

Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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NOVEMBER IS ROTARY FOUNDATION MONTH

Today (Nov 7): Grade 4 Students - Thanking Rotary for the Dictionary Program
Next Week (Nov 14): Darrell Burnham from Coast Mental Health - Mental health and homelessness

Happy Birthday	Happy Anniversary

CALENDAR OF CLUB AND DISTRICT EVENTS:

Date	Time	Event	Venue
Sat. Dec. 16		Rotary Christmas Party	Clint & Cheryl Callison – 10145 247B St, Maple Ridge
Sat. Dec. 16		CP Holiday Train	Train arrival - Haney: 7:30 PM Pitt Meadows: 8:45 PM
Feb. 9-11		Presidential Peace Building Conference https://environmentandpeace.com	Hyatt Regency Vancouver

RI PRESIDENT'S MESSAGE



In many ways, The Rotary Foundation is an invisible presence in our clubs. Most of what we do in our clubs and our districts, on a weekly basis, we do without the active involvement of the Foundation. But our Foundation is invisible in our clubs in the same way the foundation of a building is invisible when you're in it: Just because you don't see it doesn't mean it's not holding you up.

The Foundation that enabled Rotary to take on polio is, in many ways, the foundation upon which our Rotary service is built. For 100 years, since it came into existence with a first donation of \$26.50, the Foundation has supported and strengthened our service, enabled our ambitions, and allowed us to be the organization that we are. Because of the Foundation, Rotarians know that if we have the ambition and put in the work, very little is truly beyond us.

It is an incredibly effective model that we have here in Rotary, one that no other organization can match. We are completely local and completely global: We have local skills, connections, and knowledge in over 35,000 clubs, in nearly every country of the world. We have a deserved reputation for transparency, effectiveness, and good business practices, and because we are highly skilled professionals as well as volunteers, we achieve a level of efficiency that very few other organizations can approach.

To put it simply, a dollar given to The Rotary Foundation has a great deal more muscle than a dollar given to most charities. If you want to spend a dollar on Doing Good in the World, you can't do better than to spend it with the Foundation. That is not just me speaking out of pride; it is verifiably true and is reflected in our rankings by independent organizations.

In the Foundation's centennial year, Rotarians surpassed our goal of raising \$300 million. If you were part of that achievement, you have been part of something tremendous. Somewhere in the world, someplace you have probably never been, people you may never meet will lead better lives because of you. Ultimately, it is our Foundation that lets us make good on our core beliefs: that we can make a difference, that we have an obligation to do so, and that working together, as well and as efficiently as we can, is the only way to effect real and lasting change.

Ian H.S. Riseley
President 2017-18

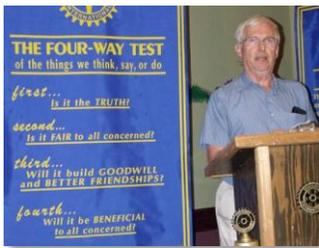
LAST WEEK'S MEETING – OCT. 31, 2017 HALLOWEEN

Our guests:

Lorna Anderson (better half of Laurie), and **Gregory Lane**, a lawyer with Findlay Gunnel Sandor (and whose father was a Rotarian in the Haney club).

Susanne Lamb and **Lindsay Willis**, from the Ridge Meadows Hospice Society.





Matt Debruyn gave an excellent heart-felt talk about the **Four-Way Test** and the meaning that it has in his life (and by implication, the meaning that it should have in the lives of all those who live by it). He emphasized the

importance of the first test, “is it the truth”, which is the basis of harmonious relationships among family, friends, and society in general. He also demonstrated the importance of bringing the four-way test to the schools.

Mike Davies presented to **Andy Bird** the Club’s cheque in the amount of \$1,000 to support Andy’s “Bird’s Nest Society”. See the write-up below about Andy’s presentation to our Club on November 1, 2016, as found in the November 8, 2016 issue of the Four-Way Flasher.



Andy Bird: *“I am building a nest in beautiful British Columbia where young adults from my reserve can come to upgrade or complete their high school diplomas or head straight into postsecondary. We will provide a home with a “house parent” who will help with meals and guidance. When they finish school they will have the experience and education to spread their wings and fly”.*

President Libby’s quote for the day: The wisdom of Yogi Berra:

“I never said most of the things that I said”.



Program: **Shelley Canning** - Quality of life for older adults



Shelley Canning has been a faculty member of the University of the Fraser Valley for the past 10 years, primarily teaching gerontology nursing. She is a doctoral candidate in nursing at UBC, and her dissertation research explores issues dealing with the quality of life for older adults including those with advanced dementia. At the University of the Fraser Valley, Shelley is the Lead Associate for the

University’s Centre for Education and Research on Aging. Shelley started out her career completing her Bachelor of Science and Secondary School Teaching Certificate at the University of Victoria. She moved on to obtain a Bachelor of Science in Nursing and then her Master of Science in Nursing, at UBC.

Where we are today....

- By 2036 the number of adults over 65 years of age will increase by 25% of the Canadian population.
- Canadians 80+ years will triple.
- Canadians 100+ years will quadruple.

Implications?

- 1,125,000 persons with dementia.
- Dementia care will equal \$153 billion.
- Demand for long-term care will increase 10 times.

Consequences of aging....

Results in physiological as well as cognitive changes, which will also resulted in increased number of chronic health issues. But with aging also comes social changes, including grand parenting and great-grand parenting, divorce and remarriage, loss of spouse and friends, and elder abuse.

Current understandings and challenges....

But is not all bad news. Persons may experience healthy aging, with increased fitness, having new experiences and learning, and the continued ability and independence to do many interesting and worthwhile things.

