

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](#)



JUNE IS ROTARY FELLOWSHIP MONTH

Today (June 20): **Club Assembly** - to discuss some suggestions from the Executive meeting this week

Next Week (June 27): **Club Executive Installation**

Happy Birthday	Happy Anniversary
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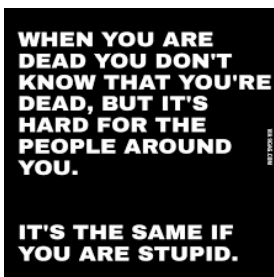
CALENDAR OF CLUB AND DISTRICT EVENTS:

Date	Time	Event	Venue
June 27	5:30 pm	Club Executive Installation	Chances Casino, Maple Ridge
Aug. 13		Rotary Duck Race	Maple Ridge Park – Alouette River

LAST WEEK'S MEETING

As During the absence of President Ineke, **Libby Nelson** again conducted our meeting.

Our Quote for the Day is as follows:



Happy and Sad

Laurie Anderson had one dollar for “the chickens”, and another for Peter Boekhorst who still manages to get the Four-Way Flasher out despite being 5,500 km away from us (in the land where the Ku Klux Klan was born).

Mark Forster paid a sad buck as he was so stressed the other day that he put his clothing on in the wrong order, but he and Pauline got a good laugh out of it (what else can you do) and charged each Rotarian in the room who laughed when he told the story another dollar (and he wasn't even the fine master).

Libby Nelson paid a happy buck as she is now both a citizen of Australia and Canada.

Mark Vosper paid a happy buck for not seeing Mark Forster put his clothes on in the wrong order.

Rotary Page in the News

Libby said that as far as she knows only one person (David Riddell) has so far agreed to pay the monthly fee of \$150 to publish the **Rotary Page** in the newspaper again during the 2017/2018 Rotary year, and asked for the volunteers.

Today's program: **Garrett MacDonald** (VPD): Mental Health and Wellness of First Responders

About our guest speaker: the Garrett is starting his 18th year with the Vancouver Police Department. He started out as a cop on the beat in Vancouver's east side and has filled many positions since that time with the VPD including, being a Major Crimes investigator for 7 or 8 years, including undercover work.

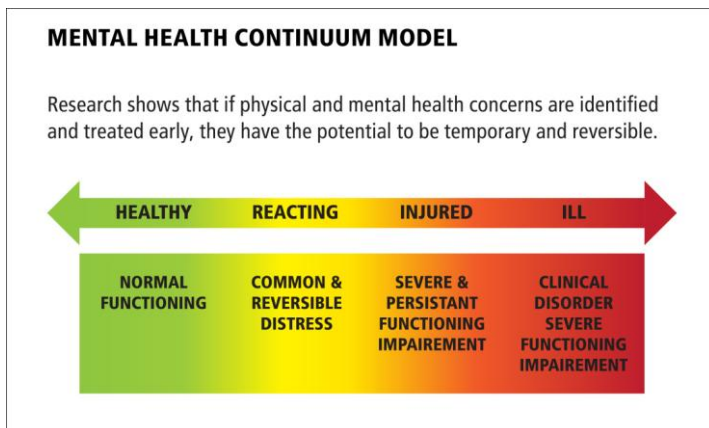
Garrett himself has undergone a life-changing experience. Growing up, he was heavily involved in hockey, which continued in college, where he also coached college hockey, and was then on the VPD hockey team. He knows what it's like to experience a lot of male ego - where the rule is: “If you're not up to the job, you're gone”. While playing for the VPD hockey team in 2010, he got hit with a stick in the eye, and after several operations completely lost his sight in one eye. He felt anger, isolation, and the volatility, but managed to come back after stepping away from the job for a year and a half. He told his story to a Province newspaper reporter who wrote about his circumstances. He was shocked to see that it was a full spread on the sports page, talking about his periods of depression etc.

The last thing Garrett wanted was for people to feel sorry for him. But that was not the reaction to the story. Rather, people want to know “how can I get help”. So he went back to work and

helped put in place, and got involved in, the **R2MRVPD**, which stands for “**R**oad to **M**ental **R**eadiness - **V**ancouver **P**olice **D**epartment”. He is currently (with another police officers) operating the R2MR program which provides first responders of the VPD with information and practical strategies for identifying stress symptoms and levels, and their options for dealing with it. Through his own experience, he now understood the stress and stigma that one feels when one’s mental health is not in balance, a self-stigma, he says, which a person often puts upon themselves. The goal of this program is to enhance personal and team well-being within the VPD by ensuring that staff have the knowledge and support they need to manage their stress, both at work and in their personal lives. First Responders (be they with a member of a Police Department, Paramedics or Fire Department) are especially subject to everyday trauma, but Garrett came to realize that applies to society in general. Everybody goes through ups and downs in life. Sometimes we bounce right back from those “blue” periods. Other times, we can linger a little too long and may actually need help to recover. If we have a physical injury, be go to the doctor and get help - if we don’t it will get worse. The same thing applies to mental health. People from all walks of life experience stress, both in their personal and work lives. While police officers and other first responders encounter critical incidents many times throughout a their careers, it can often be the “every-day-life” types of stress that are just as serious – divorce, illness, death of a loved one, addiction, and so on. What happens at work can affect your family, just as events at home can affect your work.

- *negative feelings, such as sadness, anger, frustration, sense of vulnerability and depression*
- *self-blame, a vague feeling fixed on some aspect of the event*
- *interpersonal problems, which might include increased irritability, insensitivity, blaming others and wanting distance*
- *questioning of belief systems*

SIGNS AND SYMPTOMS			
HEALTHY	REACTING	INJURED	ILL
normal mood fluctuations, calm, and takes things in stride	irritable / impatient, nervous, sadness / overwhelmed	anger, anxiety, pervasively sad / hopeless	angry outbursts / aggression, anxiety, panic attacks, depressed / suicidal thoughts
good sense of humour, performing well, in control mentally	displaced sarcasm, procrastination, forgetfulness	negative attitude, poor performance or workaholic, poor concentration / decisions	overt insubordination, can't perform duties, control behaviour or concentrate
normal sleep patterns, few sleep difficulties	trouble sleeping, intrusive thoughts, nightmares	restless, disturbed sleep, recurrent images / nightmares	can't fall asleep or stay asleep, sleeping too much or too little
physically well, good energy level	muscle tension / headaches, low energy	increased aches and pains, increased fatigue	physical illnesses, constant fatigue
physically and socially active	decreased activity / socializing	avoidance, withdrawal	not going out or answering phone
limited or no alcohol use / gambling	regular but controlled alcohol use / gambling	increased alcohol use / gambling – hard to control	alcohol or gambling addiction, other addictions



The Mental Health Continuum Model above recognizes the spectrum of health concerns, both mental and physical, which may impact people during their careers. The model goes from healthy, adaptive coping (green), through mild and reversible distress or functional impairment (yellow), to more severe, persistent injury or impairment (orange), to clinical illnesses and disorders requiring more concentrated media care (red). Note that the arrows can move in both directions, indicating there is always the possibility for a return to full health and functioning.

What are some common stress reactions?

- *tension, both physical and emotional*
- *fatigue*
- *sleep disturbances, like insomnia, nightmares and the desire to sleep continuously*
- *diet – a change in eating or drinking habits*
- *nausea*
- *recurring memories*

There are many resources in place to help you, your co-workers and your family in times of stress. Whether you need someone to talk to who may understand what you’re going through, or if you need to speak with a professional, there is help available. You are not alone.

50-50

Once again, **Libby** has the winning ticket, which bought her the Ace of Hearts.



Submitted by Laurie Anderson