

Rotary

Club of Castlegar Sunrise



Monday, July 15, 2024

Birthdays

Tammy Verigin-Burk
July 25th
Audrey L. Moore
August 11th

Sharon Ann Wigen
August 3rd

Inga Lamont
August 7th

Bev Chisan
August 9th

Events

July 18th, 11:30-12:30 PM
[Castlegar Sunrise
Weekly Club Meeting -
Boston Pizza Patio](#)

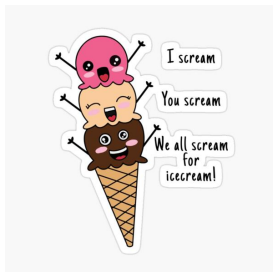
July 25th, 7:30-8:30 AM
[Castlegar Sunrise
Weekly Club Meeting -
KINNAIRD PARK](#)

August 1st, 11:30-12:30 PM
[Castlegar Sunrise
Weekly Club Meeting -
Lion's Head Pub](#)

August 7th, 6:00-7:00 PM
[Project Committee
Meeting](#)

August 8th, 7:30-8:30 AM
[Castlegar Sunrise
Weekly Club Meeting -
MILLENIUM Park](#)

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM! (and sour candy)



THURSDAY, JULY 18 @ 11:30 AM AT BOSTON PIZZA PATIO

Yes, you guessed it! We are celebrating National Ice Cream and Sour Candy Day!



- It takes 12 pounds of milk to produce just 1 gallon of ice cream
- The average number of licks to finish a scoop of ice cream is 50
- The country that consumes the most ice cream is USA, followed by Australia then Norway.
- The most popular flavor is vanilla, then chocolate
- Chocolate ice cream was invented before vanilla
- Vanilla was rare and exotic in the late 1700s
- The first written ice cream recipe was found in a 1665 recipe book
- Some of the strangest flavors found are: avocado, garlic, chili, licorice, Stilton cheese, and bacon
- Ice cream headaches or "brain freeze" is the result of the nerve endings in the roof of your mouth sending a message to your brain of the loss of heat
- The tallest ice cream cone was over 9 feet tall in Italy
- The average Canadian eats 4.5L of ice cream a year
- Chocolate syrup is the most popular ice cream topping

[Read More](#)

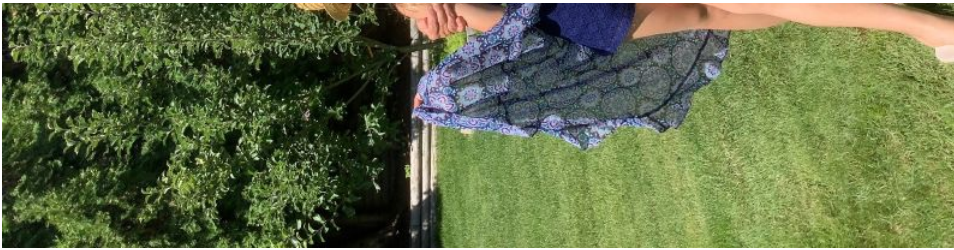
Rick, Linda & their granddaughter Sloane - Mad Hatter's Tea Party

Monday, July 15, 2024

Thank you, Linda, for sending us your photos.

Note: if you have photos of our events, please send them to me!





Club Fun

		F		I	N			
O			R					
	G		T			N		I
N	S			R			F	T
F	R			N			I	P
P		S			F		T	
					R			S
			I	O		F		

Letters: FGINOPRST

Rules: Fill in the grid so that every row, every column, and every 3x3 box contains the letters named under the board. The diagonal will contain a word. There is only 1 solution for each puzzle.

9	1	2	3	7	4	8	1	6
7	1	6	4	5	8	9	5	3
3	5	5	7	9	8	4	8	2
8	4	4	2	3	7	2	9	5
8	2	4	7	7	3	1	5	9
4	3	1	5	1	6	8	7	8
1	9	3	1	4	2	5	6	3
7	6	7	1	3	9	3	7	5
6	8	1	9	2	3	7	1	4

Showing puzzle number: 142880

Hitori puzzles













- Rules:
1. Each number must not be more than once in each row and column. If there are more, some must be marked as black.
 2. No black cell beside each other, only in diagonal
 3. The white cells must be continuous.

or more information check out [Wikipedia](https://en.wikipedia.org/wiki/Hitori).

Club Meeting

Castlegar Sunrise
Meets at Weekly, alternating between lunchtime & mornings. Every 5th Thursday in a month is a social. Please [view our calendar \(click here\)](#) for more details. info@castlegarsunriserotary.org
400 Columbia Ave - Grateful Table - 11:30 pm 1944 Columbia Ave - Sandman - 7:00 am Please check the Calendar for Dates & Details.
Castlegar, BC
Time: Thursday at

Club Leaders

	Gordon Malcolm President		Eva Hernandez President-Elect		Garry Gawryletz Secretary		Carol Gleave Treasurer
	Mike L Balahura Club Director		Connor McCarthy Club Director		Elaine Pilla Club Director Youth Protection Officer Youth Services Chair		Rhonda Sorenson Club Director
	Collin Ludwar Membership Chair		Alexia Turner Rotary Foundation Chair and Director Responsible for INTERNATIONAL SERVICE		Gordon Soukoreff Webmaster		Geoff Yule Past President iPast President