was on its full swing, working harder for Randy. Yes, that was the name given to the transplanted kidney. Since the procedure was done at S.t Paul's Hospital, he has been going for regular check-ups.

He spoke about the Kidney Foundation of Canada's PR campaign called "Kidney Hero" Save life, recycle for life. He explained that there are different types of transplants available today. Among them are human, animal and artificial.

*...continued on next page/*

*Rotary Contacts*

- Club President:**  
Randall Taylor
- Past President:**  
Denise Larson
- Vice President:**
- Club Secretary:**  
Neil Sorsdahl
- Club Treasurer:**  
Anna Jones
- Club President Elect:**  
Chris Everett
- International Service Director:**  
Nelson Allen
- Community Service Director:**  
Rod Mont
- Youth Service Director:**  
Doug Lum / Sher Holubowich
- Club Service Director:**  
Kristin Rongve
- Bulletin Editor:**  
Robb Mowbray
- Assistant Governor Area 2B:**  
Barry Sparks
- District Governor 2013-2014:**  
Peter Taylor
- RI President 2012-13:**  
Ron Burton

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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?

*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.



Human can be through living donor or deceased. Deceased donors are becoming less available.

Last year there were 194 kidney transplants done, whereas 381 people were still waiting. There are huge demands for organs like heart, lung, and liver. Of all the different organs, total of 366 transplants were carried out, whereas 482 patients were still waiting. He sincerely requested everybody to consider being an organ donor.

Randy gave a quick "Kidney 101" to the club. The main function of the kidney is to filter the blood and send the waste to the bladder. The function of the kidney is measured as "Glomerular filtration rate" ( GFR) which should be 80% or higher. If the GFR is lower, then it could be the sign of kidney failure, which shows as high blood pressure, puffiness in the eyes, hands and feet, fatigue, loss of weight, loss of appetite. There could be blood in urine.

The treatment involves: 1. Diet 2. Dialysis 3. Transplant. Dialysis is very time consuming and stressful. It involves food and fluid restriction with lots of medications. It affects the whole family. It hampers work and there are possible side effects.

Kidney transplant will free up an individual from all of those complications. There is a financial benefit as well for doing transplant procedure. Dialysis done for 10 years in hospital will cost \$600,000 per individual. Due to its clear benefits with transplant, the "living Kidney", a donors network, has come up with a concept called "paired kidney exchange programme". This has allowed two incompatible donor and recipient pairs to get the benefit from another compatible donor who is in the network. If anybody wants to be in the network, they have to get registered as a donor in BC Transplant Society.

Bill is doing a kidney fundraiser by walking. Please support him. He ended with a happy note that both the donor, Bill, and the recipient, Randy, were doing fine. Then it was followed by Q/A.



...Pres Randall with guest speaker, Randy Spensley and Bill Brendon.

Sergeant Daryl collected fines and happy bucks. Lynda Kazanowski mentioned a photo op happening at Staples. Darryl Shaw gave money collected from his stand-up comedy show to the club. Dawne Anderson mentioned that the Salvation Army was hosting a dinner gala to celebrate its 100 years of community service. Graham Calder happily announced that his daughter was appearing on BCTV on a morning show.

There was no other order for the good of the meeting. President Randall called the morning after we recited the Four Way Test.

## Have a Great Week!

### ROTARY DAYBREAK UPCOMING BINGO COMMITMENTS 2013

Saturday, Aug 24 11am-1pm Leanna Plug & Kris Rongve

October 3 - Thursday 11am - 1pm Ron Blank and Dave Thompson

November 16 - Saturday 11am - 1pm Kris Rongve and Sher H

### Rotary presentation of "Good Timber"

Tuesday, August 20th, 2013  
Port Theatre

1:00 pm performance

Tickets \$25 / \$20 group of ten or more