

Meetings: Tuesday 12 Noon

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**UNITE  
FOR  
GOOD**

## SEPTEMBER IS BASIC EDUCATION AND LITERACY MONTH

### Happy Birthday

Sep. 17: Adrienne Dale

Sep. 21: Ahmed Yousef

### Happy Anniversary

### Upcoming Speakers:

Sep. 16: Paul Evered  
The Valley Walker - Dealing with men's grief

Sep. 23: Duck Race Cheques Presentation

Sep. 30: Coach Kevin Menic  
MRSS Female Wrestling Team Members

### LAST WEEK'S MEETING

Pres. **Alex Pope** presided.

#### Guests:

**Michelle Oleschak**, a friend and neighbour of Adrienne who has attended previously.

**Miranda Sutherland**, a former Whonnock Anglican Church reverend, and author.

#### Cheque Presentations

**April Dove**, the Volunteer and Palliative Coordinator for the **Ridge Meadows Hospice Society**, accepted a cheque from Community Services Chair Mike Davies in the amount of **\$1,000**.



April stated that this donation would go in support of the Society's new Welcome Basket Initiative, pursuant to which the Hospice Society welcomes new residents at McKenney Creek with a basket containing blankets, journals, photo albums, and things to do as they settle in to this new caring environment. McKenney Creek Hospice provides a home-like setting for people in the last weeks or months of life when care cannot be managed at home.

**Amelia Norrie** and **Julie Gilfillan**, from the **Salvation Army**, accepted cheques totaling **\$3,000**



\$1,000 was in recognition of, and appreciation for, the Salvation Army providing food for all volunteers at the Club's Duck Race.

\$1,000 was donated to support the Dignity Breakfast (that also provided tickets and breakfast for a table of eight Rotarians to attend the event).

And lastly, \$1,000 was given to support their outreach program which supplies pens, pencils and other supplies to underprivileged elementary school children, as well as supplying 700 to 800 lunches per week to hungry students.

#### Program: **Kaitlyn Herbst** –

"My Life as a Global BC TV Anchor and Reporter"

**Kaitlyn was introduced by Adrienne** (our Club Services Director and speaker co-ordinator) as follows:

"Kaitlyn Herbst is a former television and radio reporter and anchor. In her previous role as traffic and weather anchor for Global News, she worked in front of the camera doing live television and real estate stories for close to 15 years.

For the first 5 years, Kaitlyn was “The Eye in the Sky” reporting traffic and breaking news from the Global One helicopter. After that she moved inside to the studio to report traffic, weather, and all things home-related for Global Morning News. This gave her the opportunity to engage with many community groups and organizations as an emcee and advocate. After leaving the media in 2021, Kaitlyn transitioned to real estate and hasn’t looked back. As a busy self-employed mother of two, she still finds time to play soccer and connect with her girlfriends as much as possible.”

#### Kaitlyn’s Talk:

Kaitlyn started off her presentation by showing us a video of the tribute paid to her by her fellow Global news personalities on the last day on the job at the TV station.

She graduated from BCIT in 2007 and briefly considered a career in law, but also was interested in real estate. After speaking to someone in the radio or TV business and being invited to attend at her studio to see what that business would be like, she decided to try that field of work.

She first got a job reporting for CKNW radio, but decided she wanted to work behind the scenes. She started with Global reporting from a helicopter which flew out of the Pitt Meadows Airport. Having played soccer growing up, she knew where the various soccer fields were located, and got her bearings while in the air by relating her position to the location of the various soccer fields that she could observe while flying.

She had many varied experiences on that job, and on one occasion got to fly in a fighter jet during an appearance at the Chilliwack airport. Her job required her to get up extremely early in the morning, and after a few years on that job, she found that flying every day became much tougher. She then transitioned to the studio.

After 14 years of the hectic pace of a TV personality, she decided to do something different, and while on maternity leave from Global, she worked on obtaining her real estate license. She finally decided to leave TV and become a real estate agent. She quipped, “If anyone tells you that you would have a flexible schedule while working in real estate, they were lying!”

After working so long in the TV business and getting to know so many personalities whom she also considered her dear friends, she wanted to “love it and leave it” with a good feeling. She said it was a different feeling “watching someone else do your job, wondering what time they woke up in the morning, and why they were doing it”. But now, with two small children, she manages to get “just a bit more” sleep.

Responding to questions from club members, she recited some random memories:

... Driving to work at 4 AM in her Jeep with her hair in rollers, and being waived through a roadblock by the cops who would see her rollers and know that she had not been up late drinking.

... Going on live TV when accidentally leaving a couple of hair rollers on the back of her head, and making sure that she didn’t turn her head sideways so that no one would notice.



... “If you hear a TV personality say that it’s time for a commercial break, but then you just hear music which goes on longer than usual, you know something has just gone wrong and they are trying to fix it”.

... Bending over and splitting her skirt open on the back, and putting it back together with duct tape - and then making sure that she didn’t turn around while live.

... Having the airplane you are on suddenly lose all its oil, and having to make an emergency landing in a school playground.

Kaitlyn Herbst said that **Deborah Hope**, who was journalist, anchor, and producer for Global (and who died on May 15, 2023) was her inspiration and always gave her good advice. For example, words to the effect, “If you make a mistake or blooper, don’t worry about it and just start fresh next time – no one will know how bad it got, or will remember it.” [Good advice for all of us!]

Happy and Dollars included:

**Dave Rempel** recently visited a couple who had adopted 6 children from Russia under the adoption program that he and Sharon had organized many years ago. The couple, who also had children of their own born here in Canada, now had 17 grandchildren. Dave was very happy to learn that the family and their progeny were all doing well.

Several other happy bucks were donated for:

(1) the club’s great camping week at Fort Langley Campground (September 1-7, 2025), with special kudos for **Adrienne** who (with the help of **Matt**) reserved the campsites for the event, etc., and to organize all of the activities; and who

(2) coordinates and arranges for our weekly programs, including today’s speaker.

#### Club Announcement

Sunday, September 21

Frisbee golf and social, at Dave and Sharon Rempel’s home.

#### President’s Closing Quote for the Day

**Apparently you  
have to eat healthy  
more than once to  
get in shape. This  
is cruel and unfair.**

**Submitted by Laurie Anderson**