



*Club Duties*

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

**Oct 4th, 2017**

**Front Door Greeters:**

Ken Hammer & Bill Hardy

**Front-of-House:**

Karin Mattern

**Invocation :**

Rod Fay

**Introductions:**

Anna Jones

**Rotary Minute:**

Sher Holubowich

**50/50:**

Bill Brendon

**Sgt At Arms:**

Graham Calder

**Meeting Notes:**

Randall Taylor

**Oct 11th, 2017**

**Front Door Greeters:**

Sher Holubowich & Anna Jones

**Front-of-House:**

Karin Mattern

**Invocation :**

Sheila Forrest

**Introductions:**

Daryl Knievel

**Rotary Minute:**

Brian Kirkhope

**50/50:**

Bill Brendon

**Sgt At Arms:**

Dave Thompson

**Meeting Notes:**

Nick Dunne

**Oct 18th, 2017**

**Front Door Greeters:**

Denise Larson & Doug Lum

**Front-of-House:**

Karin Mattern

**Invocation:**

Ken Hammer

**Introductions:**

Patrick Maguire

**Rotary Minute:**

Daryl Knievel

**50/50:**

Bonnie Murrell

**Sgt @ Arms:**

Denise Davidson

**Meeting Notes:**

Henry Traa

# Weekly Wake-up

*Upcoming Programs*

Oct 4th - Ian Kalina, Boy and Girls Club

Oct 11th - Cathy Holmes

Oct 18th - Business Meeting

*And the fun is always happening at Daybreak Rotary...*

A few photos from Doug's famous birthday party! Go, Dougie, Go!...



...and Join us for Oktoberfest and have lots of fun and lots of beer! Cheers!



**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*

Oct 10 Doug & Karen Lum

Meeting Notes - Sept. 20/2017 submitted by ????, photos by Donna Allen

Guests this morning: Assistant District Governor Bev Hilton from Oceanside Club, Authors Ron and Patricia Smith.

After Invocation with Bob Wall's mellisonant voice, the order was changed to christen Ed Wittenberg with his new name badge.



Ken Hammer's moment became a litany for our passion for Rotary. What makes Rotary successful succession planning, past leaders support, diversity of volunteering locally and internationally, leadership training for specific tasks and many events support Rotary's strategic plan. Why this detail? Ken will be attending the International Leadership Conference in Brussels in mid-October and will give a presentation on why Rotary is so successful.

Caitlin Mangiacasale had to leave and shared the great news: their first Rotaract Meeting had 30 attendees "thanks in large part from the training received at President Elect Training Seminars (PETS) she attended this spring." Their Club's potential projects include supporting Chris Beaton and Nanaimo Aboriginal Centre with revitalizing the grounds of King Arthur's Court. (beside the University Village Shopping Centre)

Our speaker Ron Smith was born in Vancouver and is the author and editor of several books. He lives in Nanoose with his wife and author Patricia Jean Smith. Ron's topic was life after a stroke and his book Defiant Mind.

Ron shared that statistically someone in North America has a stroke every 40 seconds, every four minutes someone dies and is the leading cause of disability. Two thirds of all strokes affect those over 65 years of age yet frequently those from 40 to 60 years and children can have strokes.

Fifteen percent of all strokes are haemorrhagic strokes resulting from bleeding from a broken or leaking brain blood vessels and causes 40% of all deaths. Ischemic strokes cause 85% of all strokes and results from a clot blocking a blood vessel. Transient Ischemic Attacks (T.I.A.) so-called mini-strokes occur when blood flow stops for a short period of time and is often characterized by someone suddenly falling or becoming distressed or vacant for a short time. Symptoms usually last less than 24 hours but are a serious warning that a stroke may happen.

In Ron's case he first felt odd then likely went into denial. Interestingly he went online and re-searched stroke and saw the 'F.A.S.T.' test: his Face was not drooping, he could lift his Arms, he wasn't Slurring and therefore felt it was not Time to call 911. Though his left hand worked, his right hand danced on the keyboard and he still felt odd. For six hours he was in/out of bed. His wife then returned home and convinced him to go to Nanaimo Hospital. THEY DROVE! They sat in the waiting room for two more hours before being seen by a Doctor. "If 1.6 million brain cells die per minute during a stroke, how many did I lose?"

Yet, Ron persisted in wanting to go to his own bed at home. Finally the doctor insisted and Pat concurred that he stay. Awaiting his admission, he suffered a severe ischemic stroke. 'My peripheral vision went, I felt like I was going to die then everything went black.'



