

Club Duties

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

December 11th, 2019

Meeting Cancelled

Front Door Greeters:

Front-of-House:

Invocation :

Meeting Notes:

Bill Hardy

Introductions:

Rotary Minute:

50/50:

Sgt at Arms:

December 18th, 2019

Front Door Greeters:

Rahul Ramteke & Jodi Rogers

Front-of-House:

Jeff Boegel

Invocation:

Christine Craigie

Introductions:

Ken Hammer

Rotary Minute:

Karin Mattern

50/50:

Caitlin Mangi-
acasle-Ashford

Sgt at Arms

Sher Holubowich

Meeting Notes:

Janice Perrino
or Janice Krall

December 25th, 2019

Meeting Cancelled for Holiday

Front Door Greeters:

Front-of-House:

Invocation:

Meeting Notes:

Terry Rogers

Introductions:

Rotary Minute:

50/50:

Sgt at Arms:

Weekly Wake-up

Upcoming Programs

Dec11 - **Meeting Cancelled**. Christmas Auction Beer and Burger on Dec 12
Dec 18 - Rotary Information Meeting
Dec 25 - **Meeting Cancelled for Christmas Day! Happy Holidays!**

Christmas Auction Beer and Burger This Week!!...

This year's Christmas Auction Beer and Burger will be held Dec. 12, 2019, from 5:00-8:30 pm at the **Old City Station Pub**, 150 Skinner Street. **Wine draw** - Dave Thompson will be collecting bottles of wine for a wine draw. Denise Larson is in charge of the Silent Auction. Please start thinking of Auction items and possible others outside of our club who would care to donate. Items of baking are always a great hit. Our goal is to raise at least \$4000. For tickets, contact Donna Allen.



The regular meeting for Dec. 11, 2019 is cancelled.

Regular Meetings on Dec 25th and Jan 1st are also cancelled for Christmas and New Years Day, respectively. A regular meeting will be held on Dec 18th, then the next scheduled meeting will take place on Wednesday, January 8th, 2020.

Link to Daybreak Calendar...

http://www.daybreakrotary.ca/index.php?p=1_14

Sunshine Ladies reminder...

A reminder...If any members know of another member who is ill or who has had a death in the family, please let our Sunshine Ladies, Sher or Donna know, so that they can send out a card on behalf of the club. Thank you.

Please send content and photos for the Weekly Wake-up to robbmowbray@telus.net

Club Birthdays

No Birthdays this week.

Club Anniversaries

No Anniversaries this week.

Meeting Notes - Dec 4, 2019 submitted by Randall Taylor, photos by Donna Allen

President Doug opened the meeting with club members singing 'O Canada' accompanied by Rod Mont. This was followed by an invocation.

Introduction of visitors included: Rosanne Philbrook from the Alzheimer Society of B.C. (our presenter at this meeting) Christina Gephardt who represents the Nanaimo District Hospital annual giving fund, Kathy Graham from Island Health and Terry Gwilliam of Kai Asset Management.



San Mahara provided a **Rotary Moment**, reminding us of the grand vision that Paul Harris brought to Rotary. Paul Harris and wife did not have children, but knew that Rotary could carry on their vision and hopes for "service to others". San noted that members of our club represent three generations, and that our club evolves and changes with new and younger members.

Kathy presented the December club fundraiser in support of the Village Medical Project, which has the added benefit of making us more fit.

Presentation:

Rosanne Philbrook provided a brief overview of Dementia and related diseases. The opening statement is that Dementia is not part of normal aging. There are many types of Dementia which affect 70,000 people in B.C. Dementia can be a terminal disease.

Rosanne provided a list of tips for engaging with people who have Dementia:

- Make eye contact,
- Meet in quiet places,
- Speak slowly and clearly,
- Share only one message at a time,
- Ask closed-ended questions which require only yes or no answers,
- Allow time for a response,
- Respond to feelings, not stories,
- Engage in "therapeutic fibbing" allowing them to see things their way,
- Connect, don't correct.

Rosanne recommends support groups and the Dementia hotline; First Link 1-800-936-6033.



Announcements:

Donna Allen reminded us of the Christmas Beer and Burger on December 12th (NO meeting on the 11th).

There will be some option to bring extra guests and pay at the door. Silent Auction items can also be brought on the night of the event.

Draws were made and then the Sergeant at Arms collected fines and Happy Bucks. We recited the Four Way Test and said our good byes.

Rotary Contacts

Club President:
Doug Lum

Past President:
Ev Boegh

Vice President:
Christine McAuley

Club Secretary:
Sheila Forrest

Club Treasurer:
Terry Rogers

Club President Elect:
Anna Jones

International Service Director:
Graham Calder

Community Service Director:
Dave Perry

Youth Service Director:
Bill Hardy

Club Service Director:
Sher Holubowich

Member Service Director:
Rod Fay

Bulletin Editor:
Robb Mowbray

Assistant Governor Area 4:
Wayne Anderson

District Governor 2019-2020:
Maureen Fritz-Roberts

RI President 2019-2020:
Mark Daniel Maloney

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.

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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
- 1st, 2nd, 3rd Tuesday – Nanaimo North, Nanaimo Golf Club, 6:10 pm
- Wednesday – Nanaimo Oceanside, Nanaimo Golf Club 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!

