



Meetings: Tuesday 12 Noon, Virtual Meeting

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SERVE TO CHANGE LIVES

HAPPY NEW ROTARY YEAR!

Happy Birthday

July 10: Eric Mollema

Happy Anniversary

UPCOMING SPEAKERS:

Jul 6: Shashanka Vangari
Who's Who

Jul 13: Reem Ghunaim
Rotary Action Group for Peace

Jul 20:

RI PRESIDENT'S MESSAGE



I wish each of you and your families a great Rotary New Year! Together, let us make it the best year of our lives, by making it a year to *grow more and do more*. Let this be a year of changemakers, and let us begin with our membership.

That is precisely why the Each One, Bring One initiative is so important. During this year, I urge you to dream of new ways in which Rotary can expand its reach into

your community and therefore the world. If each member introduces one person to Rotary, our membership can increase to 1.3 million by July 2022. So, let's just do it!

Imagine the change we, as Rotary members, can make when there are so many more of us! More people to care for others, more people to *Serve to Change Lives*. Think of the impact we can have through *grow more, do more*. More members will enable us to embark on bigger and bolder service projects. And each of us can also continue to serve in our own personal ways, responding to needs in our communities.

The beauty of Rotary is that service means different things to different people around the world. One element, however, that we can incorporate into all of our service initiatives is *empowering girls*. Unfortunately, even in this day and age, girls and young women face disproportionate challenges all over the world. We have the power to lead the charge for gender equality. Empowering girls and young women to have greater access to education, better health care, more employment, and equality in all walks of life should be embedded in every Rotary project we launch. Girls are future leaders, so we must ensure that we help them shape their future.

The biggest gift we are given
Is the power to touch a life,

To change, to make a difference
In the circle of life.

If we can reach out
With our hand, heart, and soul,

The magic will start to happen
As the wheel begins to roll.

Let's turn the wheel together
So all humanity thrives,

We have the power and the magic
To *Serve to Change Lives*.

These are challenging times, and I compliment each of your efforts in grappling with COVID-19. No challenge is too big for Rotarians. The bigger the challenge, the more passionate the Rotarian. Look at what we can do when we take on a colossal challenge such as eradicating polio. Look at the millions of lives we improve by strengthening access to water, sanitation, and hygiene. Look at what we do every year to promote peace in places where it seems unimaginable. Our basic education and literacy programs have nation-building impact.

This year, let us challenge ourselves to do more such projects and programs that have national reach and impact. This year, let us *Serve to Change Lives*.

Shekhar Mehta
RI President 2021-22

OUR CLUB LAST WEEK'S MEETING:

President-Elect **Patrick Dobbyn** presided

Program: The CEED Centre – Christian Cowley

About our speaker:

Christian Cowley is the executive director of the CEED Centre Society ("CEED"). He has been involved with CEED since approximately 1997 (when he returned to this area from Japan where he was working), and he became the Executive Director in 2004 after an 18-year career during which he founded and led two companies--a translation agency and a building products purchasing agency. He also worked briefly as a community developer in the food security program of a health authority. Christian is presently the spokesperson for the Maple Ridge Pitt Meadows Environmental Council. Christian was vice-chair or chair of the Maple Ridge Agricultural Advisory Committee for six years. He was a director of Tonari Gumi, a social services agency for the Japanese Canadian community in the Lower Mainland, for six years. He also served for one year on the certification committee of the BC Association for Regenerative Agriculture, an organic certification organization. Christian is interested in environmentally oriented economic and community development in Maple Ridge and Pitt Meadows.



Christian developed his interest in Japan as a **Rotary Youth Exchange Student** to Matsumoto in 1979-80. After obtaining a BA from UBC in Japanese and International Relations in 1986, he returned for an MBA (1991). Through his work at the CEED Centre, he became interested in community development and food security. He lives in Thornhill on a hobby farm, where he and his wife **Elaine Yamamoto** grow food for his extended family. He raises poultry and bees. Christian's daughter, **Eva**, returned from her Rotary Youth Exchange to Taiwan in 2019 and went on to study at the United World College in the Netherlands. She is currently studying International Relations and Management at UBC. Christian's two sons just graduated from UVIC. **Nicholas** has returned to live in Maple Ridge and is the quality control manager for a Lower Mainland brewery. **Robert** will be continuing his studies in anthropology.

The CEED Centre Society ("CEED")

CEED was originally formed in 1984 as the Fraser Information Society. Its Mission is to foster the development of social connections and sustainable living practices.

CEED works out of a "neighbourhood house" (a registered heritage building and drop-in the community centre) located at 11739 - 223rd St. in Maple Ridge. It provides its own programs for community development, but its facility is also used by other organizations for their community programs. Their programs are free. CEED has two planks in its mission, firstly, to connect people to the community and avoid isolation, and secondly, to share information on sustainability (which includes but is not limited to environmental concerns). CEED is not a specialist organization, but rather is a generalist.

