

Meetings: Tuesday 12 Noon

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FEBRUARY IS PEACE BUILDING AND CONFLICT PREVENTION MONTH

Happy Birthday		Happy Anniversary	
Feb 15:	Zain Kathrada	Feb 19:	Mark Forster

UPCOMING SPEAKERS:

Feb 13:	Feb 20: Sean Hogan and Danielle Mullen Rotary Friendship Exchange Program	Feb 27:
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LAST WEEK'S MEETING

President **Brenda Jenkins** presided.

Guests:

Maurice and Lou Henderson, Rotarians from the Camrose Alberta Rotary club, visiting their family in Pitt Meadows. (They also attended with us after the meeting to help pack the Starfish food packs.)

Gordon Robson, former member of our club and currently a member of the Rotary Club in Lahaina, Hawaii.

Cheque Presentation

Tammy Gray and Mark Thompson (VP Sales) from Sysco presented a cheque to our Club in the amount of \$6,000 to support our Starfish Program.



At Sysco BC, we are steadfast in our commitment to embody our Purpose daily - "Connecting the World to Share Food and Care for one another". As an integral part of our annual Nourishing Neighbours charitable campaign, we allocate funds to various organizations that align with and actively live our Purpose. This

year, Sysco BC has selected Star Fish Maple Ridge /Pitt Meadows to receive a donation of **\$6,000**.

Sysco says on its website:

Sysco has long been a part of the communities in which we work and has singularly led as the top food wholesaler in Vancouver. We started as Konings Wholesale back in 1970, with a small warehouse on Thunderbird in Burnaby, a limited number of products, and only one delivery truck. Through exemplary customer service and consistent growth, Konings was acquired by the Sysco Corporation in 1988 and became the first Sysco operating company in Canada. A new 180,000 sq ft distribution facility was built in 1992, strategically located in the city of Port Coquitlam, and expanded to 320,000 sq ft just before the 2010 Olympic Games. Our team has grown to over 350 associates.

Happy and Sad Dollars

Matt contributed \$4 because he is sad that he will be leaving us again to return to southern California to enjoy a few more weeks of the sunny weather (and contributed another \$1 on behalf of his wife Lynda 😊 who Matt said would be happy to see him again).

Walter advised that **Debora, wife of Kevin Nosworthy** who is a former member of our Club, recently suffered a heart attack, and upon returning home from the hospital fell down at home and broke three bones in her neck. We all wish Debbie a full recovery.

Gordon Robson said one-half of all the members of the Rotary Club of Lahaina lost their entire house in the fire that occurred last August, and only last month was the Club able to return to in-person meetings. **Sysco** not only donated to our Club today, but on the Lahaina Club website it says:

The Rotary Club of Lahaina, partnering with Sysco Hawaii donated \$4,000 in wholesale fresh produce (4,400 pounds), as well as refrigerated and frozen items for needy families through the Maui Food Bank. Because the Food Bank does not have storage for perishable items, Sysco is working with the club to keep items in storage in their facilities until time of distribution.

Lynda was happy that the time and place of this year's **Wine Fest** has been set, namely, on May 15, 2024 at the Sky Hanger at the Pitt Meadows Airport.

Libby asked us all to keep our eyes and ears open for possible sponsors for our annual **Duck Race** that will be held this summer.

Deborah Hyslop is still in hospital with kidney problems. If anyone is able to drive Deb to appointments, etc., please let Libby know.

Program:

Lynda Lawrence's Who's Who, and her Dad's "Final Ride"



Lynda Lawrence, who was our Club President in 2010-2011, told us a bit about herself, and her recent trip to Hawaii where she spread her Dad's ashes in a place that she and her dad loved. She also showed us some pictures of her family and some of her favourite scenes on Hawaii. (Lynda's love for Hawaii is reflected in the name and logo of her Company, "Lone Palm Management Ltd".)



