



## Club Duties

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

### September 1st, 2021

#### Front Door Greeters:

Jeff Boegel & Ev Boegh

#### Front-of-House:

San Mahara

#### Invocation:

Cathy Graham

#### Introductions:

Ken Hammer

#### Rotary Minute:

Wayne Peddie

#### 50/50:

Graham Calder

#### Sgt at Arms

Denise Davidson

#### Meeting Notes:

Randall Taylor

### September 8th, 2021

#### Front Door Greeters:

Don Bonner & Bill Brendon

#### Front-of-House:

San Mahara

#### Invocation:

Terry Gwilliam

#### Introductions:

Bill Hardy

#### Rotary Minute:

Dave Perry

#### 50/50:

Graham Calder

#### Sgt at Arms:

Kris Rongve

#### Meeting Notes:

Bill Hardy

### September 15th, 2021

#### Front Door Greeters:

Terry Gwilliam

& Denise Davidson

#### Front-of-House:

San Mahara

#### Invocation:

Ken Hammer

#### Introductions:

Brandon Kolybaba

#### Rotary Minute:

Jodi Rogers

#### 50/50:

Graham Calder

#### Sgt at Arms

Sher Holubowich

#### Meeting Notes:

Robb Mowbray

# Weekly Wake-up

## Upcoming Programs

September 1 – Cullum Matthews, Tourism Vancouver Island

September 8 – Alastair Craighouse, Friends of Rail

September 15 – Rotary Information Meeting

### Meeting Location Extended Through September...

A reminder that this week's meeting will be at the Rotary Fieldhouse at 850 Third Street, entrance off of Jinglepot Road.

### New Club Member Group Photo to be Taken!

A new photo of club members will be taken at our September 1st meeting, so PLEASE try to attend.

### Photos from Sponsored Guatemala Student...

With vegetables from community garden and volunteer tutoring.



[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

Sept 1 Ken Hammer

## Club Anniversaries

Sept 6 Sher & Pat Holubowich

**Meeting Notes – Aug. 25th, 2021 by Randall Taylor, photos by Jodi Rogers**

President Janice began this week’s meeting with the national anthem accompanied by Rod Mont. There were 25 attendees through the technology of a hybrid meeting, with minor techno-challenges.

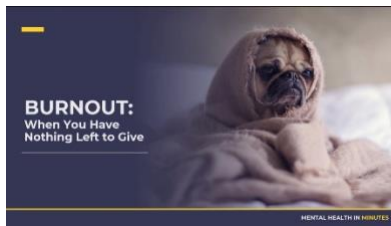
**Guests** this morning were Graham’s wife Vicki and Lindsay Recknell via Zoom from Calgary, who would be our presenter.

**Invocation** Kris R. stepped in to provide invocation for this morning’s meeting. (it seemed that meeting-duties were a surprise to all)

**Rotary Moment** was provided by Darlington, suggesting that club members build membership by starting “in house”. He suggests that new club membership can come from inviting close friends, colleagues, or co-workers to a meeting, as these are already welcome associates for us.

**Guest Speaker** Lindsay Recknell is an emotional health expert, who instructed us to practice “hope” for gaining success in business, school and in life. Lindsay provided a short seminar in the science of hope and in avoiding “burnout”. Burnout, defined by Lindsay, is “when you have nothing left to give. If you don’t want to burn out, quit living like you’re on fire”. There are reasons for your stress and a physiology of stress, which might have someone heading for burnout. Remove the stressor and apply some of the changes from Lindsay’s list to reduce stress:

- Move your body
- Breathe
- Positive social interaction
- Hug
- Cry
- Creative Expression
- Spend time in nature
- Learn to say ‘no’
- Listen to your instincts



**Announcements**

**The Executive** of our club held a vision/ planning session. This included direction from the membership survey and the Fireside Chats. The club goals and our progress will be shared over the next few weeks. President Janice is restructuring the club committees. This has some gaps; we will discuss at our next meeting to complete the committees.

**Bonnie M** announced that Terry Gwilliam is the new Youth Services Director. Also, there will be RYLA sessions for Vancouver Island held in November by simulcast. The five Nanaimo Rotary clubs will be hosting three exchange students in the coming year. Bonnie will be working with members who need to complete their Youth Protection Training and/ or criminal record checks. (All club members need to complete these two requirements). Positions needing to be filled to host the students are: host family coordinator, fund-raising BBQ coordinator, and we need female councillors. Call Terry G. to discuss.

**Club positions to be filled:** 50/ 50 volunteers and support for our technology. See president Janice to sign up.

We have an upcoming painting project and a September BBQ at Jodi and Terry’s home. More info to follow on both items.

Suggestion made that one meeting each month includes a catered breakfast, with strong support shown by the members. We will continue at the field house for our meeting location.

**Next Wednesday, September 1,** there will be a group club members photo taken. Bring you best smile.

**50/50** went to Duane Siebel (again!)

The only fine was to Duane, for always winning the 50/ 50.

Lots of happy bucks.



**HAVE A GREAT WEEK!**

**Rotary Contacts**

- Club President:**  
Janice Krall
- Past President:**  
Anna Jones
- Vice President:**  
Rod Mont
- Club Secretary:**  
Bonnie Murrell
- Club Treasurer:**  
Anna Jones
- Club President Elect:**  
Graham Calder

**International Service Director:**  
TBA

**Community Service Director:**  
Jodi Rogers

**Youth Service Director:**  
Terry Gwilliam

**Club Service Director:**  
Denise Davidson

**Member Service Director:**  
Ev Boegh

**Bulletin Editor:**  
Robb Mowbray

**Assistant Governor Area 4:**  
Ken Hammer

**District Governor 2021-2022:**  
Lorna Curtis

**RI President 2021-2022:**  
Shekhar Mehta

**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.

