



Meetings: Tuesday 12 Noon, combined Real-Virtual Meeting

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## MARCH IS WATER AND SANITATION MONTH

[Happy Birthday](#)

[Happy Anniversary](#)

### UPCOMING SPEAKERS:

Mar 01:	Mar 08:	Mar 15:
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### RI PRESIDENT'S MESSAGE



We have overcome so many challenges these past two years and changed numerous lives. It brings me great joy that we have worked so hard this year to grow Rotary through the Each One, Bring One initiative. The result has been excellent growth in membership. Let us keep up the momentum. I am happy that you have put a spotlight on all we do by organizing projects around the world in our Rotary

Days of Service. The future looks brighter than ever for Rotary and our 1.4 million members.

On 11 March 2020, the World Health Organization declared that COVID-19 constituted a pandemic, and two years later it is important that we continue to draw on our expertise in our disease prevention and treatment area of focus to help people worldwide cope with the continuing challenges. The pandemic continues to defy all expectations, but we cannot be frozen in fear. Our work is too important. It is also important that we make time for each other, and I urge you to register for the upcoming 2022 Rotary International Convention in Houston. It is a great way for all of us to safely celebrate Rotary service.

We can continue to build hope and spread peace in the world by using our resources to help the most vulnerable and keeping our faith in the future. The pandemic has had an especially devastating impact on girls worldwide. On the first anniversary of the pandemic, Henrietta Fore, the executive director of UNICEF, said that "immediate action is needed to mitigate the toll on girls and their families." This need, unfortunately, remains just as strong a year later. The ripples of the pandemic have affected girls in unique ways — stunting their educational attainment, weakening their job prospects, and contributing to other terrible results such as child marriages and increased human trafficking.

Data from UNICEF reveals why our action is so essential. In the 2010s, important progress was made toward eliminating the practice of child marriage, and UNICEF estimates that 25 million such marriages were averted worldwide. Unfortunately, the pandemic reversed those positive trends, and as a result an additional 10 million girls are vulnerable to becoming child brides by the end of this decade.

This is why our focus on Empowering Girls is such vital work, and I am delighted that at this year's virtual International Assembly, President-elect Jennifer Jones committed to continuing this initiative for another year. In my travels, I have witnessed many wonderful examples of club projects that back our Empowering Girls goals. But all Rotary members know that real change requires big efforts sustained over many years. This is the power of our global grants and actions taken within our areas of focus.

I encourage clubs to think of innovative ways to empower girls when designing their grant projects. Every step we take to improve education, health care, and economic opportunities for girls makes an important difference in helping them achieve their full potential. With opportunity we create hope, and with hope we address the root causes of conflict around the world, setting the stage for sustainable peace.

None of us know how long the COVID-19 virus will linger — and as an organization that has worked tirelessly for decades to eradicate polio, we understand better than most the difficult work that lies ahead for the world. That is why we need to remain focused on the future and on what is possible — not feeling nostalgic for the way our lives were, but looking hopefully to a future that uses this opportunity to *Serve to Change Lives*. I look forward to continuing this good work with you.

**Shekhar Mehta**  
President 2021-22

## OUR CLUB LAST WEEK'S MEETING

Patrick Dobbyn presided.

Speaker:

Alicia Erenli, Foundry Ridge Meadows ("Foundry RM")

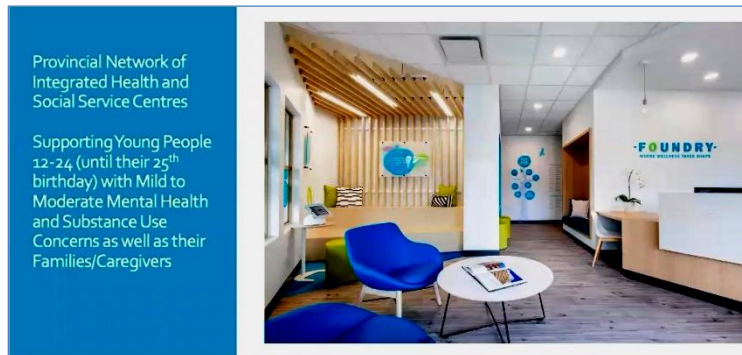


### Who is Alicia Erenli?

Alicia is the Program/Operational Supervisor of Foundry RM, a full-time position that she has held since June, 2017. She is a Registered Clinical Counsellor with the British Columbia Association of Clinical Counsellors. She obtained her Bachelor of Arts, with an advanced major in psychology, and her Master of Arts in counselling psychology, and has attended numerous other training sessions.

