



Meetings: Tuesday 12 Noon

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MAY IS YOUTH SERVICE MONTH

Happy Birthday

May 9: Walter Volpatti May 11: Dave Macpherson

Happy Anniversary

UPCOMING SPEAKERS:

May 07: Director's Report to the Club: 2024/2025 Plans	May 14: Ahmed Yousef Who's Who	May 21: Ineke Boekhorst Report on Belize
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RI PRESIDENT'S MESSAGE



I am deeply gratified by the enthusiasm shown across the world in the past year to better support the mental health needs of each other and the people we serve.

In January 2023 when I first spoke about the need for Rotary to become more engaged on this crisis, I noted that the global mental health system couldn't be described as broken only

because it didn't exist. But I also offered a highly aspirational wish that Rotary could help build that system.

The first glimmers of this vision have been brought to light by you in dozens of mental health projects. But just as important is the invitation many of you have given to fellow Rotary members to share their stories.

I am impressed by the leadership young Rotarians and Rotaractors have shown and by the brave, inspiring stories they have shared. Former Rotaractor Freddie Almazan, a survivor of gun violence who refused to give in to despair, has an especially powerful personal narrative that you can hear firsthand at this month's Rotary International Convention in Singapore.

To create lasting change, the work we do needs to have a sustainable **impact** on the people and communities we serve. One great example of that kind of impact: Rotary clubs in Colorado endowing a pediatric mental health fellowship at Children's Hospital Colorado.

At the convention, you can also hear from 2024 People of Action honorees lauded for the impact they and their clubs have made through mental health initiatives. Bindi Rajasegaran will talk about a Rotary-led project in Malaysia helping children develop skills to

cope with mental health challenges and building capacity for support throughout the country.

In addition, Rita Aggarwal, an officer of the Rotary Action Group on Mental Health Initiatives, will be recognized for her success in applying the Wellness in a Box framework, a mental health literacy approach for adolescents, in her hometown of Nagpur, India. This highly scalable and clinically backed framework can be adapted for use just about anywhere — reach out to the action group if your club would like to support or implement it.

As we look ahead, the Rotary Action Group on Mental Health Initiatives will play a critical leadership role in promoting proven, measurable projects. In doing so, it will empower clubs to focus on initiatives that drive scalable, sustainable impact.

I invite you to go to the Learning Center on My Rotary and check out the Increase Your Impact series, which includes a wonderful short video explaining impact. When we focus on impact, we bring Rotary's vision statement to life, creating lasting change across the globe, in our communities, and in ourselves.

R. Gordon R. McNally
President 2023-24

LAST WEEK'S MEETING

President **Brenda Jenkins** presided.

Guests: (apart from speaker and guests receiving cheques)

Jim Michaels, former club member and currently living in Alberta.

Wayne Morrison

Jan Hickman, Laurel's mother and Haney Club Rotarian

Lorraine Manyk, realtor and Laurel's guest

Lynda DeBruyn, wife of Matt

Warren Dale, husband of Adrienne

Aram Askrian, guest of Yousef

Daan Wynberg, brother-in-law of Adrienne and father of speaker Abigail

Cheque presentations:



\$10,000 to **Alouette River Management Society**, represented by **Greta Borick-Cunningham, ED** and **Cheryl Ashlie, Director**



\$5,000 to the **Salvation Army**, represented by **David Macpherson, ED**



\$9,000 to the **Ridge Meadows Hospital Foundation**, represented by **Laura Butler, ED**.



\$10,000 to the **City of Maple Ridge**, represented by **Chad Neufeld**, manager of parks planning and development, and **Melissa Cordere**, Parks Planning Technician, (for the Municipal Garden)

Program: **Abigail Wynberg** – “My African Adventure” at the Thula Thula Game Reserve in South Africa

About Abigail (“Abs”)



Abigail was born in South Africa where she grew up on the family’s game farm, which began her love for the African bush. She is the daughter of Robyn (Adrienne Dale’s sister) and Daan Wynberg. Abigail moved to Maple Ridge with her family when she was 9 years old.

