

Meetings: Tuesday 12 Noon

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DECEMBER IS DISEASE PREVENTION AND TREATMENT MONTH

Happy Birthday	Happy Anniversary
	Dec 08: Brad Kirkland & Aimee Richmond Dec 10: Peter & Ineke Boekhorst

UPCOMING SPEAKERS:

Dec 05: Peter Lattay - Rotary Water Project and Safari to Kenya (July 2024)	Dec 12: Meadow Ridge Rotary AGM	Dec 19: No Speaker Christmas Present Exchange
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RI PRESIDENT'S MESSAGE

In December, I will attend the United Nations COP28 climate change summit in Dubai, United Arab Emirates. There, I will speak about the convergence of two global crises: climate and mental health. As the World Health Organization has noted, climate change worsens risk factors — such as disruptions to homes and livelihoods — for mental health problems. The emotional distress of a disaster also makes it difficult for people to recover and rebuild.

Rotary partner ShelterBox is an international disaster relief charity that has helped more than 2.5 million displaced people in approximately 100 countries with emergency shelter, essential household items, and technical support. I wish to share this month's column with their CEO, Sanj Srikanthan, who explains that the words we choose to describe disasters matter.



Gordon McNally
RI President 2023-24

The term "natural" disaster has long been used to describe tropical storms, floods, earthquakes, and volcanic eruptions, but there needs to be an urgent shift in the language we use. While the term may seem harmless, and we've not always gotten it right, we've learned through our work with disaster-affected communities how it perpetuates a dangerous myth that nothing could have been done to prevent people being so badly affected. This misleading and harmful narrative can lead to a lack of action to help people who need it.

The language we use matters. When we frame disasters as natural, we fail to acknowledge the complex interplay between nature and the role of human actions and how they impact communities around the world.

Earthquakes, tsunamis, volcanic eruptions, and extreme storms, drought, and flooding occur because of natural processes on Earth. But it is how these events affect people or the environment that has the potential to make them a disaster — outcomes influenced by human factors like where people live, what types of homes they have, political instability, and the lack of proactive measures to protect vulnerable communities. A disaster is the result of systemic inequalities in access to resources and power. Where we live and how much money we have often determines our ability to recover. The people worst affected are those living in poverty, with the least means to protect themselves and few resources to withstand the next event.

By framing these events as natural, we undermine the need for proactive measures to protect vulnerable communities, masking the underlying social, economic, and political instability that makes marginalized and disadvantaged communities disproportionately affected. Our teams see firsthand how issues like inequality, poverty, urbanization, deforestation, and the climate crisis can make communities more vulnerable.

At ShelterBox, we simply say "disaster" or are more specific, describing the extreme weather, earthquake, tsunami, or volcanic eruption. I urge everyone to help us in breaking this cycle by committing to language that accurately reflects why people are affected so badly.

Only then does it pave the way to address the underlying causes of vulnerability and work toward a more just and equitable future for all, with the necessary investment, resources, and proactive measures to help protect affected communities.

Disasters are not natural. Let's stop saying they are.

Sanj Srikanthan - CEO ShelterBox

LAST WEEK'S MEETING

President **Brenda Jenkins** presided.

Guests (apart from our speaker):

Karen Murtagh - guest of Brenda; Karen is the new Publisher of The News. She started with Black Press, that is the parent company of The News, in 2006. She has been sales manager in Burnaby, worked in sales during the previous stint in Maple Ridge, is the publisher of the Mission City Record, and now has The News added to her responsibilities.

Barry Lilburn - guest of Libby

Adrian Keenan - is a real estate agent with RE/MAX Realty, who is an expert in both Residential and Commercial real estate in Maple Ridge and Pitt Meadows (and surrounding areas) where he has worked for the past 25+ years.

Heather Chapman - the choreographer of our dance troupe who entered the Dancing in the Ridge competition to support fundraising for the Maple Ridge Community Foundation. She is a dance instructor at Centrestage Dance School in Maple Ridge.



Our club thanked Heather Chapman without whose help our dance troupe would not have been possible. In turn, Heather stated that she had a lot of fun teaching our Troupe of Nine who walked away with the second place trophy.



