



THE WHIP

February 6, 2019

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

**President
Secretary**

**Peter Spek
Mike Flynn**

**President Elect
Treasurer**

**Theresa Fillion
Lockie Bracken**



Feb 7	Business/Directors
Feb 14	Valentine's Day
Feb 21	TBA
Feb 28	TBA
Mar 2	Curling at Kelowna Curling Club
Mar 7	Brain Trust
Mar 14	TBA

RAMBLING

ROTARY PROJECTS IN A BOTTLE NEWS

The next sale will be Feb 13th at KGH. We have a full set of sellers (thanks all) and our bottle will be dressed up in Valentine's Day colours.



eight tills open but only two to three customers at each till. When we finished shopping about 8:10 pm we found there were now only three tills still open, two of which had one customer and one was empty. Not quite sure what was going on, we paid our bill and scurried off into the cold night air. I'm absolutely sure I won't see that again almost an hour from closing time.

MEETING OF JANUARY 31, 2019

VISITING ROTARIANS - none

GUESTS – Gail Voyer (guest speaker) and Michael Augustine (guest of Jack)

ATTENDANCE – 85%



Costco 'Hell' Frozen Over



Costco on a normal day and evening

The air reeked of magic at Costco last night. I went there about 7:30 pm with my wife and daughter and found the parking lot half-empty. Inside the warehouse there were

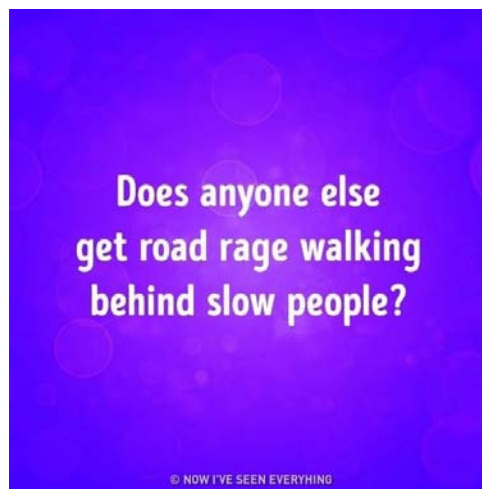
Sheriff Art was in a "not" mood tonight. If you had not ever donated blood, not donated blood this year, not known that February was Heart and Stroke month and not paid to go to the RC Okanagan Mission Hawaiian Night then pay \$1 fine for each transgression. I could not find a reason to avoid the fines.

**SIGNS SIGNS EVERYWHERE
THERE'S SIGNS**

**Wife: "The car is not starting. Dashboard shows the sign of a person sitting on toilet."
Husband: "What...??
Send me a picture."**



90% OF BEING
MARRIED IS
JUST SHOUTING
"WHAT" FROM
OTHER ROOMS



**Knights of Columbus Service Club
Banquet** – Brian will be attending their 45th
Annual Service Club Banquet on Feb. 6th.



Curling Evening – Carola has arranged for a curling evening on Saturday, March 2nd at the Kelowna Curling Club. For those not as flexible as they used to be, push sticks will be available. A brochure has been developed for this event and will be inserted in the newsletter. Please invite your spouses and friends to attend this fun night.



ENDING ABUSE. BUILDING HOPE.

Kelowna Woman's Shelter - several work parties went to the Kelowna Woman's Shelter last week to sort food item and take junk or recyclable items to the depots.

HUMOUR

Make your friends think you're off on holiday



Bowling Fundraiser – Carola has organized another evening of 5-pin bowling at the Capri Lanes on Saturday, June 1st. We will start with dinner first so that we don't have to change our shoes twice (regular shoes and bowling shoes). After dinner we will bowl a regular game, take a thirty-minute break and then bowl a fun game. Jack and Rusty are organizing the prizes and any profits will be split between the Kelowna Women's Shelter and JoeAnna's House.





Curling Night



551 Recreation Ave, Kelowna, BC V1Y 7V5

Saturday, March 2, 2019

\$29 per person

1 Hour Curling and Burger Buffet
Choice of 1 beef, chicken or veggie burger.

\$16 per person

Burger Buffet Only:
Choice of 1 beef, chicken or veggie burger.

5:00 p.m. Curling starts

6:30 p.m. Dinner is ready

Also available: Pool Table, Air Hockey Shuffleboard, Darts, Dance Floor, and Ping Pong

Sign up and pay at the reception desk by **Thursday, February 21st** to
accommodate a count for the chef.

Just bought a book from IKEA



GUEST SPEAKER

This evening's guest speaker was Gayle Voyer, Territorial Manager, Canadian Blood Services. Gayle explained the Blood Service's mission is to ensure we have a secure blood system and she assured us that blood collected in each province remains in that province unless there is an emergency shortage. She also explained that blood and blood products are perishable such as platelets which last 7 days, red blood cells which last 42 days and frozen plasma which lasts one year. The ideal situation is to have an eight days supply on hand and to do so they need a good supply of regular donors and new donors. Canada uses about 17,000 units each week and this comes from the one in every sixty Canadians who donate. It was an interesting presentation and well received. Also, well received was the Pocky chocolate sticks she gave out.



