



Meetings: Tuesday 12 Noon, Bella Vita Restaurant

President: Adrienne Dale Phone: 778-242-5549  
Secretary: Brenda Jenkins Phone: 604-816-6961  
Editor: Peter Boekhorst Phone: 604-465-3392

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



## NOVEMBER IS ROTARY FOUNDATION MONTH

**Today** (Nov 12): **Bernard Bezuidenhout** – Who's Who  
**Next Week** (Nov 19): Induction of **SriKrishna (Chili) Yalamanchili**;  
**Cheryl Ashlie** - Alouette River Management Society

### CALENDAR OF CLUB EVENTS:

Date	Time	Event	Venue
Nov. 15	5:30 pm – 10:00 pm	District Foundation Dinner in Abbotsford	Quality Hotel - <a href="#">36035 N Parallel Road, Abbotsford</a>
Dec. 4	10 am – 4 pm	Christmas Plant sale for Starfish Pack Program	RM Hospital – Main Entrance
Dec. 11		Our Rotary Club's Seniors' dinner	
Dec. 13		Club Christmas Party @ Patrick O'Brien's Home	<a href="#">10328 276 St. Maple Ridge</a>
Apr. 30-May 3		District Conference in Harrison Hot Springs	<a href="#">Harrison Resort</a>
June 6-10		RI International Convention in Honolulu	

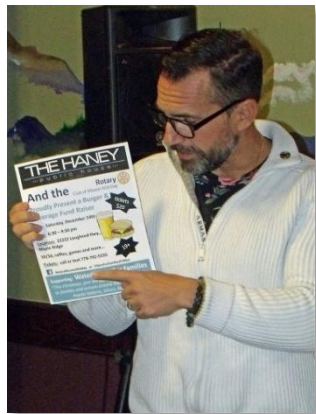
### LAST WEEK'S MEETING

**Adrienne Dale** Presided.

#### Guests:

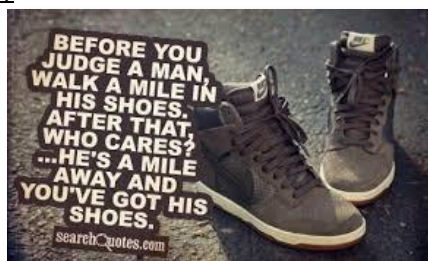
**Kate Chappon**, from Australia.

**Brad Reminek**, Past President of the Mission Mid-Day Rotary Club.



Brad came to invite us to promote their Burger and Beverage Fund Raiser which will be held on Saturday, Dec. 14 at the Haney Public House, 22222 Lougheed Hwy, Maple Ridge, at a cost of only \$20, to raise money "to give the gift of clean drinking water to families and schools around the communities of Puerto Vallarta, Jalisco, Mexico".

#### Presidents Quip for the day:



#### Cheque presentation:

**Ineke Boekhorst** arrived in time to receive a cheque in the amount of **\$500 on behalf of the Maple Ridge Christmas Festival Society**.

Ineke is the Treasurer, and said that our donation would help fund the annual Christmas parade in downtown Maple Ridge.

Ineke pointed out that it costs \$3,500 for insurance, and a fee of \$5,200 payable to the City of Maple Ridge for traffic control. [It is obviously not cheap these days to put on a fun, family event in our city, even though it is a volunteer group that does all the work!] Why the need for insurance? In a prior year someone tripped over an electrical cord, so they put a cover over the cord; and then a lady sued for tripping over the cover.

Ineke also said that the Haney Rotary Club donated a \$1000 cheque in support of the Starfish Pack Program.

#### Happy and Sad:

**President Adrienne Dale** gave a happy \$20. She thanked **Mark and Pauline Forster** for opening their home to all Rotarians for an enjoyable wine tasting and social gathering on Friday evening, November 1, 2019. Despite (or may because of) the wine, **Adrienne, Warren, Mark and Pauline** somehow managed to keep the party going into the wee hours of Saturday morning, no doubt in their pyjamas, to watch on TV South Africa's Springboks sweep to victory by overpowering England to win the Rugby World Cup Finals.

