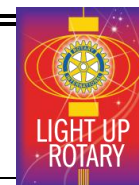


Meetings: Tuesday 12 Noon, Bella Vita Restaurant

President: Eric Mollema Phone: 778-242-5549 [E-mail the President](#)  
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## April is Magazine Month

**Today:** Jennifer Stack - SPCA

**Next Week:** Membership Meeting

Happy Birthday	Happy Anniversary	Invocation
Apr. 18: Ken Knuttila	Apr. 14: Dave & Sharon Rempel	Apr. 14: Brian Johnston Apr. 21: Sharon Kyle

## CALENDAR OF CLUB EVENTS:

Date	Time	Event	Venue
Apr. 21	noon	Membership Meeting	Bella Vita Restaurant
June 12		Installation Dinner	Pitt Meadows Golf Club

## Fraser Valley Rotaract Club



As District 5050's newest Rotaract club, the Fraser Valley Rotaract has been very busy since being chartered in July. They have collaborated with their sponsor clubs in many Rotary events such as Oktoberfest, the Winter Gala, where they were responsible for coat check and the lottery board raising \$621 for their own service projects, as well as holding a volleyball tournament that featured Rotarians vs. Rotaractors.

## LAST WEEK'S MEETING

### Rotary Moment

**Laura Cherrille** told us about a Rotarian by the name of Brian Rocha, the media chairman of the Goleta, California, Rotary Club, who recently travelled around the world in his quest to educate, impact, inspire and to learn from other Rotary clubs how their projects are making this a better world. Some of the countries Rocha has visited are Portugal, South Africa, Burundi, Ethiopia,

Kenya, Tanzania, India, Philippines and Honduras. Rocha is looking to help clubs feature their humanitarian projects and potentially have his club partner on the projects, especially in the areas of community development and clean water.

### Guests

Apart from our guest speaker and her husband **David Norman**, our only other guest was **Mark Dalton**, our MLA.

### Cheque Presentation

**Angie Edmonds** presented our Club's cheque for \$500 to **David Speers**, Neighbourhood Development Coordinator for the City of Maple Ridge, to support the **Canada Day Celebrations**.



### Happy and Sad

**David Riddell** tossed one in the kitty in honour of his wife Karen's birthday. [He would have given a loony for each of her years on the planet, but was forbidden by Karen from disclosing her age.]

**Laurie Anderson** advised that he had just spoken to **Ken Knuttila** (a charter member and past president of our Club) who has been home from the hospital for three weeks after being hospitalized with pneumonia in both lungs, and who is feeling much better. Ken passes on his greetings to the Club, and hopes that he will be able to attend one of our meetings in the very near future.

**MLA Mark Dalton** was pleased to visit the meeting and thanked the Rotarians for all the good work that they do within our community.

**Matt DeBruyn** visited the Naval Air Base near El Centro, California, for the purpose of teaching some children the violin. This Air Base is the winter home of the U.S. Navy Flight Demonstration Squadron, The Blue Angels. When arriving at the gate to the facility, Matt spoke to the young military officer who was in charge of screening guests through the gate, and upon learning that Matt was a Rotarian, told Matt of his experience of being a Rotary Exchange Student, which he said “changed my life”. The young man could hardly stop talking about how important that program was to him and to young people who are given the opportunity by Rotary Clubs like our own.

**Ineke Boekhorst** said that our own exchange student, **Amber**, will be coming to our next meeting where we will all get a chance to meet her, and she will be presented with the cheque for the funds which we raised at the recent Pub Night to help support her adventure in Sweden. Ineke also threw in a dollar because she managed to survive [but was obviously very thrilled about] having all of her seven grandchildren and their families over for Easter dinner.

#### Rotarian of the Month



Our club President **Eric Mollema** presented our club Treasurer **Walter Volpatti** with the **Rotarian of the Month** pin. In addition to all he does for our club as our treasurer, Walter spends many hours behind the scenes doing such things as arranging for the license for the Duck Race and writing lots of cheques.

#### Guest Speaker:

#### **Myrna Norman - on the topic of Alzheimer's and dementia**

*Bio: Myrna Norman and her husband Dave have called many places home. Born in Saskatoon in 1949, she lived in Kamloops, Port Coquitlam and Nelson before settling in Maple Ridge. She has worked with various groups on a number of initiatives including advocating for the restoration of a children's park in Kamloops, helping with co-operative housing in Nelson, working with government to relocate a prison in Port Coquitlam, and coaching softball.*

**Myrna Norman** is in the early stages of Alzheimer's disease. She said there are about 99 different types of dementia, and she has one of them. Alzheimer's is a type of dementia that causes problems with memory, thinking and behaviour. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. Sometimes it takes a long time to be diagnosed. Myrna was diagnosed about 6 ½ years ago, and she now has trouble with speaking and sometimes with hallucinations.



There is a stigma attached to Alzheimer's, particularly the way some people treat Alzheimer's patients. Myrna told us a story about "Julia", a lady she met while visiting the Hawthorne Lodge Care Facility in Port Coquitlam during her participation in the Tri-

City Walk for Dementia. Myrna said that Julia had given to her "the biggest gift anyone had ever given me". She met Julia, who had been a school teacher for 35 years in Port Coquitlam, when Julia was wheeled into Hawthorne Lodge in a wheelchair. She was slumped back in the wheelchair and was very quiet. Myrna had been told that Julia hadn't spoken to anyone for six months. Normally when someone would enquire about Julia, they would ignore the patient and address only the care giver. However, Myrna went over to engage Julia directly in conversation. To everyone's surprise, Julia verbally responded to Myrna's interest and questions. Julia said to Myrna, "They think I can't talk - betcha damn well I can!". It only took someone like Myrna who was interested enough to try.

Myrna posed the question: "How do you know if you have dementia?" Dementia is not just all about memory loss. For Myrna, it is mainly the disruption of the thought process. For example, Myrna can sometimes suddenly feel great anger but is not really aware where that comes from. When a person can't process their thoughts properly, they often feel pain and feel like going into hibernation.



Myrna put on a demonstration as to how it would feel to try to perform tasks when you have bad vision, limited hearing, can't write or print very well, and feel much anxiety when other people always are trying to hurry you to do something that you find difficult. Some of our Club members were given a package and from that package asked to put

in ear plugs, dark smudged glasses, thick oven-type gloves, and a paper and pen, and then told to fill out in writing a form, under pressure of time. That is an inkling of what it is like for many people with dementia, who also have to deal with impatient people who think they are stupid or incompetent.



Myrna left us with a strong message to all: when you meet someone who might have Alzheimer's or dementia, talk to the person - and not their caregiver, and treat them with the respect they deserve.

Note: January was Alzheimer's awareness month, and **Myrna was this years Honouree in the Investors Group "Walk for Memories" recently held in the Tri-Cities and Meadow Ridge area.** British Columbians from 24 communities across the province participate in these events, and come together to honour and remember the special people in their lives who are living with Alzheimer's disease or another dementia. Funds raised through the Walk connect those affected by the disease to a national network of help, including the Alzheimer Society of B.C.

#### 50/50

**Libby Nelson** tried her luck in cutting the deck, but it was solemnly announced: "no winner today".

**Submitted by Laurie Anderson**