Gayle Voyer receives thank you gift from Ron
Photo by Peter Spek

For additional information two small booklets, *Becoming a Partner* and *What You Must Know to Give Blood* have been inserted in the newsletter.

In addition, check out <https://blood.ca/en>

ART GALLERY



Angel of Death by Biswajit Biswas (India)

BECOME A PARTNER TODAY.

As a member of Partners for Life, you'll give and receive. Because doing good for the community is also good for your business, group or organization, from building a better community image to boosting your productivity and profits. Partners for Life could be that piece of the puzzle you've been looking for, so you can:

- Enhance your organization's reputation and increase your profile in the community.
- Improve employee engagement, morale, commitment and motivation.
- Become more competitive within your industry.
- And so much more...

IF ONE DONOR CAN GIVE LIFE, **IMAGINE** **WHAT YOUR ORGANIZATION CAN DO.**

Joining Partners for Life means that your organization commits to Give Life by donating blood as a team and by raising awareness of the need for more donors in Canada. Fulfilling your social responsibility by giving blood makes a difference within the community as well as for your organization. Doing good looks good and it also feels good. You and your employees or friends can take great pride in joining Partners for Life in order to:

- Work together to Give Life to thousands of Canadians.
- Be an inspiration to new and existing donors, including other organizations.
- Become advocates for Canadian Blood Services.



of Canadians would be more likely to purchase products or services from corporations that support blood donation in Canada.

WHEN YOU DONATE BLOOD, YOU'RE GIVING LIFE TO REAL PEOPLE.

Shannon and Greg Clark are thankful for every day they have to spend with their healthy, active, two-year-old son, Nicholas. Without the generosity of a blood donor, Nicholas would not be around today. Nicholas was born three months prematurely weighing just two pounds, one ounce. Miraculously, he survived. But when his hemoglobin levels dipped dangerously low, Nicholas's survival depended on a blood transfusion.

"We are forever grateful," says Nicholas' mom. "Because Nicholas received two transfusions from a single donor, his donor actually saved his life twice."

For over ten years, Shannon has been a blood donor through her employer, ArcelorMittal Dofasco, a long-standing member of the Partners for Life program. "From the first time that I gave blood, I knew that I wanted to be a lifelong donor. What I never dreamed is that I would be a beneficiary. Giving blood saves lives. Nicholas has his life thanks to a blood donor... and we have Nicholas."

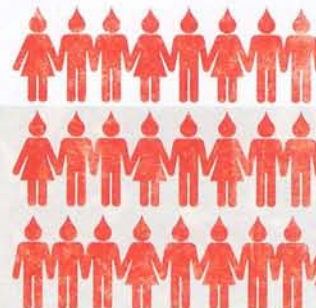
IT'S WHY YOU BELONG.

Stories like Nicholas' are the real reasons why becoming a Partners for Life is so important. Together with your employees and friends, you can make a difference in the life of someone who needs blood in order to survive.

Joining Partners for Life helps you build a stronger sense of community within your organization, while demonstrating your commitment to helping others in the community at large.

Your company's blood donations go directly to helping hospital patients in need.

Your company's blood donations go directly to helping hospital patients in need.



Partners⁺ For Life



Inspire the Movement:

Raise Awareness that Canadians Have the Power to Give Life

When someone gives blood, stem cells, cord blood, organs or tissues, they Give Life. And that's powerful. You and your organization have the power to save even more lives by spreading the word and encouraging Canadians to join the movement.

Whether you are an individual dedicated to making a difference, a local business, a community group or a large organization, raising awareness allows you to:

- **Give Life:** Every blood donation counts. And it can take multiple donors to save even one life. It can take up to 5 blood donors to help someone undergoing cancer treatment.
- **Show your support:** Publicly celebrate your commitment to the cause, and invite friends and family, colleagues, your customers and others to donate.
- **Build lasting bonds:** Giving life together creates a stronger team spirit, boosts morale and gives people a shared sense of pride. It feels good.

Here's How

We make it easy for you to raise awareness. There are two key ways you can help:

1. **Host a Donor Recruitment Event:** Educate and inspire future donors by hosting a blood typing or stem cell registration event, a lunch and learn or by welcoming a guest speaker. We offer a variety of ways for your employees to learn about how they can Give Life. Your organization can also plan group blood donations at a nearby clinic. Ask us for more information.
2. **Become a Cause Champion:** Share information about the constant need for blood by email, social media, your electronic newsletter or other digital means. We'll send you turnkey promotional tools and messages to help you advocate to your personal and professional networks about Canadian Blood Services and the need for more donors.

Learn how you and your organization can inspire the movement. Contact your local Canadian Blood Services' representative today.

GAYLE VOYER
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C 250 979-8053
E gayle.voyer@blood.ca

Connect with us to easily share information through your social media channels:

   [/itsinyoutogive](https://www.instagram.com/itsinyoutogive)

www.blood.ca/partnersforlife


Canadian Blood Services
it's in you to give

Partners[®] For Life



Give Life Together. There is Power in Numbers. Organize a Group Blood Donation

When someone gives blood, they give life. You have the power to save even more lives by organizing group blood donations at a nearby clinic.

