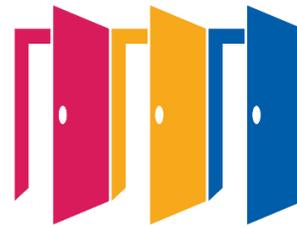


Rotary
Club of Kelowna Capri



Rotary Opens Opportunities

CAPRI ECHO

November 25, 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**



Nov 26 TBA
Dec 3 Paul Johnson, Kelowna Fire Dept
Dec 5 Salvation Army Kettles
Dec 10 Cottonwoods Christmas Zoom
Party
Dec 17 AGM and Last meeting of 2020
Jan 7 First meeting of 2021

ZOOM MEETING



All the attendees except for Josewho popped in later. Also shown are our two guests Darlene Haslock (top row; 3rd from left) and Chandel Schmidt (middle row; left side)

Here is the link to the recording of our Rotary Zoom meeting on November 19th.

www.dropbox.com/t/kksqgPkBHmNbtP87

Why Volunteer

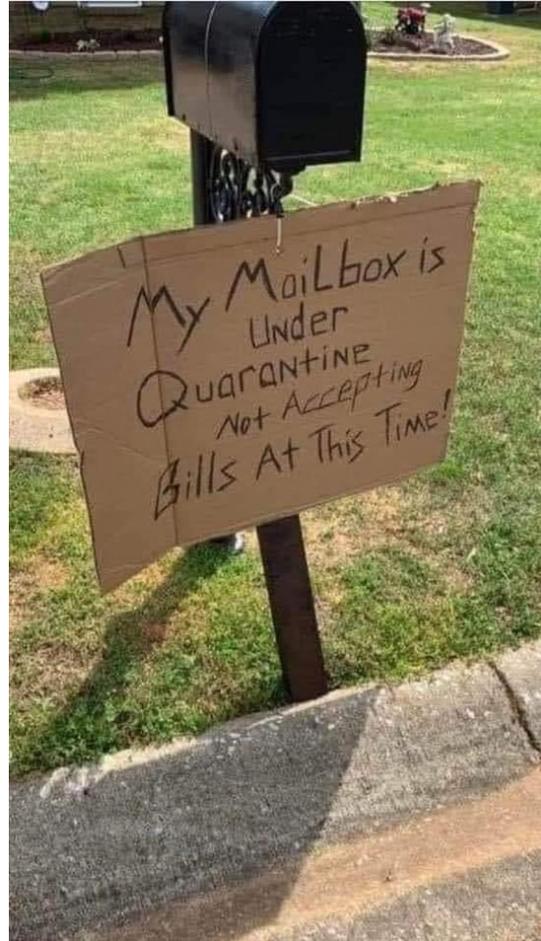
IMPROVE YOUR HEALTH

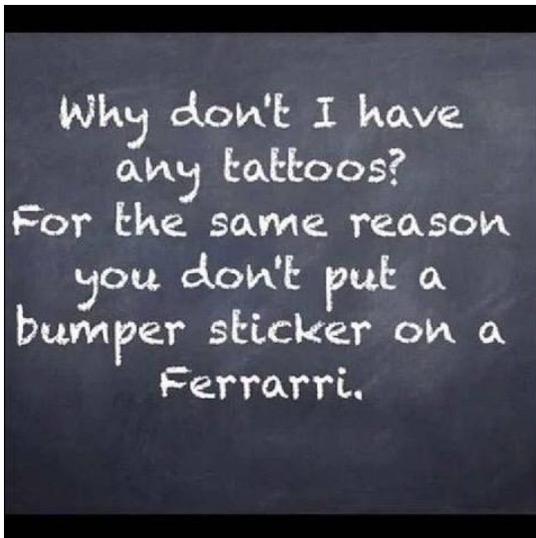
MANY STUDIES HAVE ESTABLISHED A CONNECTION BETWEEN VOLUNTEERING AND IMPROVED HEALTH. IN THE BRAIN, ACTS OF KINDNESS RELEASE POWERFUL CHEMICALS LIKE OXYTOCIN, SEROTONIN, AND DOPAMINE, ELEVATING OUR MOOD, INCREASING REWARD STIMULI, AND REDUCING STRESS. COMPASSION EVOKES LOWER HEART RATES AND REDUCES CORONARY DISTRESS. OXYTOCIN IS ALSO CONNECTED TO SOCIAL BONDING, SO AS IT IS RELEASED, THE TIES THAT BIND US ARE STRENGTHENED.

Rotary

Rotary Opens Opportunities

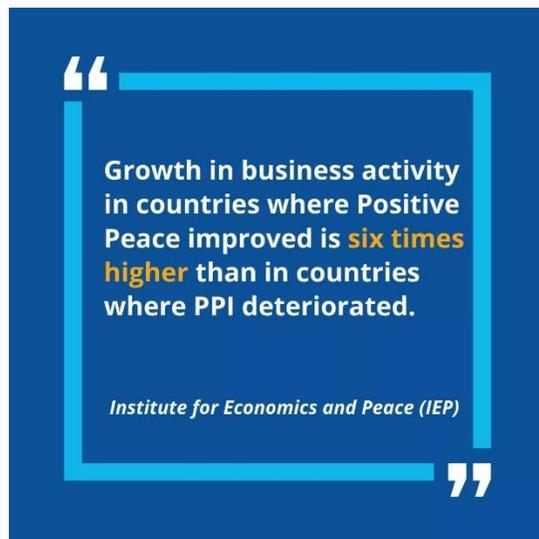
SIGNS SIGNS EVERYWHERE THERE'S SIGNS





Annual General Meeting – the Annual General Meeting is scheduled for December 17th which is also the last zoom meeting of the year. Incoming President Carola has begun to enlist volunteers for next year's Executive and will be elected at the AGM.