One such program, which has been operating for approximately 10 years, is called the Friendship Program where members of the public can come and discuss matters - including such things as gardening, world travel, addictions, and any other topic that the participants wish to talk about. These meetings will resume in

person in August. They give people a way to connect with the community and like-minded individuals. Christian calls it a "talk shop that sometimes leads to action", as it has been the genesis of other groups who take on various projects.

Another program is called the Golden Ears Transition Initiative, aka GETI, which was started 10 or 11 years ago and deals with things that can be done locally to combat climate change. It operates on a volunteer-driven grassroots approach rather than a top-down approach, and works to find local solutions to global problems like peak oil, climate change, environmental degradation, and food security. Christian says that in Maple Ridge/Pitt Meadows GETI is lacking on support from the business side. It works towards mitigating and adapting to climate change (thus, "transition" initiative). GETI is part of the global Transition Network movement.

Another program is SAGE, the Seniors Activity Group Eh! which has been going for approximately 8 years. **Susan Kennedy** was the spearhead of that program which brought together people with dementia and their caregivers, to give them opportunities to share vital information and resources that make the challenges of living with dementia easier. You don't have to be involved with dementia to participate ("there are 144 forms of dementia, by the way, of which Alzheimer's is one of them", says Christian) but just have to identify yourself as a senior who wishes to connect with other seniors to share humour, refreshments and conversation.

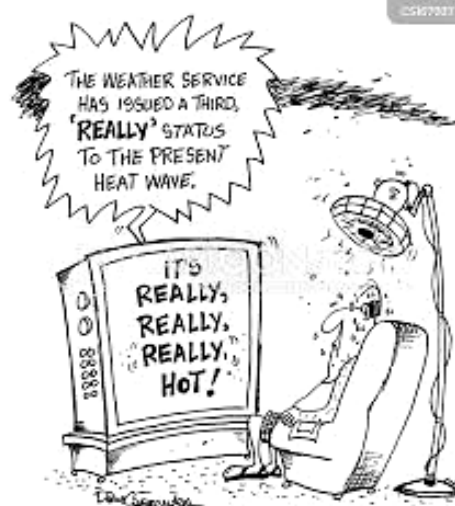
The latest new program is CEED Pod, a new podcast that is now available on multiple platforms. The podcast has five hosts ranging in age from 14 to 75. **Jack Emberly** is the host of one the new audio podcasts called '100 Year War on Salmon', in which he goes through the history of salmon in the Alouette River and Lake since before the dam was built in 1926 to the current date. Another speaker is **Amy Wood**, and her segment is called Shine Bootcamp. There are also couple of high school students participating. The podcast website is <https://ceedpod.buzzsprout.com> We can also listen via many directories, such as Spotify and Apple Podcasts.

To get early access to new episodes see also

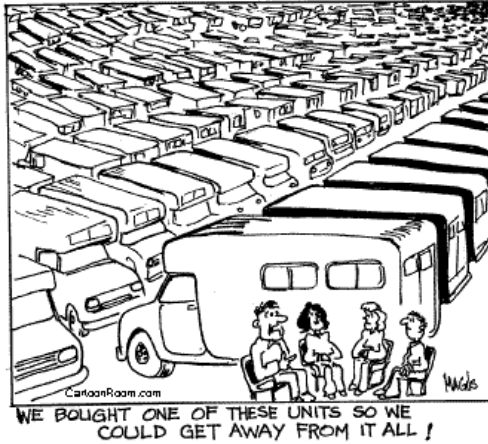
<https://www.patreon.com/ceedpod>

Happy and Sad Heat Wave Dollars

Matt had one sad dollar because his camping trip to Princeton was cancelled, and two happy dollars because his camping trip to Princeton was cancelled (otherwise he would have to have sat in his camper in 49° weather).



Adrienne and Warren's camping trip to Princeton was also cancelled. They were planning to go with Matt and Lynda, but she is now happy to "get away from it all" at the Coquihalla campsite instead.



Ineke and Peter went to West Kelowna for the installation of their daughter **Marjolein** as the new president of the Kelowna Sunrise Rotary Club. Their son and his children slept in their air-conditioned motorhome while Peter and Ineke slept in the hot house.



"The fact that you just swam 60 lengths might have impressed me if we weren't in a hot tub."

Fine Master Libby

Anyone who has complained about the heat has to pay a dollar fine. Anyone who has not complained about the heat has to pay a two dollar fine.



Polio Plus

The Bill and Melinda Gates Foundation is still matching donations 2 for 1 to help fight polio. We are all therefore encouraged to donate now to the eradication of polio and can do so at Rotary.org/donate.

Quote for the Day



Submitted by Laurie Anderson