(Attached to the end are 3 pages of the "Dancing in the Ridge" program)

Cheque presentations by Mike Davies, Community Services Chair:

To **Brenda Norrie** on behalf of **Help Portrait** - \$500.

Help Portrait will take place this year on Sunday, Dec. 10, 2023 from 1 to 7 PM at the Golden Years United Church at 22165 Dewdney Trunk Rd. in Maple Ridge.

This is a day where photographers, editors, hair stylists and makeup artists come together and volunteer their time for an afternoon of free portrait sessions for those who may not otherwise be able to afford to have a professional photograph taken. Every group receives a free 8x10 inch framed portrait.



To **Alex Pope** on behalf of the Fraser North farmers Market Society (of which Alex is the Executive Director) - \$2,500.



This is in support of **Haney Farmers Market coupon program**, to run December to May. This program is a healthy eating initiative that supports our local Farmers Market and strengthens food security.

Coupons are provided to lower income families, pregnant persons and seniors, they can be spent at the farmers market and be used to purchase vegetables, fruits, nuts, eggs, meat and fish etc.

Happy and Sad Dollars

The various members of our courageous "ballet troupe" were all very happy to have had the volunteer effort of Heather Chapman, and thanked her for her great efforts.

Laurie Anderson read an email from The Rotary Foundation, which reminded us *"that today is Giving Tuesday, when Rotary members around the globe give gifts of all sizes to make a big impact. Your past support for our Foundation has funded sustainable projects that change lives. A new contribution has the power to keep building a brighter future for people. Just US \$20 protects up to six children from the paralyzing threat of polio for a lifetime. A gift of US \$50 can support a sustainable economic development project, such as a butterfly sanctuary in Costa Rica. Making a gift of any size today is also a wonderful way to celebrate November as Rotary Foundation Month."*

Program: Kalie Whittaker - "What Rotary means to me"

Lynda Lawrence introduced our guest speaker, as follows:

Kalie Whitaker believes in creating lasting change in the world, in her community and in herself. As a former Rotary Youth Exchange Student, she has spent the past three decades taking action through service. Kalie has used her skills, knowledge and experience to actively participate and give back to a number of local organizations such as School District 42, Ridge Meadows Minor Hockey, Meadowridge Knights Football, the Haney Neptunes Swim Club, The Foundry and various Parent Advisory Committees in School District 42. She currently serves as the

Treasurer for both Alouette Addictions Society and Unlocking the Gates Society. Kalie is passionate about helping others which is why she provides volunteer tax prep services to seniors and youth in the community along with mentoring new HR graduates. Through her passion for working with and for youth, Kalie was a Senior Student Leadership Advisor to the Senior Student Council at Meadowridge School as well as a founding member of the Maple Ridge/Pitt Meadows Community Based Violence Threat/Risk Assessment Team. In addition, she was a member of the founding and fundraising committee for the Ridge Meadows Youth Wellness Center prior to that organization securing permanent support from Foundry. She does all of this because she was a Rotary Youth Exchange Student and truly embodies the Vision Statement of Rotary.

“Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.”

Kalie’s presentation (in brief):

Kalie explained what a great impact the experience of being a Rotary exchange student had on her life. In fact, she said, the exchange program had more of an impact on her life than her family and friends. Her father was a schoolteacher and/or administrator and probably had that profession in his mind for his daughter.



Kalie, however, felt that teaching was not for everyone and not for her. She stated that by grade 9, she had the travel bug, but knew in the back of her mind that her parents, who felt the importance of academic education, would not be happy about her taking a year off school to go on an international student exchange. She therefore decided that she would apply for the Rotary exchange and go through the interview process, and then if she was successful in the application tell her parents of her plans. When she was ultimately successful in being approved as an exchange student to New Zealand, that presented some awkward moments with her parents when she informed them of her success, but they ultimately agreed she could go.

Kalie said she learned three great lessons in life as an exchange student on her own and away from her family:

Firstly, “the power of yes”. If you say “yes” to opportunities - if you say “yes” when you are asked if you want to do something - it will enhance your learning and life experiences. While in New Zealand, she was asked whether she wanted to try to shear a sheep, which she obviously had never done before. She said yes, and when the job was over, both Kalie and the sheep lived through the experience.

