



Meetings: Tuesday 12 Noon

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**AUGUST IS MEMBERSHIP AND NEW CLUB DEVELOPMENT MONTH**

<b>Happy Birthday</b>	<b>Happy Anniversary</b>
	Aug. 13: Aimee & Derek Robson

**UPCOMING SPEAKERS:**

Aug. 08: Tyler Westover Economic Development Maple Ridge	Aug. 15: Chris Loat Shelter Box	Aug. 22: Dan Gallant Rotary World Help - Container Operation
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**RI PRESIDENT'S MESSAGE**



At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care.

These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its January 2023 issue.

Our worldwide community and our foundational value prioritizing Service Above Self makes Rotary a powerful global advocate for mental health.

A recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years — and we will be looking to members of that group for leadership as we continue to build awareness.

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will *Create Hope in the World*.

**R. Gordon R. McNally**  
**RI President 2023-24**

## LAST WEEK'S MEETING

President **Brenda Jenkins** presided.

**Kevin Nosworthy**, on behalf of the **Maple Ridge Foundation**, presented a cheque to the Starfish Committee in the amount of \$1,000 in support of that program. Kevin's wife **Debbie** was also in attendance. Kevin said that the Foundation very much supports Starfish (as was shown by the generous gift).



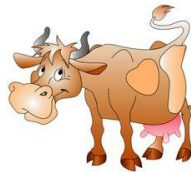
Happy and Sad dollars included:

**Brenda's** aunt celebrated her 100<sup>th</sup> birthday.



**Lynda** reported that **Mary Robson** was recovering satisfactorily from her recent surgery.

**Ineke** said those of us who didn't go to the Country Fest held at the Albion Fairgrounds on July 29<sup>th</sup> and 30<sup>th</sup> missed a great experience. She found it particularly fun to see the young kids leading by a rope their much larger cows into the ring.



Ineke was also sad to learn that the Canadian women's soccer team was out of the FIFA women's World Cup, held in Melbourne, Australia.



Program: Mark Vosper - Mark and Linda's trip to Japan:

**Mark and Linda** and a friend whom Mark has known since his army days, together with his friend's wife (who is Japanese), recently travelled to Japan on a holiday. Mark gave us a most interesting travelogue, together with photographs taken, about the places visited and experiences encountered by them.



They saw various traditional, "off the beaten track", parts of the country, and visited with relatives of his friend's wife.



Along the way, they saw Buddhist temples and Shinto shrines.

They witnessed a traditional wedding ceremony, had to wear special shoes [shih tzus? - sorry, Adrienne] when visiting the loo in one of their various accommodations, and visited a large fish market and other interesting shops.



In this shop, which displayed and sold traditional kimonos, Mark said 😊 they almost mistook the kimono-clad storekeeper for a mannequin.



They drank their fair share at a Sake Festival,

and rode a high-speed bullet train to Hiroshima (which was capable of speeds of 200 miles per hour).



Visiting Hiroshima was particularly poignant.



What remains of this building has been left as a vivid reminder of the destruction to the city. Of course, even more devastation was caused to the people of Hiroshima and Nagasaki.

**Mark says:**

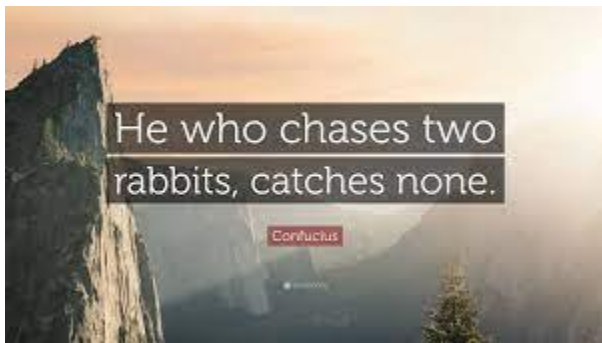
**“The Memorial Peace Museum in Hiroshima painted a desperate picture of the pain, shock and decimation that the citizens of Hiroshima faced when the Atomic Bomb was dropped on them in 1945. The only sound inside the museum was from people sobbing. It was a sombre and upsetting experience just being there as a visitor.”**

**“Our time in Japan with our close friends, their family, and all of the cultural highlights that we experienced, was a unique and fascinating adventure full of respectful traditions and fun.”**

#### Club Business and Reminders

Remember to support the 50-50 draw held online in support of the Duck Race, and check out the Club’s Calendar of Events as set out below. August 11<sup>th</sup> to 15<sup>th</sup> will be a busy week for our club so please help out wherever you can.

#### Today’s Quote



Submitted by Laurie Anderson

#### CLUB CALENDAR:

Aug 11 at 4pm till done: Duck numbering party at Brenda's place: 21757 122 Avenue, Maple Ridge.  
ALL invited - with friends! Dinner will be provided.

Aug 12: 10-2pm Rotary Garage Sale ("Boot sale").  
Please bring items to donate to club meetings, Ineke can PU, or bring on 12th.

Aug 13 (help before!) 11am to 2pm  
Duck Race at Maple Ridge Park: ALL urged to help as some members are away that weekend

Aug 15 at 5:30pm Executive Meeting

Aug 25 District GolFun Day  
at Homestead Farms Golf Club in Lynden, WA

Aug 27 starting at 2pm "Sip and Nibble with a View"  
at Adrienne's home

Aug 31 at 5:30pm Pub Hub at Kingfisher

Sep 4-11 - Rotary Camp Weekend  
at Fort Brae Campground at Fort Langley

Nov 18 - Foundation Dinner - Bellingham Golf & Country Club

Dec 2 - Pre-PETS - Silver Reef Casino Resort

Jan 27, 2024 - Grants Management Seminar - Rotary Fieldhouse, South Surrey

Mar 2, 2024 - Grants Management Seminar - Silver Reef Casino Resort

Apr 13, 2024 - District Assembly - Kwantlen Polytechnic - Langley Campus - new location!