

Meetings: Tuesday 12 Noon

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## AUGUST IS MEMBERSHIP & NEW CLUB DEVELOPMENT MONTH

Happy Birthday	Happy Anniversary
	Aug 28: Patrick & Stefanie O'Brien

### UPCOMING SPEAKERS:

Aug 23: Induction of David Macpherson – Exec. Dir. of Ridge Meadows Salvation Army	Aug 30: Jennifer Baillie Albion Community Centre	Sep 06:
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### LAST WEEK'S MEETING

President **Chili Yalamanchili** presided.

#### Induction of New Club Member

We were all very happy that **Aimee Robson** was inducted as a new member of our club.



Her sponsor is **Lynda Lawrence**, and she was inducted by our Assistant District Governor **Ken Holland**.

Also in attendance, supporting his wife Aimee in her new adventure, was her husband **Derek Robson**. Aimee is originally from England, and she and Derek met while they were both working in Dubai. They have five children ranging in age from six months to 10 years.

Welcome Aimee into our midst!!

#### Program: Non-Judgmental Recovery Society ("NJRS")

Speakers: Co-founders **Jesse Sokol** and **Dena Jones**



Jesse Sokol

Dena Jones

#### About our Speakers:

**Jesse** has been an active Community Volunteer since moving to Maple Ridge in July, 2019. Jesse has volunteered at the One Way Club, Salvation Army Ridge Meadows, and Stop Overdose Ridge Meadows. He is passionate about Helping Others, Connection, and Community as keys to Recovery, and integrating Alternative and Holistic Healing methods into recovery. Jesse says that he struggled with cocaine addiction for about 23 years of his life and was about 13 years old when he started doing drugs. When he moved to Maple Ridge, he finally started treatment at the Maple Ridge Treatment Centre, and has now been drug-free for over three years. Jesse's favourite activity is hanging out with his son Jesse Junior.

**Dena** has been an active volunteer in Maple Ridge since 2010. She was previously Treasurer of multiple Parent Advisory Councils, and volunteer for the Maple Ridge/Pit Meadows Christmas Bureau. Dena also served on the Board of Directors as Treasurer, president, and manager for the One Way Club. In 2020, Dena joined the New View Society as the organization's Accounting Administrator. She is passionate about giving back, helping others and promoting recovery is the ultimate harm reduction. Her favourite activities include chasing waves, waterfalls, sand and sunsets.

#### About NJRS



**Jesse** and **Dena** got to know one another from a recovery Facebook group called Non-Judgmental Recovery that was started in 2019 with the goal of supporting individuals, both men and women, from a variety of recovery programs where they would have a **safe, supportive place without judgment** to share whatever it is was they were going through. They saw some of the members not finding any recovery meetings where they felt comfortable, connected or supported. So, Jesse joined forces with Dena to create a society in order to be able to hold in-person meetings. The Non-Judgmental Recovery Society is now incorporated and has charitable status.

Both Jesse and Dena believe there is value to all recovery programs, but some of them are extremely judgemental. The Non-Judgemental Recovery Society will support anyone, wherever they are at in their recovery process, respecting their choice of what their recovery looks like. "We're not going to tell you how to do it. We can only tell you what we've done and have a variety of people sharing about different programs and what works for them. For example, when it comes to harm-reduction, if a person is trying to get off heroin but still drinks alcohol, they will be supported. Whatever program you want to work on now, that's the one we are going to help you with." Their vision is that successful, long-term recovery is closely tied to the connections and support systems rather than the program one follows.

#### Recovery Meetings

NJRS is holding weekly in-person recovery meetings at the CEED Centre, 11739 223<sup>rd</sup> St., Maple Ridge, at 6:30 PM, and Zoom meetings on Tuesday nights.

#### Care Packages

NJRS distributes numerous Care Packages each week consisting of such things as water bottles, soap kits, deodorant, toothbrushes, Wagon Wheels, granola bars, socks, toques that a volunteer has knitted, and other items, and packs them into sealable bags. They also include a list of local resources that they nickname a "Street Survival Guide". Since they started this program in May 2021, they

have supplied over 2,340 Care packages. It is all done with donations, and with no government funding. They will also hand out bag lunches provided by the Salvation Army Ridge Meadows Ministry, at the same time.



#### Rapid Recovery Response

NJRS, through their volunteers, supply necessary transportation to treatment centres, meetings, etc. They will also try to make all prior arrangements and appointments prior to taking the person to the destination. They have supplied over 1,500 volunteer hours for transportation and driven more than 3,000 km in this program. And it is important that the service be given on a moment's notice. Dena says that, having been addicted, she knows how important it is to seize the moment- "that one almost inevitable instant when a person who is addicted, and living outdoors, says they've had enough. They want to quit. It can be fleeting – the addicts resolve waivers, circumstances change, and if you talk to them in a week, or even an hour, they might have changed their mind. Unfortunately, there is a shortage of treatment beds in the province. So in that moment when the endless spinning carnival ride of addiction gets unbearable and they want to get off, sometimes there is no place for them to go. Too often there are waiting lists."

When it happens, NJRS works the phones, and they will drive people to any place that has an opening at any time. That sounds basic, but there are not a lot of groups that can be so flexible. By driving drug users wanting rehab to a facility ASAP, the volunteers with the Non-judgmental Recovery group are filling a niche. "We can usually move people the same day, or the next day," said Dena. "We'll drive them anywhere in the Lower Mainland." "We don't just drop them off. We're not done there. We stay in touch with them all the time." "The second they get out, whether because they've graduated or because something's happened, we're back there – 'okay, what do you want to try next?' – whether it's somewhere different, or housing, or whatever. It's that continuum. Our job is not done. We're about the connection. These people are all my friends. They're not our clients or anything. They have our numbers and they can call us whatever happens."

Information about the Non-Judgemental Recovery Society may be obtained from:

Joining their Facebook group: @Non-Judgmental Recovery

On Instagram: @nonjudgmentalrecovery

By Email: nonjudgmentalrecovery@gmail.com

By phone: **Jesse Sokol** 236-838-6562 **Dena Jones** 778-899-3735

Happy and Sad dollars included:

**Lynda – Gordon Robson** is recovering from an operation.

**Sharon** - sad to hear of the death of Ian Speckman, formerly of Maple Ridge Chrysler; a great supporter of Rotary's Duck Race.

**Ineke** – happy to welcome Aimee Robson as a new member of our club; also very happy that our garage/car boot sale generated \$781.95 which is almost enough for 1½ Starfish back packs.

**Mike** – happy to have gone camping and fishing on the Fraser and to have seen Debbie McRae and family who were sturgeon fishing (catch and release) and having a great time.

Club News

**Libby** distributed Rotary cards that club members were urged to carry with them to give to prospective new club members.

**Ineke** reported that Lesley Shebib - winner of the top prize of \$15,000 in the duck Race – donated back \$2,000 to our Rotary Club.

**Matt** reminded us of the annual Club campout (or rather the “glampout”) which will be held over the second weekend in September, and that all non-glampers are welcome to come to the glampout dinner on the evening of Saturday, September 10, to enjoy the food and revelry.



“I didn’t realise that your idea of glamping was to have the tent right next to the shower block.”

**Ken Holland** reminded our Club that our joint-club OctoberFest fundraiser will be held on Saturday October 8, 2022 from 3:00 pm to 11:59 pm.

President’s Closing Quote



Submitted by Laurie Anderson