

ROTARY CLUB OKANAGAN MISSION

MEETING NOTES AND NEWSLETTER 10 NOV 2014 CREEKSIDE PUB

ATTENDANCE 11/18 (61%)

GUESTS: Sylvia KOSH (Potential Member - Lois)
Saheed & Romina VAEZI (Potential Member(s) - Warren)
Dr Jason Rowan & wife Arnica (Guest Speaker)

ROTARY FESTIVAL OF LIGHTS (Ross)

- need sponsors for displays/purchase light bulbs
- need volunteers for assembly/disassemble/daily work parties
- sign up sheet passed out for site supervision shifts (2 per shift). There still remains 14 shifts to be covered. Ross will bring sign up sheet to the meeting on the November 24th.
- Ross showed a short video of last years display

SALVATION ARMY KEETLES

We are committed for Wednesday December 10th at Save-On Foods in the Mission. We need 3 more volunteers for the following shifts:

12 Noon to 2:00PM - One Person to work with Rita
2:00PM to 4:00 PM - One Person to work with Lois
4:00PM to 6:00 PM - One Person to work with Lyle

CHRISTMAS PARTY

The Christmas Party will be held on Monday December 22nd at the Creekside starting at 6:00 PM. The meal will be prime rib, yorkshire pudding, vegetables, salad and dessert. Partners, spouses or non Rotarian Guests are welcome. If you plan on attending please let Monika or Ross know by December 17th so we can advise Daniel of the number of people attending. The cost will be \$30 per person.

GUEST SPEAKER (Dr Jason ROWAN)

Dr ROWAN and his Wife Arnica own and operate the Pandosy Village Veterinary Hospital and Pounce & Hound Fine Pet Foods located at 2720 Richter Street.

Dr ROWAN offered a variety of tips on how to keep your pet healthy

- **diet from traditional kibble, canned food, up to and including home cooked food**
- **weight management**
- **exercise**
- **hydration**
- **teeth**
- **the value of Omega 3 (fish oils preferably sardine, herring and mackeral)**
- **herbs such a devils claw and St John's Wort**
- **value of pro-biotics**
- **immunization**

NEXT MEETING:

24 NOV 2014 - AGM and Budget ratification so it is important that we have a good turnout

UP COMING EVENTS

08 DEC 2014 - Regular Meeting with Guest Speaker from the Salvation Army

22 DEC 2014 - Christmas Party - non business meeting - partners, spouses and guests welcome.

**OKM Secretary
19 NOV 2014**