

Kelowna Sunrise
Rotary
Club



ORIENTATION & MENTORSHIP GUIDE



Rotary Opens Opportunities

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Frequently Asked Questions

Welcome to the Rotary Club of Kelowna Sunrise, also known as Kelowna Sunrise Rotary and KSR. Thank you for considering Sunrise Rotary as your volunteer option. The following is intended to give you a sense of our Club by answering the most Frequently Asked Questions.

First, Rotary is...



Focus on Club, Vocational, Community, International, and Youth Services

Rotary Values are:



The Object of Rotary:

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

First: The development of acquaintance as an opportunity for service

Second: High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society

Third: The application of the ideal of service in each Rotarian's personal, business and community life

Fourth: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

The Four Way Test:



The Four Way Test

Of the things we think, say and do

1. Is it the **TRUTH** ?
2. Is it **FAIR** to all concerned ?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS** ?
4. Will it be **BENEFICIAL** to all concerned ?

Interesting Statistics

1,200,000 Rotarians world-wide

200+ countries

34,000+ Clubs

Rotary Foundation Endowment currently \$487 Million (US\$) (2018-19)

Endowment Goal \$2.2 Billion (Yield? \$100 Million Annually)

Rotarians have volunteered over 47 million hours at a value of \$850 million per year

What	How
Rotary Seven areas of focus	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Basic Education & Literacy</p> </div> <div style="text-align: center;">  <p>Maternal & Child Health</p> </div> <div style="text-align: center;">  <p>Peace & Conflict Prevention/Resolution</p> </div> <div style="text-align: center;">  <p>Disease Prevention & Treatment</p> </div> <div style="text-align: center;">  <p>Water, Sanitation & Hygiene</p> </div> <div style="text-align: center;">  <p>Community & Economic Development</p> </div> <div style="text-align: center;">  <p>Support the Environment</p> </div> </div> <p>Peace and conflict prevention/resolution. Disease prevention and treatment. Water and sanitation. Maternal and child health. Basic education and literacy. Economic and community development. The Environment.</p>

What	How
Volunteering	<ul style="list-style-type: none"> ▪ Service above Self by Doing Good Work or Doing Goodery ▪ Volunteering is expected of Rotarians ▪ Sunrise Rotary is noted for our willingness to get involved at a personal level ▪ Volunteering has many faces. It might be working on a committee, a special project, taking some Environmental action or championing an International project ▪ Talk to your mentor, President, or the Director of any area you are interested in becoming involved



What	How	
Annual Dues	<ul style="list-style-type: none"> • Regular Membership annual dues are \$250 • Corporate membership annual dues are \$250 <ul style="list-style-type: none"> ○ Corporate Associate annual dues are \$90 as a non-voting member. • Family Membership annual dues are \$250 each if both want full membership status otherwise, they can pay \$90 as a non-voting member. • Rotaract/Sunrise Member annual dues are \$90 <ul style="list-style-type: none"> ○ Rotaractors <ul style="list-style-type: none"> ▪ Do not have to qualify as they are already Rotary Members, but they must provide security clearance as do all KSR members. ▪ Must maintain active membership in Rotaract to get the reduced rate for KSR membership • Those who join mid-year will have their membership dues pro-rated based on a July 1 fiscal year start • Fees may change from year to year. 	
Badge Fee	<ul style="list-style-type: none"> • \$25 onetime levy for installation kit and name badge on joining Sunrise Rotary 	

What	How	
Installation Dinner	<ul style="list-style-type: none"> To celebrate the incoming Executive and thank those outgoing Executives for their work completed Various awards to recognize members who have gone above and beyond The fee for the Dinner will be due as it nears 	June



What	How	
Benefits of Membership	<ul style="list-style-type: none"> We make a difference in the lives of others (locally and internationally) You can develop skills that can easily be applied to your career, such as public speaking, project management, and event planning You can develop Leadership skills and personal growth through training, volunteering, and serving in Rotary positions You can network with other professionals and build your business Build lifelong friendships Become a community citizen Make international connections and become a Global Citizen Rotary Global Rewards programs offer discounts and offers from companies: https://my.rotary.org/en/member-center/rotary-global-rewards/offers#/offers We have FUN! 	



What	How	
Attendance Plus	<ul style="list-style-type: none"> • While we do not have attendance rules, we know that by coming regularly and participating in events that we develop friendships and learn what the club is doing. There are many other important ways to take part beyond meetings • The Rotary mantra is “Service beyond Self”. • Volunteering not only includes on Sunrise Projects and events but all volunteer work you do. “Doing Goodery” takes many shapes and sizes including: <ul style="list-style-type: none"> ○ All committee work including one on one sessions ○ Rotary training courses ○ Sunrise Social/Fellowship functions ○ Fundraising projects from RibFest to working the Okanagan Sun Football games ○ District and International conferences ○ Do not forget the great work we do overseas and all the efforts that contribute to these successes • Send your makeups to the Club Secretary. 	