Lynda's presentation was as follows:

I am the second child of two British immigrants, Jean and Peter Browne. My older brother didn't survive childbirth. My father was quite ill and underwent major surgery in October 1962. After surgery he contracted pneumonia, and during the hurricane of 1962 he lost his battle when the backup generator system failed while he was on life support. He died on October 19, 1962 at the age of 41. My paternal grandparents moved in with us and help to raise me while my Mum went out to work to support us. It was a tough time for my Mum as she had lost the love of her life and her first child. My grandparents had an import business bringing in goods from Britain. They lived with us for three or four years.

My Mum love dancing, and one day came home after a Sunday afternoon tea dance where she met Harry Peter Lawrence. They went out a few times and when things started to get serious, Mum told me that she wanted to introduce us. Our first family date was burgers and a movie which happened to be the Sound of Music (which is still one of my favourite movies). Before I met Harry, mom told me he was an Australian. At this point in time, all I had ever seen about Australia on TV consisted of National Geographic shows of the pygmy tribes in North Queensland. In my ignorance, this is what I was expecting when I opened the door, not this handsome blond man [see his picture below!!] with a wicked sense of humour. We soon became fast friends and I grew to adore this man.

In December 1966, we made our first trip together to Hawaii, and on December 28 my parents were married at Saint Augustine's Church on Kalakaua Avenue. Dad (Harry) opened my eyes to a whole new world of palm trees and warm waters. I was in my element. It would be another seven years before we revisited Hawaii, but then it became an annual track and my dear friend Dawne became part of this adventure. Dad provided me with all the tools for life. A private school education, a Catholic upbringing, an introduction to travel, and all the support and love that he could give. Every picture I see of Mum and Dad, she is always smiling. On October 21, 1969, Dad applied to officially adopt me and on November 17, 1969 I took the last name Lawrence.

Dad was a Marine engineer with BC Packers and his love of the ocean never stopped. His job allowed him time to travel in the winter and one of his greatest pleasures was paddling with the Aloha Beach Canoe Club in Waikiki, Hawaii. He became part of their "Ohana family" and sometimes went out in a canoe four to five times a day. He continued paddling until the age of 90 years when he got sidelined because of a major stroke in 2018. My parents were both fiercely independent, and there would be times when I got a call out of the blue telling me they were in Hawaii, and this was when they were still travelling in their 90s. Mom passed in 2015 at the age of 93, and on my 60th birthday, my friend Dawne and I took her ashes out on a canoe. Dad had wanted so badly to make the trip but he just wasn't able to because of the stroke.

One wish that my dad had was that I would start attending church again. I had been a Catholic school student for five or six years, but had never converted to the faith. In 2018, after about 14 months of studying in a few months prior to his stroke, I was able to bring dad to Maple Ridge to see my baptism and confirmation into the Catholic Church. He was a really proud man that day, and the decision I made to join the church had given me a lot of comfort over the past few years.

On March 13, 2020, after being hospitalized for a couple of months with complications from the earlier stroke, Dad passed away (on Salt Spring Island). I was there when he died. I came home the next morning, and two days after he passed away, we went into lockdown with Covid. Poor Dad sat on the mantel while we waited for the world to get back to normal. I am so grateful that he passed away when he did, as otherwise I probably would not have gotten back to the hospital to be there when he passed away.

In October 2023, I returned to Hawaii. On October 19, 2023, my friend Dawne and I got up early and went to mass at Saint Augustine's Church with Dad in tow (the same church where Mum and Dad were married in December 1966). We then went back to the hotel to go out for his "final ride" in an outrigger canoe with members the Aloha Beach Canoe Club, where we spread his ashes on the water. This was a very special trip to Hawaii and one with memories that will be with me for the rest of my life. I have had truly blessed life, maintained lifelong friendships and had many opportunities to travel and experience different things. They're just a couple of men who have made a significant impact on my life – my Dad and my former business partner and mentor Gordy Robson.

[Lynda then showed us pictures of her family, beautiful pictures of Hawaii, and pictures of her Dad's "final ride".]