She has many interests and talents, and her hobbies include hiking, camping, running, photography and flying drones.

She has a very impressive career in equestrian vaulting, and competed internationally for South Africa and Canada at World Championships. **At age 9, she was the youngest person ever to compete for her country in the World Equestrian Games.**

Abigail was:

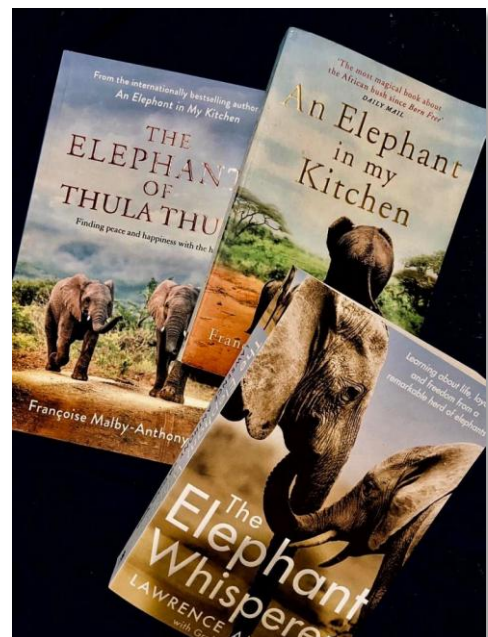
- a member of the South Africa National team at the 2008 World Vaulting Championships
- an individual and team member on two Canadian National teams in 2012 and 2018
- the Canadian National 2018 Division A senior women’s Champion.
- A member on the Canadian Equestrian Team at the 2018 World Equestrian Games.

She attended high school at the Thomas Haney Secondary (graduating in 2017) where she received a certificate in Equine Studies through their Equestrian Studies Program. While in high school, she was an assistant coach with the Fusion Vaulters (an equestrian vaulters club) where she coached children ages 5 – 12 as part of the club’s recreational and competition vaulting program.

Abigail has had a variety of work experiences following high school. She has worked as an assistant trainer at Susafit Workout Studio, the head coach and co-founder of Golden Ears Vaulters (and equestrian vaulting club), a medical office assistant at Mageta Physiotherapy and Sports Performance Clinic, the receptionist and office assistant at Centra Lawyers, and social media manager and assistant photographer at Escape Ordinary Photography.

Abigail’s presentation

Abigail’s African Adventure included attending a volunteer program at the Thula Thula Game Reserve where she helped with and learned about wildlife conservation, rehabilitation, reserve management and invasive species management. The Thula Thula Wildlife Sanctuary (‘thula thula’ means ‘peace and tranquility’ in Zulu) is located two hours north of Durban, and is dedicated to the conservation, protection and survival of endangered species. It is the home of the late Lawrence Anthony, conservationist and author of the bestseller “The Elephant Whisperer”. [Lawrence Anthony died in 2012. His widow, Francoise Malby Anthony, carries on his conservation projects. Her two books, An Elephant In My Kitchen and The Elephants of Thula Thula, tell the story of Tula Thula since its humble beginnings in 1998.]



As stated on the Reserve's website, volunteers in the Reserve's program "live in the African wilderness, share experiences with others, growing their skills and making a difference to the reserve".



President's Quote of the Day:



Submitted by Laurie Anderson

Game reserve management activities form a large part of the volunteer program and include such things as:

- game counts
- building shelters for anti-poaching
- alien vegetation control
- species monitoring (rhinos, spotted hyenas, leopards, etc.)
- Bush clearing
- assisting in research projects
- elephant impact and behaviour monitoring
- game drives for the focus on vegetation and animal behaviour
- chores (firewood collecting, gardening, general work and projects)
- road repair
- rhino protection and monitoring"



Abigail also learned about local customs and culture, and even got to name a hyena after her ("Abs"). One of the highlights of her adventure was getting to go on a walking patrol with the reserve's antipoaching unit.