What	• How	What
Communicating with members	<ul style="list-style-type: none"> Please respect these courtesies <ul style="list-style-type: none"> Do not send emails to all members using ClubRunner <ul style="list-style-type: none"> If you have something to share, use a regular meeting OR send to Jane Fletcher at jpfetch@hotmail.com. NEVER hit Reply All. 	
Roster	<ul style="list-style-type: none"> The District 5060 Directory is available for download: https://portal.clubrunner.ca/50005 See last page for instructions to use ClubRunner A simpler option is the free, on-line download ClubRunner <div data-bbox="800 688 958 848" data-label="Image"> </div> <p>from your app provider.</p> <ul style="list-style-type: none"> This App allows you to search by club and find member contact information 	
Weekly Newsletter and Websites	<ul style="list-style-type: none"> Newsletter automatically sent once you are registered as new member www.kelownasunriserotary.org Club site www.rotary.org all things Rotary https://portal.clubrunner.ca/50005 District 5060 website/newsletter 	

Meeting Details		
Meetings	<ul style="list-style-type: none"> • Weekly meetings • Start 7:01 a.m. and run until 8:30 a.m. (or earlier) • Currently on Zoom during COVID-19 • One in-person meeting per month that is booked and paid for in advance, due to limited capacity 	
Meeting Duties	<ul style="list-style-type: none"> • Periodically, each member will be expected to work the Front Desk, welcome everyone to our meeting as the Greeter, or to introduce or thank the Speaker <ul style="list-style-type: none"> ○ If you can't make it, please find a replacement ○ Show up by 6:30 a.m. to setup ○ Stay after meeting to pack up and put away • Front desk shifts are 2-weeks back-to-back stints up to two times per year. 	Usually 1-2 times/year
Mentors	<ul style="list-style-type: none"> • Each new member will be assigned a Mentor to help navigate Rotary • This mentorship program enables new Rotarians to gain an understanding of Rotary International and the Rotary Club of Kelowna Sunrise. New members are assigned a knowledgeable mentor to serve as a role model, coach, and confidante. • The mentor will provide information, insight, perspective and wisdom over a 12-week period. The goal of the mentorship program is to provide the base of understanding for the new Rotarian to become a participating, integral member of Kelowna Sunrise Rotary, who actively serves the local and international community through Rotary for many years • You should learn about all of the committees of the club • You should feel free to ask your Mentor about anything you would like to know • If you learn information that is not in this Orientation Guide or have ways to improve this document, please tell the Membership Director. 	
Guest speakers	<ul style="list-style-type: none"> • Guest speakers are featured at most meetings • The last Friday meeting some months may be designated as a business meeting when/where Club matters are discussed and votes held as required, • If know someone for the Club to hear from, connect with the Program Committee • Speakers are booked months in advance 	Weekly throughout the year

Meeting Details		
Classification Talks	<ul style="list-style-type: none"> • A classification talk is a way of introducing new members to the Club. You give a presentation about your work experience, and personal tidbits such as your family, hobbies, and experiences. • Preparation material will be sent to you in advance 	
Sheriff	<ul style="list-style-type: none"> • The Sheriff will fine one loonie “notorious” members as s/he sees fit. • A light-hearted way to raise funds to be used towards club social functions and to supplement charitable dollars. 	
Happy and Sads	<ul style="list-style-type: none"> • Speak about “happy or sad” events such as special recognition, acknowledgement of good deeds, wedding, births, or illness or death • Again, donation of choice 	
Wine or Prize Draw	<ul style="list-style-type: none"> • When you arrive at Friday’s meeting, there is a bowl of tickets at the desk. Just take one, put your name on the back of the ticket, and with a \$1 donation put in the centre of your table. This becomes your entrance into the Wine Draw and table stakes. • Or during COVID, one of our members puts all names into a basket and draws for a prize 	Weekly

