

Meetings: Tuesday 12 Noon

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DECEMBER IS DISEASE PREVENTION AND TREATMENT MONTH

Happy Birthday	Happy Anniversary
	Dec. 8 Brad & Aimee Kirkland

Upcoming Speakers:

Dec. 02 Patrick O'Brien, Thomas Bell Trump's Tariffs, how will these effect Canadians	Dec. 09 No Speaker AGM	Dec. 16 Christmas present exchange
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RI PRESIDENT'S MESSAGE



This month's special issue of *Rotary* magazine is all about happiness, that most elemental of human yearnings. More than a feeling, though, this state of positive well-being, and the conditions necessary to create and sustain it, should be considered a universal right.

December also marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organization report. Yet only 9 percent of people with depression receive adequate treatment.

We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. But having club members who supported me and surrounded me with affection enabled me to face my fear, and I found a way to stand confidently before a crowd.

Today, I regularly address audiences — some numbering in the thousands — in a language that is not native to me. The Rotary members in my life helped me create lasting change within myself.

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in

desperate need of improvement. The WHO reports that governments on average devote only 2 percent of their health budgets to mental health, and only 11 percent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people. The WHO has called for strategic and urgent action to close the gap.

Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health, and happiness.

While we are creating lasting change in the world, we cannot forget to take care of each other. Past RI President Gordon McNally wisely reminds us that we must go beyond asking, "How are you?" We owe it to each other to instead ask, "How are you *really*?"

As we transition to a new year filled with new possibilities, let us *Unite for Good* — for healing, friendship, and access to happiness.

Francesco Arezzo
RI President 2025-26

LAST WEEK'S MEETING

President **Alex Pope** presided.

Guests

Marjolein Lloyd, Past District Governor, 5060
(daughter of Peter and Ineke)

Cheque Presentation



Community Services Chair Mike Davies presented a cheque in the amount of **\$500** to **Brenda Norrie**, in support of **Help-Portrait Ridge Meadows**, which is back for its 13th year, offering free, professional family photos for anyone in need. The event is completely volunteer-run, with a team of hair stylists, makeup artists, photographers, editors, framers, and other general volunteers, to put together the event. Each guest receives a professional, framed portrait as well as food and entertainment. Organizer Brenda Norrie said that the goal is to serve low-income families and single parents, for whom a family photo is a luxury they cannot afford, giving them the gift of dignity, self-worth, and lasting memories for their families. Brenda said that they have capacity to serve more persons than the anticipated number of people coming, so if we know anyone who can benefit from this free service, please let them know about it.

Program - **Mary Robson** – Friends in Need Food Bank

Mary has been the Executive Director of the Food Bank for several years.

[Members of our club, who are directors on the Food Bank, include Lynda Lawrence (chairperson), Ineke Boekhorst (secretary), and Debbie MacRae (treasurer)].

Mary gave us various statistics showing the growth in the number of households that rely on the Food Bank in the past few years, with a 16% growth in the past year. The Friends in Need Food Bank offers several programs, including a weekly food bank visit with fresh produce and non-perishables, a monthly hamper with frozen items, a perishable food recovery program, a school meal and snack program for high school students, and a "Food Bank on Wheels" mobile delivery service for those who are unable to visit in person. Additional support includes items like baby formula, diapers, and toiletries when available.

Registered clients can visit once a week to get essential foods like produce, bread, and non-perishables, and once a month, clients can receive a hamper containing items like frozen meat and cereals.



Their Perishable Food Recovery Program partners with local grocery stores to provide fresh, nutritious food, such as fruits, vegetables, and dairy. In addition to me and snack program for high school students, food is also provided for alternative education programs and indigenous classes.

The records show that between January and October 2025, over 1460 active households were registered with the Food Bank. Registered clients does not mean that they get food every week. For example, in October, over 925 clients attended the food bank at least once). Those accessing the services of the food bank represent 18 different languages that are spoken.

