



Meetings: Tuesday 12 Noon

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OCTOBER IS COMMUNITY ECONOMIC AND DEVELOPMENT MONTH

Happy Birthday

Happy Anniversary

UPCOMING SPEAKERS:

Oct. 3: Darlene Slevin & Russ Brummer Maple Ridge Community Festivals	Oct. 10:	Oct. 17:
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RI PRESIDENT'S MESSAGE



The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan (“one who lights up the home”) with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children’s Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children’s Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you’ve worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It’s what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just “How are you?” but also “How are you really?” By doing so, Rotary can continue to *Create Hope in the World*.

R. Gordon R. McNally
President 2023-24

LAST WEEK'S MEETING

President **Brenda** presided.

Cheque Presentation from the MCC Cricket Club

On September 23, the Maple Cricket Club ("MCC") held their Gala event at the Albion Community Centre, at which time they presented to our Meadow Ridge Rotary Club a cheque in the amount of \$1,700 from the money that the cricket club had raised at a prior game.



From left to right, in this picture taken at the Gala, are **Deborah Hyslop**, **Ineke Boekhorst**, **Libby Nelson**, our past-president **Chili Yalamanchili**, MCC President **Mangal Sindhar**, and MCC Secretary **Mandip Trehan**.

Chili, Mangal and Mandip were three of the founding members of this prominent cricket club that was "established in 2021 for the purpose of fostering and promoting competitive cricket in the communities of Maple Ridge and Pitt Meadows. The MCC's mission is to provide a platform for local cricketers to support, train, coach, mentor and represent them in big competitions across BC and Canada.

They played two tournaments in 2022, and their long-term vision is to see a MCC player representing the Canadian national team. They currently play at Selvey Park, but are actively working with the City to secure a different location to establish a dedicated cricket pitch that allows them to play regularly on the weekends and weekday evenings."

Frisbee Golf

Brenda thanked **Dave Rempel** for hosting the Frisbee Golf social event on Sunday September 24, at the home of **Dave and Sharon**, as well as thanking **Ineke** who also spent a lot of time, effort and work in organizing the event.

Members of the Haney Club and the Port Moody Club also joined in on the 4Fs: Fun, Food, Fellowship and Frisbee.

Program: Cheque presentations to Duck Race participants






The 12th annual **Rotary Duck Race**, that was put on by our club on August 13, 2023, was the most successful ever in terms of the amount of money that was raised for the communities of Maple Ridge and Pitt Meadows. In addition to donations from our generous sponsors, ticket sales amounted to almost \$92,000. Tickets were sold for \$10 each by the various community organizations, who received 80% of their ticket sales. The top seller was the Haney Neptune Aquatic Club who sold \$9,500 worth of tickets, followed by the 1st Haney Scout Group who sold \$8,090 worth of tickets.

Pauline Edington of the Ridge Meadows Hospital Auxiliary said that most of the \$2,800 which they earned from selling Duck Race tickets will be going to fund an annual bursary to help graduating high school students going into the field of health care. She also advised that the gift shop at the Hospital (which has been run by the Auxiliary for the last 75 years) has had to close shop due to the lack of enough volunteers to keep it operational.

The following 26 community organizations participated, made up of sports, scouts, school, seniors, youth, and other community groups:

		Sold	Rcvd 80%
Laityview PAC	 Karl Dagenais	\$410	\$328
Fairview Elementary PAC		\$590	\$472
Kids Sport Maple Ridge / Pitt Meadows	 Kelly Nicholson	\$700	\$560
Ridge Meadows Racers Speed Skating Club	 Denis Boyer	\$760	\$608
PMSS boys Basketball		\$800	\$640
KEEPS (Kanaka Education & Environmental Partnership Society)	 Dennis Swenson	\$1,700	\$1,360

Ridge Meadows Royals AAA/AA		\$1,800	\$1,440
Otter 4H Llama club	 Alexa Ross	\$2,000	\$1,600
Pitt River 4H Lamb, Beef & Swine Club	 Gina Spencer	\$2,180	\$1,744
Youth Unlimited		\$2,250	\$1,800
Kanaka grade 7 / PAC		\$2,340	\$1,872
Special Olympics Ridge Meadows	 Diane Stevenson	\$2,400	\$1,920
Alouette River Mng. Society		\$2,490	\$1,992
North Fraser Therapeutic Riding Assn.		\$2,500	\$2,000
Ridge Canoe & Kayak Club	 Michael Malfesi	\$2,750	\$2,200
1st Haney Cub Pack B (Scouts Canada)	 David Lane	\$3,000	\$2,400
RM Hospital Auxiliary	 Pauline Edington	\$3,500	\$2,800
Maple Ridge Concert Band		\$3,600	\$2,880
1st Haney Cub Pack A (Scouts Canada)	 David Meunier	\$4,000	\$3,200
Ridge Meadows Seniors Society	 Gayle Lyons	\$4,400	\$3,520
Pitt Meadows Elem. PAC	 Sherri Robinson	\$5,100	\$4,080

RM Minor Softball		\$5,100	\$4,080
1st Pitt Meadows Scouts	 Jeff Nason	\$5,200	\$4,160
Maple Ridge SS PAC basketball	 Grant Frend	\$6,440	\$5,152
1st Haney Scout Group	 David Meunier	\$8,090	\$6,472
Haney Neptunes Aquatic Club		\$9,500	\$7,600
Rotary		\$8,340	
	Total	\$91,940	\$66,880

Happy and Sad Dollars included:

David Rempel was happy to have welcomed our group again for the Frisbee Golf get-together at his property, and gave a special thanks to **Ineke** without whose help the event would not have been such a successful, fun and enjoyable event. Dave said the Port Moody Rotary Club team won the game [despite the fact that they had the lowest score! "Where is the justice in that?", said **Wilma, Pebbles and Fred**, (aka the Brenda, Susan and Laurie team) who came in last].



Brenda reminded all "fun-loving" (not to mention outgoing, brave, and socially confident) club members to come to the dance lessons on Friday evenings to get ready for the November "Dancing in the Ridge" competition put on by the Maple Ridge community Foundation.

Ineke, with the Frisbee Golf and Duck Race now behind her for another year, is getting herself ready for the Starfish Food Pack Program (that she chairs, organizes and buys all the food for) starting the first week in October, and the Hometown Heroes dinner that she co-chairs, which is coming up on October 11 at Maple Ridge Secondary School (Tickets \$60, \$25 for students). Before doing so however, Ineke and Peter are off on a 4-day camping trip with Probus.

This year's Starfish Program is providing food packs for the full capacity of 300 students. We cannot serve more than 300 students per week even though there are currently 59 kids in 5 schools that are on the waiting list. The Hometown dinner event is looking for silent auction items, so if you can help out in that regard, contact Ineke.

Today's Quote



Submitted by Laurie Anderson

CLUB CALENDAR:

Oct 11 - Door open 6pm; starts 7pm - **Hometown Heroes**
Maple Ridge Secondary School
Tickets \$60, \$25 for students.

Oct 20 - **Oktoberfest Hospice**

Oct 24 - **End Polio Day**

Oct 31 - **David Lukov - District Governor's Visit**

Nov 18 - **Foundation Dinner** - Bellingham Golf & Country Club

Nov 23 - **Dancing in the Ridge** competition

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!