



## Club Duties

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

### Front of House:

**July:** Hillary Brown

**August:** Rob Mawdsley

### July 30, 2025

#### Front Door Greeters:

Duane Seibel & Jeff Taylor

#### Inspiration:

Mike Holyk

#### Introductions:

Anna Jones

#### Rotary Moment:

Rob Dodds

#### 50/50:

Tanya Forbes

#### Sgt At Arms:

Scott Manson

#### Meeting Notes:

Kris Rongve

### August 6, 2025

#### Front Door Greeters:

Dave Thompson & Abbie Vomacka

#### Inspiration:

Daryl Knievel

#### Introductions:

Pat Knight

#### Rotary Moment:

Lesley Domino

#### 50/50:

Jodi Rogers

#### Sgt At Arms:

Donna Allen

#### Meeting Notes:

Hayley Poirier

### August 13, 2025

#### Front Door Greeters:

Jodi Rogers & Kris Rongve

#### Inspiration:

Ken Hammer

#### Introductions:

Mike Holyk

#### Rotary Moment:

Natalie Cuthbert

#### 50/50:

Tanya Forbes

#### Sgt At Arms:

Valri Cunningham

#### Meeting Notes:

Scott Manson

## Upcoming Programs

July 30<sup>th</sup> – Friiba Kaiwan – Becoming a new Canadian – Patrick Maguire

August 6<sup>th</sup> – Tunde Adegbola – Classification Talk

August 13<sup>th</sup> - Pending

Doug Lum and Duane Seibel doing an awesome job at the wedding of Daryl and Amanda's daughter.



*Please send content and photos for the Weekly Wake-up to [roderickmont@gmail.com](mailto:roderickmont@gmail.com)*

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

*Sunshine Committee 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 Committee, Donna or Valri know, so that they can send out a card on behalf of the club. Thank you.*

### Club Member's Birthdays

None

### Club Member's Anniversaries

July 30 – Rod & Jill Mont

July 31 – Rob & Lara Dodds

July 31 – Caitlin & Sten Lundgren

August 1 – Mike & Kari Holyk

## Meeting Notes – July 23, 2025, by Scott Manson, Photos by Hayley Poirier & Rod Mont

President Sheila chaired today's meeting. Rod performed our National Anthem on his sax with a reed from 2013! They don't make things like they used to! Kris R. introduced Heidi and Cathy from Nanaimo Community Kitchens as our guests today. Valri, our S@A, let her son, Corbin, our second youngest Rotarian, to select tables for breakfast order.



Sheila let us all know that Nelson has had surgery, which went well, but he is not doing well at present. Please reach out to Donna. [Editor's note: I spoke to Nelson and Donna on July 26. Nelson is recovering and is still at the hospital. Nelson had a Code Blue at one point and his kidneys had shut down. Donna thanked me for calling and asked me to update the club.] Scott let everyone know about the upcoming Rotary Youth Exchange Welcome Barbeque Event, which is happening at The Nanaimo Curling Club on Thursday, August 28th at 6pm.

Please reach out to friends and business associates to let them know that table Sponsorships are available to promote their businesses! (Premium=\$260, Regular=\$160). See Scott M. for more information. We are also still in need of Silent Auction items. Information will be available on tables for the next few meetings...!



Ken H. then described a fun event called: "Oh, What a Piano Can Do!" This is a fun and entertaining piano performance at St. Paul Anglican Church (29 Church St.) on August 9, 2025 from 2:00-3:30pm. Contact Ken for ticket reservations or more information at [KEN@KENHAMMER.COM](mailto:KEN@KENHAMMER.COM). President Sheila encouraged us to take the "Leadership Vancouver Island" course. She and a few other members have taken the course, and all said that it was very worthwhile. Sheila also reminded us that "DUES ARE DUE!!!"

Denise L. then formally introduced our two guests who presented at our meeting: Heidi and Cathy from "Nanaimo Community Kitchens", a non-profit organization, providing food security and food education for people. Their mission statement is "Nourish the Community". Heidi described the services they provide: how to procure economical nutritious food; teaching the next generation food sourcing and preparation skills; "Bellies to Babies" cooking program for new Moms; programs in elementary schools; expanding food knowledge and using ethnic ingredients; encouraging healthy eating habits; bringing families together through cooking; fostering community connection; "Cooking out of The Box": going to supportive housing, going to schools, hands-on cooking; and Monthly Community Cooking Workshops, ethnic and Vegan cooking. They run a "Cultivate and Cook" program using land donated by the city in partnership with Nanaimo Foodshare to create a space to grow and harvest foods and will be launching a Cookbook "Nourishing Nanaimo" will be available in the fall. Get involved! Be a volunteer to help with: Gardening Days, child minding, and more. Provide financial support! Follow them on Social Media. Tell a friend. Cathy concluded their presentation by telling us that Nanaimo Community Kitchens is dependent on Gaming Funds, and that they need funding from other sources. She has been



## Rotary Contacts

### Club President:

Sheila Klassen

### Past President:

Daryl Knievel

### Vice President:

Doug Ozeroff

### Club Secretary:

Bonnie Murrell

### Club Treasurer:

Anna Jones

### Club President Elect:

Rob Mawdsley

### International Services Director:

Duane Seibel

### Public Image & Community Services Director:

Caitlin Lundgren

### Youth Services Director:

Terry Gwilliam

### Club Services Director:

Denise Davidson

### Member Services Director:

Tina Moreira

### Directors at Large:

Tanya Forbes

Doug Lum

### Bulletin Editor:

Rod Mont

### Assistant Governor Area 4:

Jodie Williams

### District Governor 2024-2025:

Tony Camoroda

### RI President 2024-2025:

Francesco Arezzo

## ~~~~~ 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?

Treasurer for 20 years and is looking for someone to replace her. Anyone who is interested can contact Cathy. An excellent presentation!

Our Rotary Minute was presented by Duane S., who described his weekend as "An Event with Giants"! He attended Daryl's daughter's wedding! The 50/50 was \$55, and the winning ticket was drawn by Charlie, our youngest Rotarian. I never did find out who won.....?

All in all, a fine meeting, as always!