



Meeting date: Tuesday, Aug. 13/24

In-Person: Monterey Centre

Visitors / Guests: Stephanie Staples (Sidney-by-the-Sea Rotary & Speaker)

Elizabeth Adey (Chris Kershaw's wife)

Announcements:

Mobi-Mat Chris mentioned that a commemorative plaque has now been put in place to acknowledge the contribution of Oak Bay Kiwanis and ourselves to the funding of the Mobi-Mat at Willows Beach.

Online auction Joan P reported that over 4,000 people had registered for the recent online auction and this was great advertising for the club as well as a great fundraiser.

50th Anniversary Krista showed us a certificate from Rotary International sent to us on the occasion of our recent 50th anniversary

Rotary Moment: Louise McGee spoke about how we can grow our membership. One very important way is to invite guests to our events. We should let people know that joining Rotary is a good way to meet like-minded people. We should also spread the word on all the good we do in the community.

Program Overview: Stephanie Staples gave us a presentation on how to increase resilience and be more positive and how we should share our talents. Stephanie asked what new thing have we tried lately. A key to try new things and work out what you are good at. Stephanie wrote a book **The Try Angle: A New Slant on Life!** on this theme and followed up with a crowd-funded book for children with a similar message **Noah and the Try-Ceratops**. The children's book is now being used as a Rotary fundraiser. We then paired off to share cellphone pictures that mean a lot to us, which brought us to the concept of **Mudita**, which is the opposite of jealousy. Stephanie informed that we could sign up to her newsletter at stephaniestaples.ca/pages/newsletter which brings uplifting tips into your mailbox.

Celebrations Master: Heather Aked

27 Olympic medals for Canada are to be celebrated. Our YE student arrives on Aug. 21 at 5:30pm – attendance at the airport would be appreciated. Congratulations to Chris on five years of club membership. Joan F mentioned the back-to-school distribution (Fair Start) which Joan F, Chris and Louise volunteered for that was very uplifting and was organized by MustardSeed.

Next Meeting: August 20th – Bamboo room – Monterey Centre. Speaker Ryan Painter on Mental Health.