

## Club Duties

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

# Weekly Wake-up

**Nov 11th, 2020 NO MEETING**

Front Door Greeters:

Front-of-House:

Invocation:

**Meeting Notes:**  
Bill Hardy

Introductions:

Rotary Minute:

**50/50:**

Bonnie Murrell / Patrick Maguire

**Sgt at Arms:**

**Nov 18th, 2020**

Front Door Greeters:

Caitlin Mangiacasale-Ashford  
& Robb Mowbray

Front-of-House:

Invocation:

Ev Boegh

**Meeting Notes:**  
Janice Krall

Introductions:

Sedina Dziejdom Mensah

Rotary Minute:

San Mahara

**50/50:**

Bonnie Murrell / Patrick Maguire

**Sgt at Arms**

Denise Davidson

**Nov 25th, 2020**

Front Door Greeters:

Bonnie Murrell & Darlington Okwudibi

Front-of-House:

Invocation:

Don Bonner

Introductions:

Kyle Eagle

**Meeting Notes:**  
Terry Rogers

Rotary Minute:

Caitlin Mangiacasale-Ashford

**50/50:**

Bonnie Murrell / Patrick Maguire

**Sgt at Arms:**

Kris Rongve

Newsletter Date:

**November 11th, 2020**

Volume 25, Issue 20

## Upcoming Programs

Nov 11 - Statutory Holiday **NO MEETING**

Nov 18 - Business Meeting

Nov 25 - Sandy Alexander , Before PARTY Program

### Remembrance Day, November 11th...Lest We Forget!...

We are all aware that Remembrance Day ceremonies have been curtailed by COVID this year. The City of Parksville and the local Legion have erected banners commemorating each of the fallen soldiers of WWI and WWII along a short stretch of the old Island Highway.

I am organizing a Walk of Remembrance along this stretch of the highway as a way to acknowledge the brave men and women who have given the ultimate sacrifice in the fight to protect our way of life and afford a peace to us that they could not share.

As many of you may be aware, I am learning to deal with my own PTSD caused by my own experiences overseas. I have some friends coming who form part of an Operational Stress Injury group who will be walking with us. They have agreed to share their stories as best they can as we walk.

If you are interested in joining us on Wednesday, 11 November at 10:00 sharp, please meet me at 220 Island Hwy W #3, Parksville, BC V9P 2P3. We will walk the banner trail from McMillan to McVickers, and then observe a moment of silence before breaking off and going for coffee or something (I leave that part up to you).

For all those with medals, please wear them in solidarity with our fellows.

Please RSVP so I know how many to expect and we don't miss anyone. If you like, you can call/text me at 250-816-1072 or email [dorack\(AT\)shaw.ca](mailto:dorack(AT)shaw.ca).

YIR  
Jeff Boegel, CD

*Link to Daybreak Calendar...* <https://www.daybreakrotary.ca/events/>

*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\(AT\)telus.net](mailto:robbmowbray(AT)telus.net)**

## Club Birthdays

No Birthdays this week.

## Club Anniversaries

No Anniversaries this week.

## Meeting Notes - November 4th, 2020 by Randall Taylor, photos from w/a.

This was another Zoom meeting as we continue this format to meet Covid regulations.

President Anna opened the meeting including self-solo (Zoom mute) singing of O' Canada.

**Guests:** Jason Harrison - the Executive Director of the Canadian Mental Health Association Mid-island branch. Jason was our presenter for this morning's meeting.

Announced that there will **not be a meeting on Wednesday November 11<sup>th</sup>**. Jeff Boegel offered a Remembrance Day club fellowship which will start a 10:00 with a walk of remembrance along the "Highway of Veterans" in Parksville with coffee to follow. Please phone or email Jeff to get details and to let him know you are planning to attend.

**Rotary Moment** was provided by Patrick M. Patrick informed us about "donor recognition" associated with the Rotary Foundation. The Foundation is essential to securing and growing Rotary programs throughout the world and for our club projects.

Paul Harris fellowship is recognition when a Rotarian donates \$1,000 (US) to the Foundation. There are 31 Paul Harris Fellows in our club. Other recognitions include "Every Rotarian, Every Year", Bequest Society and more. Consider making your charitable donations to the Rotary Foundation.

### Presentation:

Jason Harrison is the Executive Director of the local Canadian Mental Health Association and is also co-chair of the Nanaimo Homeless Task Force. His presentation provided valuable information and encouraged thoughtful support for these issues.

Mental Health, Mental Illness and Homeless are complex issues which occur globally, nationally, and locally. Definitions created a better understanding for the presentation:

**Mental Health** – complete physical, mental, and social well-being; not just an absence of "something". Everyone will struggle or have a challenge with mental well-being in their lifetime, just as we do with physical well-being.

**Mental Illness** – when symptoms cause frequent stress and affect one's ability to function. This can be short-term, episodic, or for a lifetime. Mental Illness interferes with a person's life, affecting involvement with others and so may lead to isolation.

Homelessness can be from a wide range of factors; 50% of "Nanaimo tent city" population had a history of involvement with Ministry of Families. Jason clearly showed that mental illness is not a major cause of homelessness.

*Homelessness is not equal to Mental Illness which is not equal to substance abuse!*

It is likely that there are about 600 homeless people living in Nanaimo. 62% are "unsheltered", this compares to Victoria where about 15% are unsheltered and Kelowna where 24% are unsheltered.

### Key points:

- \* *"the disorder of Wesley street (currently) is not the overall picture of homelessness"*
- \* *"talk to the individual, provide personal contact. They are a person experiencing a difficult situation."*
- \* *"the solutions begin and end in the community"*

### Announcements:

- \* Guess Who's Coming to Dinner fellowships are ongoing. These are restaurant gatherings with no more than 6 people at any dinner. Contact Kris to participate.
- \* Secret Santa is an "opt in" event this year. Value of a gift is maximum of \$30. Contact Kris R. to participate.
- \* Dawne Anderson is looking for volunteers for this years Salvation Army Kettle Campaign. This will be a greater challenge this year as some volunteers cannot participate. Shifts at the kettles will be shortened to 2 ½ hours and only from 10:00 to 6:30 each day. The new rule is "bring your own bells".

Ev Boegh won the 50/50 draw.

We then recited the 4-way test, and our goodbye's.

## Rotary Contacts

### Club President:

Anna Jones

### Past President:

Doug Lum

### Vice President:

Rod Mont

### Club Secretary:

Sheila Forrest

### Club Treasurer:

Terry Rogers

### Club President Elect:

Janice Krall

### International Service Director:

Tyler Vaughan

### Community Service Director:

Jodi Rogers

### Youth Service Director:

Bill Hardy

### Club Service Director:

Sher Holubowich

### Member Service Director:

Ev Boegh

### Bulletin Editor:

Robb Mowbray

### Assistant Governor Area 4:

Wayne Anderson

### District Governor 2020-2021:

Greg Horn

### RI President 2020-2021:

Molger Knaack

## 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, 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!**