Secondly, she learned how to rely on others and find ways to connect with people. Near the end of the trip, she said yes to a skiing trip and ended up with a cast on her leg. But this otherwise unfortunate accident taught her how to rely on and connect with others while dealing with his temporary disability.

Thirdly, she learned gratitude - you have to pause and think what you are grateful for. Kalie said that it is easy to forget to thank

people for what they do for you and for others. She was, and is, very grateful to Rotary to give her the chance of being on the student exchange program, which changed her life.

Kalie reminded us that Rotarians, through the student exchange program and other opportunities, have the power to change life. Rotary teaches us that we each have the power to change our own lives and create positive change in others. If you are asked to host an exchange student, say “yes”. And be grateful for the opportunity.

Club announcements and activities

Our Club previously gave a donation to the **Maple Ridge Christmas Festival Society** in support of



the **Annual Santa Claus Parade and Christmas In the Park**.

So come out and support this Community event to be held Saturday December 2, 2023 - 4pm - 8pm.

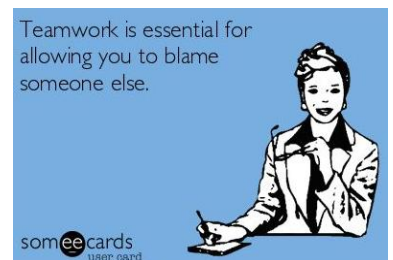
Pub hub - this Thursday, November 30 at 5:30 pm - at the Maple Ridge Legion hall

An “apeeling opportunity” - Friday, December 8: 9:00 AM to 11:30 AM, and/or 1:00 PM to 3:00 PM.

200 pounds of potatoes and 200 pounds of carrots need to be peeled at the Salvation Army. Enter at the back where you can also park your car. BRING YOUR OWN PEELER and help prepared for the Seniors Christmas Dinner that our Rotary Club is sponsoring.

AGM Tuesday, December 12 at our Rotary meeting, will be the AGM for the Club and also for our registered charitable society, the Meadow Ridge Foundation.

Presidents Quote for the Day



Submitted by Laurie Anderson

CLUB CALENDAR:

Nov 30 - **Pubhub** starting at 5:30 PM, at the Maple Ridge Legion

Dec 2 - **Pre-PETS** - Silver Reef Casino Resort

Dec 13 - **Senior’s luncheon** (vege prep – Monday or Tuesday TBA)

Dec 16 - **Xmas party at Callison’s**

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!



TUTU OLD FOR THIS!

A NOTE FROM THE TEAM

This vivacious and spirited dance squad is a group of enthusiastic Rotarians who prove that age and ability should never get in the way of having a good time on the dance floor!

The team is characterized by their infectious energy, innovative choreography, and an undeniable sense of camaraderie. Made up of 9 amateur dancers of varying ages, backgrounds and professions, each member brings their unique flair and personality to the group as well as a shared commitment to making a difference in the community.

Tutu Old For This are on a mission to spread joy, laughter and positivity, all while raising money for the Maple Ridge Community Foundation.

DANCERS

Eric Mollema, Mark Vosper, Linda Vosper, Ineke Boekhorst, Susan Pynn, Clint Callison, Alex Pope, Yousef Ahmed, Brenda Jenkins

DANCE STUDIO & CHOREOGRAPHY SUPPORT

Heather Chapman, Centre Stage

Tutu Old For This: Dancing with Heart



"A STEP-TACULAR SHOW THAT'S IMPOSSIBLE TO IGNORE"

RICK STEPWELL: THE DAILY GROOVE



"WITH MOVES THIS SPICY THE FIRE DEPARTMENT SHOULD BE ON STAND-BY"

DAISY DANCEALOT: BOOGIE BEAT GAZETTE



"THESE GUYS HAVE PIROUQUETTED PAST THE BOUNDARIES OF DANCE"

POLLY PIROUETTE: THE JIVE JOURNAL



"THIS SHOW IS NOT JUST GOOD. IT IS EN-POINTE"

LANA TWIRL: TANGO TIMES



Would you like to get involved and have fun while supporting our community? Find out more at www.meadowridgerotary.ca

