

Rotary
Club of Kelowna Capri



CAPRI ECHO

March 3, 2021

Newsletter for the Rotary Club of Kelowna Capri

Edited by John Mullock

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

**President
Secretary**

**Ron Becker
Carola Spek**

**President Elect
Treasurer**

**Carola Spek
Lockie Bracken**



Mar 4	Phil Bischoff: Military Service
Mar 11	Chandel Schmidt; KGH Foundation Stroke Campaign
Mar 18	Lockie Bracken and Jack DeGruchy; Peace Pole
Mar 25	TBA
Apr 1	Kathy Sawchuk; East Kelowna Hall Project

ZOOM MEETING

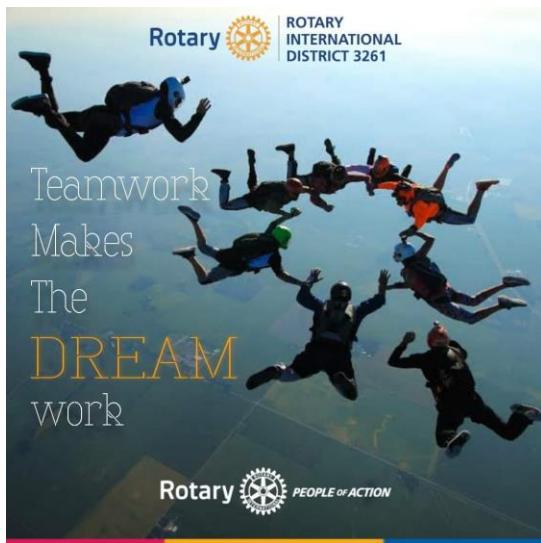


The group hath gathered.

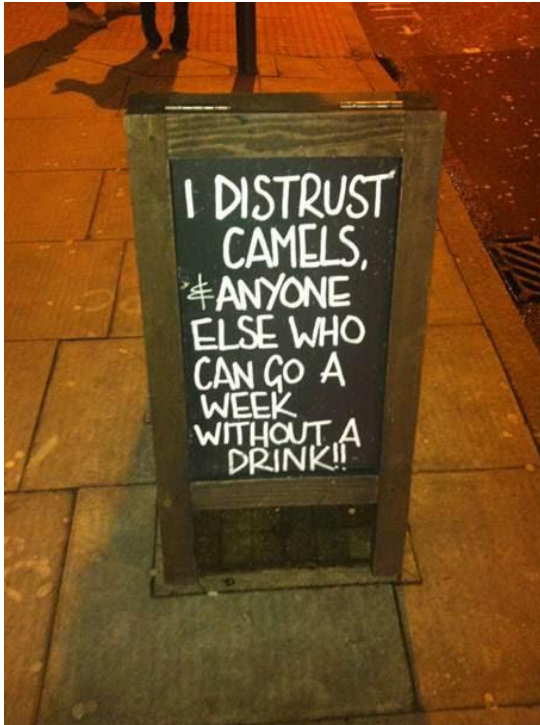
Here is the zoom link to our February 25th meeting

www.dropbox.com/t/Dmy19XMR8gYmANi8

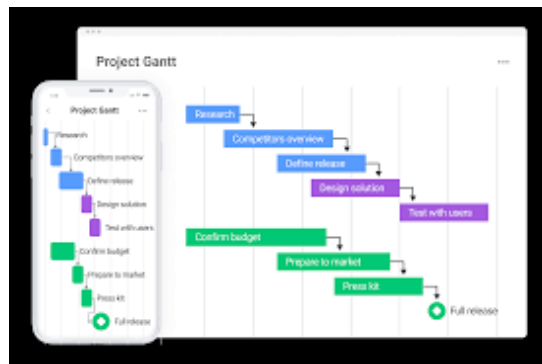
SIGNS SIGNS EVERYWHERE THERE'S SIGNS



Let's hope not!



Peace Park – Jack reported that they are getting a lot of feedback on this project and that planning has moved into assembling a Gantt chart. A Gantt chart is a graphical scheduling tool for the planning and control of a project. In its most basic form, a Gantt chart is a bar chart that plots the tasks of a project versus time. Sounds simple, but it takes a lot of planning when you are arranging materials, building or assembling the various tasks and monitoring completion dates.



Example of a Gantt chart

East Kelowna Hall – Everything has been installed and the project is now considered complete. There were some funds left and after discussion with the RC Kelowna Club it was decided to allow these funds be used to purchase new kitchen supplies such as knives, cutting boards, etc. We will be getting a final presentation on the project on April 1st from the Manager of the East Kelowna Hall.



Dear friends of RESTOR International,

Since we were last able to be together at our Good Fortune fundraising event in June 2019, so much has happened in the world. Our volunteer medical mission to Nepal may have been postponed indefinitely because of the pandemic but, it hasn't stopped our resolve to stay connected with our partners there and find ways to meet some of their urgent needs.

We are delighted to share highlights from our new plan, made possible by your generosity, which allows us to meet our goals of transforming lives in rural Nepalese communities through clinical service and education.



Sometimes it's just that easy to help. RESTOR was able to contribute to the cost of keeping this 4WD vehicle on the road, an essential part of maintaining outreach in isolated communities. With the vehicle powered up hospital teams are able to keep their rural camps running and get health care to people where none exists.