While you may think Adrienne and Warren are dedicated



Springbok Fans, did you hear about the man who was at that game in person sitting in the front row at the Finals, and amazingly there was an empty seat beside him. Another man spotted it and said: "Do you mind if I sit here?" "No, not at all," replied the first man. "It's my wife's seat, but she died recently". "So why didn't you get one of your family to come?" asks the second man out of curiosity. "They're all at the funeral", was his reply.

This is Magic. Take your age. Add to it the Springbok rugby score. The answer will reveal how old you are.

But no wonder they were all happy at the win. You know what they used to say about the Springboks:

**Kate Chappon**, from Australia, was very happy for the warm welcome she received while visiting us and Libby Nelson.

**Libby** was also very happy, and gave a ten-spot for the visit of her friend Kate .....

[Erratum! Last week's Four Way Flasher said that Libby met Kate in a restaurant. Actually, they have known each other since they were both "knee-high to a wallaby" - Kate travelled all the way from the Antipodes to surprise Libby for her (59th?) birthday.]



**Brenda Jenkins** was sad that she didn't have a poppy on her lapel, but was happy to hand out to everyone one of those gizmos which stops the poppy pin from falling off your coat.

**Brian Bekar** was sad that his "Sergeant-at-arms partner" **Sharon Kyle** broke her leg; so she will not be available to take over for the next few weeks when Brian is off to warmer climes. Brian would be happy if someone would step forward to take over the job until he returns.

Fine master for the day, **Dave Rempel**, made **Betty Levens** pay a fine of \$1.00 because they had "no social interaction" between them at the meeting; to which Betty replied with a quick ad-lib, "That was worth it!".

Program: **Patrick Dobbyn**:

Raising awareness and money for the reduction of mental illness.



Patrick had two friends (which he had known since he was five or six years old) which he lost to suicide, as well as a close family member on his father's side who took his own life when Patrick was seven years old. Like many of us, Patrick has been deeply touched by the loss of close friends and associates in this manner. "The word 'suicide' makes it sound like it is a choice - but it is not a choice", says Patrick, "not for those persons who get into such a

dark place that they feel they have no alternative". Patrick has decided that he is going to try to do something about it. He wants to spread awareness about suicide prevention, and although it was hard for him to tell us about the loss of his close friends and family, his talk to us today was the first time that he has spoken about it. He provided us with some shocking statistics, as follows:

- Of the 10 leading causes of disability in the world, half are mental disorders: major depression, schizophrenia, bipolar disorders, alcohol use, and obsessive-compulsive disorders. According to the World Health Organization, 450 million people around the world currently have some form of mental health condition.
- A 2017 poll found that, in any given week, over 500,000 Canadians are unable to go to work because of mental illness, while 40% of the people said that mental health concerns interfered with the daily lives at some point over the course of the year.
- The vast majority (85%) of people feel that mental health services are underfunded. Similarly, 86% believe that mental health should receive the same amount of funding as physical health from the Canadian government.
- Unlike the physical ailments, there is a stigma associated with mental illness that in many cases prevents people from speaking out and seeking the help they need. 49% of people who have experienced depression and anxiety do not visit a doctor for their issues.
- According to the Centre for Addiction and Mental Health, roughly one in five people with a mental illness have some form of substance abuse problem as well. In fact, those with a mental illness are twice as likely to struggle with substance abuse. Likewise, people with substance abuse issues are far more likely to suffer from mental illness than the general population.

Canada has the third—highest youth suicide rate in the industrialized world. One of the most shocking statistics about mental health in Canada is that we have the third—highest youth suicide rate in the industrialized world, with more than 5,800 child and youth deaths by suicide in the past 13 years. This further emphasizes the importance of getting people the treatment they need before it's too late.

