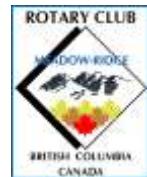




Rotary Club of Meadow Ridge

The Four Way Flasher



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JUNE IS ROTARY FELLOWSHIP MONTH

Today: Jim Michals - Peacemaking Deconstructed

Next Week: Ineke & Peter Boekhorst - Their trip to the RI Convention in Seoul, Korea

Happy Birthday

Happy Anniversary

CALENDAR OF CLUB AND DISTRICT EVENTS:

Date	Time	Event	Venue
June 23	6 pm	Installation of new Board of Directors	Adrienne Dale - 10295 248 St., MR
Aug. 7	Noon – 2 pm	Rotary Duck Race	Maple Ridge Park
Sep. 13	Noon	DG Scott Dudley's official visit	Bella Vita Restaurant

RI PRESIDENT'S MESSAGE



British writer and Royal Air Force pilot Roald Dahl was also an avid photographer who carried his beloved Zeiss camera on his many adventures. At a time when each photograph had to be laboriously developed by hand, on film or glass plate negatives, he amassed a collection of hundreds of images. In later years, these photographs served as a visual record of

his travels, a way to document his experiences and share them with others. Yet he always spoke of his memories as being far more vivid than the photographs could ever reflect. So many events and experiences, he said, were simply impossible to capture; they could not be adequately conveyed in images or words.

Language may fail, and photographs fade; minds are fallible, and details are lost. But some experiences, as Dahl said, never dim; they stand out in our memories, even after decades, as a wall of flame. They rear up forever over the landscape of our past, dividing our lives into what came before and what came after.

That metaphor has stayed with me throughout the past year as I have traveled the world for Rotary. For indeed, this entire year has stood, and will always stand, as a wall of flame in my mind, dividing my life into before and after.

When I think back over these 12 months, I see a bright kaleidoscope of images cascading before my eyes, day after day, week after week. The anxious parents in Chandigarh, India, hovering at the bedside of the child recovering from lifesaving heart surgery. The bright flags of Nepal fluttering over an entire village that had been rebuilt after the devastating earthquake. The feeling of awe in St. Peter's Square at the Jubilee of Rotarians celebrated by Pope Francis. Joyful gatherings around the world, in so many countries, in so many languages – with friends I had never before met, my brothers and sisters in Rotary.

To serve as president of Rotary International is a colossal undertaking, one that cannot be truly conveyed in images or words. It is a wall of flame that will burn forever in my memory, dancing with light, shifting in shadow. A thousand images jostle together in my mind, a thousand recollections, a thousand emotions. Together, they form a great mosaic; together, they show the bright and glorious work of your hands.

As this Rotary year draws to a close, I am prouder than ever to be part of this great organization: one that makes the world not poorer, but richer; replaces despair with hope; raises up those whom fate has brought low; and is a gift to so many, while allowing each of us to *Be a Gift to the World*.

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

LAST WEEK'S MEETING

Mark gave a thumbnail sketch of **Mohammed Ali**.

Arguably boxing's most celebrated athlete, heavyweight champion Muhammad Ali was also known for his public stance against the Vietnam War and his long-time battle with Parkinson's disease. Born Cassius Clay in Louisville, Kentucky, in 1942, Muhammad Ali became an Olympic gold medalist in 1960 and the world heavyweight boxing champion in 1964. Following his suspension for refusing military service, Ali reclaimed the heavyweight title two more times during the 1970s, winning famed bouts against Joe Frazier and George Foreman along the way. Diagnosed with Parkinson's disease in 1984, Ali devoted much of his time to philanthropy, earning the Presidential Medal of Freedom in 2005. He died on June 3, 2016, in Phoenix, Arizona.

Apart from our speaker, are only guest was **Neil Smith** from the Haney Club, who reminded us that the Duck Race was only two months away, and that he may be contacted for tickets.

Happy and Sad

Angie Edmonds advised that past president of the Haney Rotary Club, **Ken Holland**, has been ill recently with an apparent heart problem.

Ineke Boekhorst, who along with **Peter** just came back from the **Rotary International Convention in Korea**, said she got home to her computer and telephone down, at the BIA. But the convention was great, and there were 44,000 people attending. Of particular interest to her was the House of Friendship, where Rotary projects around the world are displayed. They had the opportunity to do some touristy things and walked a long way in 38 weather and high humidity.

Doris Gagel and her husband **Ted** are back from the trip to Germany where they visited a very close friend whom they have known since childhood. They were sad that he was not doing so well health-wise.

Program: "Simple tips for securing personal information online"



Our speaker was **Brad Richardson**, a new member of the Coquitlam Sunrise Rotary Club, who is a past professional lacrosse athlete and holds a bachelor's degree in business from the University of Denver. He works for a company called Logic Managed IT where he spent the last two years helping local organizations increase the reliability of their IT systems.

He may be reached at brichardson@lcslogic.com, or 604-636-1231.

He gave us the following simple tips for securing our personal information online:

Social Media: don't share too much:

- Announcing on social media that your away on holidays also announces to thieves that your home is empty
- Thieves can use personal information on social media sites to steal your identity (sharing personal information on social media can lead thieves to answering your bank's challenge questions upon logging in)
- Keep your full name, social insurance number, home address, phone number or account numbers off social media

Passwords

- Keep passwords in a secure place, either using a specific password manager application or password-protected file.
- Use different passwords for different logins, and add complexity with numbers, symbols and/or sentences.

Public Wi-Fi

- When using public Wi-Fi, avoid accessing sensitive information, such as banking, because other persons in the Wi-Fi range can log on to your data.

Credit Card Online

- Look for the lock symbol in the address bar

Mobile Devices

- Always use a password to unlock the device
- When getting a new phone, wipe all information from the old phone by factory resetting and taking out the SIM card

Email

- Avoid sending confidential information, such as SIN, banking info, etc.
- Before opening attachments, ensure you are confident the email looks legitimate. Ask these questions: Do I normally receive these types of emails from this person? Does the grammar look normal?

Backup Your Information

- Backup your files to a USB drive or cloud service, such as Microsoft OneDrive, Google Docs or iCloud. Should something happen, you will be able to restore your files

50-50

For the second week in a row, **Laurie Anderson** won the winning ticket, with the 7 of Diamonds [and Laurie's hope of a small windfall] having been relegated to the trash heap!

Submitted by Laurie Anderson