



## Club Duties

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

### 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

### April 5<sup>th</sup>, 2023

#### Front Door Greeters:

Bonnie Murrell  
& Darlington Okwudibe

#### Front-of-House:

Sheila Forrest

#### Tech Set-up & Run

TBA

#### Inspiration:

San Mahara

#### Introductions:

Doug Lum

#### Rotary Minute:

Terry Gwilliam

#### 50/50:

Wayne Peddie

#### Sgt at Arms

TBA

**Meeting Notes:**  
Kris Rongve

### April 12<sup>th</sup>, 2023

#### Front Door Greeters:

Doug Ozeroff & Dave Perry

#### Front-of-House:

Sheila Forrest

#### Tech Set-up & Run

TBA

#### Inspiration:

Cathy Manson

#### Introductions:

Caitlin Lundgren

#### Rotary Minute:

TBA

#### 50/50:

Wayne Peddie

#### Sgt at Arms

Kris Rongve

**Meeting Notes:**  
Rod Mont

# Weekly Wake-up

## Upcoming Programs

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

Apr 5<sup>th</sup> – Tanya Forbes, Classification Talk

Apr 12<sup>th</sup> – Tami Hirasawa & Keiko Limshue, Nanaimo Japanese Canadian Society

### *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://www.daybreakrotary.ca)

### *Students and a Taste of Africa...*

Darlington has been hard at work getting a sponsor for students to attend the event at a reduced cost. The African Youth Growth Foundation (AYGF) has given over \$240 towards this request. If a student would like to come to the event, please let us know. We still have 6/17 spots to fill. The total cost of a ticket is \$45 and with \$25 sponsorship from AYGF, that reduces the cost for the student to attend to \$20. The student would need to purchase a ticket and when they come to the event, there will be \$25 refund for them at the door. If they are willing or interested in volunteering, we welcome the help.

Please reply to this email if you have a young person who could use the sponsorship to attend and we will add them to the list. Think of your friends, grandchildren....they all matter. We are hoping to fill the list which in the end would mean we/AYGF have sponsored 17 youth to attend the event.

Thanks  
ATofA committee

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

Mar 29 Duane Seibel

### Club Anniversaries

No Anniversaries this week.

**Meeting Notes – Mar. 22<sup>nd</sup>, 2023 by Linda Koshman, photos by Bonnie Murrell**

Our meeting was opened at seven with Rod playing our national anthem. Doug reminded us that Rotarians do great Rotary deeds. Bonnie and crew gave us the Rotary minute. A Taste of Africa, which is being held March 31, featuring food from Nigeria and Ghana will help bring clean water to areas. Get your tickets now. Eight four have been sold.

Denise explained how to receive a Paul Harris award, then presented an award to Sher. Congratulations!

Zel introduced our speaker Robin McQueen. Robin spoke to us about how to work through conflict. She has helped co-author a books Understanding Conflict: Bridging Theory & Practice. Very interesting and informative.

We have two hands on projects upcoming. Earth Day is Saturday and we are doing a trash walk. April 29 is a day of caring at the children's center.

May 13 is shredding.

May 26 Golf...prizes are needed.

Thank you notes were received from Loaves and Fishes and Cherry tree planting for our donation.

Denise Larson won 50/50. Well done.

Fireside chats are ongoing please make plans to attend.

**Sher with her third Paul Harris Fellowship pin and Ric Sterling, Foundation Ctte.**



**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?

**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!**