

RI PRESIDENT'S MESSAGE

Dear fellow Rotarians,

When I was a child, Korea experienced a terrible war. After it was over, my country received a great deal of help from other governments and humanitarian organizations, help that put Korea on a track of health, hope, and economic growth. In the decades since the war, both Korea's economy and its Rotary club membership have grown enormously. I feel there are two reasons for this. One is Koreans' desire to help others as we were once helped ourselves; we all want to pay back some of what was given to us. The other is the natural affinity Koreans have for the values of Rotary: integrity, honor, hard work, and fairness. Many of Rotary's core values are also core values in Korean business. Koreans know very well the lesson taught by Herbert J. Taylor, author of The Four-Way Test: We do not succeed professionally despite our ethical behavior; we succeed because of it.

When Korean businesses interview potential employees, they look for what we call *chim shin uro*, or "pure heart." A person with a pure heart is someone who has personal integrity, a person who treats others with honor and respect and can always be counted on to do what's right. It is a highly valued trait in companies, and it is equally important in Rotary. As Rotarians, our integrity is what makes us successful in business, in service, and in life. "Pure heart" is what we in Rotary call Service Above Self.

Koreans also talk about work as *chip an*. *Chip an* means "inside the house." It is a way to talk about how important our work is to us, how our companies are like our families. Our businesses and the people in them should be treated with respect, honor, and dignity because, Koreans believe, good personal relationships are the basis for good business. We in Rotary also believe that honest, open relationships with customers, co-workers, and employees are important, as are our relationships with all our fellow Rotarians and those we serve through Rotary. True service gives us pure hearts when we bring it "inside the house." This is the reality behind Service Above Self. This is the reality of Rotary, the reality that inspires us and challenges us every day.

Dong Kurn (D.K.) Lee President, Rotary International

ROTARY SERVES UP MONEY

The Times Friday, October 10, 2008

The track at Maple Ridge Secondary has been revamped this summer to the tune of about \$1 million, but a \$25,000 cheque from the Meadow Ridge Rotary Club will allow for the only pole vault program on this side of the Fraser. Three cheques were presented to sports groups on Tuesday evening at the Meadow Ridge Rotary Sports Banquet, including the one for the MRSS track.

A cheque for \$10,000 to the Ridge Meadows Ball Hockey Association and another for \$2,000 for Pitt Meadows Athletic Association were also presented by the Rotary Club. This summer, the track at MRSS has got a significant upgrades but the Rotary donation will pay for a pole vault pit cover, which will make pole vaulting much more accessible to user groups. The cover will protect the mats and poles already at MRSS so they can be stored year-round in a safe, vandal-proof aluminum container on wheels.

Normally, it takes about 45 minutes to set up and take down the heavy mats that are about three feet high and 30 feet by 40 feet in size - the time-consuming and labour-intensive set up and take down can deter coaches from offering pole vaulting. "We can now provide opportunities for kids to do this event," said Andrew Lenton from Golden Ears Athletic Club which has been working with MRSS and Parks and Recreation to get upgrades to the track, and who was on hand to receive the cheque.

The track will be named the Rotary Track in honour of the sizable donation. The track was changed from a six-lane to eight-lane facility, and had upgrades to its steeplechase pit. It will host events for next year's disability games.



The Four Way Flasher

Rotary Club of MeadowRidge Newsletter

Vol. 15 Issue 16
Oct. 14, 2008

Web-site: www3.telus.net/MeadowRidge_Rotary

Meetings: Tuesday 12pm, Gourmet Hideaway Restaurant

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SEPTEMBER IS NEW GENERATIONS MONTH

INVOCATION

Oct. 14	Kelly Fry	Oct. 21	Brian Fox
Oct. 28	Matt DeBruyn		

BINGO SCHEDULE

	6:15 - 8:15	8:00 - 10:00
Oct. 16	Sharon Kyle	Robert Campbell
Nov. 20	Maureen Goodrick	Walter Volpatti



Call Peter at 604-465-3392 for assistance or email peter.boekhorst@telus.net

TODAY'S PROGRAM:

NEXT WEEK'S PROGRAM: David Riddle - Who's Who

Oct. 28 NO Regular Meeting: Mayor Candidates' Meeting

CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
Oct. 28	Noon	Mayor Candidates' Meeting	M.R. ACT
Nov. 4	Noon	D.G. Larry Stinson's Visit	

50 / 50 draw - Jackpot at \$402.50 + 1/2 of today's sales, 40 cards left, Jackpot on "Queen of Hearts" only!

SEPT. 30TH MEETING

Today's meeting was held at Rosewood Cottage, and was hosted by Anil and Zulenka Bharwani.

Announcements:

Jen advised that on October 5th at 2 pm, a major Rotary event will be held at the Seaforth Armoury at 1650 Burrard Street in Vancouver. A ladder truck will be presented to the people of El Salvador. This project was funded by Rotary Clubs in Metro Vancouver (D5040 and D5050) and the Rotary World Help Network in partnership with the Vancouver Fire and Rescue Service, with equipment donated by several fire departments. The fire trucks will be led into the armoury by the Seaforth Highlanders of Canada Pipe Band. The Rotary flag will be carried by the Vancouver Fire and Rescue Honour Guard. The Vancouver Fire and Rescue Honour Guard have only ever carried one other non national, provincial or civic flag and that is the Olympic flag. This is a significant honour for Rotary in recognition of the support for this project. Everyone is welcome.