The perishable food recovery program has been a great success with 75% of the recovered food being available for clients, with the balance going to feedlots and other outsourcing, which also prevents unused food going into landfills.

Mary distributed a small card setting out a chart giving information about "best before" & "expiry" dates. A best 'before date' tells you when food is at its best quality if the packaging isn't opened and is properly stored. Unopened food can be eaten after the best before date for a certain length of time (as shown on a card which can be obtained from the Food Bank or from Mary). An 'expiry date' is different from the best before date, and food should never be eaten or shared after its expiry date. A product that has passed its expiry date may not be providing the nutrients listed on the label or can pose a health risk.

Happy and Sad dollars, included:

Laurie Anderson asked Mary if she also had a chart giving advice about the "best before" and "expiry" dates of senior Rotarians, like himself.

Debbie MacRae is off to Mexico with 12 family members to celebrate her husband Fraser's 70th birthday.

Eric Mollema was happy to remind us about the Pub Hub dinner and social at his home on November 27. He has the wine and plenty of beer, but "don't bring any healthy green stuff to eat" – just have it before you get there so you don't spoil the party!

Marjolein Lloyd told us about the Kelowna Sunrise Club's "12 days of Christmas" Advent Calendar project. Her club sells these calendars for \$20 each, and earned a total of one-half million dollars in the last four years. One half of all proceeds go to the Kelowna Child & Youth Advocacy Centre, and the other half goes to their Rotary Club for their different charitable projects.



While not at all discouraging those who want to pay more than one dollar for a Happy or Sad anecdote, **Matt DeBruyn** was happy for last week's "back to basics" reminder that a buck is a sufficient contribution to the Happy and Sad pot, because we do not want to discourage participation in this fun part of our weekly meetings by members who would throw in a dollar or two, but may feel that a greater amount is expected of them if they tell us about the goings-on in their lives.

Matt also reminded us of the time he left all the windows of his wife's car open during a rainstorm and completely soaked its interior, much to the displeasure of Lynda; and Matt learned (much to his own chagrin) when he bought some flowers to make up for his oversight, "That won't cut it!".

Mark Forster, on the other hand, learned that while a bouquet of long-stemmed red roses is actually quite expensive, a touching last-minute, but loving, ChatGPT poem added caringly to a last-minute-gift of flowers can save the day for a man who almost forgets it is his wife's birthday and doesn't have the time to compose a personal and romantic poem on his own. (Maybe Mark can teach Matt all about ChatGPT.)



Club Business and Announcements

November 27 – November's Pub Hub – at Eric's home (doors open at 5:30 pm – chow at 6:30).

December 9 - the date of the Club's AGM, and election of the Executive for the coming Rotary year of 2026-2027.

December 13 - club Christmas party at the home of Clint and Cheryl Callison, 6PM.



December 16 - Christmas present exchange at regular club meeting.

December 23 – NO REGULAR CLUB MEETING, but Pub Hub at the Townhall Pub, 20690 Loughheed Hwy., 5:30 pm

Closing Quote:

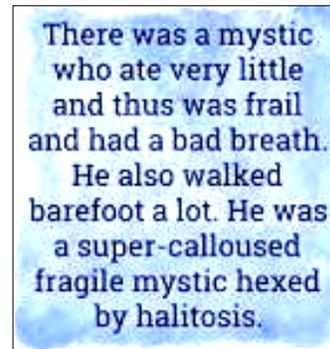
When I was a kid, my parents always said "excuse my French" after a swear word... I'll never forget the day at school when my teacher asked if anyone knew any French words.

This Week's Groaners

Did you hear about the Buddhist dentist who refused to give his patients novocaine during a root-canal? Instead, his recommended pain reliever: transcendental medication.



A person sent ten puns to friends with the hope that at least one of the puns would make them laugh. No pun in ten did.



Submitted by Laurie Anderson