

Rotary
Club of Kelowna Capri



THE WHIP

August 12, 2020

**Newsletter for the Rotary Club of Kelowna Capri
Edited by John Mullock**

**President
Secretary**

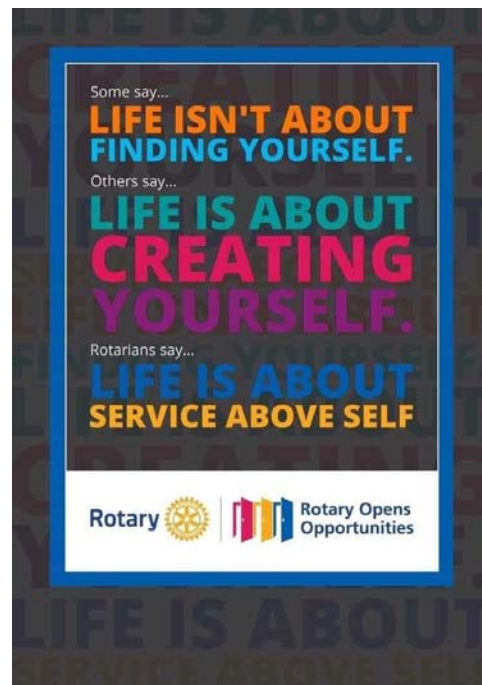
**Ron Becker
Carola Spek**

**President Elect
Treasurer**

**Carola Spek
Lockie Bracken**



- Aug 13 Elton Ash, Regional Executive
Vice President, RE/MAX Western
Canada - real estate and the effect
of COVID-19.
- Aug 27 Melody Bailey - Toastmasters
- Sep 10 Jennifer Park – Telus volunteer
program
- Oct 1 Doug Gilchrist – Kelowna City
Manager
- Oct 8 Vicki Moore and Olivia Massegnna
- Cottonwoods
- Oct 22 Jamie Clerf – Telus – How to Stay
Safe Online
- Nov 5 Pete Ericksen - Foundation
- Nov 26 Cottonwoods Christmas Party
- Dec 17 RC Capri Christmas Party at
Kelowna Golf and Country Club



ZOOM MEETING



Attending members and our guest speaker Dr. Stephen Bray. (middle row; third from left)

Attached is the link to the recording of our Rotary Zoom meeting August 6th. Note that this link will only be available for a month.

www.dropbox.com/t/EXPDAPOYaHHdQVmc

SIGNS SIGNS EVERYWHERE THERE'S SIGNS



Meanwhile in Canada
@MeanwhileinCana

Why are they even allowed to drive?!





Jennifer E. Jones, of the Rotary Club of Windsor-Roseland, Ontario, Canada, is the selection of the Nominating Committee for President of Rotary International for 2022-23.

Jennifer E. Jones, a member of the Rotary Club of Windsor-Roseland, Ontario, Canada, has been nominated to become Rotary International's president for 2022-23, a groundbreaking selection that will make her the first woman to hold that office in the organization's 115-year history.

East Kelowna Hall Project– Bob reported that virtually all our available cash has been spent. We still have the appliances and flooring to be done but are still waiting on the District cheque which is in the mail.

Membership – it seems everyone is having trouble finding and retaining members. Rusty sent me a article he found in a Shriner magazine and I forgot to insert it in last week's newsletter. Let's see how I do this week.

District Video Site - The District has a Vimeo Pro subscription with many videos for training and inspiration.

<https://vimeo.com/rotary5060>

THIS WEEK'S MEETING



Thursday August 13 2020 at 7 pm

A meeting URL will be sent out.

HUMOUR



THE IMPORTANCE OF *Membership*



Dear Fellow Nobles,

XO ROTARIANS:

When the subject of membership development is raised, have you ever (mentally or actually) just rolled your eyes, and said, "that's all leadership ever talks about?" Be honest.

So, why do we "always" bring up the importance of increasing our membership numbers? And why do we say it is the responsibility of every noble to work on this?

The obvious answers would be that the fraternity — and the temples — need appropriate funds to operate effectively; that we support one of the most amazing and generous philanthropies in the world, and, as part-owners, we need to do our part financially, as well as volunteering. More members means we are more financially sound and stable.

Those are valid reasons, but they are secondary ones.

We want to encourage good men to join us because, as Shriners, they will have unique opportunities to experience what it means to be part of a selfless, compassionate brotherhood; to improve the world and their home communities; to make incredible differences in the lives of children; and to have fun. Shriners are known and loved worldwide because of what they believe in and stand for, and for their actions on behalf of their fraternal family and others.

Every one of us shares in the amazing accomplishments of the patients of Shriners Hospitals for Children — from first steps to first words spoken clearly — and in the joys and sorrows of our fraternal brothers. Each one of us truly is part of a worldwide caring family.

We stress membership development because we want to share this life with as many good men as possible. And, as I have said all year, **JUST ONE** of us, and every one of us, can help make that happen.

Thank you for being part of and continuing this effort.

Yours in the faith,

Jeffrey L. Sowder

Jeffrey L. Sowder
Imperial Potentate, Shriners International

VERY GOOD LETTER -
JUST ONE *RUSBY*

As we all do our best to cope with the overwhelming upheaval and threat caused by the coronavirus pandemic, remember that none of us is alone in this crisis.

X We are part of a huge, global family of Shriners, staff, volunteers — and even patients and families. Nearly 100 years ago, Shriners responded to the aftereffects of an epidemic of polio by creating Shriners Hospitals for Children, which has become one of the largest, most respected and revered pediatric health care systems in the world. We know that spirit of determination and compassion still lives in the heart of every Shriner, and everyone connected to Shriners Hospitals for Children, and will see us through this crisis, and on to an even stronger future.

See how Shriners are helping others during the pandemic, Page 14



GUEST SPEAKER

Our guest speaker this evening was Dr. Stephen Bray who spoke to us on dental sleep medicine.

Dr. Bray explained that while our airway is only about the diameter of a garden hose, all the body's needs for oxygen must channel through it. About 25 percent of Canadians suffer from obstructed sleep apnea at night where the jaw drops back allowing the tongue to block the airway. This causes the body to strangle forcing the person to wake up frequently. The overall effect is less than the recommended seven hours of sleep, loss of productivity and the risk of stroke or even death.

It was an interesting talk and food for thought.



GALLERY



Gardom Lake. Ron and Irene are holidaying here. Photo by Ron Becker.



I finally dropped by Jack's office to pick up my Rotarian of the Year trophy. Picture by Jack.



Shores of Consciousness by Alex Ruiz Art (USA)

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