



# **CAPRI ECHO**

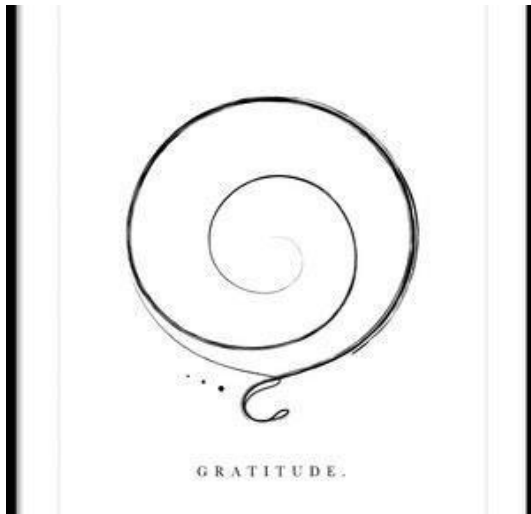
## **January 2, 2025**

Newsletter for the  
Rotary Club of  
Kelowna Capri

Our website: <https://caprirotary.ca/>

**President**  
**Jack Degruchy**  
**President Elect**  
**Ron Becker**  
**Treasurer**  
**Lockie Bracken**  
**Secretary**  
**Carola Spek**  
**Editor**  
**John Mullock**

**There are no birthdays or  
anniversaries in January**



Life's tough. Let's not sugar coat it. Some moments will completely drain your energy leaving you feeling like you've got nothing. But do you really have nothing? Be honest. You know that's not the case. Your heart can have the biggest hole in it, your anxiety could eat you up inside, but you've still got so many great things in your life. The gratitude list doesn't allow your mind to get completely clouded by a negative event. It helps you remember that you don't only have challenges in your life, you also have many things to be grateful for.

**Editor's Note**  
**My page and column control has gone haywire on the front page. Patches are not working so I guess I'm going to have to rebuild the whole thing. Problem may be that original version came out of Word 97 and I'm using Word 365 now.**

## SIGNS SIGNS EVERYWHERE THERE'S SIGNS





God gave us the brain to work out problems. However, we use it to create more problems.

As moments go it was a little negative, but the attending members smiled in understanding and dropped a flutter of bills into the collection tray.



### 2025 Rotary International Conference –



**2025 District Conference** – cancelled due to the Calgary event.

**Ukrainian Dinner** – the Treasurer reported that the dinner showed a healthy profit which will allow us to send a container of medical equipment and supplies to the Ukraine. Final transportation details are being arranged with Rotary World Help.



It was the last meeting of 2024, but the Sheriff was on duty. He had a few thoughts about some of his fellow members of mankind. No not members of our club but those that surround us.

I don't know what your problem is, but I'll bet it's hard to pronounce.

If someone calls you fat, just ignore them. You are bigger than that!

You have two parts of brain, 'left' and 'right'. In the left side, there's nothing right. In the right side, there's nothing left.

If I wanted to kill myself, I'd climb your ego and jump to your IQ.

Everything always ends well. If not – it's probably not the end.



**Central Okanagan Performing Arts Festival -**

**Welcome to Festival 2025!**

**2025 FESTIVAL DATES:**

**DANCE**

**Rotary Centre for the Arts  
421 Cawston  
March 30th – April 4th**

**MUSIC & VOICE**

**St. Andrews Church 4619  
Lakeshore  
Piano April 7th – 11th  
Strings April 21st – 25th  
Voice April 28th – May 2nd**

**REGISTRATION:**

**Opens for all categories  
November 5th  
Closes January 15th for  
Dance, February 15th for  
Music & Voice**

Our club is committed to \$100 per member for each year.

**HUMOUR**

Allquotesabout.com

“

New Year's resolution:  
To tolerate fools more  
gladly, provided this  
does not encourage  
them to take up more  
of my time.

JAMES AGATE

so, you didn't learn your lesson  
the first time Frank





# WHAT IS A NEW YEAR'S RESOLUTION?



**Something that goes  
in one year and  
out the other.**

**GH**



**Luxury** by Lily A. Seidel (Germany)

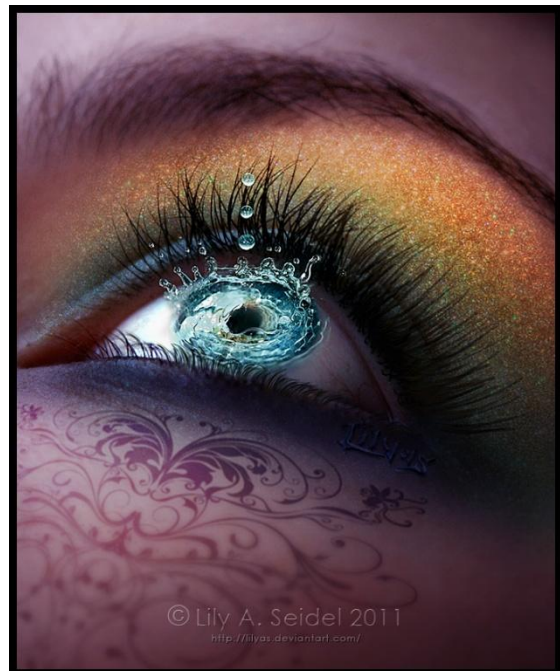
## **GUESTS**

No guests this evening.

## **GALLERY**



**Thumbsucker** by Lily A. Seidel (Germany)



**Water in My Eyes** by Lily A. Seidel (Germany)