Too late for the t.P.A. drug (Tissue Plasminogen Activator, so called clot buster) and it was not administered as he was far more than 4 hours from his actual stroke. He had waited and procrastinated too long.

He then spent several months in hospital and everyone worked on his physical improvements with paralysis on his right side. .

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Rotary Contacts

- Club President: Nathan Thornton
Past President: Neil Sorsdahl
Vice President: Doug Lum
Club Secretary: Ron Blank
Club Treasurer: Doug Pearson
Club President Elect: Evelyn Boegh

- International Service Director: San Mahara
Community Service Director: Dave Perry
Youth Service Director: Scott Bradford
Club Service Director: Donna Allen
Member Service Director: Ken Hammer

Bulletin Editor: Robb Mowbray

- Assistant Governor Area 4: Bev Hilton, Oceanside
District Governor 2017-2018: Tom Carroll
RI President 2017-2018: Ian H.S. Riseley

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!



Author Norman Doidge says strokes are the hardest disease to recover. "A small part of you dies when you have a stroke." Stephen Hawking says the last two frontiers to be explored are outer space and the brain.

Partners of stroke victims see someone totally different. 50% of survivors feel abandoned. Stroke victims get intensive physical therapy but very little emotional therapy. For him, the most effective mental support was from the hospital cleaner who came in at 8AM and greeted and spoke to everyone by name. It is very difficult to come to terms with the reality of the situation.

Newer procedures include thrombectomy where they insert a catheter and physically remove the offending blood clot. Ron closed with "My presentation should be scaring people." We should further investigate for ourselves the lifestyle changes that help prevent strokes. Do you know your blood pressure values? Want to know more? Goto <http://www.heartandstroke.ca/stroke>

ADG Bev says that our District Governor is being especially careful and his wife is keeping him off the roof. They will attend a 5 Club Meeting at the Rugby Club Field House on Dover Road on Tuesday October 17<sup>th</sup> at 6PM. Cost \$25 includes food and a beverage. See you there.

Bev also talked about a huge project supported by all 25 Clubs in the World Community Service Mid Island Group (MIG) that will generate \$101,000 US funds to support installation and training for new blood banks in Ghana. The funding is from our Clubs, Rotary Foundation and the Canadian Government.

Newly badged Ed pulled the wrong card for the 50/50. I think Nelson was gloating when he shared that Ken's "Moment" actually took 3 minutes 45 seconds. Remember Saturday 21st of October for Oktoberfest at Beban Park

Congratulations were shared all around. We "Four Way'd" and went off to our respective work and play.

*...late notes from September 20th...*

(Who woulda thought that taking notes and photos also required me to share?)

Guests this morning were Hope & Mother Julia Stuart, Vicki Calder, J. Stilson, & Jan Weir.

Officially a business meeting dispensed quickly when Rod Mont explained "attendance at Rotary" criteria that says essentially if any member does anything Rotary, ie Club or committee meeting, project like book boxes, flooring at Foodshare, P.A.R.T.Y., what have you counts towards your annual attendance requirements of 60% per year. The gist is that we Rotarians want doers, not KFS'ers as part of our Club.

Hope Stuart was our speaker. She attended Rotary Youth Leadership Academy (RYLA) this spring in Tacoma accompanied by four other high school students and escorted by Ron & Graham. We talked about what we do as Rotarians and Guatemala was discussed. Her can-do attitude asked if she could do, and Graham connected Hope to Vicki Horsefield of Creating Opportunities for Guatemalans.

Next thing we know, she and Sara Drew send a photo of themselves with Vicki Horsefield in San Antonio Agua Caliente, Guatemala.

Hope explained they came in our summer, their rainy season. What a treat to experience lightening & thunder most evenings at 8PM followed up by the nightly glow of nearby volcano explosions.

They stayed with a family headed by Doña Hilda, Daniel and daughter Gloria. They discovered the staples of tortillas and beans. With Gloria rising at 5AM to begin the breakfast for the family, they were put to shame about their complaints about loading the dishwasher at home.

Vicki taught them a most useful phrase "Puedo ayudarte?" (Can I help?) It's use led to many great learning opportunities. They also learned some Spanish and had great fun practising Salsa. During their volunteering with Vicki, they taught English to the students, planted gardens and were generally immersed in the local culture. They were also involved with planning a fiesta and prepping the food.

They noticed the daily struggles and how they overcame them. They discovered that even though they seemed to have so little they had so much to give. "Wealth does not buy happiness." (My comment was that whoever said this coming generation was no good has never met peeps like Hope and the rest of the RYLA students!)

Denise Larson allowed the 50/50 to continue and happy bucks were shared around.