On the other hand, aging also brings with it some burdens, including poor health, hospitalization and long-term care admissions, and loss of function and abilities.

In the early part of the 20th century, the emphasis on dementia was in diagnosing the disease and treatment of symptoms, i.e., finding a cure for dementia and fixing it. In the latter part of the 20th century, there was a recognition that there may be no cure, and therefore the focus should be on how to make life better for those affected.

There has been a shift to a “person-centered” approach with the emphasis on quality of life and well-being, and the focus being on the person as an individual. Person-centered care means valuing people with dementia and those who care for them, treating people as individuals, and looking at the world from the perspective of the person with dementia.

Instead of institutionalizing persons in buildings that will remind one of a hospital and which were designed to make the work of the caregivers as easy as possible, the focus is or should be more on creating a positive physical and social environment in which the person with dementia can experience well-being. Social interaction and engagement in meaningful activities and relationships remains a basic need of persons with dementia. Without it, communication and social skills diminish, and persons with disabilities experience apathy and have decreased motivation.

Our speaker believes that non-pharmacological interventions should be the goal, to allow those with diminished capacity to have cognitive stimulation, one-on-one interactions, and arts-based interventions, including such things as visual art, dance and movement therapy, and verbal and nonverbal conversation. Our speaker noted that persons with diminished capacity who were otherwise quiet and withdrawn, when asked of their opinion about a painting, became actively involved in a discussion about it. And last but not least, intergenerational programs and activities are important.

50-50

Doris Gagel pulled a card from the deck, only to prove in the immortal words that **“the King of Hearts is not the better half”**.

Submitted by Laurie Anderson

From the November 1, 2016 issue of the Four-Way Flasher:

When Andy Bird was a kid, every Monday night he would push his little bed out of his bedroom and in front of the TV, so he and his mom Patti could have the cosiest possible vantage from which to watch Monday Night Raw Wrestling together. His mother Patti was deaf, and Andy learned to sign before he could speak. "That's my first language," he said. "I learned to speak by watching TV- Sesame Street and wrestling." And he said that he always wanted to be a wrestler. Andy Bird had a dream. His dream was to become a wrestler. And he was persistent.

He was raised by his death mother. He is now 27, and in his life has lived in 25 different homes. At age 14 he found himself homeless, when the parents of a friend in whose home he was staying subtly told him that he must leave. This was one week before his final grade 9 examinations. But his dream of becoming a wrestler kept him going. "This is today, but tomorrow I will become a wrestler", he would say to himself. At the age of 19 or 20, he decided to send a message to Canadian WWE superstar Natalie Neidhart, of the famous Hart wrestling family, through social media. To his shock and surprise, she messaged him back and told him about a gym in Calgary where he might try to get some training. So he quit his job and left the house that he was living in and he set out for Calgary with all his possessions in a backpack. He trained at that Calgary Gym for 18 months, before moving to Burnaby where he joined Elite Canadian Championship Wrestling, and is now living his dream. And he is married with a new four month old baby, and living in Maple Ridge.

He was raised in Saskatoon, but the home for much of his family was in the Montréal Lake Cree nation reserve located couple hours drive away from the city of Saskatoon. Although Andy did not grow up on the reserve, that is where his mother came from, and he did spend time there.

Said Andy: "I want you to imagine that you live in a remote community of Saskatchewan, with nothing but dirt roads. There is no work, industry or stores. There is literally nothing to do and you are surrounded by drugs and alcohol abuse. Education is almost irrelevant, even discouraged. The suicide rate is higher than almost anywhere in the world. The teen pregnancy rate is considered a national health crisis. People from your own country (Canada) assume you are either lazy or unmotivated, when the truth is that since you have never experienced anything except for your small community, the idea of venturing out on your own is so overwhelming you end up trapped in a life you do not want to live. This is what is happening right now on my Montréal Lake Creek Nation reserve in Saskatchewan."

And he says that there are 70 such reserves in the Province of Saskatchewan alone.

Andy Bird, through sheer determination, was able to chase a different life for himself. The first person he brought to Maple Ridge was his mother Patti, who has been accepted to go to Langara College to study cooking. He had now worked out the life that he wanted, but he wanted to give back, get help his friends and family back on the reserve.

In October 2015, along with his wife's family and a mutual friend, they set about and founded The Bird's Nest, a non-profit society dedicated to bringing youth from his reserve out to BC to upgrade their high school diplomas and start post-secondary education.

Since that time, they have developed a tailored post-secondary preparation course (with a dedicated help of the Maple Ridge Riverside College) held major fundraisers, gained non-profit status, and have purchased a seven bedroom house in Maple Ridge housing young students from the Montréal Lake Reserve.



A16 Friday, November 3, 2017
THE NEWS / faces & places
Rotary Dictionary Project



In the last 2 weeks, Rotarians have personally delivered in excess of 1200 beautiful illustrated dictionaries to all grade 4 students in School District #42. This includes the Environmental School and the private schools as well. It was a very heartwarming experience to see the kids "embrace" their own dictionary and most of them walking out of the assembly meetings, while reading their books! This photo was taken at Alexander Robinson Elementary filled with happy fourth graders and their new dictionaries!

THE HANEY
... public house ...
est 1948

And the  **Rotary**
Club of Mission Mid-Day
Proudly Present a Burger & Beer
Fund Raiser

Date: Friday, November 10th 
Time: 6:30 – 9:30 pm
Location: The Haney Public House
22222 Lougheed Hwy., Maple Ridge 
Tickets: Call or text 778-792-5555

All funds raised to buy much needed food and supplies toward the Mexican Earthquake Relief