



Meetings: Tuesday 12 Noon

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JULY IS MATERNAL AND CHILD HEALTH MONTH

[Happy Birthday](#)

[Happy Anniversary](#)

UPCOMING SPEAKERS:

July 11:	July 18:	July 25:
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D5050 GOVERNOR'S MESSAGE



I am honored to write my first article as your new Rotary District 5050 Governor. During these past weeks, I have been invited to participate in the Installation of new officers for Rotary Clubs in our District. It has been wonderful to meet many Rotarians and witness the positive energy in our Clubs.

My past Rotary experiences began in 1998, when I joined the Rockingham, North Carolina, Rotary Club. My late father-in-law had been a past President of that Club. Since my initial introduction to Rotary, I have been a part of six different Clubs. In these Clubs I have had the opportunity to observe a variety of Club practices and rituals. All of these Clubs have been committed to "Service Above Self." Some have been more active in service work than others.

There are several important themes that have shaped my Rotary life.

- Clubs are the central place for Rotary. We are not a top-down organization. Rotary starts with the Club and its members. While there are several key practices that all Rotary Clubs need to follow, I firmly believe that Rotary Clubs have a great deal of autonomy in establishing by-laws that will meet the needs of its members.
- The practice of service is best achieved when Rotarians are able to get their hands dirty. This is not to say that "check writing" is not important for many Rotarians. It is. Checks written by Rotarians have produced

outstanding results locally and world-wide. Yet I have found that service work that gets our hands dirty is something in which we can often see the results of our labors. And it is this type of work that will help Rotary Clubs grow.

The theme for the 2023-24 Rotary Year is "Create Hope in the World." I will be sharing in future articles how hope can be experienced, and how we can provide hope in our Clubs, community and world.

I look forward to opportunities to meet you during the coming year. And I hope you will attend the District Installation Gathering on Sunday, July 16 at 4:00 PM at Tulip Town in Mount Vernon.

Warmest Regards, *David*

David Lukov
District 5050 Governor 2023-24

LAST WEEK'S MEETING

This was the First meeting of the 2023 – 2024 Rotary Year, held at the Meadow Gardens Golf Club. Our new **President Brenda Jenkins** presided.

Guests:

Cub Scout **Sam Robson** and his father **Derek**, and his grandparents **Gordy & Mary Robson**.

Cub Scout **Noah Coldwell** and his mother **Brenda**.

Cub Scout leaders **Caitlin & Dave Meunier**, and **James Durrand**.

WHO ARE CUB SCOUTS?



Cub Scouts are youth ages 8-10 who are curious about exploring the world around them. Cub Scouts do a little bit of everything from camping and hiking to community projects and environmental stewardship programs. Through planned adventures Cub Scouts not only grow their skill level but also have the opportunity to personally develop in areas such as social, intellectual and leadership qualities. It's all about having fun, meeting new friends and developing self-confidence.

A Cub Scout Section is called a "Pack" and youth within a Pack are organized into smaller teams called "Lairs". Being a Cub Scout means you are part of the planning process, deciding the types of adventures and activities you and your fellow Cub Scouts want to explore. The motto for Cub Scouts is: Do Your Best and Cub Scouts are encouraged to try new and exciting activities, including STEM projects and cultural experiences.

Scout leader **James Durrand** spoke to us briefly. The Cubs have been working towards their Seesonee Award which is the highest award a Cub can achieve in the Cub Scout Program. To earn this award, they have to complete 10 outdoor adventure skill stages, complete 15 community service hours, and complete a meaningful service project.

As part of working towards this award, the Cubs organized a fundraising event to raise money for the starfish program, by collecting money at the entrance to Fresco (which is the food store where our Rotary Club purchases the food for the Starfish Program). The cubs were therefore able to present our club with the cheque in the amount of \$810 plus a \$100 gift card in support of Starfish.



Scouts is now for both boys and girls. They meet once per week and their activities are youth driven, with help from the leaders. Their activities include hiking, outdoor activities, horseback riding, sailing, and climbing. The older scouts are raising money by selling Duck Race tickets to go to the Jamboree, that will be attended by approximate 3000 scouts. The Jamboree is held only once every four years.

There is currently a waiting list of about 45 young people wishing to get into Scouts, but more volunteers are needed to be Scout leaders. Scouting gets children away from their cell phone and computer screens and into the outdoors, and is an affordable activity.

Club Business

Ineke reported that our club has given \$40,000 to the Foodbank to be held by it towards the Starfish Program. We had money left over from last year, will receive \$135,000 from SD#42, and with donations from the public (including the funds received today from the Cub Scouts) we will have sufficient funds to carry on Starfish for the coming Rotary Year.