Kelowna Sunrise Rotary Organization		
Sunrise Rotary Club Executive	<ul style="list-style-type: none"> • Discuss the club issues, membership, functions, projects, etc. • Any member is welcome to visit and observe or present. • Contact the President to make arrangements to attend • The Executive includes: <ul style="list-style-type: none"> ○ President ○ President Elect ○ Vice President ○ Secretary ○ Treasurer • The Directors include: <ul style="list-style-type: none"> ○ Past President ○ Membership Director ○ Club Service Director ○ Youth Services Director ○ Community Services Director • Contact the President for further information. 	3 rd Tuesday of each month 7 a.m.
Club Committees	<ul style="list-style-type: none"> • We encourage new members to join committees. Speak to your mentor to reference the right person to get connected. • Talk to your mentor about our committees and how to get involved • Our committees include: <ul style="list-style-type: none"> ○ Donations ○ International ○ Honouring Indigenous Peoples (HIP) ○ Foundation ○ Fellowship ○ Programs ○ Fundraising ○ Vocation ○ Public Image ○ Care & Concern ○ And much more 	

District 5060	<ul style="list-style-type: none"> • There 1.2 million Rotarians in 35,000 Rotary clubs grouped into about 530 districts. These districts are organized into 34 regional zones. All report to Rotary International. • Our District is 5060 which stretches North to South from roughly Clearwater to the south of Washington State in a path along the Okanagan Valley. • There are 60 Clubs, 5 Rotaract Clubs and 13 Interact Clubs in our District • We are part of Zone 28. For 2020-21 our Director on the RI Board is Valerie Wafer 	
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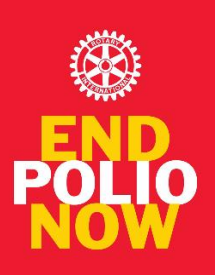



Rotarians Giving back


The Rotary Foundation (TRF)	<ul style="list-style-type: none"> • In 1917, Rotary International President Arch C. Klumph proposed an endowment "for the purpose of doing good in the world." His vision became The Rotary Foundation. The Rotary Foundation is a non-profit corporation that promotes world understanding through humanitarian service as well as educational and cultural exchanges. The Foundation ensures we can continue our efforts for generations to come. • The Rotary Foundation helps fund our humanitarian activities, from local service projects to global initiatives. Your club or district can apply for grants from the Foundation to invest in projects and provide scholarships. The Foundation also leads the charge on worldwide Rotary campaigns such as eradicating polio and promoting peace. 	
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Rotarians Giving back

Paul Harris Fellow & Society	<ul style="list-style-type: none"> It is considered an honour to have a “Paul Harris” which is achieved by: <ul style="list-style-type: none"> Donating a minimum of US\$1,000 to the Rotary Foundation which oversees all of RI’s international projects. A Rotarian buying one in your name or being given one for a special reason Recognizing a Rotarian for service to community. Once you have your first PH, you can then add to it with subsequent US\$1,000 donations 	
End Polio Now	<ul style="list-style-type: none"> In 1985, Rotary launched its PolioPlus program, the first initiative to tackle global polio eradication through the mass vaccination of children. Rotary has contributed more than \$1.5 billion and countless volunteer hours to immunize more than 2.5 billion children in 122 countries. Rotary’s focus is advocacy, fundraising, volunteer recruitment and awareness-building Every dollar Rotary commits to polio eradication will be matched two-to-one by the Bill & Melinda Gates Foundation 	Annual – October 24 
Every Rotarian Every Year	 <p>The Every Rotarian Every Year initiative asks every Rotarian to support The Rotary Foundation every year. In addition to contributing to the Annual Fund on a regular basis, members are encouraged to get involved in a Foundation project or program.</p>	Annual

Rotarians Giving back

Youth Exchange	<ul style="list-style-type: none"> • Sunrise often hosts a foreign exchange student for ten months. The students arrive in August and stay until the end of the school year or into early July • Sunrise also sponsors an outbound student to go overseas. Students compete for this opportunity • To receive an inbound student, you must have an outbound student • Host families are always needed! We need three families to host each student (August to November, November to March and April to June – roughly). • It is a wonderful opportunity for both the student and the family. • If you cannot host a student, you should make plans to take the student out to an activity, invite them for dinner or whatever would be a way to interact and get to know them. • This is a cultural exchange, and the student is expected to learn English and attend school 	
Interact	<ul style="list-style-type: none"> • Sunrise Rotary Club mentors the Okanagan Mission High School Club • One of our Sunrise members attends and supports this club 	School year
Rotaract	<ul style="list-style-type: none"> • Rotaract is for young people 18-35 • Sunrise Rotary mentors the only Kelowna Rotaract Club • One of our Sunrise members attends and supports this club • You are welcome to attend their meetings and show your support. They are our future Rotarians. 	All year
Serving It Right	<ul style="list-style-type: none"> • NOTE: Our volunteers often require a “Serving It Right” certificate https://www.servingitright.com/ to legally serve liquor • You will be reimbursed for the cost of the ticket • We serve at Okanagan Sun Football games, and of course, RibFest which is our biggest fundraiser. 	
Social/Friendship events	<ul style="list-style-type: none"> • Our Fellowship Chair finds many ways for Rotarians to come together and get to know one another. Some of these events include: • Guess Who is Coming to Dinner • Thirsty Thursday • Bowling or Bocce • Trivia Nights • And more 	

