

Meetings: Tuesday 12 Noon

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**UNITE  
FOR  
GOOD**

## SEPTEMBER IS BASIC EDUCATION AND LITERACY MONTH

### Happy Birthday

Sep. 23: Mark Vosper

### Happy Anniversary

Sep. 25: Adrienne & Warren Dale  
Sep. 25: Chantal & Ivan Despot  
Sep. 26: Mark & Linda Vosper

### Upcoming Speakers:

Sep. 23: Duck Race Cheques Presentation

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

Oct. 7: Tara Malanik – RMACL  
Empowering Growth for Bright futures from  
School and Adulthood Project

### LAST WEEK'S MEETING

President **Alex Pope** presided.

Guests: **Kim Telep** - daughter-in-law of Bonnie Telep  
(a member of the Haney Rotary Club).

#### Cheque Presentations

**Mike Davies**, our Dir. of Community Services, presented a cheque in the amount of **\$1500** to **Christine Shearme** – Director of the **Maple Ridge, Pitt Meadows, Katzie, Senior's Network**.



The Seniors Network was formed in 2008. They are a non-profit group that works to strengthen the health and well-being of older adults in our communities by advocating for improvements in: seniors' transportation options, seniors' affordable housing, health care, home support programs, mental health and dementia supports and more. The Intergenerational Garden is a joint project between the Seniors Network, the Ridge

Meadows Seniors Society, the District of Maple Ridge and School District 42. It is located at the corner of 121 Avenue and Edge Street, near Eric Langton Elementary School, and is a neighbourhood-based initiative where seniors and adult volunteers teach children from kindergarten to grade 7 about growing food in an outdoor classroom environment. The kids also learn about bugs – the good ones that belong in a garden and those that don't.

Last year the garden produced 211 pounds of food for the Food Bank. Our donation will help pay for repairs and upgrades, including raising the old wooden-encased garden-beds to make them higher and more accessible to everyone.

**Mike Davies** also presented a cheque in the amount of **\$400** to **Lindsay MacAuley** – Development Officer and fundraiser at **The ACT**.



School children visit and are featured at the ACT Art Gallery in Maple Ridge through various programs, including exhibitions of their work, summer exhibitions created for children and families, and art classes for various age groups.

In the past year, 400 children participated. The City has recently announced taking over management of the ACT, and the current operators of the facility are therefore in a transition period and are not yet sure what changes will result from the announcement.

Program: Paul Evered – the "Valley Walker" – Dealing With Men's Grief

#### **About our speaker**

For Paul, life has been a journey of transformation, perseverance and a commitment to compassion. Born in Hamilton, Ontario, his career and personal life have taken him across the world, from serving as a clergyman, to leading major fundraising initiatives for various international causes. The common thread of his work has always been "you-manity" – comforting, i.e., encouraging, consoling, strengthening, listening and stirring up confident expectation within men.



In 2023, post-COVID, Paul completed the End Life Doula course through Douglas College. [The word “doula” is Greek for servant or helper. Like a birth doula who supports women during the labour process, an ‘End of Life Doula’ supports a person during the dying process.] He then graduated from The Grief Well Facilitators course, and then retired early in order to have more time to walk with men

of all ages and at all stages, assisting them in creating a paradigm shift in the way they deal with any loss that brings them to this valley called grief. In Paul’s own words: “When I speak about making a paradigm shift when it comes to grief, it’s not theoretical – it’s lived”.

### **Paul’s presentation**

Paul helps people of all ages deal with grief and loss, whether arising out of the loss of a loved one or a friend, or the loss of one’s health, or the loss of a marriage, etc. Most men do not talk about grief, whereas women generally do talk about it. Men prefer to grieve in silence, and following a loss, they often will never really feel “recharged”, and are tired, distracted, and often bothered by minor annoyances. “I just need to push through it” is often their reaction.

“Depression, obsession, and possession (torment from within)” are three stages that are related or linked to symptoms like intrusive thoughts, mood disorders, and distorted self perception. It is thought that men are most dangerous when they are hurt because then they could destroy everything around them, but instead they can destroy themselves. There are 13 suicide deaths per day in Canada, and men commit suicide at a rate of three times that of females. Most suicides occur in men between the ages of 30 and 59 years. If a man does not get over these symptoms, he will become pessimistic and everything becomes a threat.

In these circumstances, everybody needs at least one friend. But if you are that friend, don’t just say “I am here for you” or “you’ll get over it” or “after a few days you will get better”. The person must “go through” grief – not “over it”. One should also avoid saying, “call me anytime”, or “if you need anything, be sure to call me”. If you say that, you are putting the responsibility for keeping in touch on the other person, and the other person is the one that is in need. It is okay, however, to tell him that you will call him, and then to indicate that if they don’t want to see you or are not ready to answer your call, then that is also okay. When you’re talking to somebody who is “in the valley”, you don’t need to try to solve their problem. The most important thing to do is just to listen to them and what they are saying, without judgement.

Paul talked about a “paradigm shift”, i.e., an important change that happens when the usual way of thinking about or doing something is replaced by a new and different way. He said he is a “shift disturber”. Someone may ask you if you would jump out of an airplane without a parachute for \$1,000,000. You would probably say “no, what good would the money do me if I were dead?” But what if it was a small plane that was already on the ground, and the distance from the door to the ground was only a few feet? It depends on how you think about the question. Paul said he questions the proposition that if you have suffered a terrible loss (such as the loss of a loved one through death), you “just have to live with it for the rest of your life”. It is possible to make a paradigm shift in your thinking.

