

# **The Four Way Flasher**



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October 29, 2019

### Website: MeadowRidgeRotary.ca

	Me	etings: Tuesday 12 Noon,	Bella Vita Restaurant	2
President: Secretary: Editor:	Adrienne Dale Brenda Jenkins Peter Boekhorst	Phone: 778-242-5549 Phone: 604-816-6961 Phone: 604-465-3392	E-mail the President E-mail the Secretary E-mail the Editor	ROTARY CONNECTS THE WORLD
	OCTOBER IS	ECONOMIC AND COMMU	INITY DEVELOPMENT MONT	н

Today (Oct 29):

Next Week (Nov 5): Patrick Dol

Patrick Dobbyn - Mental Health for men

Happy Birthday Oct. 29: Libby Nelson

## CALENDAR OF CLUB EVENTS

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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.

<u>Bee Schroeder told us about a new Salvation Army Project</u> - <u>a Pet</u> <u>Food Bank Program</u> 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)

**Happy Anniversary** 

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.

<u>Our Rotary Club's Seniors' dinner</u> 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

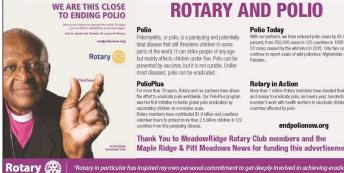
**Dave Rempel** - a day after the federal election, he is "thankful that democracy works".

**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.



## **WORLD POLIO DAY OCT 24 ROTARY AND POLIO**



Polio litis, or polio, is a paralyzing and potentiall ase that still thre tatal 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 ses, polio can be eradicated.

PolioPlus

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

Polio Todav

**Rotary in Action** 

ated their time

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 [1 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 hardwired 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].

Rebecca says "Think BRAIN":

Breathe slowly. **R**ecognize what is happening, what is going on in your body. Allow life to be just as it is. Investigate with gentleness. Nourish 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:



Submitted by Laurie Anderson