Harry Peter Lawrence October 19, 1927

Submitted by Laurie Anderson

Club Announcement:

Location change for next week's meeting on Feb. 13

Please note - no meeting at the Golf Club, but a Rotary Field trip on Tuesday, Feb 13, to the ARMS (Alouette River Management Society) at the Geoff Clayton River Heritage Centre, at 24959 Alouette Road, Maple Ridge. Meeting will start at 12 noon, but please try to arrive early (11:30 on) so we can get away quickly afterwards for the Starfish food packing. We will have a Subway sandwich platters with cookies and chips, and water. The charge will be \$10.00 per person. Cheryl Ashlie, Vice President of ARMS, will greet us and Greta Borick-Cunningham will continue the presentation; then we will go down to the Hatchery for a tour. ARMS is raising money for a new roof, so this information will be included in their talk.



Cheryl Ashlie



Greta Borick-Cunningham

President's Quote for the Week

When guys get jealous,
it's actually kind of cute.

When girls get jealous,
World War III is about to
start.

Other News

Starfish Program

The following is a portion of an article that is featured on the main web page, and the social media accounts and on the YouTube channel of School District 42, which recognizes the work done by our Meadow Ridge Rotary Club. Other non-profits (that are also recognized in the article as supporting the School Districts food security programs) are the Friends in Need Food Bank, the Salvation Army, and Youth Unlimited, as well as the intergenerational garden (a partnership between seniors and students at Eric Langton to grow and harvest produce), the Ceed Centre Society (that coordinates the purchase of fresh produce from local farmers that is then delivered to schools in bins once a week), and two local businesses, namely, Humble Roots Café & Delhi (that provides lunch twice a week) and Simply Foods (that supports SD42's universal meal programs).

Meet the non-profits at the heart of SD42 food security programs

From hot breakfasts and lunches to snacks, all of Maple Ridge-Pitt Meadows School District's food programs have another thing in common besides nutrition: The non-profits and volunteers behind them. "Non-profits in our community are a very integral part of our food programs because without their support, we just wouldn't have the financial capacity to do all the programs that we're currently doing," said Jeannie Harnett, the district's community connections and healthy living/food security program manager. This includes the Friends in Need Food Bank, Salvation Army Ridge Meadows Ministries, Youth Unlimited and the

Meadow Ridge Rotary Club. The Maple Ridge – Pitt Meadows School District supports the vital work of these non-profits by providing some funding from the province's Feeding Futures program that aims to expand access to healthy meals and snacks at school.

Meadow Ridge Rotary Club

Inside a small room in the Friends in Need Food Bank, there are a dozen volunteers, chatting and laughing while filling up green reusable shopping bags with grocery items. They move together in harmony like a well-oiled machine, each person with their own assigned task for efficiency. Half of them move in two single file lines on either side of a table with grocery stacked on top, filling the bags with items as they go. Two volunteers tie the completed bags with twine, while another flattens cardboard boxes for recycling. A pair works outside, loading the bags into vehicles.

"This is our weekly work party and they're all volunteers," said Ineke Boekhorst, coordinator of the Maple Ridge and Pitt Meadows Starfish Pack Program.



Ineke Boekhorst, like most of the volunteers putting together the packs, is a member of the Meadow Ridge Rotary Club. "This is one of our community projects and our club is so emotionally involved in this," she said. "All our members help in one way or another." The program began in 2016 with only four packs at Golden Ears Elementary. It was meant to fill a gap in the food program offerings. "We felt that there [were] lots of programs in the schools for lunch, breakfast, there are all kinds of things," Boekhorst explained. "But there [was] nothing for the weekend. This pack goes out on Friday with the kids." Eight years later, they're putting together 300 bags for 27 schools weekly, and Boekhorst says the need continues to grow. "We're just hoping to help with the food security in those families that need a little bit of help," she said.

Past President Chili is extending to our Club the following invitation:

Please join us for a fun filled evening for South Asian Food and Entertainment at ECRA Centre 12148 224 St. Maple Ridge Sat. March 2nd, 2024 5:30 pm-11:00 pm Tickets \$150.00 each.