

# Rotary Club of Nanaimo **DAYBREAK**

SERVICE ABOVE SELF

## Club Duties

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

**January 21st, 2015**

**Front Door Greeters:**

Patrick Maguire & San Mahara

**Invocation:**

Ken Hammer

**Introductions:**

Karin Mattern

**Rotary Minute:**

Donna Allen

**50/50:**

Dawne Anderson

**Sgt @ Arms:**

Denise Davidson

**January 28, 2015**

**Front Door Greeters:**

Karin Mattern & Robb Mowbray

**Invocation:**

Sher Holubowich

**Introductions:**

Rod Mont

**Rotary Minute:**

Nelson Allen

**50/50:**

Dawne Anderson

**Sgt @ Arms:**

Kris Rongve

**February 4th, 2015**

**Front Door Greeters:**

Ev Boegh & Leanna Plug

**Invocation:**

Kim Howland

**Introductions:**

Robb Mowbray

**Rotary Minute:**

Dawne Anderson

**50/50:**

Patrick Maguire

**Sgt @ Arms:**

Neil Sorsdahl

Newsletter Date:

**January 21, 2015**

Volume 19 Issue 28

# Weekly Wake-up

## Upcoming Programs

Jan 21 Club Assembly - Business Meeting

Jan 28 Kim Howland - Classification Talk

Feb 4 TBA

## NOTICES & NEWS

...

Every year we conduct fireside chats as a means to helping the new board decide what to focus on in their year. Eileen and Nelson will be coordinating these get-togethers in January and the first couple of weeks in February. Everyone should attend a fireside chat to give their input into next year's program. What is needed now are volunteers to host these events. Please advise me, Eileen or Nelson if you are able to host. If we can get enough



hosts before Wednesday we can have sign-up sheets prepared for our business meeting this coming Wednesday. Thank you in advance for volunteering.

## Catch A Smile...



Check out more photos on page 3 from the "Catch A Smile" dental care awareness program in schools. The Daybreak project is headed up by San Mahara and Donna Allen, with help from various "Tooth Fairies"...



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

## Club Birthdays

No Birthdays this week.

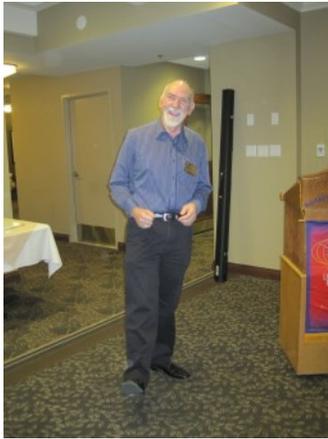
## Club Anniversaries

No Anniversaries this week.

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

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

*Meeting Notes - January 14th* notes by *San Mahara*, photos by *Donna Allen*



*A Rotary Minute from Bob Wall ...*

Nathan Thornton was on the cash, while Denise Larson and Doug Lum were cheerfully welcoming the members and guests. Bill Brendon was selling 50/50 and Nelson Allen was collecting donations for foundation. President Don Bonner invoked the meeting as Rod Mont played his instrument for the national anthem. This was followed by Denise Davidson's invocation.

Sgt Dave Thompson used his personal criteria to decide who gets to eat first. Guests were- Mr. Jim Routledge, Rotaract Kyle Eagle from VIU and featured speaker of the day Mr. Mark Busby from Nanaimo Brain Injury Society.

Bob Wall shared his Rotary Minute. He spoke about the good deeds of RI. He praised the efforts to eradicate Polio, but was concerned that the effort is hampered by a civil war in the affected region.

He said he has been involved in many Rotary events and had even dressed up like Santa which he would have not considered doing otherwise if it was not for rotary. He praised the clubs initiatives of Daffodil plantation, Christmas hampers and many other community services.

Rotaract Kyle was promoting their fund raising event happening at Nanaimo Ecumenical Center on March 24th, 2015. There will be traditional food, clothing, music and silent auction. The fund will be used to support the "milk for babies" project in Ghana.



*...Guest Speaker, Mark Busby, with Pres Don...*

It was the turn for Mark Busby to share his passion about preventing brain injury in Nanaimo.

Mark is the innovative Executive Director at the Nanaimo Brain Injury Society. Originally from Great Britain, Mark has spent the past twenty-three years working in the brain injury field, applying his skills as a community educator, mentor and leader.

A decade ago, after spending two years with the Voluntary Service Overseas in Indonesia, Mark became particularly interested in community development and the different ways people transform themselves through adversity. Mark is deeply moved by people's personal experiences with brain injury, and the many subtle (and not so subtle) ways people create meaning from these personal experiences.

Brain Injury is the leading cause of death and disability in children, adolescents and young adults around the world.

- Brain Injury is highest among young men aged 15 to 30.
- Brain Injury is estimated to affect over 480 people per day in Canada – one every 3 minutes.

There are a number of common causes of acquired brain injury:

- Traumatic brain injury - Traumatic brain injury occurs as the result of some external force being applied to the brain.
- Stroke - Stroke usually occurs as the result of a hemorrhage or blockage to the blood vessels that supply blood to the various regions of the brain.
- Hypoxia/anoxia - Hypoxia/anoxia refers to the reduced or complete stopping of the flow of oxygen to the brain leading to tissue damage, and can be caused by incomplete hangings, near drownings, or overdoses.

*...Rod talks "estate stuff"...*

There are a number of common causes of acquired brain injury:

*...Continued on next page/*

*Rotary Contacts*

- Club President:**  
Don Bonner
- Past President:**  
Randall Taylor
- Vice President:**  
Dave Thompson
- Club Secretary:**  
Neil Sorsdahl
- Club Treasurer:**  
Anna Jones
- Club President Elect:**
  
- International Service Director:**  
Nelson Allen
- Community Service Director:**  
Rod Mont
- Youth Service Director:**  
Terry Rogers
- Club Service Director:**  
Kristin Rongve
  
- Bulletin Editor:**  
Robb Mowbray
  
- Assistant Governor Area 4:**  
Barry Sparkes
- District Governor 2014-2015:**  
Michael Procter
- RI President 2014-15:**  
Gary C.K. Huang

*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)

*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.



- Infection - Bacterial or viral infections can lead to an inflammation of the brain covering (meningitis) or the brain tissue itself (encephalitis).
- Tumor - Tumors cause damage to the surrounding brain tissue and structures as they grow within the brain.
- Toxins - Alcohol acts as a toxin and the long term misuse of alcohol can cause damage to brain tissue.

The Effects of Brain Injury

- Wide ranging, and uniquely specific to each individual.
- Brain injury is not always visible; it is referred to as the “unseen” or “invisible disability.”

Overall, there will be a change in the way an individual think. It will affect his/ her emotional state, which ultimately affect the society in large. Concussion in kids with unresolved injury can give some long term effects.

Thanks, Mark, for sharing your work with your unique British humour.

Patrick Maguire reminded everybody about the Rotary send-off party for Ghana trip at Pipers pub.

Our annual event “Swing to Spring’ is happening on March 7th. We’d need items for the silent auction.

There was no anniversary or birthday to announce. Donna Allen got to cut the deck, but had no luck.

Finally, Dave Thompson collected some fines and happy bucks. The meeting was adjourned with the recital of the Four Way Test.



...Nelson collects donations for Foundation...



...Kyle promotes the Rotaract Fundraiser...

*And Some Great photos from “Catch A Smile.”..*



***Have a Great Week!***