



## Club Duties

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

### August 9<sup>th</sup>, 2023

#### Front Door Greeters:

Rod Mont & Robb Mowbray

#### Front-of-House:

Sheila Forrest

#### Tech Set-up & Run

TBA

#### Inspiration:

Jeff Boegel

#### Introductions:

Ric Sterling

#### Rotary Minute:

Doug Ozeroff

#### 50/50:

Zel Hopson

#### Sgt at Arms

Kris Rongve & Doug O in training

#### Meeting Notes:

Robb Mowbray

### August 16<sup>th</sup>, 2023

#### Front Door Greeters:

Darlington Okwudibe  
& Doug Ozeroff

#### Front-of-House:

Sheila Forrest

#### Tech Set-up & Run

TBA

#### Inspiration:

Ev Boegh

#### Introductions:

Donna Allen

#### Rotary Minute:

Dave Perry

#### 50/50:

Zel Hopson

#### Sgt at Arms

Graham Calder

#### Meeting Notes:

Kris Rongve

### August 23<sup>rd</sup>, 2023

#### Front Door Greeters:

Dave Perry & Hayley Poirier

#### Front-of-House:

Sheila Forrest

#### Tech Set-up & Run

TBA

#### Inspiration:

Don Bonner

#### Introductions:

Nelson Allen

#### Rotary Minute:

Rick Stirling

#### 50/50:

Jodi Rogers

#### Sgt at Arms

Duane Seibel

#### Meeting Notes:

Rod Mont

## Upcoming Programs

Aug 9<sup>th</sup> – Steven Dennis, President Nanaimo Arts Club

Aug 16<sup>th</sup> – Rotary Information Meeting

Aug 23<sup>rd</sup> – Mic McDaniel, Tacoma Club, clean water project in India

### 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://DaybreakRotary.ca)

### Rotarians Recently Supported Night Owls & Nanaimo Selects...



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

August 15 Denise Larson

Aug 12 Bonnie Murrell & Brad Harvey

Aug 13 Bill Brendon & Nancy Scott

Aug 15 Don & Beverley Bonner

Aug 15 Daryl Knievel & Amanda Polling

### Club Anniversaries

Aug 15 Dave & Cheryl Thompson

**Meeting Notes – August 2<sup>nd</sup>, 2023 by Rod Mont, photos by Cathy Manson.**

President Dave started the meeting with the land acknowledgement and Rod M. led us in O Canada. Dave P. did the Inspiration and Duane led the Introduction of Guests. Today's guests were Dr. Adam Hoverman, Dr. William Ehman, Dr. Jane Pegg, Rebecca Chesham, and Liam Egan.

For our Rotary Minute, Darlington talked about malaria and, in particular, how it impacts the people of Africa.

The annual budget was voted on and approved by the club. President Dave said that we had done particularly poorly at registering an RSVP on the website for today's meeting. Thankfully there was lots of food for everyone! Jodi advised that members can now register for several meetings in advance. Hopefully this will improve our RRSP rate for attendance.

President Dave advised that Nanaimo Daybreak Rotary will be sponsoring someone for the Leadership Vancouver Island course. <https://leadershipvi.com/>. If anyone is interested in attending or knows of a good candidate for this course, please contact Dave.

Doug L. announced that there will be an Oktoberfest planning meeting at the Landlubber Pub today at 4. Everyone is invited to attend! President Dave asked for a volunteer to co-chair Fellowship with Kris. Thank you Sheila for volunteering.

Our primary guest speaker was Dr. Jane Pegg and she was introduced by Ken. Jane has been involved in a project at NRGH called Roots to Read. <https://nanaimohospitalfoundation.com/rootstoread/>. It is a



newborn literacy program which encourages newborn moms to read to their babies and provides every newborn child with a bag containing things such as two books, a nursery rhyme booklet, and a youth library card application form. Jane advised that literacy is a very important skill to acquire and that the majority of brain growth happens in the first 18 months of life. 80% of brain growth happens from 0 - 2 years. Unused neural pathways get "pruned" so early face-to-face interactions with babies including reading, speaking and sharing are critical. In addition, it was emphasized that screen time (computers, phones, tablets) is detrimental to language development and is not at all recommended for children under two years old. Dr. William Ehman provided some reasons why he is passionate about the Roots to Read program. These reasons included 45% of Canadian adults lacking sufficient literacy skills in our knowledge economy, that literacy levels at age 5 are a strong predictor of literacy competence at age 10, and that there are an estimated 1 million students in Canada who are not reading at their grade level. Rebecca Chesham is a neo-natal nurse at NRGH and has been active with Roots to Read. Rebecca advised that this program is 100% grassroots funded. The cost to buy the bags, books, booklet and other information is \$16.67 per bag for a total annual cost of \$25,000. Roots to Read is looking for community partners as well as volunteers.



A happy birthday was sung to Wayne and it was announced that Rod F. has an anniversary this week. Tanya did the 50/50. Rob M. won a roll of tin foil and Jodi won the pot which she donated to Roots to Read. We concluded with Denise D. as sergeant-at-arms.

**Rotary Contacts**

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

- 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:**  
Dave Perry

**Bulletin Editor:**  
Robb Mowbray

- Assistant Governor Area 4:**  
Ken Hammer
- District Governor 2023-2024:**  
Caleb Summerfelt
- RI President 2023-2024:**  
Gordon McNally

**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?