Peter Tam reported that the first meeting of the Christmas Parade Committee was held on Monday. Five organizers came forth at the meeting, but they need volunteers for the event. Peter advised that there is a good advertising opportunity available. They are seeking someone to cover the cost of a banner to advertise the event, which will be hung across Lougheed Highway. The cost of the banner is \$800 and has a lifecycle expectancy of 3 years. Installation of the banner is \$400 per year. If anyone is interested, please contact Peter.

Mary advised that a \$25,000 presentation will be made to the Ridge Meadows Track & Field Organization, and a \$10,000 presentation will be made to the Ridge Meadows Minor Ball Hockey Association. A promise will be made to three other projects for future funding.

After the meeting, a number of our members took some bags of socks and went out to the Senior Centres and distributed "Socks for Seniors". It was a great experience!

Submitted by Lynda Lawrence



'Socks' for Willow Manor

HONOURING OUR HOMETOWN HEROES

The Times Friday, October 10, 2008

Maple Ridge celebrated its three latest Hometown Heroes with standing ovations on Tuesday night at the Meadow Ridge Golf Course.

Stephanie McDougall and Jennifer McKenzie, who were both at the Paralympics this summer, signed their Hometown Hero posters while Kevin Mitchell, who played water polo at the Olympics in Beijing and currently plays professionally in Greece, was represented by his older brother Ian Mitchell.

All three grew up in Maple Ridge and came up through local sports organizations.

Jennifer McKenzie started riding and swimming from a young age, but when she was 10, she decided to focus on riding.

She trained at the Maple Ridge Equisport Centre which was around the corner from her home, under the direction of coach Zoltan Sztahlo. By 16, she was the youngest rider in the North American Continental Competition, which was held in Maple Ridge in 1982.

In 1983, however, she fell off her horse causing a hemorrhage in her brain stem from which she was not expected to survive. She spent a year at Vancouver General Hospital and G.F. Strong Rehabilitation Centre. Jennifer was paralyzed on the right side of her body, had double vision and had lost her speech in the accident. Over the years, she regained a lot of her mobility and speech.



Tilly Muller of the Maple Ridge Pacific Riding for the Disabled - now the North Fraser Therapeutic Riding Association - encouraged her to get back in the saddle.

In the late 1990s, she started riding again and in 2000 was back in competitions. In 2003, she travelled to Belgium and was part of a four-member team competing in the World Dressage Championships for Riders with a Disability. That same year, she was named Athlete of the Year by the Horse Council B.C. She was also named Pacific Sport Athlete of the Year for the Fraser Valley for 2007/08.

In 2008, McKenzie qualified for the Paralympics and attended the equestrian portion which took place in Hong Kong with her horse Valentine II. The Canadian team came seventh overall.

"I was proud to represent my country and community," she said.

With the 2008 Paralympics behind her, Jennifer is aiming next for the 2010 World Equestrian Games in Kentucky.

As a young girl, **Stephanie McDougall** dreamed of going to the Paralympics.

"I have always had a dream of going to the Paralympics ever since I was really young," Stephanie said. "I think I wanted to go even before I became involved in swimming."

McDougall has been swimming with the Haney Seahorses for 11 years despite suffering from spinal bifida and hydrocephalus.

McDougall first went to the Canada Games in 2001 when she was only 13 years old - and she was back in 2005 and brought home a bronze in the 100-metre breaststroke.

It was only seven seconds that kept McDougall from getting to the 2004 Athens Paralympics, but that made her even more determined to make it to Beijing in 2008.

"I wanted to do it so badly," she said. She had a rigorous training schedule before going to Beijing, assisted by her coach Reg Shaw.

"You have to keep going no matter how hard it gets," McDougall said. Believing in herself and keeping a positive attitude have paid off: she placed eighth in Beijing and has already set her sights on London 2012.



At the age of six, **Kevin Mitchell** decided he wanted to follow in his big brothers' footsteps and play water polo - all three were already strong swimmers as part of the Haney Neptunes.

Playing water polo soon was an integral part of Mitchell's life and by the time he was in high school, he was playing elite-level water polo with Pacific Storm. His coach Michel Roy with Pacific Storm gave him a "nudge" in the right direction and got him dreaming about competing internationally and at the Olympics.

By that time the Haney Neptunes had started a water polo team and at the age of 17 Kevin started coaching in his home pool.

"I love coaching," Kevin said. "It's a good feeling when you teach someone something."

Mitchell kept playing on national teams and getting accolades for his aquatic prowess. In 2002, he was MVP at the senior men's championships. In 2006/07 he played in a semi-pro league on the Sydney University Lions in Australia.

Until 2008, Canada had never had a water polo team qualify for the Olympics - the three times they played, they got in by default.

But this year, the national team was ready to take on the Europeans under their coach Dragan Jovanovic, who gave them the mental and technical training to take them from being the underdogs at the world championships in Romania this year to, for the first time, qualifying for a spot at the Olympics.

After the Olympics, Mitchell signed a one-year contract to play on Ethnikos, the Greek national water polo team and hopes to continue playing on elite European teams.