Solving a PPE shortage:

As the world scrambled to find enough PPE, through your generosity, RESTOR was able to send funds to a Nepal rotary club. Its women's cooperative produced reusable gowns, hats, shoe covers and masks. These were then packaged along with face shields and N95 masks and given to Tamakoshi Hospital in rural Nepal so that their hospital personnel could be protected from COVID. Funds were also used to equip hand sanitizing stations in remote clinics.



Equipping our partners to continue lifesaving work:



As the world pivots and innovates in the time of COVID, RESTOR has done the same thing. We can't be in Nepal in person but we can ensure our partners there have access to critical diagnostic equipment. One of our mission goals was to assist in the diagnosis of a too common childhood condition – Rheumatic Heart Disease. A portable ultrasound capable of cardiac scans is being purchased for rural doctors to use in their small hospital as well as in outreach health camps in remote communities.



A skills training course has been organized which will see a Nepali Cardiologist teaching the rural medical doctors how to do echocardiograms. The scans will be transmitted to specialists in Kathmandu for interpretation, and care directives. This program will allow for earlier identification of children with Rheumatic Heart Disease so that appropriate treatments start right away and the devastating complications of this treatable disease are avoided.

Three very isolated communities with limited access to basic healthcare will be provided with access to this **TELEMEDICINE** network. This will allow the remote providers access to specialist consultations for advice and support and will provide them with the opportunity to participate in webinar educational programs, some of which will be delivered by our experts in Canada.

It has been a busy time as the above programs were organized. It is still very early, and we are just getting underway, but we look forward to being able to share updates on these very exciting programs in the coming months.

None of this would have been possible without our private donors as well as the Rotary International Foundation, Rotarians and Rotary Clubs in BC and Nepal.

With gratitude,

Kim East
Director of Clinical Care

Dr. Stan Valnicek
Medical Director and Lead Plastic Surgeon

John McCormack
President

The RESTOR International Board of Directors



P.S. – The R in RESTOR stands for “Respond”. Because of your continued support we are able to quickly respond to the ongoing needs of our partner organizations in Nepal. Like us, they are focused on getting health care to the most isolated communities in the country where COVID is compounding the challenges.



HUMOUR



I like food but this causes me to hesitate.

THIS WEEK'S REGULAR MEETING



Thursday, March 3rd.

Brief social 6:45 – 7 pm
Meeting begins - 7 pm.

A ZOOM link will be sent out by Carola Spek.

**If you message me
and I read it and
don't respond I'm
not ignoring you.
I just saw something
shiny. Then I forgot
you messaged.**

**You're not
fat, you're
just... easier
to see.**



Bizwaremagic's Funny Quotes

GUEST SPEAKER



Aaron McRann

We had two guest speakers this evening. The first Aaron McRann from the Community Foundation Southern Okanagan and Similkameen (CFSO). Aaron briefly explained what CFSO does in providing funds and support to various programs in the Southern Okanagan. He then introduced the second speaker, Izabela Szelist who is with the Alcohol Use Disorder (AUD) Society.

**Today's wisdom: It's
important in life to
know when to stop
arguing with people
and simply let them
be wrong.**



Isabela Szelist

Isabela then explained how her program works with people who have an alcohol disorder.

Canadian Alcohol Use Disorder Society



Providing hope through knowledge and compassion

Izabela Szelest PhD CHE
Health System Improvement Fellow

Proudly partnering with



Our Society's Start

Sept 2020

Formalization of the efforts of Dr. Jeff Harries who treated patients with AUD for decades

Purpose

To provide hope and improve quality of life by advancing proven and effective treatments of AUD, and to facilitate a more compassionate perception of this disorder

What we do

- Develop, translate, and promote scientific knowledge relating to AUD
- Create a sense of hope to care providers, patients, families, and the general public
- Support and advocate for change in policy and practice
- Build communities of support and awareness focused on AUD

Their website is www.cauds.org

Both presentations were very interesting, and I particularly noted how they are working to get rid of pejorative terms like drunk and alcoholism and have moved to seeing it as a disorder much like mental disorder.

I highly recommend that that you look at the recording of the Zoom meeting to see their presentations.

GALLERY



Thirsty by Xr250r (USA)



Nice Camera by Xr250r



Hi by xr250r

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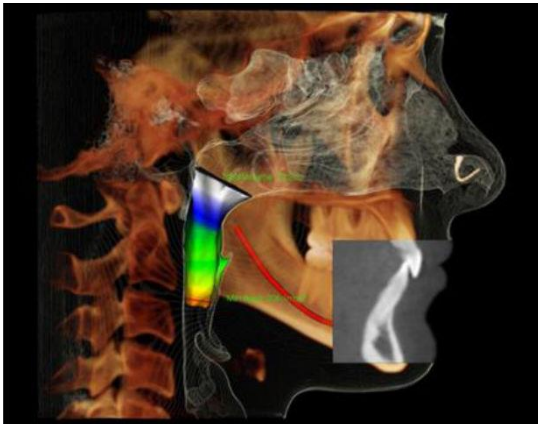
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