

ROTARY CLUB OF KELOWNA -OKANAGAN MISSION



MEETING NOTES AND NEWS LETTER

CREEKSIDE PUB AND GRILL

8 April 2019 Meeting called to order at 1800 Hrs. Ken KilCullen Presiding

Duties for the meeting:

- **Greeter – Neil McKay**
- **Anthem – Steve Wolfenden**
- **Rotary Moment – Monika Grimmer**
- **Sheriff – Christine Boisseau**

ATTENDANCE: Active Members 16/23 - 70% attendance

GUESTS: Philippa and Anika, Wendy Falkowski

CLUB BUSINESS:

- Radio Days: Lois raised over \$5000.00 and Chris brought in \$1250.00, Iain raised \$1000, Steve raised \$1250, Ross \$250.00 and others also raised money for a total of \$9750.00.
- Meat draw: Thank You Darlene for all your efforts. We need help on April 13th. Please contact Ross if you are available
- Road Kill is Saturday 9am at the red barn on Dehart. Please bring gloves. Breakfast at Creekside to follow.
- Hawaiian Night: May 25th. Trixie has tickets for sale. There will be some draws on the night of the event. If you would like to help with the set up please sign up with Trixie
- Please go to the district site and make sure your information is up to date on the roster.
- May 7th the executive team wil go over the requests for funding and make a determination of fund allocation and bring it back to the club. If you have anything to suggest please talk to Ken beforehand.
- Wendy Falkowski: the senior games are happening in September. They are looking for volunteers for the event on September 14th from 5-8 o'clock and

for the medals awarding on September 13th and 14th. They need a lot of volunteers to help with that. Please reach out if you are interested to help out with the event.

SPEAKER: Annika and Philippa: KARIS Support Society

- Philippa: Karis support society: non profit for recovery focus programming to women and women with children who have experienced trauma abuse that have led to addiction or substance abuse
- Long term sobriety and mental health is a world wide problem
- Supportive housing, Long term support
- 3 stages: 8-12 months support, semi-independent living, and after support
- Offers a place for women with children to go, that way they can keep their children with them instead of the kids ending up in the foster care system.
- Program runs Monday to Thursday: relapse prevention, self esteem, building boundaries, life transition courses
- They works with a number of partners that come in with funding but offer support to the KARIS ladies
- Over 350 women and children have found support through Karis
- Karis makes sure they support their women with housing when they leave
- Karis helps women keep or regain custody of their children
- 80% of women in the aftercare programs are now employed
- Annika: specialized in horse assisted therapy and the goal is to get them to work with Karis to offer therapy options to the Karis women.
- She is from Germany and has a vaste education in therapy and life coaching, her love of horses and experience as a dressage coach led her to be a horse assisted therapist
- Annika wants to work with Karis because she believes in community based partnerships and wants to reach out to the people that are most in need of her services and could not otherwise afford them or even know they exist
- She partners with UBCO as well for research in the field
- Horses are a great therapy tool because horses create a non-judgmental environment.
- Working outdoors is also great
- Working with horses allows for a triangular relationship between patient-therapist-horse. Makes it easier to feel comfortable
- Horses are great at providing feedback on the emotions and tensions they feel in a person
- Horses are non-verbal and can help greatly in increasing the non verbal human awareness
- Helps align intention to action
- There are proven effects on mental health and depression
- She works with Now Canada women and they come out for a session once a week and would like to do the same with KARIS
- Facilities are in Ellison

- Karis gets their main support from private funds since its creation in 2006 but now need some more support

Chris Dehart won the 50/50. Congrats!

Laurie Gaymer: Toast and Adjourn

MEETING ADJOURNED AT 19h 30

Next Meeting: April 29, 2019

Christine Boisseau, OKM Secretary