



CAPRI ECHO

September 26, 2024

Newsletter for the Rotary Club of Kelowna Capri

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

President
Treasurer
Editor

Carola Spek
Lockie Bracken
John Mullock

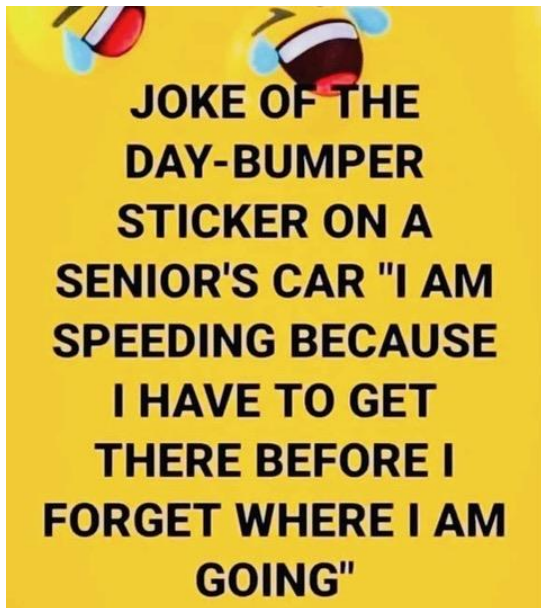
President Elect
Secretary

Peter Spek
Carola Spek



All meetings occur Monday evenings at Moxies Restaurant unless otherwise noted.
We gather for a social period from 5 – 5:30 pm with dinner and the meeting to follow.

**SIGNS SIGNS EVERYWHERE
THERE'S SIGNS**



I don't know why men go to bars to try and meet women. Go to Target. The female to male ratio is like 10 to 1 and they're already looking for crap they don't need.



The Sheriff had just finished lunch when the idea of Social Dining crossed his mind. Social dining used to be the norm but began to die out after the 60s. Unfortunately, social dining is important.

It is an opportunity to forge deeper connections with those around us. Eating together fosters a sense of belonging, creating a supportive and inclusive environment where individuals feel valued and accepted.

Gathering to eat together has profound effects on our psychological well-being, offering solace and support in times of stress and uncertainty. Communal dining has been shown to enhance mood and happiness, with positive social interactions serving as a powerful antidote to loneliness and isolation.

Communal dining can also have a significant impact on our eating behaviors and nutritional choices. Dining with others encourages mindful eating, promoting awareness and

intentionality in our food choices and consumption patterns.

In short, coming together around the table nourishes our bodies, nurtures our relationships, and feeds our souls.

INVOCATION

The President forgot to bring her meeting papers and so adlibbed an invocation. Minutes later she had forgotten it, but I found it to be short and touching.



District Governor – District Governor applications are now closed as of September 26th.

World Peace Day, Sept 21st – the meeting was in Enderby between 9 am – 4 pm. Lockie Bracken and Art Gillan attended and found the event worthwhile.

Polio Month – October with Oct. 24th being world polio day.

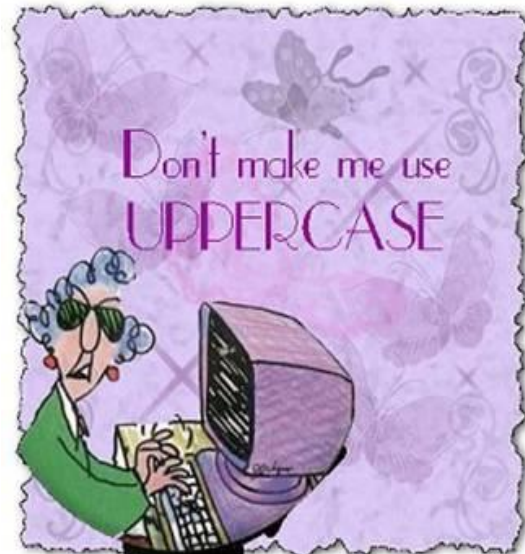
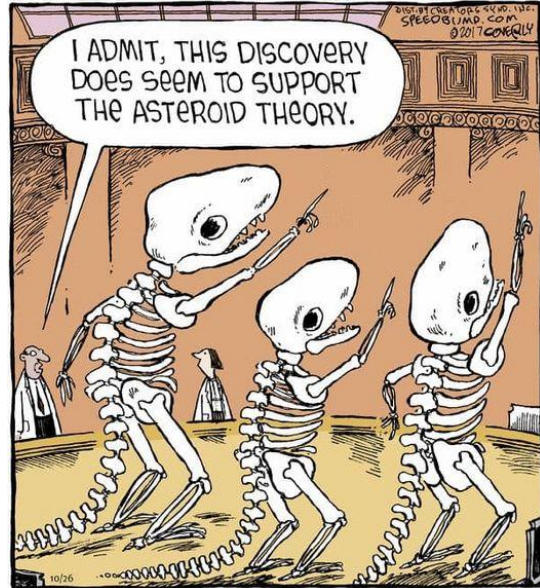
Guess Who's Coming for Dinner – Nov 9th - \$20 per guest plus a bottle of wine.

Ukraine Project Dinner, Nov 16th - ticket price is \$60 each. We are also looking for a limited number of auction items to raise additional funds as well as a bar.

District Governor Visit – Monday, Dec 2nd.

Christmas Party – Monday, Dec 16th at Moxies.

HUMOUR





Abstract Beauty by Addictiveprompts2 (Ukn)

GUEST SPEAKER

There was no guest speaker this evening.



Bookworm 222 by Jamesar (Ukn) - I was attracted to this picture by recalling the covers on old science fiction pulp magazines as I was growing up

GALLERY



Return of the Living Mario by Legacy Gamingmods (Ukn)