



CAPRI ECHO

November 8, 2023

Newsletter for the Rotary Club of Kelowna Capri

Edited by John Mullock

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

**President
Treasurer**

**Lockie Bracken
Lockie Bracken**

**President Elect
Secretary**

**Brian Street
Carola Spek**

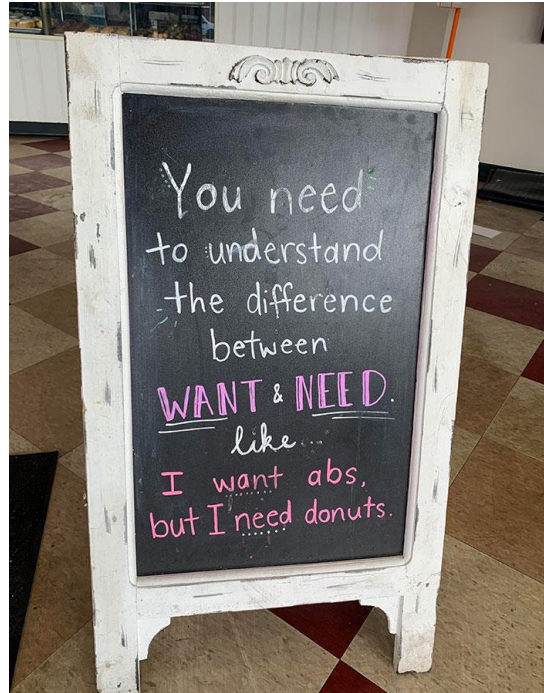


- Nov 13 Meeting at Moxies (still to be held)
- Nov 20 Meeting at Moxies
- Nov 27 Meeting at Moxies
- Dec 4 Meeting at Moxies

SIGNS SIGNS EVERYWHERE
THERE'S SIGNS



**My favorite childhood
memory is my back not
hurting.**



The Sheriff was idle this week and so he came up with some idle thoughts. Such as...

Do twins ever realize that one of them is unplanned?

Over 100 years ago, everyone owned a horse and only the rich had cars. Today everyone has a car and only the rich own horses.

Still the flutter of bills into the collection plate was a welcome sound.



Silver Lake Children's Camp – The treasurer reported that a cheque has been sent to cover our support of this facility.

Central Okanagan Bursary Society – in a unanimous vote the club members agreed to pay to provide two scholarships for local students this year.

The Royal Canadian Legion Poppy Fund– has requested that we support the Legion Poppy Fund again this year. Rusty passed around a donation sheet for a second time and received a few more donations. If preferred, you can also donate directly to them over the phone.



Salvation Army Kettles

Rusty gave notice to the club that “Sally Ann” Kettle season will soon starting for this year. As requested, our club will be covering Mondays at Walmart again this year from December 4th to December 18th. The work

schedule will be sent out to members with this newsletter.

By the way, a new biodegradable wreath was purchased by Brian and will be presented by him. Thanks Brian!

Finally, here's a chance to kick off the kettle program properly.



Lights in a Bottle – Glenna and Susie have been decorating bottles and wine glasses as a fundraiser. They are planning to set up a sales table at the Capri Mall and if possible, at the Rutland Flea Market. Reported dates are to be December 1,2,8,9 and 22nd.

New Member – Rotarian Bill Hawkins has been accepted as a member to our club.

Christmas Dinner – the Kelowna Curling Club has been approached to host out Christmas dinner on either Dec 11 or Dec 14th. This dinner is spousal so please bring your life companion.

New Projects –

Kelowna Woman’s Shelter – a donation to the KWS was proposed by Rusty, seconded and carried in a show of hands.

Plan International – Plan International Canada strives for a just world that advances children’s rights and equality for girls. Please visit www.plancanada.ca

Fire Loss Assistance – this is a topic for the next President’s Meeting.

Rotary District 5060 Websites –

District Website

<https://rotary060.org/>

Videos

<https://vimeocom/rotary5060>

End Polio

<https://www.endpolio.org/resource-center>

#Rotary24



SINGAPORE | 25-29 MAY 2024



more information at:

Website for Info & Registration:

<https://convention.rotary.org/en-us/>

Promotion tools:

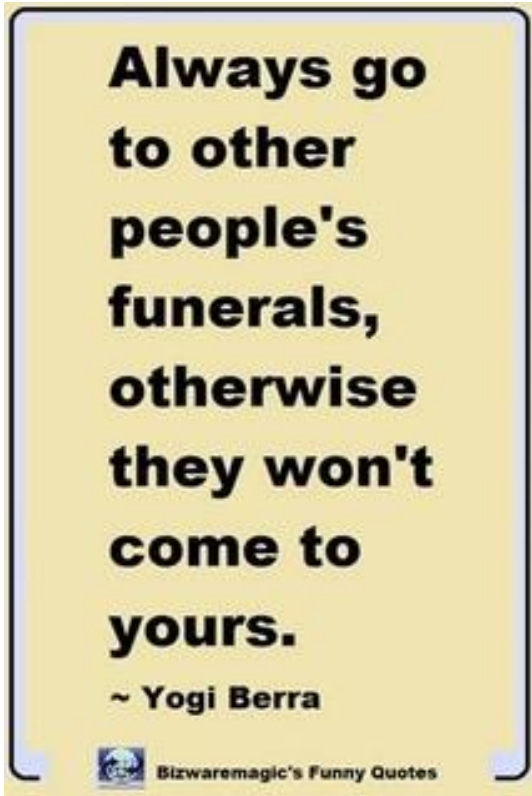
<https://convention.rotary.org/en-us/about/convention-promotion>

Host Organizing Committee (tours, events, etc.):

<https://rotarysingapore2024.org/>

HUMOUR





GUEST SPEAKER



Our guest speaker this evening was Amanda Holyk who is the founder of iMasterHealth.

The following comes from their website:

Our online pulmonary rehabilitation program provides customized resources to help improve lung function, reduce breathlessness, and enhance quality of life.

Online pulmonary rehabilitation is available to individuals who have a **diagnosis** of

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Pulmonary Fibrosis
- Interstitial Lung Disease (ILD)
- Cystic Fibrosis
- Bronchiectasis

The team of experts at iMaster Health have created a simple process to provide personalized programs for each user. All you need to do is answer the screening questions to receive a customized program. The effort here is to reduce mortality, hospital time and cost.



GALLERY



Cyber Rainbow Falls by Silentragex (USA)



Stairways to Heaven 01 by Takomaru (Thailand)



A Portrait of Solitude 2 by Vomogun a.k.a. Rogon Montoku (Singapore)