Happy and Sad Dollars included:

Libby reminded everyone to pick at least one (and preferably more than one) committee that they will serve on, and if anyone is willing to be the chair of the committee to also let Libby know.

Adrienne urged all members to come up with a suggestion for a club speaker and program, and to provide that information to Adrienne.

Leslie is happy to be back after his sudden hospitalization, and also happy that his latest book is now being published.

Laurie thanked the club for their well wishes during his recent illness, and especially thanked Sharon for the beautiful hand-made cards which she makes and sends out to our members who are "under the weather". And look at that beautiful MacLean's method of handwriting!



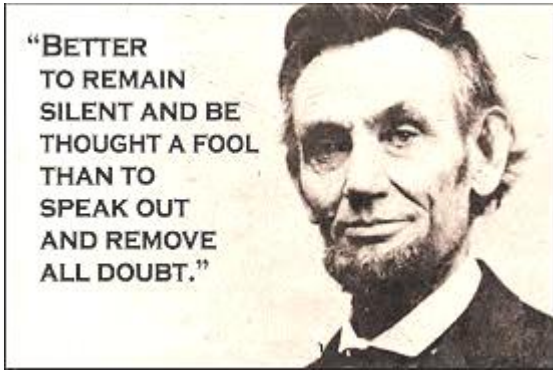
Eric is extremely happy to be going to Barcelona and a two-week cruise in the Mediterranean.

Mary Robson was happy to be at the club anniversary dinner and to meet old friends again. She also advised that the Food Bank is running out of food, and the food bank therefore is going to put on a food drive with the help of church organizations and Purolater Courier. Volunteers are needed. (SEE NOTE BELOW)

Ineke and Peter were happy and proud to go to Kelowna to see their daughter **Marjolein** being inducted as the District Governor of District 5060, which consists of 58 clubs in both British Columbia and Washington.

President **Brenda** would like to see the club have a Shelter Box fundraising event similar to the one which our club had several years ago where they pitched Shelter Box tents in the town square and raised the proximately \$50,000 towards that cause. She suggested that maybe the scouts would stay over night in the tents for a night or two. She would also like to see a Rotary signboard put up in the communities of Maple Ridge and Pitt Meadows.

Quote for the Day – by Abe Lincoln



Submitted by Laurie Anderson

The following is the excellent invocation/inspirational thought that Matt gave at the recent Anniversary Dinner and Installation Event, which set a great tone for the whole evening's celebration:

"Thirty years! As our Rotary Club celebrates its 30th anniversary, we can proudly look back at 30 successful years. We have served our community well.

The fact that we are a vibrant, humanitarian service club today is contributable to our combined synergy and to the long-lasting foundation that members before us and with us have laid and maintained. We are very thankful for that.

What about the future? The future will be bright if we want it to be.

On the inside, within our own club - from time to time - we will have to make some important and difficult decisions.

Towards the outside, we Rotarians, by our humanitarian and ethical approach to life should be an example for the rest of the world. We have been given some powerful tools to help us with that.

First, we have our motto "Service above Self". I remember the words that Bob Shantz gave us: "I wish that I will always recognize that service to others will be the measure of my worth, when the final balance of my life is struck."

Secondly we have "the Four Way Test": which reads:

We ask of all the things we think, say or do -

- ✓ Is it the TRUTH?
- ✓ Is it FAIR to all concerned?
- ✓ Will it build GOODWILL and BETTER FRIENDSHIPS?
- ✓ Will it be BENEFICIAL to all concerned?

Let's remember our motto ! and

Let's use the Four Way Test !

May we keep our energy, our camaraderie and our focus on service and honesty, and we will have another 30 fantastic years!

Amen"



Volunteering

We are a volunteer-driven organization and are always seeking to increase our volunteer base. Opportunities available include:

- Assisting Clients – Handing Out Hampers
- Drivers for Home Deliveries and Picking Up Front-of-Store Donations
- Event Volunteers
- Office Support and Social Media Support
- Perishable Food Recovery Facility
- Sorters and Hamper Builders
- Warehouse Workers

Call our volunteer coordinator at [604-463-3663](tel:604-463-3663) ext. 203 or email administration@friendsneedfood.com to talk about these opportunities and others.

Duck Race Beneficiary:

One of the groups selling our Duck Race tickets is **Youth Unlimited**, a non-denominational, Christian organization serving Maple Ridge and Pitt Meadows focused on marginalized, vulnerable teens. In the past it has also been supported by the Maple Ridge Community Foundation. Community youth workers offer free recreational and social activities, and support services for youth ages 10 to 25. Outreach programs are primarily provided in high schools and include a hot breakfast program, lunch clubs, after-school cafe community group, outdoors club, day trips, and individual coaching or mentorship.