

Meetings: Tuesday 12 Noon, Bella Vita Restaurant

President: Ineke Boekhorst Phone: 604-467-2420
 Secretary: David Riddell Phone: 604-406-8882
 Editor: Peter Boekhorst Phone: 604-465-3392

[E-mail the President](#)
[E-mail the Secretary](#)
[E-mail the Editor](#)



OCTOBER IS ECONOMIC AND COMMUNITY DEVELOPMENT MONTH

Today: Mike Murray - School District Trustees

Next Week:

Happy Birthday	Happy Anniversary

CALENDAR OF CLUB AND DISTRICT EVENTS:

Date	Time	Event	Venue
Oct. 4-7	8:30, 10:30, 12:30	Delivery of first Dictionaries 4 Life	
Oct. 12-14			
Dec. 10		Christmas Social – Theatre in the Country	

RI PRESIDENT'S MESSAGE



In 1979, James Bomar Jr., the president of Rotary at the time, traveled to the Philippines as part of Rotary's earliest work to immunize children against polio. After he had put drops of vaccine into one baby's mouth, he felt a child's hand tugging on his trouser leg to get his attention. Bomar looked down and saw the baby's brother looking up at him, saying earnestly, "Thank

you, thank you, Rotary."

Before Rotary took on the task of polio eradication, 350,000 people – nearly all of them children – were paralyzed by polio every year. That child in the Philippines knew exactly what polio was and understood exactly what Rotary had just done for his baby brother. Today, 31 years after the launch of PolioPlus, the children of the Philippines – and of nearly every other country in the world – are growing up without that knowledge, and that fear, of polio. Instead of 1,000 new cases of polio every day, we are averaging less than one per week. But as the fear of polio wanes, so does awareness of the disease. Now more than ever, it is vitally important to keep that awareness high and to push polio eradication to the top of the public agenda and our governments' priorities. We need to make sure the world knows that our work to eradicate polio isn't over yet, but that Rotary is in it to end it.

On 24 October, Rotary will mark World Polio Day to help raise the awareness and the funding we need to reach full eradication. I ask all of you to take part by holding an event in your club, in

your community, or online. Ideas and materials are available for download in all Rotary languages at endpolio.org/worldpolioday, and you can register your event with Rotary at the same link. You can also join me and tens of thousands of your fellow Rotarians for a live-streamed global status update at 6 p.m. Eastern time at the U.S. Centers for Disease Control and Prevention in Atlanta. I'll be there along with CDC Director Tom Frieden, other experts, and inspirational presenters, sharing an inside look at the science, partnerships, and human stories of polio eradication.

It is an incredibly exciting time to be a Rotarian. We are gathering momentum for the final race to the finish: to the end of PolioPlus and the beginning of a polio-free world. It is truly a once-in-a-lifetime chance to End Polio Now, through *Rotary Serving Humanity*.

John F. Germ
President 2016-17

LAST WEEK'S MEETING

President Ineke's Quote for the Day by Sir Winston Churchill:

A good speech should be like a woman's skirt: long enough to cover the subject and short enough to create interest.

Starfish Pack Program

Ineke advised that the Starfish Pack Program is now underway in Maple Ridge, with our Rotary club joining other clubs in Abbotsford, Vernon, Delta, Port Moody, Coquitlam, Chilliwack and Williams Lake. Each Thursday volunteers pack two breakfasts, two lunches, two dinners and



healthy snacks into each backpack with food for the weekend. The backpacks full of food are delivered every Friday to each participating school for the remainder of the school year. The Cost of filling one backpack for one child every weekend throughout the school year is \$525, and without any advertisement, two members of the public have already come forward in Maple Ridge to support a child for one year. The donation provides a tax receipt. To get more information, visit starfishpack.com, and see our Meadow Ridge page on that site.

Guest for the day - former club member Karen Hendrickson

Happy and Sad

Mark Vosper gave a happy dollar as he just spent his wedding anniversary at Whistler (and even took his wife!).

Walter Volpatti gave a sad dollar as club member Mike Davies is in the hospital with pneumonia.

Sharon Kyle (former manager of the Meadow Gardens Golf Course) was sad to hear of the passing of golf great Arnold Palmer.

Brian Bekar can now confirm (after he gets the facts from his wife **Sharon**, of course) that they are going to their house in Arizona, then on to New York where they will take a cruise ship up to Montréal and back, and then head back to Arizona before returning to BC in November.

Hospice Invitation

Spearheaded by **Bob Schantz**, our club (about 11 years ago) helped to raise \$50,000 towards the opening of McKenney Creek Hospice facility by producing and selling calendars.

Mark Vosper, Executive Director of the Maple Ridge Hospice Society, advised the this year is the 10th anniversary of the opening of the building, and on October 12, 2016 between the hours of 2 PM and 6 PM there will be an open house where all are invited. Speakers will say a few words starting at 3 PM. McKenney Creek is a 10-bed facility provides residential care for people who have a life-limiting illness.

Guest Speaker - **Linda Szilagyi** - Maple Ridge Public Health Unit



About our guest: Linda has lived and worked in Pitt Meadows and Maple Ridge for nearly 40 years. She is a Registered Nurse, with it Degree in Nursing from UBC, and holds certifications in Community Health and Lactation. She has worked at the Health Unit in Maple Ridge since 1991 as a Public Help Nurse, and since 2004 as Supervisor for the PHN team. She loves the focus on

prevention and health care promotion found in the Public Health setting. In her spare time she enjoys gardening, rug hooking, and hiking with her Border Collie. [She and her husband are getting adjusted to the wonders of the "Empty Nest Syndrome", a non-fatal disorder affecting most parents during their lifetime for which there is apparently no known immunization].