Generally, men don’t like eye-to-eye contact when they’re talking. This trait is solved by walking. “I listen, and they walk”, said Paul. When we are walking, we are moving forward. When we talk about a person’s grief story, we develop an “intimacy of identity”. “Intimacy”, to Paul, means “into me see”. Grief is a result of how you identify it. Whatever adversity you let ‘define’ you, will also ‘confine’ you.

It is okay to “F-up” if by that you mean: concentrate on Family, Food, Fitness and Faith. Says Paul, if you are silent and pause for 20 minutes, you can solve anything. Take this time to recognize what is going on. Whether it is every six hours or every six days, take time to stop and ask yourself what is going on. What is your grief story? It is not your whole story – it is just part of your story, says the “Valley Walker”.

### **Happy and Sad dollars included:**

**Lynda Lawrence** would be very happy if volunteers came forward to help with the Wine Fest next year.

**Libby Nelson** would be very happy if we save up some of our enthusiasm for the Duck Race (and not use it all on the Wine Fest), and always remember (and never forget) that volunteers will be needed to help with the Duck Race that is “just around the corner” in August of 2026.

**Yvonne Berrisford** said that **Andy** has gone to Ontario (where he will be making a work-related presentation); and that Yvonne, herself, will be going to the Haney Rotary Club in the next few days to give a presentation about the Rosemoor Project of the Rotary Club of George, South Africa (which Yvonne learned about while attending the RI Convention in Calgary, and then subsequently introduced it to our own club by arranging for Chris Pargiter of the Rotary Club of George to present it to us, via Zoom, on August 5, 2025).

**Chantal Despot**, however, had the happiest presentation of them all, namely, her delightful, cute, smiling, enthusiastic, 14-month-old daughter **Mila** who was our special guest.

### **Club Announcements**

Sunday, **September 21** – Frisbee golf at the home of **Dave and Sharon Rempel**: 3:30/4:00 PM (Frisbee) and 5:30/6:00 PM (potluck dinner).

**October 15** – the Haney Club will once again be having a fundraiser from 6 pm to 10 pm at the Witch Pub in Maple Ridge, would most appreciate our support. Just \$70 will buy you F,F,D & D - fun, fellowship, dinner and a drink.

**October 18** – International Thanksgiving Dinner – watch for it.

### **President’s Closing Quote**

“I don’t know if my pants are feeling loose because I’m losing weight, or because the elastic is finally giving up on the fight.”

### **Puns for the Week**

The fattest knight at King Arthur’s round table was Sir Cumference. He acquired his size from too much pi.

I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.

She was only a whisky-maker, but he loved her still.

### **Submitted by Laurie Anderson**

On September 23 there will be a cheque presentation to community groups, who sold Duck Race tickets. To show you the results of the Duck Race, following is an article from The News.



## Record number of entries in Rotary Duck Race



Allan Higgins and Islay, 4, enjoy the photo stop in Maple Ridge Park.  
(Neil Corbett/The News)

With the most ducks ever, and the biggest fundraising total in the event's history, the Rotary Duck Race was enjoyed by hundreds of people at Maple Ridge Park on Sunday, Aug. 10.

Nobody had more fun than Nick Hone, who was not in attendance, but the Pitt Meadows man was the winner of the grand prize of \$15,000.

"We're very shocked – we never win anything," said Hone, who can't say that anymore.

"It's a very nice win."

He described getting a last second request from his daughter, whose Grade 2 class at Pitt Meadows Elementary was selling the tickets, and he put the only bill in his pocket toward the fundraiser.

Against almost one-in-10,000 odds his duck came through. It's a timely win, as Hone has a new six-month old, and the pipefitter with Fortis said he's likely to invest the funds toward his children's education.

There were also prizes for the second to sixth-place ducks, with winners were all from Maple Ridge:

- Lance Leger: \$1,200 cash, plus a \$1,200 Mark's shopping spree
- Austin Forder: \$2,000 gift certificate for Save On Foods
- Lazar F. Toma: Eight rounds of golf with four carts at Meadow Gardens
- Gerdi de Boer: A Samsung 65" TV
- Jeremy Carr: \$1,000 in cash

The Rotary Club allows local community groups for children and seniors to sell the \$10 duck race entries, and keep \$8 for their own local causes.

This year, they sold 9,853 ducks for the event, which is record for the 14th annual event. The maximum possible is 10,000 ducks – and \$100,000.

"That is our best by quite a bit, so we're really pleased," said Alex Pope, who is president of the Rotary Club of Meadow Ridge.

Scouting groups were also big winners, as the First Haney Scouts sold \$12,900 worth of ducks, and the First Pitt Meadows Scouts were right behind them at \$12,600.

Eighty % of the funds raised go directly to community groups, and there were 29 youth and seniors groups that took part," noted Pope.

From their 20 per cent of the proceeds the Rotary club covers the grand prize, so the club's motivation is really providing community groups with a chance to get involved in a popular fundraiser

Rotary Duck Race chair Libby Nelson, a 30-year Rotarian, said it's a unique fundraiser.

"I think it's amazing, and we've got an incredible group here," said Nelson. "And I love the system where the people who do the work selling tickets get the value."