

Club Duties

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

Front of House:

Scott Manson

August 12, 2026

Front Door Greeters:

Tyler Dakin & Tanya
Forbes

Inspiration:

Rod Mont

Introductions:

Hayley Poirier

Rotary Minute

Don Helgeson

50/50

Bill Brendon

Sgt At Arms:

Doug Ozeroff

Meeting Notes:

Hayley Poirier

August 19, 2026

Front Door Greeters:

Sheila Klassen & Mike
Garvie

Inspiration:

Bonnie Murrell

Introductions

Kelly Raine

Rotary Minute

Mike Holyk

50/50:

Bill Brendon

Sgt At Arms:

Theo Postulo

Meeting Notes:

Scott Manson

August 26, 2026

Front Door Greeters:

Terry Gwilliam & Ken
Hammer

Inspiration

Doug Ozeroff

Introductions

Rob Regner

Rotary Minute

Anna Jones

50/50:

Tanya Forbes

Sgt At Arms:

Graham Calder

Meeting Notes:

Kris Rongve

Upcoming Programs

August 12, 2026 - Jess Johnson and Adrienne Bennest – The Aging Brain: Concussion and Fall Management

August 19, 2026 – Committee Reports

August 26, 2026 – Evelyn Boegh – Rotary Area 40 Partnership Committee

San N. reminded the club of the upcoming Walk for Nepal on September 20, 2026.



Please send content and photos for the Weekly Wake-up to kellyraine@me.com

Link to Daybreak Calendar... 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

August 15, 2026 – Denise Larson

Club Member's Anniversaries

August 12	Bonnie Murrell & Brad
August 13	Bill Brendon & Nancy Scott
August 15	Dave Thompson & Cheryl
August 15	Daryl Knivel & Amanda
August 15	Don Bonner & Beverley
August 16	Hayley Poirier & Phil

Daybreak Donations

July 2026

Salvation Army: \$2500
Shelter Box
Venezuela: \$1500
Amarok Society: \$1000
SHEEP project: \$3000
YTD Donations: \$8000

August 05, 2026, Meeting – Notes by Kris R.

President Rob opened the meeting and made the acknowledgement of the traditional lands. He asked us to join Rod M. in O' Canada. Sounded good, Rod!

President Rob called for Jill M. to do the inspiration and, after hearing no response to the call, he appointed her loving husband to replace her. Rod M. sang a Navajo blessing:

How I walk in beauty,
Beauty is before me,
Beauty is behind me,
Above and below me.

President Rob then asked Wayne P. to introduce visiting Rotarians (none) and guests: guest speaker Luka Kellerhals and his wife, Aleah Kellerhals.



Some announcements before breakfast:

- The club received an email from Shelterbox announcing that we have reached silver hero status for outstanding support
- Jill M. and Anna J. went to the Crossroads luncheon and got a certificate.

A break for breakfast. In the absence of the listed Sergeant at Arms (you know who you are, Tyler!), Doug O. assigned tables to get food. My table was first! Very exciting! I was sitting with the guest speakers.... And, yes, I continue to feel when I get breakfast is an important part of the notes. Pity the other two note takers do not feel it important on the other breakfast days....

After food, further announcements:

- Naomi B. Incoming exchange student BBQ on August 27, 2026. Go to it. Bring donations or wine for the event.
- San M. Walk for Nepal on September 20, 2026, at Westwood. He had posters.
- Bonnie M:
 - o the club has renewed the contract at Oliver Woods for one year. The meeting times that we have are 6:15 a.m. to 8:15 a.m. Don't expect to get in early.
 - o Still Night Owl tickets available
 - o Email from Fresh Start. They want help and donations.
- The deadline for Leadership Vancouver Island applications is August 15, 2026 – talk to Val C. or Ken H. about it if you are interested (or Doug L.)



San M. introduced Luka Kellerhals as our guest speaker. He is a second-year medical student and was representing the UBC Nepal Health Education Partnership.

- Student led initiative
- Work in the Dang district of Nepal, with the Tharu indigenous people.
- An area where malaria is prevalent and, one of the side effects of being resistant to malaria seems to be a susceptibility to sickle cell disease
- They partner with Creating Possibilities Nepal and Her International.

Their focus has evolved:

- o 2015: sickle cell disease, screening and education
 - In the screening, 9.3% had the disease compared to 2% in the rest of Nepal
- o 2020 – 2021: Adolescent sexual and reproduction health classes for girls;
- o 2023 – 2025: training people to train others (developing a manual) and pain management (pain is a result of sickle cell disease)
- o 2024 – 2025: adolescent mental health
 - Originally the focus was on girls but now it is mixed gender
- Next steps are to preserve the longevity and sustainability of the programs that have been developed.
- They have a \$15,000 fundraising goal - \$9000 for Nepal Adolescent Health Program and \$6000 for SCD education program

Rotary Contacts

Club President:

Rob Mawdsley

Past President:

Sheila Klassen

Vice President:

Doug Ozeroff

Club Secretary:

Bonnie Murrell

Club Treasurer:

Anna Jones

Club President Elect:

Terry Gwilliam

Club Services Director:

Denise Davidson

Fundraising & Funds

Allocation Director:

Tanya Forbes

International Services

Director:

Valri Cunningham

Member Services Director:

Karin Mattern

Public Relations & Community Services

Director:

Jill Mont

Youth Services Director:

Graham Calder

Directors at Large:

Doug Lum

Duane Seibel

Bulletin Editor:

Kelly Raine

Program Chair:

Rod Mont

Assistant Governor Area 4:

Jodie Williams

District Governor 2025-2026:

Linda Kaye Briggs

RI President 2026-2027:

Olayinka Babalola

~~~~~ 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?

President Rob named Tanya F. to do the Rotary Minute. She replaced Ken H. and spoke of the ripple effect of getting into Rotary and connecting through it to people and organizations.

President Rob asked Dave T. to do 50/50. Scott M. (who can no longer complain that he never wins...) won \$60.

Replacement Sergeant at Arms Doug O. called for voluntary fines against all those who have taken their badges home with the result that we do not know who they are at the meetings. Then happy bucks.

President Rob led in the test and the toast and then there was the departure.

In Other News...



In memory of Cathy Manson- Scott M, Sheila K and Jill M are riding in the Ride On 2026 in Langley this August 22. Scott, Sheila and Jill practised the 60km route earlier this week. If you would like to sponsor Scott, go to this link.

<https://share.google/SgEUA40319pafJkWq>



The Nanaimo Fringe Festival Rotary Bar Coordinators hard at work at the bar at the St. Andrew's bar venue.