

Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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## NOVEMBER IS ROTARY FOUNDATION MONTH

**Today:** Meadow Ridge Rotary AGM

**Next Week:** Angela Zhou - The Renaissance of Traditional Chinese Culture

Happy Birthday	Happy Anniversary	Invocation
	Dec. 10: Peter & Ineke Boekhorst	Dec. 8: Dave Rempel Dec. 15: David Riddell

### CALENDAR OF CLUB EVENTS:

Date	Time	Event	Venue
Dec. 11	6:30 pm	Fireside at Patrick O'Brien	10328 276th St. Maple Ridge
Dec. 17	9am/1pm	Whonnock Elementary Christmas Concert	27471 112th Ave. Maple Ridge
Dec. 18	6:00 pm	CP Holiday Train – Shake a can for the Friends In Need Foodbank	Haney Wharf
Dec. 22	noon	Christmas Lunch – Steal a Gift!	Bella Vita Restaurant
Dec. 29		<b>NO MEETING</b>	
Dec. 31	6:30 pm	New Year's Gala – Tickets \$95 Clint Callison / Mark Vosper	Meadow Gardens Golf Course, Pitt M.

### Hard to believe, it's already December!

Our Club has many things going on throughout December .....  
PLEASE mark all these dates in your daytimer:

- **FOODBANK donations:** Starting Dec. 1, help fill our donation bin for the Friends in Need Foodbank; PLEASE bring a non perishable food donation or cash
- **NEW YEAR's Eve Gala** Two large signs at each meeting, indicating the # of tickets sold + which items we still need sponsorship for- please see Mark V. or Clint.....See Ineke, if you have something for the Silent Auction.
- **END POLIO NOW PLANTS:** PLEASE order your plants NOW; we need to sell approx. 50 more!  
**\$15 ea, 3 for \$40;** see Ineke
- **Exchange Student Jhon:** Haney and Meadow Ridge Club are mailing a "care package" to Jhon's family in Peru. Please donate some cash to complete this project. Additionally we are sending money to purchase a lawnmower, so the kids can use the soccer field! Tax receipt provided for any cash donation of \$20 or more!
- **Dec. 11 - Fireside:** Come and join us at Patrick's home.
- **Dec. 17 - Whonnock Elementary Christmas Concert Performances at 9am and 1pm.**  
Our Club donated musical instruments to this school, which will likely be used in the Christmas Concert.

The kids would love to see some of our members come and enjoy the concert!

- **Dec. 18 – CP Holiday Train:** Can you assist 6 pm at the Haney Wharf? We are asked to "shake a can" for the Foodbank .... bring the family, this is great community event!
- **Dec. 22 - Club Christmas Lunch:** last meeting before Christmas; please bring a wrapped gift (about \$10) ... we'll have a nice Christmas lunch and gift exchange (steal gifts!). Guests welcome (make sure to bring a gift for each person!)
- **Dec. 29 - NO MEETING:** Christmas break
- **Dec. 31 New Year's Gala:** Meadow Gardens. Now is the time to purchase your tickets, \$95 each....great deal; invite friends and family to share your table (8 per table) and let's celebrate
- **Russian University Student; looking for one week host:** July 2016 a University student from Russia (studying Business) is visiting Maple Ridge (arranged by Dick Drew, Haney Club) We need 2 host homes, willing to host 1 week each. This is a wonderful experience! Please see Ineke for details.

Please feel free to contact Ineke or Mark Forster if you require details on any of the noted items.

Yours in Rotary,  
Ineke

## RI PRESIDENT'S MESSAGE



When the Canadian army liberated the Netherlands in 1945, they found the country on the brink of starvation. Seeing the suffering of so many, and especially moved by the faces of the children, four Canadian privates stationed near Apeldoorn that year decided to make that Christmas special for as many Dutch children as they could.

Together, they made the rounds among their fellow soldiers, collecting chocolate bars and chewing gum, candy and comic books. In their spare moments, they built toy trucks out of wood and wire, sawed scrap lumber for building blocks; one, risking the military police, sold his cigarette ration on the black market, using the money to buy rag dolls. Each thought longingly of his own family at home; each channelled his energies instead toward the children whose Christmas they knew they could brighten.

By 1 December, four sacks of gifts lay ready; the soldiers eagerly looked forward to the 25th. But two days later, they learned the date they were to depart for Canada: 6 December, long before Christmas. With mixed emotions, the soldiers decided that the best plan simply would be to take their sacks over to the local orphanage and leave them there to await Christmas.

The night before they were to leave the Netherlands, the four set off for the orphanage, one of them in a makeshift white beard and red cap. On their way, they were surprised to hear church bells ringing and see houses lit brightly, with Christmas still some weeks away. As they approached the orphanage, boots crunching in the snow, they saw through the windows that the children, two dozen girls and boys, were gathered at their evening meal. Only a few months after the war's end, food was still scarce; the meal was small, and the children's faces pale and thin.

"Santa Claus" raised the knocker on the door and knocked three times, hard. As if by magic, the chatter of young voices inside fell silent; a priest opened the door. His polite expression gave way to one of shock, as the children behind him erupted into cheers, rushing forward and swarming the private who had dressed for Christmas three weeks early – but exactly on time. For in the Netherlands, Sinterklaas comes on St. Nicholas Eve: 5 December.

For an hour, joyful chaos reigned as packages were opened and exclaimed over, sweets were tasted, dolls caressed. The last wooden truck, the last bar of chocolate, went into the hands of a little boy who had been waiting patiently all the while. After thanking the men, he turned to the priest and said something to him in Dutch, his face alight with happiness. The priest smiled and nodded. "What did he say?" one of the soldiers asked.

