

Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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OCTOBER IS ECONOMIC AND COMMUNITY DEVELOPMENT MONTH

Today (Oct 29):

Next Week (Nov 5): **Patrick Dobbyn** - Mental Health for men

Happy Birthday	Happy Anniversary
Oct. 29: Libby Nelson	

CALENDAR OF CLUB EVENTS:

Date	Time	Event	Venue
Nov. 15	5:30 pm – 10:00 pm	District Foundation Dinner in Abbotsford	Quality Hotel - 36035 N Parallel Road, Abbotsford
Dec 11		Our Rotary Club's Seniors' dinner	
Dec. 13		Club Christmas Party @ Patrick O'Brien's Home	10328 276 St. Maple Ridge
Apr 30-May 3		District Conference in Harrison Hot Springs	Harrison Resort
June 6-10		RI International Convention in Honolulu	

LAST WEEK'S MEETING

Adrienne Dale presided.

Guests:

Chili Yalamanchili - who got a warm round of applause - (in anticipation of him becoming a new member)

Mark Stewart, the new executive director of the Salvation Army Ridge Meadows Ministries



("Mark Stewart, who's been in Maple Ridge for about a month, arrives with 13 years experience at the largest Salvation Army operation in the province of Manitoba – the Centre of Hope in downtown Winnipeg – which sometimes sees up to 500 people in one night. He replaces Darrell Pilgrim, who in September moved to Gibsons to take on the role of community ministries director for the Sunshine Coast.")

Bee Schroeder, also in administration at the Salvation Army.

Bee Schroeder told us about a new Salvation Army Project - a Pet Food Bank Program here in Maple Ridge, which would provide free and low-cost pet services for people who are homeless, living outdoors, low-income and senior pet guardians in Maple Ridge and Pitt Meadows (like the program called "Charlie's Pet Food Bank", which was launched in 2000 in the downtown Vancouver Area by the BC SPCA).

Maple Ridge Program Launch Date: December 2019 (Possibly Monday 9 December, noon until 3:00 pm)

Event Details: Those in need would be able to register for this program at the event. Since the event is being launched in December, we want to have Santa there on the day so that Pet owners can have a family picture taken with their beloved animals. Pet owners would then be able to get supplies and pet food, while enjoying some hot chocolate and snacks.

Event Location: as yet undetermined

Event Needs: Tents, out-door heaters, volunteers, Christmas decorations and tree, photographer, a local VET who would be willing to donate their time and expertise during this event.

Our Rotary Club's Seniors' dinner will be held on December 11, with the help of the Salvation Army who will do the cooking.

Eric Mollema advised that there will be a "Visioning Session" for the club, probably in the evening during a week in February. Twelve people are needed and the cost will be \$200 per member (which will be paid for by the club).

Happy and Sad

Dave Rempel - a day after the federal election, he is "thankful that democracy works".

Ineke Boekhorst - has passed the "four-way test for happiness": a day after the federal election, happy that the election is over as she is disgusted with the parties attacking each other; happy that she had a great time in Disneyland with her daughter and grandchildren where they enjoyed 30 degree weather and a great

time together; happy that her daughter **Marjolein** was selected as citizen of the year in West Kelowna; and happy that club members have come forward to pay for the ad in the News to let our citizens know about Polio Day.

www.mapleridgepress.com The Maple Ridge Pitt Meadows News Wednesday, October 23, 2019 A15

END POLIO NOW

WORLD POLIO DAY OCT 24

ROTARY AND POLIO

WE ARE THIS CLOSE TO ENDING POLIO

How is our chance to change the world. To make sure you are able to flourish in your own region. Amen. Speak and breathe. The power of history.

Polio
Polio, or poliomyelitis, is a paralyzing and potentially fatal disease that still threatens children in some parts of the world. It can strike people of any age but mainly affects children under five. Polio can be prevented by vaccines, but it is not curable. Unlike most diseases, polio can be eradicated.

Polio Today
With our partners, we have reduced polio cases by 99.9 percent, from 350,000 cases in 122 countries in 1985 to just 33 cases caused by the wild virus in 2018. Only two countries continue to report cases of wild poliovirus: Afghanistan and Pakistan.

Rotary in Action
More than 1 million Rotary members have donated their time and money to eradicate polio, and every year, hundreds of members work with health workers to vaccinate children in countries affected by polio.

PolioPlus
For more than 50 years, Rotary and our partners have driven the effort to eradicate polio worldwide. Our PolioPlus program was the first initiative to tackle global polio eradication by vaccinating children on a massive scale. Rotary members have contributed \$1.9 billion and countless volunteer hours to protect more than 2.5 billion children in 122 countries from this paralyzing disease.

Thank You to MeadowRidge Rotary Club members and the Maple Ridge & Pitt Meadows News for funding this advertisement

Rotary "Rotary in particular has inspired my own personal commitment to get deeply involved in achieving eradication." Bill Gates

Rebecca says "Think **BRAIN**":

- B**reathe slowly.
- R**ecognize what is happening, what is going on in your body.
- A**llow life to be just as it is.
- I**nvestigate with gentleness.
- N**ourish with self compassion.

[Yes, Rebecca also talked about Cortisol - but if you are interested in that, you will have to look that up yourself – LA]

Or as it says on a Mayo Clinic website:

Stressful events are facts of life. And you may not be able to change your current situation. But you can take steps to manage the impact these events have on you. You can learn to identify what stresses you and how to take care of yourself physically and emotionally in the face of stressful situations. The reward for learning to manage stress is peace of mind and perhaps a longer, healthier life.

Stress management strategies include:

- Eating a healthy diet and getting regular exercise and plenty of sleep
- Practising relaxation techniques such as trying yoga, practicing deep breathing, getting a massage or learning to meditate
- Taking time for hobbies, such as reading a book or listening to music
- Fostering healthy friendships
- Having a sense of humour
- Volunteering in your community

[The last three sounds like you should join Rotary! LA].

President's Irish saying for the week:



Libby Nelson: not participating in, but at least going to, Cirque du Soleil.

Patrick O'Brien - happy that the school, where his son attends, gave an appropriate "in school" suspension when his son stepped out of line. (Actions have consequences.)

Program: Rebecca Murray - "Dog Training Tips for a Happy Human Brain"



Rebecca's thesis is [I think] something like this: the "do's and don'ts" of dog training can also be applied to humans. If your dog has been naughty, and you get angry and try to shame it, the dog may look like it is feeling guilty or ashamed, but it is only reacting with fear at what is thought was dog's best friend. Fear causes stress, and stress is not good for dogs or humans. Your brain, like the brain of a dog, is hard-wired to react to stress (fear) in ways

meant to protect you against threats from predators and other aggressors. Such threats are rare today [at least in Canada?], but that doesn't mean that life is free of stress. On the contrary, you undoubtedly face multiple demands each day, such as taking on a huge workload, paying the bills and taking care of your family. Your body treats these so-called minor hassles as threats. As a result you may feel as if you're constantly under attack. But you can fight back. You don't have to let stress control your life. You can learn how to control stress [your Cortisol level].

Submitted by **Laurie Anderson**