- Nearly 4000 Canadians die each year by suicide, an average of 10 suicides per day.
- Suicide is one of the leading causes of premature death in Canada.
- Canadians are about seven times more likely to die from suicide than to be a victim of a homicide.
- In 1998, suicide was leading cause of death for men between the ages of 25 – 29 and 40 – 44; for women it was the leading cause of death for ages 30 – 34.
- Suicide is the second leading cause of death among youths.
- One in 10 adolescents thinks about suicide.
- For each death by suicide there are as many as 100 suicide attempts.

Anyone interested in helping Patrick Dobbyn raise money for this cause may contact Patrick or if you know any groups who may be helped by Patrick's personal experiences in losing his close friends, to let them know that he is available to talk to them.

Our President's closing thought for the day:



Submitted by Laurie Anderson

## Christmas Plants for Starfish Backpacks!

The Meadow Ridge Rotary Club presents  
a Festive Christmas Fundraising Event,  
with 100% of PROCEEDS to the Starfish Program!  
Project details: [starfishpack.com](http://starfishpack.com)

What is the Starfish Pack Program? Every Thursday **volunteers** pack 2 breakfasts, 2 lunches, 2 dinners, snacks and 2 pieces of fruit into each backpack to assist hungry elementary school children in MR and PM over the week-end. The backpacks full of food are delivered every Thursday or Friday to each participating school throughout School District #42 during the school year.

### We are selling beautiful Christmas plants

<b>7" Farm Fresh Tin w. handles / with Christmas Plants</b>	<b>4" Ceramic Chimney Pot / with Kalanchoe</b>
	
<b>\$25.<sup>00</sup> ea</b>	<b>\$20.<sup>00</sup> ea</b>
<b>\$23.<sup>00</sup> ea when buying 3 or more</b>	<b>\$17.<sup>00</sup> ea when buying 3 or more</b>

(Christmas card and taxes included)  
P/U or Delivery last week of November or early December.

These fabulous plants, provided at cost by Maple Ridge Florist, come with a handmade Christmas card for easy gift giving ..... just sign your name on the card and you're done!

**Rotary**   
Club of Meadow Ridge

We will have a booth at the MAIN ENTRANCE of RM Hospital  
**Wednesday Dec. 4 (10 am – 4 pm) ONLY**  
or call Ineke 604-467-2420 for p/u or delivery in MR/PM early December

**100% of proceeds to Starfish program in MR and PM**

(Click on picture to enlarge)

You can download the order form [here](#)  
or view it on the next page.



# Christmas Plants for Starfish Backpack!

Meadow Ridge Rotary Club is presenting  
their Annual Christmas Fundraising Project,  
100% of PROFIT to **MR/PM Starfish Pack** Program!



Two different Christmas Plant options:

**"Farm Fresh" Tin with handles or Ceramic "Chimney" Pot.**

Plants are provided at cost by Maple Ridge Florist and include a handmade Christmas card for easy gift giving!  
Delivery: Tuesday Dec. 3 - Dec. 10, 2019



7" Farm Fresh Tin w. handles

**\$25.<sup>00</sup>** ea. - includes taxes & card  
**\$23.<sup>00</sup>** ea - when buying 3 or more.



4" Ceramic Chimney pot / with Kalanchoe

**\$20.<sup>00</sup>** ea. - includes taxes & card  
**\$17.<sup>00</sup>** ea - when buying 3 or more.

(delivery available in MR/PM only)

**ALL funds raised for Rotary's Starfish Pack Program!**



Please, complete form, email to [iboekhorst@telus.net](mailto:iboekhorst@telus.net), /call 604-467-2420

(Print form or save it and fill out in Acrobat Reader),

Name: ..... Phone: .....

1 or 2 Farm Fresh Tins for \$25 ea. .... x \$25 Total: \$ .....

3+ Farm Fresh Tins for \$23 ea. .... x \$23 Total: \$ .....

1 or 2 Ceramic Chimney pots for \$20 ea. .... x \$20 Total: \$ .....

3+ Ceramic Chimney pots for \$17 ea. .... x \$17 Total: \$ .....

Cash ☐ or Cheque ☐ or Credit ☐ Please pay: \$ .....

**Total number of plants:** ..... **Required by:** .....