



Meetings: Tuesday 12 Noon

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JULY IS MATERNAL AND CHILD HEALTH MONTH

Happy Birthday

Happy Anniversary

Upcoming Speakers:

July 02: Matt DeBruyn Why old men are cranky	July 09: Christine Blanchette Host/NOVUS TV show "Run With It"	July 16: Bruce Pitt-Payne Science/art of Investigative Interviewing
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RI PRESIDENT'S MESSAGE



Rotary is at its best when we foster a sense of inclusion and belonging in our clubs. In fact, I would go so far as to say that belonging is *The Magic of Rotary* itself.

With a focus on inclusivity and belonging, it is easier to be united in a common purpose. When we are committed to one another and focused on our goals, we are most effective.

Rotary's Action Plan can help. The Action Plan comes with tools you can use to collect feedback, assess your club's strengths and weaknesses, and address challenges.

The world is changing, and our clubs can't afford to stand still. But the changes we make need to be consistent and strategic — building on one another toward a greater vision. The Action Plan can help you work toward that vision and create effective change within your club. Following the Action Plan and addressing suggestions from the community will go a long way to fostering the sense of belonging we want all Rotary members to feel in their clubs.

That's why expanding our commitment to diversity, equity, and inclusion is so important. Committing ourselves to each other's well-being is the first step to expanding our reach, allowing us to spread Positive Peace in these troubled times.

Peacebuilding is one of our top priorities, and one of the most effective ways we can build peace is with our Rotary Peace Fellowships, through which peace and development professionals learn how to prevent and end conflict.

We offer the fellowships through our Rotary Peace Centers at leading universities around the globe, where more than 1,800 Rotary Peace Fellows have graduated. And thanks to a \$15.5 million gift from the Otto and Fran Walter Foundation, we can continue supporting peacebuilders in more regions with the next peace center at Bahçeşehir University in Istanbul.

Opening another peace center is a monumental achievement, and it is my great honor to invite you to celebrate at next year's Rotary Presidential Peace Conference at the Istanbul center. The three-day conference 20-22 February will highlight the many ways our family of Rotary advances peacebuilding. Registration for the conference is officially open. I hope to see you there.

The 2025 Rotary Presidential Peace Conference has great potential for our peacebuilding efforts — but only if we have your support.

The truth is, we're not going to bring peace to the world, end polio, or grow membership by waving a wand and saying some funny words. It's up to you. You create the magic with every project completed, every dollar donated, and every new member inducted.

I love my Rotary family and I know you do too. That's why I know that together, we can make every club and district simply irresistible. This year, let us change the world by embracing *The Magic of Rotary*.

Stephanie A. Urchick
RI President 2024-25

Happy Rotary New Year.

Soon-to-be-Past-President **Brenda Jenkins** presided.

Happy and Sad dollars included:

Brenda was happy to give out to each of us Rotary's 4-way Test Tokens. (She gave some excess tokens to Laurie to take care of, so if anybody who still would like one, please contact him).



Sharon was a token sad (and a little sadly shocked?) that the Oilers lost the Stanley Cup to the Florida Panthers, but only after a good fight.

Lynda, on the other hand, is about to have some happy shocks, as she is going to undergo "shock wave therapy" to help relieve the pain she suffers in her leg or hip.

[Google: Shockwave therapy is a non-invasive treatment that involves creating a series of low energy acoustic wave pulsations that are directly applied to an injury through a person's skin via a gel medium. The concept and technology originally evolved from the discovery that focused sound waves were capable of breaking down kidney and gallstones. Generated shockwaves have proven successful in a number of scientific studies for the treatment of chronic conditions. Shockwave therapy is its own treatment for a lingering injury or pain. You don't need painkillers with it - the purpose of the therapy is to trigger the body's own natural healing response. Many people report that their pain is reduced and mobility improved after the first treatment.]

Lynda was also happy to report that our Winefest netted to our club \$22,000, and thanked everyone on the committee who participated.

Libby was whooping it up (just a little) as she will, on July 1, 2024, be taking a much-needed rest from acting as our hard-working club secretary.

Sandi Temple (who in 2022 shared the Citizenship of the Year award with our own **Matt Debruyn**) had great praise for Matt.

[Note: A number of Rotarians in both our club and the Haney club have in the past been recognized as Citizens of the Year, including: 1998 - **Bonnie Telep**; 2003 - **Betty Levens**; 2009 - **Bob Thompson**; 2010 - **Ineke Boekhorst** and **Mike Murray**; 2014 - **Bob Schantz**; and 2022 - **Matt Debruyn**.]

