



**IMAGINE  
ROTARY**

## Club Duties

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

### March 15<sup>th</sup>, 2023

#### Front Door Greeters:

Doug Lum & Caitlin Lundgren

#### Front-of-House:

Denise Larson

#### Tech Set-up & Run

TBA

#### Inspiration:

Denise Larson

#### Introductions:

Anna Jones

#### Rotary Minute:

Ken Hammer

#### 50/50:

Zel Hopson

#### Sgt at Arms

Denise Davidson

#### Meeting Notes:

Rod Mont

### March 22<sup>nd</sup>, 2023

#### Front Door Greeters:

Karin Mattern

#### Front-of-House:

Denise Larson

#### Tech Set-up & Run

TBA

#### Inspiration:

Doug Lum

#### Introductions:

Linda Koshman

#### Rotary Minute:

Sheila Forrest

#### 50/50:

Zel Hopson

#### Sgt at Arms

Duane Seibel

#### Meeting Notes:

Linda Koshman

### March 29<sup>th</sup>, 2023

#### Front Door Greeters:

San Mahara & Scott Manson

#### Front-of-House:

Denise Larson

#### Tech Set-up & Run

TBA

#### Inspiration:

Caitlin Lundgren

#### Introductions:

Denise Larson

#### Rotary Minute:

Cathy Graham

#### 50/50:

Zel Hopson

#### Sgt at Arms

Duane Seibel

#### Meeting Notes:

Robb Mowbray

# Weekly Wake-up

## Upcoming Programs

Mar 15<sup>th</sup> – Rotary Information Meeting

Mar 22<sup>nd</sup> – Robin McQueen, Book: Understanding Conflict: Bridging Theory & Practice

Mar 29<sup>th</sup> – Kerry Isham, Nanaimo Women Helping Women

### In Person Meetings Taking Place!!!...

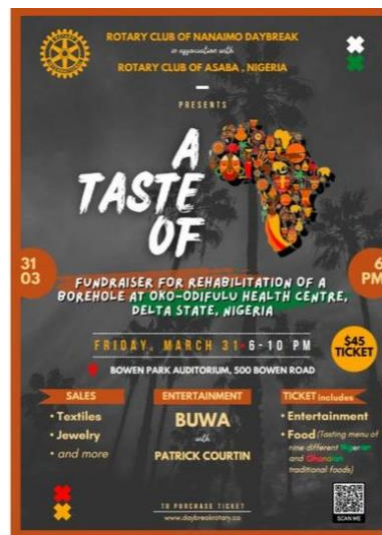
In-person meetings are now at Nanaimo Golf Course for meetings AND breakfast will be served! [Please confirm by Monday noon on DaybreakRotary.ca](http://Please confirm by Monday noon on DaybreakRotary.ca)

### Fireside Chats starting Thursday!!...

At Rod and Jill's - March 16;

Graham and Vicki's – 22 March; and

Darryl and Amanda's - 23 March



[Link to Daybreak Calendar...daybreakrotary.ca/events/](http://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

Mar 15 Doug Ozeroff

### Club Anniversaries

No Anniversaries this week.

### Meeting Notes – Mar. 8<sup>th</sup>, 2023 by Kris Rongve, photos by n/a

Rod M. started the meeting off on with a great rendition of “Oh Canada”. The note taker is pleased to realize that we are starting to get the “In All of Us Command...” section correct!

Sher H. did the **Inspiration** after a complaint that she was not prepared (What!? She was Sergeant at Arms and didn't read her Bulletin?!)

Linda did the **Introductions** (and a great job it was too). There were no visiting Rotarians, our guest speaker and Valentine, a personal trainer.

Ev B. did a **Rotary Moment** about CNOY. She was proud of being a Rotarian. The team raised over \$12,000 and were #1 in fundraising.

Dave T. spoke about **Fireside Chats**:

- At Rod and Jill's - March 16;
- Graham and Vicki's – 22 March; and
- Darryl and Amanda's - 23 March

Ken H. introduced our **Guest Speaker, Karen Hlady**, who works in prevention and communication services with Gambling B.C.

- It is problem gambling awareness month
- We don't always recognize it in our family
- When the casino shut down, some took a break, others switched to online
- And partly because of that, gambling is up in B.C.
- Those who do a “Game break”, formerly known as voluntary self exclusion are now automatically referred to services – that is now an opt out situation, rather than the person needing to opt in
- Their services are funded by tax dollars: counseling and outreach services
- To give an understanding of the problem, there were \$279 million bets on Super Bowl Sunday, (and this only tracks legal bets)
- Online bets per minute were 65000 during Super Bowl (on legal sites)
- Everyone vulnerable to addiction, brings pleasure and relief even when there are also negative consequences

Rod Mosley's application for membership was approved

Rod M: sign up for the Earth Day clean up on April 22 at 9:30 and, in unrelated news, his sax quartet is playing this coming Saturday at the Baptist church

Ken H spoke to his motion to sponsor (\$2000 the all native basketball tournament banquet, motion carried.

Sher H. was disappointed with profit from Oktoberfest – and in the note taker's opinion was not considering the hefty, lingering impact of Covid. Next year will be better! Volunteers wanted.

Zel, the posters are out for A Taste of Africa, Ken has outfits for volunteers

Donna gave a report by email on Nelson who gets stents on Friday. He will be home Saturday, with lots of meds and the whole thing is a bit terrifying for everyone who loves Nelson (including us).

Birthdays: Terry Gwilliam born on 29th, Kathy Graham on March 1st, Brandon K on March 2

50/50 – won by Kathy (Happy, happy birthday!)

The Sergeant did the fines. We did the thing, toasted and left for our weeks

### Rotary Club Meetings

Wednesday – Parksville, Bayside Inn, 5:45 bi-monthly  
 1st, 3rd Tuesday – Nanaimo North, Nanaimo Golf Club, 6:10 pm  
 Every other Wednesday – Nanaimo Oceanside, Nanaimo Golf Club 5 p.m.  
 Thursday – Lantzville – 2<sup>nd</sup>, 4<sup>th</sup>, 5<sup>th</sup>  
 Friday – Nanaimo – Nanaimo Golf Club, 12:00 p.m.

**HAVE A  
GREAT WEEK!**

### Rotary Contacts

**Club President:**

Graham Calder

**Past President:**

Janice Krall

**Vice President:**

Rod Mont

**Club Secretary:**

Bonnie Murrell

**Club Treasurer:**

Anna Jones

**Club President Elect:**

Dave Thompson

**International Services Director:**

Duane Seibel

**Public Image & Community**

**Services Director:**

Jodi Rogers

**Youth Services Director:**

Terry Gwilliam

**Club Services Director:**

Denise Davidson

**Member Services Director:**

Jeff Boegel

**Bulletin Editor:**

Robb Mowbray

**Assistant Governor Area 4:**

Ken Hammer

**District Governor 2022-2023:**

T. Dale Roberts

**RI President 2022-2023:**

Jennifer Jones

### 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?