Peace Action Group – the committee held a productive meeting on November 19th and discussed progress last since the last meeting. While nothing is firm, we have some good leads on getting our pole engineered and even constructed.



Cottonwoods Christmas – the Cottonwoods Christmas Zoom Party will be held on **December 10th** this year. Members are reminded to compose their personal greetings which will be inserted into the program. Each greeting should be less than 30 seconds.



Christmas Kettles

Ring in Christmas with
The Salvation Army

Christmas Kettles – We will be staffing the two doors into Walmart on Saturday, December 5th from 10 am until 6 pm. While working we will have to wear masks and gloves. Thank you all very much!

Rotary Lights in a Bottle –

The next selling date at East Kelowna Hall is Nov. 29th.

Rotary Foundation –

ROTARY'S AREAS OF FOCUS (1 OF 2)

Rotary is dedicated to seven areas of focus to build international relationships, improve lives, and create a better world to support our peace efforts and end polio forever.

- **Promoting peace:** Rotary encourages conversations to foster understanding within and across cultures. We train adults and young leaders to prevent and mediate conflict and help refugees who have fled dangerous areas.
- **Fighting disease:** We educate and equip communities to stop the spread of life-threatening diseases like polio, HIV/AIDS, and malaria. We improve and expand access to low-cost and free health care in developing areas.

- **Providing clean water, sanitation, and hygiene:** We support local solutions to bring clean water, sanitation, and hygiene to more people every day. We don't just build wells and walk away. We share our expertise with community leaders and educators to make sure our projects succeed long-term.

Learn about the other four next week!

ZOOM Meetings – Brian reminded all members that it time to pay the weekly \$5 towards our meetings.

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 November 26th at 7 pm

A meeting URL will be sent out.

HUMOUR

ME BEFORE COFFEE



The future as the lockdown continues to harden.

GUEST SPEAKER

The guest speakers this evening were Darlene Haslock and Chandel Schmidt who spoke on JoeAnna's House.



JoeAnna's house offers affordable, on-site accommodations for out-of-town families with loved ones receiving care at KGH.

Featuring 20 family rooms, a contemporary communal cooking space, cozy common areas and other home-like amenities including laundry facilities and a kids' play area, no detail has been spared in the design and construction.

THANK YOU!

Rotary Clubs throughout BC contributed an incredible **\$242,633** toward the construction of JoeAnna's House

THE NUMBERS

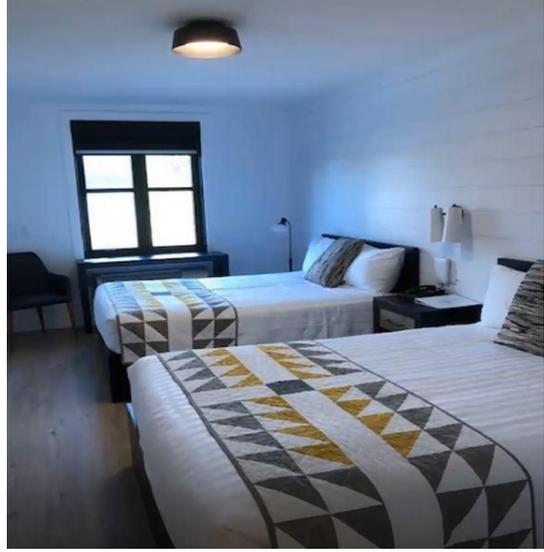
From opening day on November 25th 2019 until August 31st 2020

Top 5 Reasons for Stay	
Cardiac	30%
NICU/Babies	20%
Cancer	10%
Trauma	8%
Neurology	7%





Lobby area



bedroom



Kitchen



Guests

All this for only \$25 per night. While the typical stay is just a couple of days, there was one family stay for 70 nights.

GALLERY



Happy tiger



To each his own!

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A gustnado is a short-lived, ground-based swirling wind that can form on the leading edge of a severe thunderstorm. Like a dust devil, a gustnado isn't a tornado since it isn't connected to the cloud base or any rotating wall cloud.



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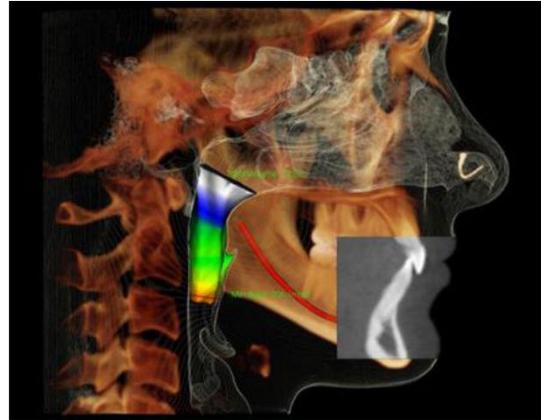
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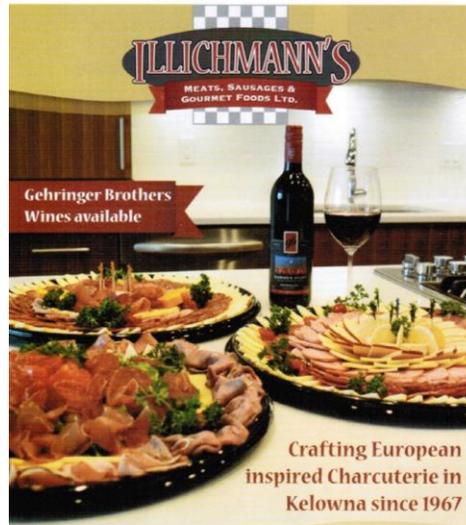
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