The priest looked at them with eyes full of tears. "He said, 'We told you he would come.'"

By sending joy out into the world, we do not sacrifice it for ourselves – we only multiply it. As we enter this season of giving, let us multiply the gifts we have been given by sharing them with others. Through acts of caring, kindness, and generosity, in our clubs and through our Foundation, we become and remain a gift to the world.

**K.R. Ravindran**  
RI President 2015-16

## LAST WEEK'S MEETING

### Rotary Moment

**Angie Edmonds** recent attended the Rotary Leadership Institute. One of the talks which she heard included the suggestion that we remember to do a good job introducing our guest speakers by getting a little bit of background information about them, and not simply reading their curriculum vitae.

### Guests

Our guests for the day were **Len Lewis** who has now attended several meetings, along with **Matt Baillie** from the Rotaract Club of the Fraser Valley.

### Happy and Sad

**Dave Rempel** was again feeling lucky for living in the "best country in the world".

**Ineke Boekhorst** was pleased to advise that the recent Russian Night raised over \$1500 (way to go!! Ineke and Dave).

Also, she, Peter and **Betty Levens** attended at the hospital the previous Friday afternoon and although they were there for a number of hours, they unfortunately only managed to sell 5 cyclamen plants. Club members are reminded to purchase plants to support polio eradication.

**Mark Vosper** advised that Hospice will be raising money on December 23 by having a gift wrapping booth, and volunteers are needed to help wrap Christmas presents to raise funds for this important organization. And Mark is off to New York on the weekend.

**Betty Levens** reminded us that the Maple Ridge Coral Society will be getting everyone in the Christmas spirit with an event entitled "Christmas Then and Now", to be held on Sunday, December 13, 2015 at 3 PM at the Maple Ridge Christian Reformed Church situated at 20245 Dewdney trunk road, with tickets only \$12 for adults and \$10 for students and seniors.

**Ineke** advised that **Bernice Gehring**, a well known and active community member and former owner of the Billy Miner Pub, has had a serious stroke. Our own **Sharon Kyle** is also currently in the hospital for a medical procedure.

### Guest Speaker: Advanced Care Planning ("ACP")



We were pleased to welcome as our guest speaker **Cari Hoffman**, from the Fraser Health Authority.

Cari is the **Project Coordinator for Advance Care Planning in Fraser Health**, a position which she has held since 2006. She has been featured on the radio show CBC Almanac, as well as in newspapers including the Vancouver sun, the National Post, and local papers. She presented at the International Conference on Advance Care Planning in London, England and has provided information to healthcare professionals at a variety of conferences including Canadian Hospice Palliative Care, BC Association of Social Workers, and Ontario Hospice Palliative Care. Professionals from Canada to New Zealand, to Singapore and Japan, have benefited from Cari's expertise, and have adapted their ACP programs and materials as a result.

Advance care planning is not limited to preparing a Representation Agreement, although it may include this. Rather, it may be defined as a process of coming to understand, reflect on, discuss and plan for a time when you cannot communicate and make your own medical and personal care decisions. Effective planning is the best way to make sure your views are respected by your loved ones and health care providers. This process also will provide great comfort to those who may make end-of-life decisions for you.

Who should engage in ACP? A common misconception about advance care planning is that ACP is only for the very old or the very ill. In fact, ACP is for all capable adults. Advance care planning conversations can occur at different life stages and are best initiated prior to a health crisis. Healthy young adults may be involved in accidents or suffer sudden illness and may be temporarily or permanently incapable of giving informed consent to care. The expression of their wishes in advance can provide guidance to their family and health care providers. Individuals living with chronic conditions or diseases may engage in ACP conversations at many points along their disease trajectory; their assessment of what constitutes a good quality of life may change as they adapt to different stages of their condition.

April 16th is **National Advance Care Planning Day** – a day for Canadians to speak with family members and friends about their wishes for end-of-life care.

The most important aspects of advance care planning are choosing one or more Substitute Decision Makers – someone who will speak on your behalf and make decisions for you when you are not able to do so yourself, and having a conversation with them about your wishes.

If you do not have a Representation Agreement to choose your Substitute Decision Maker, then there is legislation called the *Health Care (Consent) and Care Facility (Admission) Act* which states that the healthcare providers can obtain temporary substitute consent on your behalf for healthcare (although not personal care) from the following persons in the following order of priority:

- your spouse
- your adult children (with no priority as to age)
- your parents
- your siblings
- grandchild
- (others)

Cari is of the opinion that talking to your family about your wishes is even more important than having a Representation Agreement. When the time comes to make a decision, it is going to be “situation specific” - what is the best decision for you - at that time - and that place - and with that healthcare issue.

## Rotaract - Matt Baillie



Our guest **Matt Baillie** advised that the Rotaract Clubs of Langley, the Tri-Cities, and the Fraser Valley have got together and created a calendar for 2016 which is on sale to raise money.

50% of the money raised will go to the End Polio Campaign, and 50% of the proceeds will support Rotaract activities within the District.

The calendar portrays for each month drawings by children under the age of 14 years, showing their interpretation of how we can be “a Gift to the World”. Calendars cost \$20 each, and we were reminded that the portion going to Polio converts every dollar spent to \$5 as a result of the double-matching contributions of the Canadian Government and the Bill and Melinda Gates Foundation.

The Fraser Valley Rotaract Club meets on the first and third Thursdays of every month in Abbotsford at 6:45 PM at the University of the Fraser Valley (Rm #A360) 33844 King Road, Abbotsford, BC

We were invited to attend one of their meetings.

## 50-50

Our guest (and hopefully soon-to-be member?) **Len Lewis** won the 50-50 draw.

**Submitted by Laurie Anderson**