### What is Foundry?

"Foundry RM" is part of "Foundry", a province-wide network of integrated health and social service centres for young people ages 12-24. In addition to Maple Ridge, it currently has 10 other centres in Victoria, Prince George, Surrey, Langley, North Vancouver, downtown Vancouver, and other communities. Foundry centres provide a one-stop-shop for young people to access mental health care, substance use services, primary care, social services and youth and family peer supports. It believes young people should have a voice in their care and that finding the right support shouldn't be difficult. Foundry also represents community agencies, government, donors, youth and young adults, and families coming together to improve the wellness of BC's young people. Its network is made up of community-based health and social service centres and online tools and resources for young people ages 12-24 and their families. Foundry has engaged over 140 partners across the province of BC. The Foundry central office, hosted by Providence Health Care, leads the provincial initiative and supports the development of local centres. Each Foundry centre is operated by a lead agency that brings together local partners, service providers, young people and caregivers. Foundry's online platform, foundrybc.ca, is powered by BC Children's Hospital.

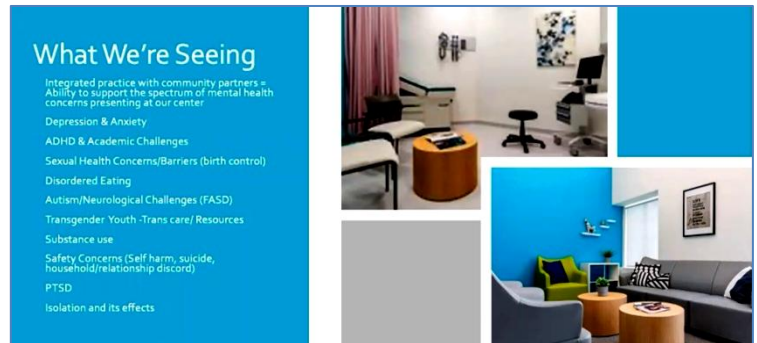


Foundry MR provides the following services:

- **One on one counselling:** Foundry has professional counsellors and counselling students on site to support youth and families.
- **Primary Care and Psychiatry:** Doctors and psychiatrists support youth and families.

- **Peer support:** "Our peer support is often a great first step to receiving services," Alicia says. Youth and families can connect with a peer whose lived experiences offer guidance and support. "It can be scary to walk into a building and not quite know what you need or how to ask for it. Peer supporters can walk alongside youth or parents and help them navigate through what can be a complex system."
- **Virtual Support Groups:** "Facing big challenges is a part of all our journeys, but mental health is also about being active, being social and learning how to be comfortable with yourself and engage with the environment around you," Alicia says. Youth can join a video chat to play video games, watch a movie, discuss books, or chat with other caregivers.
- **Supplies:** Foundry Ridge Meadows works hard to limit and decrease barriers that may be impacting youth, be it food security, toiletries, sanitary products, or access to cell phones that connect peers in isolation.

Persons accessing the services of Foundry MR can walk in to the facility at the moment when they need the assistance. They do not need a referral or an appointment. They can come in between the hours of 1 PM and 6 PM on Tuesdays, Wednesdays and Thursdays. The following slide shows the variety of concerns which are presented at the centre:



There is no safe house for youth that are homeless in Maple Ridge/Pitt Meadows, although Community Services are planning (in the new building that is proposed) to have housing dedicated to young people.

Funding for Foundry MR comes partly from the provincial government, but a lot comes from donations and fundraising.

Foundry MR has established relationships with other institutions within the community including the School District and Alouette Addictions, and others. There are also volunteers within the community that provide assistance, including artists and youth volunteers.

Youth find out about the services of Foundry MR through various ways, including social media and even through newspaper articles.

**Submitted by Laurie Anderson**