Program: Community Services Society
Joanne Leginus and Sandi Temple

About Joanne



Joanne has been with Community Services for over 40 years!! Joanne was the brain wave behind starting the Seniors Network for Maple Ridge and Pitt Meadows. She has her hands in the IT for the agency and also oversees the Seniors Department. In her spare time she loves to BBQ and ride her motorcycle!! She loves to go to the gym and loves her furbabies. Her staff has given her the name Bad Ass Boss Lady!! If you know of a senior who needs support, call 604-467-6911, ext. 1232, or email Joanne directly at jleginus@comservice.bc.ca

About Sandi



Sandi has been with Community Services not as long as Joanne, only 3½ years. She was originally brought on as the Food Navigator during Covid, then transitioned to Seniors Community Connector and is now running the Party Bus Program. The events she plans for the seniors is offering the seniors not only new experiences but new friends and she loves it!! In Sandi's spare time she is an Alisa's Wish Ambassador and also on the committee for the Hospital Gala. Sandi loves to garden and also loves her furbabies.

Their Presentation



Joanne and Sandi talked to us about the seniors' programs, and told us some stories of how their programs have changed the lives of the seniors who come through their door (or whose door they cross).

Sandi began her presentation by telling us that "volunteering is at the core of being human", and of the importance of their volunteers to seniors who can't see good enough to read, or can't hear because they have no hearing aid, or can't get a hot meal unless one of their volunteers delivers one to them, or can't cool off in the heat of the summer because they can't get out and have no air conditioner (Community Services provided 50 air-conditioners to living units last year).

They said that one senior they assisted, had gone without glasses for about 15 years and couldn't see properly and had mobility issues. She lived on the third floor with no elevator. They carried her down the stairs and took her to an optometrist and got her some glasses. When they put the new glasses on her, she started to cry.

Another senior got into dispute with her landlord who was raising her rent beyond what she could afford, and the landlord kicked her out of her apartment. When Community Services got news of her, it was winter and she was living in her car with her dog. They put her in touch with the Salvation Army who made arrangements for someone to look after her dog until they were able to find her a place of her own (that was dog friendly).

They intervened on behalf of another senior lady who was only two days away from being on the street, and they were able to find her other accommodation. For nine years this lady had been sleeping on her chair because she could not afford a bed. Community Services got her a bed, and bought her some sheets and bedding. They received a phone call from her the day after she slept in a bed for the first time in nine years and told them that she finally had a great sleep.

As noted above, Sandi is now running the Seniors Activity Program (aka known as the "Party Bus Program"), and with this vehicle they are now able get people out of their home and to meet other seniors, have new experiences and meet new friends. Sandi recalled, in particular, one senior lady and gentlemen who met while on this program. (Sandi quipped that the "Seniors Party Bus" is now aka a Seniors' Dating Service.) Sandi stressed that socialization is a most important thing for seniors who are isolated. *[Regular socialization reduces stress, wards off anxiety and depression, and reduces the risk of some physical health concerns. Moreover, social engagement can not only help combat feelings of isolation, but also keep the mind sharp and reduce the risk of cognitive decline and dementia.]*

They related the story of another senior whom they interacted with. She had beautiful grey hair and always had her pearls on and a nice dress. When attending the Community Services events, "she always had it all together". One day she had some forms in her hand and asked for assistance in filling them out. They were MAID forms. This senior lady's philosophy was "let's make every day count; always dress up because this day may be your last".

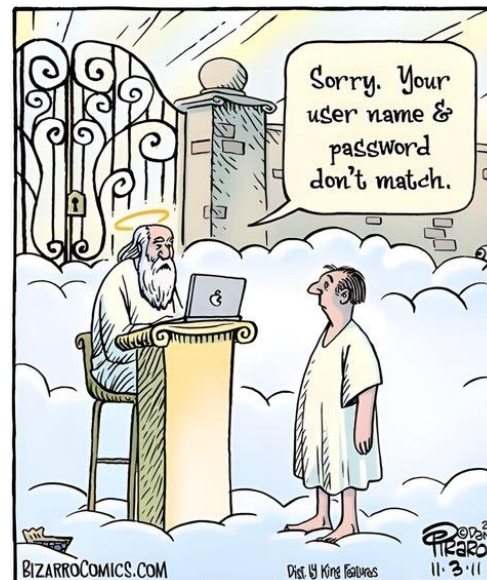
Club Business and Announcements

Laurie ("still P-E") advised that the **BC Summer Games** are being held in Maple Ridge from Thursday July 17 to Sunday July 21, and Laura Butler (who is the Executive Director of the Ridge Meadows Hospital Foundation) has taken on the responsibility of being the Chair of the Games. They are looking for volunteers for a large variety of jobs, some of which are not very time-consuming, can be as short as an hour or two, and some can even be done sitting down. Laurie would like our Club to support this event as a "hands on" project, and requests club members to volunteer to help this cause (even if it's just for an hour or two, and only on one or two days); and to let Laurie know that you will participate and how much time you can give to this project.

President's Quote for the Day



Michael's Joke for the Week



Submitted by Laurie Anderson