

Club Duties

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

Front of House:

August: Scott Manson
September: Rob Regner

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

September 2, 2026

Front Door Greeters:

Don Helgeson & Mike
Holyk

Inspiration:

Wayne Peddie

Introductions

Alan Rinehart

Rotary Minute

Daryl Kniesel

50/50:

Tanya Forbes

Sgt At Arms:

Theo Postulo

Meeting Notes:

Hayley Poirier

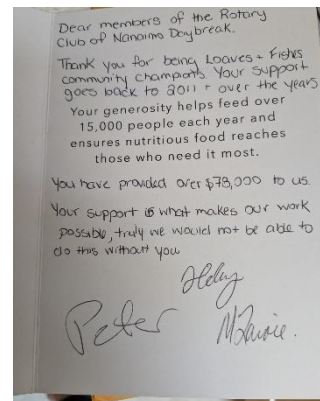
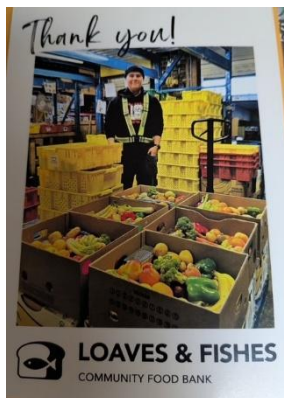
Upcoming Programs

August 19, 2026 – Committee Reports

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

September 02, 2026 – Barber Dave – Fresh Start

Acknowledgement of Daybreak Rotary's support of Loaves and Fishes over the past 15 years!



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 19	Doug Lum
August 19	Tunde Adegbola
August 20	Dawne Anderson

Club Member's Anniversaries

None

Daybreak Donations

August 2026

Nanaimo Chinatown Heritage
Foundation – \$500
Fresh Start - \$500

YTD Donations: \$9000

August 12, 2026, Meeting – Notes by Hayley P.

President Rob opened the meeting at 7:00 AM, and Rod M led us in a strong rendition of O Canada.

Inspiration - Jill M shared a thoughtful quote from Albert Einstein: *“Life is like riding a bicycle — you have to keep moving so you don’t fall off.”*

Introductions & Guests

- Oliver, Naomi’s grandson — welcome!
- Isabelle, Tyler’s daughter — welcome!
- Janice (guest of Duane S), whom he met at the Fringe Festival — welcome to Daybreak!
- We also welcomed our guest speakers from the Nanaimo Brain Injury Society (NBIS): Jess Johnson and Adrienne Bennest.

Guest Presentation – Nanaimo Brain Injury Society

Jess and Adrienne brought a wealth of knowledge about brain injury and concussion awareness. NBIS has been serving our community for over 35 years.

Key Highlights

- Concussion 101 workshops are partially supported by Rotary.
- NBIS visits Grade 7 classrooms to teach brain injury awareness — challenging but rewarding work.
- Toss the Boss fundraiser: a bungee-jump challenge raising funds and awareness. Date: *October 2, 2026*



Concussion Awareness

- Concussions are often invisible injuries.
- Falls are a major cause, especially for older adults.
- As we age, the brain shrinks slightly, creating more space for movement inside the skull — increasing concussion risk.
- Symptoms like memory loss, headaches, and sleep issues can mimic concussion symptoms.
- Jess strongly encouraged medical attention after any fall or head impact, especially for seniors.

Support Services

NBIS offers:

- Group programs
- Workshops
- Caregiver supports
- Community resources

More information: [Home - Nanaimo Brain Injury Society](#)



Our club had many questions, and the presentation was very well received. We thanked Jess and Adrienne with a Rotary tote bag.

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?

Rotary Minute - Don H reminded us to *show up* — whether that means getting out of bed or stepping up to volunteer. “Have your best day ever.”

Announcements

- **Coffee Update:** Our SAA will no longer need to fetch coffee — Doug L has kindly offered to bring coffee weekly.
- **New Rosters:** Available now — please ask if you need one.
- **Lantzville Rotary Fundraiser:** Check their website for details.
- **St. Paul’s Church 165th Birthday:** They need help with serving and cleanup. Our Community Service Committee may support.
- **Club Poker Tournament:** September 27
- **Pancake Breakfast:** Sunday, August 16 — RSVP with Ev.



- **Youth Exchange BBQ – August 27:**
 - Volunteers needed for 50/50
 - Collecting wine and silent auction items
 - Sign-up link will be sent by the Secretary

- **Potential New Member:** Kelly Gaboury, sponsored by Val — more info next week.

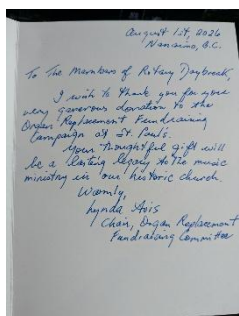
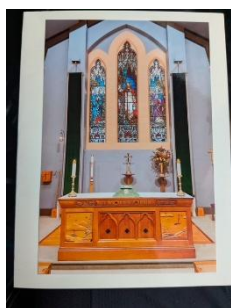
Happy Bucks - Lots of stories, smiles, and contributions today.

We closed the meeting with the Four-Way Test at 8:00 AM.

In Other News...



Duane S. received well deserved recognition from MP Tamara Kronis for his volunteer work with the Nanaimo Fringe Festival, Congratulations Duane!



Our club received thanks from St. Paul's Church for our donation to their Organ Replacement Fundraising Campaign.