Rotarians Giving back

Local Projects	<ul style="list-style-type: none"> Fund Raisers occur throughout the year allow is to contribute to our many local commitments including (but not limited to) <ul style="list-style-type: none"> • JoeAnna's House • Canadian Mental Health Association and The Foundry • The Bridge Youth and Family Services • Okanagan Boys & Girls Club • Hope for the Nation – Food for Thought • Freedom's Door • Metro Community • Elevation Outdoors • Reach Out Youth Counselling • NOW Canada • Kelowna Paddle Centre • Brain Trust Canada Foundation • Central Okanagan Food Bank • Adaptive Sailing Association • Cool Arts Society • Salvation Army and many more ... 	
RibFest	<div data-bbox="388 978 1159 1213">  </div> <p style="text-align: center;">RibFest</p> <p style="text-align: center;">Our biggest fundraiser. Every Sunrise member is encouraged to participate in some way.</p>	
International Committee	<ul style="list-style-type: none"> Responsible for supporting ongoing international projects and finding new ones Usually, it is a cause that is championed by a member and where we have a Rotarian connection in the country. For instance, since 1992, we have been involved with Alternativas y Oportunidades (AyO) program helping the families of the poorest markets in Tegucigalpa, Honduras. We also have partnered with other clubs in their District to gain funds through Global Grants. 	
Rotary Leadership Institute (RLI)	<ul style="list-style-type: none"> Education in Rotary knowledge and leadership skills to Rotarians interested in developing their Rotary participation 	As scheduled



Rotarians Giving back

Special Projects (International)	<ul style="list-style-type: none"> • Special projects occur throughout the year include: <ul style="list-style-type: none"> ○ End Polio Now ○ Assisting burn patients in Ethiopia ○ Water well projects in many countries ○ Healthy living products for girls in third world countries so they can continue their education ○ Schools in Honduras. 	
Children's Christmas party	<ul style="list-style-type: none"> • Everyone is invited particularly children and, grandchildren of Rotarians • Santa or Santa's Elves provide gifts to all kids in attendance. • Donations welcomed for the Kelowna Food Bank 	December
Conventions	<ul style="list-style-type: none"> • District and World-wide conventions are held annually often cycling between Washington and British Columbia (home City of the District Governor). • The International Conference in 2019 (Hamburg, Germany) attracted 25,000 <ul style="list-style-type: none"> ○ International Conference generally in early June <ul style="list-style-type: none"> ▪ Taipei, Taiwan June 12 – 16, 2021 ▪ Houston, Texas June 4-8, 2022 ▪ Melbourne, Australia June 2023 	
Shelter Box	<ul style="list-style-type: none"> • ShelterBox is a separate organization that provides disaster relief around the world <div data-bbox="500 1535 854 1776" data-label="Image"> </div>	

- The Sunrise Application Process includes Four Steps**
1. Submit Application Form **(see below)**
 2. Criminal Record Review **(see below)**
 3. An interview for an Applicant to get to know Sunrise Rotary
 4. Attend Four meetings again to ensure Rotary is what you are looking for

Sunrise Rotary Application	Sunrise Rotary Application is available on our website: https://clubrunner.blob.core.windows.net/00000000826/en-ca/files/homepage/kelowna-sunrise-rotary-club-membership-apply/Sunrise-Rotary-Membership-Application-Form.pdf	Please complete early so we can fast track your application
Criminal Record Review	<ul style="list-style-type: none"> Rotarians must have a criminal record review conducted as you may: <ul style="list-style-type: none"> Have unsupervised access to children or vulnerable adults during your Rotary life For an explanation of the criminal record check process visit: http://www.pssg.gov.bc.ca/criminal-records-review/apply/index.htm To complete a criminal record check application Control-Click here to access application <p style="text-align: center;">OR https://justice.gov.bc.ca/eCRC/home.htm</p> <p style="text-align: center;">Copy the following 10-digit code. You will need to reference this to apply FC6AC85GSQ</p> <ul style="list-style-type: none"> IF you share a birthdate with a person of ill-repute, you will be asked to be fingerprinted by the RCMP (Local office on Clement). This will add three or four weeks to the Criminal Records Check process. Please do not take this request as a personal affront but as a part of the due diligence process. There are two ways to begin a Review <ol style="list-style-type: none"> Online – the simpler approach and is no cost to the applicant. This may take a month to process. (see directions above) Deliver to an RCMP detachment – this is faster but depending on who serves you, responses range from “we do not do this” to “of course”. Again, complete the application (link below) including quoting this reference to link your application to Sunrise Rotary FC6AC85GSQ 	This is often a slow process when done online. It may be faster to deliver your application directly to a local RCMP office

