

ROTARY CLUB OF KELOWNA – OKANAGAN MISSION
MEETING NOTES AND NEWSLETTER
25 SEP 2017
CREEKSIDE PUB AND GRILL

ATTENDANCE:	Active Members:	14/21 (66%)
	Honorary Members:	00/03
	Rotaract Reto GEBERT	01
	Guests: Dr. Kim CHRISTIE	01
	Total	16

REPORTS:

1. Area 5 & 6 Presidents Meeting
 - The KGH Foundation, Cops For Kids, and the Joe and Anna Huber family (Prestige Inns) will be unveiling a multi Million Dollar Fundraising Campaign to construct a facility to house families from out of town while their children are receiving treatment and care at KGH. The facility will be similar to Ronald MacDonald House and will be named Joanna House. More to follow regarding Rotary involvement.
2. Oktoberfest and Trivia Night Fundraiser
 - Taking into account the number of fundraising activities occurring in October/November, it was agreed to postpone our event until Spring. Tentative Sunday April 29th or Sunday May 6th.
3. Salvation Army Kettle Campaign (Ken “Kettles” KILCULLEN)
 - Wednesday December 6th from 10AM to 8PM at Save-On Foods in the Mission. Ken would like to thank everyone who volunteered and for the prompt response to his request for volunteers.. All of the shifts are covered.
4. Constitution and Bylaws (Ross GRIMMER)
 - The 3rd and final drafts of the documents have been reviewed by the Board of Directors and the next step is to give the Club the opportunity to review them. Once this is completed, we should consider having the Constitution and Bylaws reviewed by Pushor Mitchell LLP to ensure that we have not overlooked anything and that the documents fully comply with the new Societies Act.
 - Once we are assured that our Constitution and Bylaws are in compliance with the legislation then we will introduce a resolution to adopt the new Constitution and Bylaws. There are two types of resolutions under the new Societies Act. Ordinary Resolution which is a resolution passed at a regular meeting by a simple majority; or a Special Resolution which is a resolution passed at a designated special meeting and passed by at least a 2/3 majority. Special Resolutions are typically used when a society is making major and significant changes. An ordinary resolution should suffice for our purposes, but we will cross that bridge when we come to it.
 - The final step is the preparation of a Transition Document and subsequent filing.
 - The entire process has to be completed by 30 NOV 2018.

5. Christmas Dinner Social

- The annual Christmas Dinner Social has been tentatively planned for Monday December 11th at the Creekside. (The second Monday of the Month). More information to follow.
- Taking into consideration that our next meeting would be December 25th, our next meeting after the 25th would be Monday January 8th, 2018.
- We have to have our AGM and the election of the Club Officers and Directors before December 30th, so I would suggest we schedule our AGM for Monday December 2nd, or on November 27th. Something to think about please, and consider that the AGM is a Club Assembly for Members Only.

6. Doctor Kim CHRISTIE – Alzheimers Disease and Dementia

- Dr. CHRISTIE is the Director of Research at Okanagan Clinical Trials
- Alzheimers is the most devastating form of dementia and one of the most common. It affects a person's ability to function and be independent, and places a huge caregiving burden on loved ones.
- It is estimated that over half a million people in Canada are living with Alzheimers . Approximately 16 thousand are under the age of 65. It is estimated that by 2030 the number of people living with Alzheimers in Canada will exceed one million people.
- Research indicates that one in three cases of dementia can be prevented by taking small steps to better health: staying physically active, keeping the brain alert, eating healthy to prevent high blood pressure and diabetes, quitting smoking, reducing hearing loss, maintaining social contacts and seeking early treatment for depression.
- Ongoing research confirms that small steps to better health will have a huge impact on one's ability to ward off disease and live well.
- It also offers hope that what Dr. Doug BROWN, Director of Research at the Alzheimer's Society in Great Britain, calls "the 21st centuries biggest killer" will one day be eradicated.
- REMEMBER EVERYONE – NUTRITION, HYDRATION, PHYSICAL ACTIVITY, MENTAL HEALTH AND SLEEP.

7. Next Meeting

- MONDAY OCTOBER 23RD.

That's All Folks

OKM Secretary
17 OCT 2013