Maple Ridge Public Health Unit, which has 13 nurses as well as other aides, offers public health nursing services which include screening, assessment, counselling, referral, follow-up, and

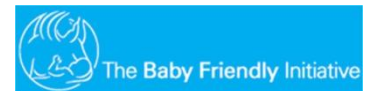
health promotion activities for all age groups, as well as communicable disease control. Also offers speech language pathology, audiology, and nutrition and dental health services. Programs and policies focus on chronic and infectious diseases, tobacco use, and education regarding public health issues.

The Immunization Program, together with follow up, is especially important. Communicable diseases include anthrax, hepatitis, in influenza in facilities, measles, mumps, pertussis (commonly known as whooping cough), rabies and zika. This program is carried out with the co-operation of pharmacies and local doctors. Vaccines are also provided for those requiring special protection, such as those with kidney problems.

The Public Health Unit provides prenatal and postnatal services, and childhood immunizations, and wants pregnant women to register for pre- and post-natal care and follow up. There are 15 different vaccines (including polio) for children in the first 5 years of their life, as well as follow up programs thereafter. Linda told us about the Nurse-Family Partnership, which is a program of prenatal and infancy home visiting for young, socially disadvantaged, first-time mothers. This program has been offered in be since 2013. The goals of the Nurse-Family Partnership Program are to improve pregnancy outcomes and child health and development.

As noted above, Linda has a Certification in Lactation. [This means that she is *qualified as an International Board Certified Lactation Consultant (IBCLC); that is to say, a health care professional who specializes in the clinical management of breastfeeding. IBCLCs are certified by the International Board of Lactation Consultant Examiners under the direction of the US National Commission for Certifying Agencies. IBCLCs work in a variety of health care settings including hospitals, paediatric offices, public health clinics, and private practice.*]

The Public Health Unit is also part of the Baby-Friendly Initiative (BFI). This is a global



effort launched by the World Health Organization, and it seeks to break down barriers to mothers breastfeeding – be they institutional or cultural. It recommends a newborn consume breast milk exclusively for six months. It also asserts that if a baby cannot get his or her mother's milk, the next best option is donated breast milk, followed by formula. Babies who receive breast milk have less diarrhoea and vomiting, fewer infections and reduced incidence of a variety of health issues from childhood cancers to diabetes. The BFI implements practices that protect, promote, and support breastfeeding, and encourages mothers here to donate their breast milk to the "Milk Depot" to help premature and sick babies who would not otherwise have access to it.



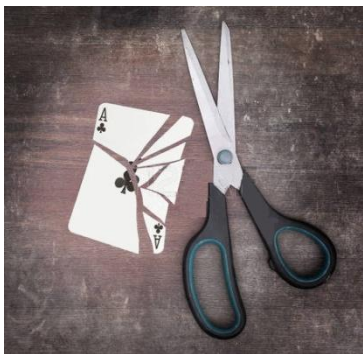
The Public Help Unit also does early childhood screening, for such things as hearing loss and dental problems - and all of the above services are free of charge. Linda states that the goal of herself and her co-workers is to “give a lift to those who need it most”, including the promotion of health in the indigenous community. They also work with Alouette Addictions, who have been supported by our Rotary Club.

Presidents Closing Quote

*Some people are like clouds:
When they go away, it's a brighter day!*

50-50

Walter Volpatti cut from the deck the



Submitted by **Laurie Anderson**

DUCK RACE FUNDS DISTRIBUTION

This is an article from mrTimes September 29, 2016

Ducks pay dividends for teams and clubs

Cheques from an annual fundraising event were given out.

ASHLEY WADHWANI



Pitt Meadows Secondary coach Rich Goulet sure knows how to get his team motivated — on and off the court.

More than \$55,000 in cheques was distributed to local youth groups and sports teams recently on behalf of the Meadow Ridge and Haney Rotary Clubs.

And of all the groups, the largest cheque was in the hands of Goulet, who accepted \$11,340 on behalf of the Pitt Meadows Youth Basketball Association.

The funds raised will benefit 100 athletes, alleviating costs for referees, equipment, and tournament tees.

Selling duck tickets, and reaping the benefits is a great way for parents to get involved, Goulet added.

And getting the athletes and parents out selling tickets is a strength of Goulet's, Meadow Ridge Rotary Club president Ineke Boekhorst told the crowd.

When other groups would back out of selling tickets at a booth, Boekhorst would simply give Goulet a call and let him know the spot was open.

He'll tell her “in half-an-hour, I'll have somebody for you” every time, she explained.

Seventeen groups attended the dinner and cheque presentation at Meadow Gardens, including members of the Ridge Meadows Softball Association, the Pitt Paddle Club, and Pitt Meadows Foundation.

And cheque amounts — based of how many duck race tickets each group sold — varied from \$54 distributed to Dance FX, to \$1,140 to Ridge Meadows Skate Club.

The Rotary Duck Race was held in August, but tickets were sold throughout the spring and summer by various youth groups and both Rotary clubs.

Several parents were in attendance, accepting cheques on behalf of school PAC groups like Eric Langton, Alexander Robinson, and Fairview Elementary schools.

Also there, Donna-Lee Berard, mom to two kids at Maple Ridge Secondary accepted a cheque for the Maple Ridge Music program.

