Rotary Club of Meadow Ridge

The Four Way Flasher



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AUGUST IS MEMBERSHIP & NEW CLUB DEVELOPMENT MONTH

Happy Birthday			Happy Anniversary						
UPCOMING SPEAKERS:									
Aug 2:	Doug Sabourin Alouette Addictions	Aug 9:	Dave McP Salvatio		Aug 16:	Jesse Sokol and Dena Jones Non- Judgmental Recovery			

RI PRESIDENT'S MESSAGE



We've all taken our own path to become a member of Rotary. Some of you joined because your father was a Rotarian. Some of us signed up because an employer tapped us on the shoulder and asked us to attend a meeting. Others became members only after a U.S. Supreme Court ruling made it possible. Yet each of us entered through one mechanism — an invitation.

An invitation that unlocks our imaginations and allows us to know that everything and anything is possible. Each one of us has that same opportunity — the honor to extend an invitation.

It is awe-inspiring to imagine how we can look out across our communities and identify our future leaders. It's often tempting to attract people who are exactly like us. It's a special form of ingenuity to consider how people who are seemingly very different can, in fact, share our values and have some of those same talents, just waiting to be unleashed.

It's time for Rotary to take our next step in advancing Diversity, Equity, and Inclusion (DEI) across our organization.

Embracing an experience where people feel included is more than just making our membership numbers more diverse. It's about making our meetings and events places where we can speak openly and honestly with each other, where our members feel welcome and safe. This means removing barriers for entry and opening doors for inclusion. Our values remain our strength — and our commitment to excellence requires us to maintain high standards for our members as well. I believe we are all committed and determined to advancing DEI across Rotary. This is rooted in the deepest traditions of our organization, and it will ensure that we remain vibrant and relevant for decades to come.

A few years ago, our Rotary Board set the ambitious goal of increasing the share of female members to 30 percent by 2023. We have less than a year to go, but I believe we can meet and exceed this target.

We need Rotary leaders to rise from every continent, culture, and creed. We need young members and young thinkers to take on larger roles and responsibilities. We need to listen to new Rotary members just as keenly, and with as much respect, as those with many years of membership.

During our recent convention in Houston, we heard from astronauts about their journeys into space. We reflected upon a time in the 1960s when U.S. President John F. Kennedy urged the world to dream, with his declaration that we would "go to the moon [and do] other things, not because they are easy, but because they are hard."

Fully committing Rotary to DEI and meeting our ambitious membership targets may seem as unlikely as a moon shot. But I know that when people of action are committed to a big goal, we make it worth every ounce of our energy.

Jennifer Jones President 2022-23

LAST WEEK'S MEETING

Brenda Jenkins presided.

Guests: (apart from Speaker)

Andy Jacques - President of the Rotary club of Santo Domingo -



Herrera, in the Dominican Republic. Andy grew up in Vancouver, BC, and attended Simon Fraser University and the McRae Institute for Applied International Management at Capilano College. He then worked for over 13 years for the government of Canada, in the Department of Foreign Affairs and International Trade. He now works in the private sector as a strategic business development leader and consultant, and is a Latin America

expert. He joined Rotary in Santo Domingo about 20 years ago. He moved himself and his wife and children back to British Columbia, and they now live in Maple Ridge, although Andy travels a lot through business and is away from home for many weeks of the year.

[FYI, the Dominican Republic shares an island in the Caribbean with Haiti, and is the island between Cuba to the west and Puerto Rico to the east.]

Gordon Robson and Mary Robson, both of whom are heavily involved in the local Ukraine committee that is finding homes and assistance for refugees from Ukraine (and have opened their own home to Ukrainian visitors).

Program: Ridge Meadows Hospice Society (the "Hospice Society")

Speaker: Lindsay Willis – Executive Director



Lindsay grew up in Maple Ridge (David Rempel was her teacher in elementary school). She got a degree in psychology from UBC, and began her career with the Maple Ridge/Pitt Meadows Community Services as an outreach counsellor.

She made a shift to the Hospice Society when she had a significant loss in her family. Lindsey then worked for the Hospice Society as the coordinator of palliative support services for 10 plus years, and then "threw her hat into the ring" and was made Executive Director in early 2019 (taking over that position from our Rotary club member Mark Vosper). In her role as palliative support coordinator, she was responsible for recruiting, training and mentoring volunteers who support people through palliative care and bereavement. When she moved up to the position of Executive Director, there were approximately 70 people who volunteered for the organization as palliative care and bereavement counsellors, and there were 80+ others who worked in the thrift store.

The Hospice Society

Hospice was founded in 1980 when Edna Trethewey, a former public health nurse, realized the need for help for dying patients and their families in Maple Ridge and Pitt Meadows. It was incorporated as the Ridge Meadows Hospice Society in 1988.



Lindsey stated that she wants the community of Pitt Meadows and Maple Ridge to be aware of Hospice and the services that it provides. Therefore, one of her main goals is to continue to raise the profile of the Hospice Society. One-on-one bereavement support is available from hospital staff and/or to the trained volunteers. People can join grief support groups for adults and children, which help to further acknowledge and embrace the pain of loss by honouring one another's stories. All Hospice volunteers are required to take an extensive training program, based on BC Hospice Palliative Care Associations Standards. Visiting volunteers are available to support individual patients and/or the patient's family, wherever "home" is, be it in the hospital, in long-term care, at McKenney Creek Hospice Residence, or patient's own home. A volunteer's primary role is to offer emotional support, companionship and open, non-judgmental listening ear as family's face this often-difficult time.

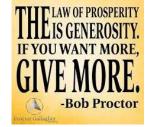
During the three years prior to Lindsay starting as Executive Director, there had been a large increase in referrals to the Society for grief and bereavement programs. COVID then struck which halted the in-person contact, which is so important for those in palliative care and those suffering bereavement. This required a shift to "virtual contact" which affected 80% of the work that volunteers did. The thrift store also had to close down for a while. A lot of volunteers were lost as a result, and they now have to rebuild the volunteer support group. With the extra loss of life due to COVID, it shone a light on a lot of people who were suffering grief and loss.

Lindsay explained that anybody can refer a person (or themselves) to Hospice when the need arises. No referral from a hospital or healthcare worker is required. Normally, the Hospice Society can provide help and assistance within 48 hours of contact. People can't always come to the hospice facility, so Hospice now provides onsite services at certain care facilities.

55% of the operating expenses of the Hospice Society is provided by the Thrift Store that is located on the northwest corner of 224 St. and Dewdney Trunk Road, with the entrance off the parking lot in the back of the building.

<u>Happy and Sad Dollars</u>: included those from guest **Gordon Robson** who is saddened to hear of the death of a Rotary friend in the Maui Rotary club, that he and Mary had known for about 35 years. But he was also happy to report that 28 people from our communities have helped out with the Ukrainian Committee; and to date about 39 families (for a total of approximately 120 to 125 people including parents and their children and extended families) have been found homes here.

Quote for the day:



Submitted by Laurie Anderson