Whether you are a local business, a community group or a large organization, donating as a group allows you to:

- **Give Life:** Every blood donation counts. And it can take multiple donors to save even one life. It can take up to 5 blood donors to help someone undergoing cancer treatment.
- **Build lasting bonds:** Giving life together creates a stronger team spirit, boosts morale and gives people a shared sense of pride. It feels good.
- **Make a difference:** Celebrate your commitment to giving life. Let your employees, customers and others know how you are helping to build a stronger, healthier community.

How to Get Started

Canadian Blood Services will work with you to plan your group donations. We are here to make it fun and easy. Here are some tips for a successful group blood donation:

- Create awareness and excitement about donating blood as a team.
- Use and share our suite of promotional tools including recipient videos to help educate and inspire colleagues and friends.
- Encourage first-time donors to participate. Donating with a group helps them overcome any fear about the process.
- We can help you select the most convenient clinic location, the best time and date to donate based on the size of your group.
- We can arrange transportation to and from the clinic depending on your location and if you have at least four donors.

Take the first step to planning your group donation! Contact your local Canadian Blood Services' representative today.

GAYLE VOYER
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C 250 979-8053
E gayle.voyer@blood.ca

DID YOU KNOW?

You can create your own personal online account at www.blood.ca to manage your preferences and much more.

QUESTIONS?

Ask the clinic staff.



See our website
www.blood.ca



Call 1 888 2 DONATE
(1-888-236-6283)

For more information on iron, go to
www.blood.ca.

For questions about privacy, request
our privacy brochure.

For questions about *What Happens
to Your Donation*, search brochures on
www.blood.ca.

1000107280 (2017-07-07)



Canadian Blood Services
it's in you to give

Please read this brochure



WHAT YOU MUST KNOW TO GIVE BLOOD

Making donation safe for you, and for
those who receive your blood



Canadian Blood Services
it's in you to give

GENERAL INFORMATION

Your presence here is **voluntary**. You may **leave at any time but please inform a member of the clinic staff.**

- Drinking fluids and eating salty snacks before and after donation will help maintain your blood volume and improve your donation experience.
- Let us know if you are feeling dizzy or unwell at any time during your visit.
- Let us know if you are allergic to latex or the powder used in medical gloves.
- Whether or not you donate, your information may be kept on file.

BEFORE YOU GIVE...



Have something to eat in the hours before donation (Avoid fatty foods such as bacon or fried foods).



Drink at least 500 ml of water or juice just before donation.



You will complete a questionnaire.



We will confirm your identity.



We will check your:

- **hemoglobin with a finger stick test**
- **temperature**
- **blood pressure**

WHILE YOU GIVE...



The needle used to take the blood is **new and sterile.**



We will collect about **450 ml** of blood.



The blood collection usually takes about **10 to 15 minutes.**



Let us know immediately if you feel unwell during the donation.



You will complete a questionnaire.



We will confirm your identity.



We will check your:

- **hemoglobin with a finger stick test**
- **temperature**
- **blood pressure**

WHILE YOU GIVE...



The needle used to take the blood is **new and sterile**.



We will collect about **450 ml** of blood.



The blood collection usually takes about **10 to 15 minutes**.



Let us know immediately if you feel unwell during the donation.

AFTER YOU GIVE...



Rest and put pressure on the needle site for about five minutes. We will then place a bandage on your arm.



You are encouraged to stay in the refreshment area for 15 minutes or so to re-hydrate and have a snack.



If you feel faint sit down and rest for a few minutes with your head between your knees or lie down.

AFTER YOU LEAVE THE CLINIC...

- For the rest of the day, drink plenty of fluids such as water or juice (avoid alcoholic beverages).
- When you get home, remove the bandage and wash the donation area with soap and water to prevent a skin rash.
- You should avoid strenuous activity for six to eight hours and heavy lifting for 24 hours after giving blood.
- If you feel faint and you are driving, pull over. Resume only when fully recovered or call for help.
- Jobs that expose you to risk (such as bus drivers and heavy equipment operators) may also require some time off.



WALKPATH IN WINTER

Walkpath in Winter by Richard C Green
(USA)



Hibernation by Sara Arasteh (USA)

ADVERTISING

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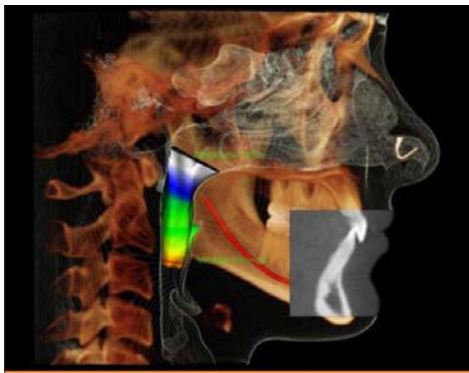
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