

Meetings: Tuesday 12 Noon

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JULY IS MATERNAL AND CHILD HEALTH MONTH

Happy Birthday

Happy Anniversary

Upcoming Speakers:

July 16: Bruce Pitt-Payne Science/art of Investigative Interviewing	July 23: Leslie Michael Who's Who	July 30: Stephane Doulet Pitt Meadows Fire Chief
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LAST WEEK'S MEETING

Laurie Anderson presided.

Guests: (apart from the speaker Christine Blanchette):

Christine Rutherford (friend of our speaker)

Ivana Michael – wife of Leslie

Cheque Presentation



Mike Davies presented a cheque in the amount of \$1,296 to **Jenny Earley**, Executive Director of the Family Education and Support Centre/Senior's Network.

The donation from our Club was given in support of their Farmers' Market Nutrition Coupon Program that is a healthy eating initiative that supports farmers markets and strengthens food security for lower income families and seniors who can use the coupons to shop at the Farmers Market to purchase vegetables, fruits, nuts, eggs, dairy, herbs, vegetables and fruit plants, honey, meat and fish.

This donation of \$1,296 from our club will provide funding for 3 Seniors to join the program and help the Support Network to reach their goal of providing coupons to 20 new seniors.

Club Announcements

Committees: Every Club member is urged to participate on 1 club committee plus 1 fundraiser. If you have not done so already, email Laurie to advise which committees and fundraisers you are willing to help with and participate on.

July 23, 5:30 pm, there is a Zoom **board meeting**. Every Committee Chair is asked to present a budget for their committee. If any Board member is unable to attend, please email your budget information to our Secretary Ineke with a cc to Laurie.

July 25, 5:30 pm, Pub Hub at the Gillnetter Pub in Port Coquitlam.

August 9, 4:00 pm, numbering ducks for the Duck Race, at Brenda's home.

August 11, 11 AM to 2 pm, Maple Ridge Park, Rotary Duck Race.

August 17, 10 AM to 2 pm, Car Boot/Garage Sale at Hospice Parking Lot (bring donations!)

September 7 weekend: Annual Camping weekend at Fort Langley (ask Matt for details).

Happy and Sad Dollars included:

Clint squealed on his daughter whom he is teaching how to drive, saying that she nicked the side of his car. [Was that the teacher's fault or the student's?] On a happier note, Clint is off on holiday to Italy in the very near future.

Adrienne squealed on Clint, saying that when out glamping in his motorhome he has been known to take out an awning or two.

Ineke went to Chance's Casino to get a \$1,000 sponsorship for the duck race, and said there was a large lineup of people waiting to get in (apparently willing to risk losing their shirt on the inside to escape the heat on the outside).

Brenda said that we have already sold about \$30,000 worth of duck race tickets up to this date.

Leslie (who arranged for today's speaker, Christine Blanchette) was happy to introduce her today. He said he is also happy to have his tan back after all the rain we had previously, which had washed it away.

Lynda is off to Hillsborough, Oregon, to compete in a pin ball competition/tournament.

Raj's son (who is 21) is off with two of his buddies to Singapore, then Seoul, South Korea, and finally to Tokyo, a trip that his son arranged all by himself.

Adrienne gave us all two choices – two Rotarians could put up their hands and volunteer for a mystery task, or Adrienne would pick two of us. Two brave Rotarians (Yusef and Clint) volunteered, and were tasked with providing a speaker for two of our club meetings in August. The speaker could be themselves, or a friend or family member, telling a bit about themselves or something they found interesting. Throughout the rest of this Rotary year, all members will be asked to arrange for at least one interesting program. Interesting programs are essential to encourage good attendance.

Program: Christine Blanchette - running and fitness



About Christine

Christine started running in 1999 and five months later finished the Vancouver Marathon in a qualifying time for Boston. A year later Christine completed a 50 kilometre ultra marathon in Victoria, B.C., gaining more confidence with a second-place finish while her passion for the sport grew. Christine is an avid competitive runner who started the Run Club at

the City of Richmond. From there she went on to teach faculty and students at the UBC Athletics Department with a Half Marathon Clinic. On her television show (called *Run With It*), her interview subjects range from amateur and professional athletes, coaches and managers, to music celebrities and actors, the theme being fitness and health. *Run With It* calls on Canadians to engage in physical fitness and promotes physical literacy, targeting all ages. Christine is also a nationally published health and fitness writer. She writes weekly columns for both the Richmond Review in B.C. and The Sherbrooke Record, Quebec's second largest English language newspaper.

Christine spoke to us about a wide range of topics such as proper nutrition and (as stated by Leslie in introducing her) "how to train cranky old men to run a marathon". Leslie commented that Christine as an energetic host, channelling her passion for running and fitness into an incredible career. She is the creator, producer and host of Canada's only Running, Fitness and Health Show on Television, called "*Run With It*."

Quote for the Day:



Submitted by Laurie Anderson