4 visits to Sunrise Rotary	<ul style="list-style-type: none"> ▪ Our application process is a two-way street. We want to get to know you and you to get to know us. ▪ Your first visit to Sunrise is “on us”. Come – enjoy a complimentary breakfast to meet as many members as possible ▪ Within four or more visits, you will have a sense of our membership and activities ▪ the cost of breakfasts after the first, will be your responsibility. • Please join in any “extra-curricular activities” in this period; please bring a guest. Rotary welcomes those around you to get to know us too. 	
Coffee	<ul style="list-style-type: none"> ▪ We will get together casually so you can ask any questions you might have about Sunrise Rotary and Rotary in general 	Once the process is well underway
Induction to Sunrise Rotary	<ul style="list-style-type: none"> ▪ We have an Induction to welcome every new member to Sunrise Rotary. ▪ We ask you to invite your spouse/partner and children to join in ▪ We will also include your sponsor 	

Kelowna Sunrise Rotary - Club Runner 101

Got to [**portal.clubrunner.ca/826/**](https://portal.clubrunner.ca/826/) and you'll be taken to our club's ClubRunner portal.

Home Page:

Here you can find information about the club meetings, a quick link to our annual raffle site, a summary of upcoming events, and some home page stories.

This is a great place to send prospective members because the home page is visible without logging in and shows off some of our key projects. There's even a section in the left-hand navigation panel about How To Join Our Club.

Logging In

At the top right click on **Member Login**. Login with your email address as the login name and click on **New User?** You'll be taken through prompts to set up your password. Then you can see so much more!

Top menus:



Calendar	<i>Keep On Top Of What's Happening</i> Here you will see who all of our speakers will be at any given meeting plus other Rotary events. If you double-click on an event, a pop up will show details including a map if necessary.
Service Areas and Committees	<i>Learn What Our Club Is Doing</i> From here you can find out about all of the different service areas and committees our club is involved with.
Club Directory	<i>Find Out Who Is Who and How to Contact Them</i> The Club Directory shows all of the officers for the 2020/2021 year and below that shows a full member listing, so you know how to contact any other member by phone or email.

Member Area:

Once you've logged in, on the top right you'll see the Member Area. This takes you into Club Runner in more depth.

My ClubRunner

On this sub-menu, you can see your profile, which you should verify and complete. You can even upload a photo, change your address, email addresses, phone numbers etc.

On the Privacy tab of My ClubRunner, you have a great deal of control over how people can find you and the information they see. Check it out.

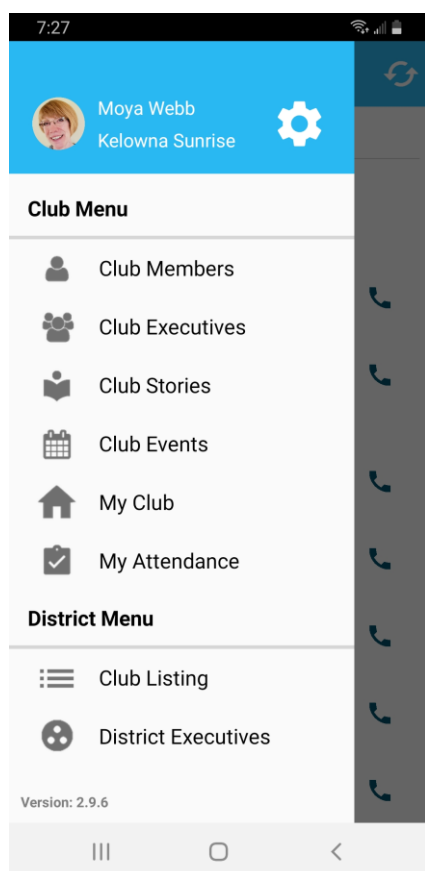
Also, on My ClubRunner, you can click on the Documents tab and see those already provided at the Club Level. You can upload additional documents, if you wish.

Other content depends on your role within the club with more opening up as you can on roles.

Mobile App



You can also download the Rotary Club Runner app directly to your phone to stay in contact on the go. It's free to install.



Once you've logged in, you can see a mobile version of the ClubRunner site, so everything mentioned above is accessible from your phone.