

Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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



MAY IS YOUTH SERVICE MONTH

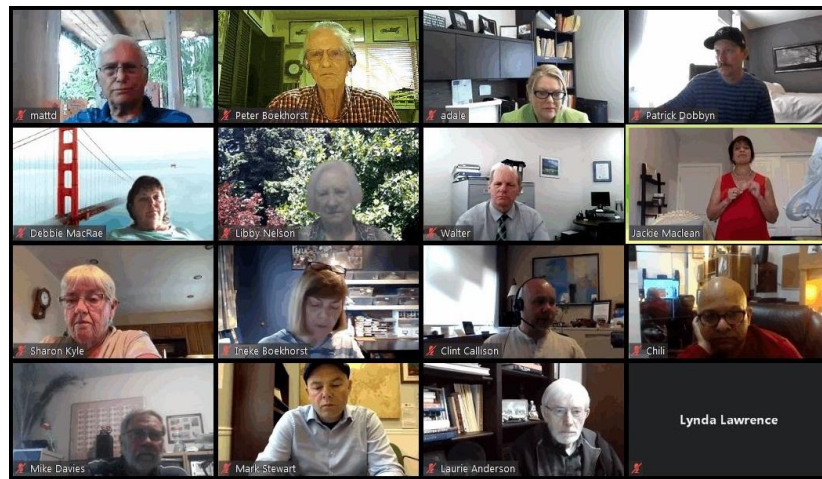
CALENDAR OF CLUB EVENTS:

Date	Time	Event	Venue
June 6-10	Cancelled	RI International Convention in Honolulu	Hawaii Convention Center
Aug. 9	Cancelled	Rotary Duck Race	Maple Ridge Park

Happy Birthday	Happy Anniversary
May 22: Ineke Boekhorst	

Meadow Ridge Rotary regular meetings are cancelled, due to the Coronavirus.

We will have a [ZOOM meeting](#) at our usual Rotary Luncheon time. You can connect on your computer or smart phone. It's set up as a recurring meeting, meaning there is a virtual meeting every Tuesday at 12 noon, until June 30 for now.



OUR CLUB LAST WEEK'S ZOOM MEETING:

Pres. Adrienne Dale presided.

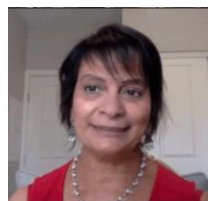
Guest: (apart from speaker):

Mark Stewart, Executive Director of the Salvation Army, Maple Ridge.

Speaker: **Jackie Maclean**, Clinical Hypnotherapist
(not a licensed physician or mental health provider).

About Jackie Maclean:

Jackie is certified by the International Medical and Dental Hypnotherapy Association (IMDHA) and the National Guild of Hypnotists (NGH). She was a former member and past



president of a Rotary club (twice receiving a Paul Harris Award), a board member of various non-profits, and earned her Distinguished Toastmaster accreditation. In the fall of 2011, she founded an award-winning program through which volunteers donated, prepared and distributed thousands of sandwiches to homeless people in Vancouver's Downtown Eastside.

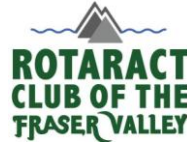
Jackie Maclean asked us if we would agree that many entrepreneurs are overworked, are under a lot of stress, and that many resort to alcohol, drugs or medication in order to cope with their stressful lives. She advised that she primarily works with business owners and entrepreneurs who struggle with substance abuse and other addictions, and that she is internationally known as the hypnosis practitioner. "My expertise using Hypnosis is about changing beliefs, shifting patterns, changing lives.

My clients quit their addiction to substances in a very short period of time. Over 90% of my clients quit smoking, stop drinking alcohol, quit pop, stop biting their nails, in one session.” She explained that through hypnosis one is able to access the subconscious mind, and if a person is in a frame of mind to accept change, change will occur, and the person will let go of old beliefs and replace one behaviour for another. For example, if a person tries to stop a person from smoking by saying that smoking is bad for your health or cost a lot of money, that tactic will often not work because you are speaking to their conscious mind and not to the subconscious.

Jackie Maclean’s Website is [The Power Within](#)

Fraser Valley Rotaract Club

The Rotaract Club of the Fraser Valley is the most recently established club in District 5050, formed by a team of young, professional individuals who are passionate about human and community development. The Fraser Valley Rotaract Club was founded on July 10th 2014 and is sponsored by the Rotary Clubs of Haney, Abbotsford-Sumas, Mission A.M., Mission Midday, and Meadow Ridge. Its co-presidents are **Adam Hill and Alex Carmichael**. Its mission statement is: “We connect to make an impact within our local and global communities that will influence positive growth, through networking and service above self”.



Sharon Kyle reported that she attended a virtual meeting of this Rotaract Club on May 7, 2020. The meeting was called by the Rotaract Club, inviting representatives from the sponsoring Clubs. There are 13 members of that club of which 8 are active. Sharon stated that for such a small group, they are extremely active and successful.



They were appreciative of our wine basket which sold for \$175. They are planning a car rally and a 50-50 draw, and are supporting eradication of polio. They had an active discussion on how to attract members to the Rotaract Club, and how communication could be improved between the Club and its Rotary sponsors.

Exchange Students

Sharon also reported that our exchange student from France, Marceau, will be returning home on July 8, 2020. Our outgoing exchange student, Maeva (who stayed with Marceau’s family in France) and Samantha (who went to Japan as a “short stay student”) have both returned home as a result of the COVID-19 virus. It is hoped that the three of them can join one of our meetings and speak to our club, before Marceau returns home on July 8.

Happy and Sad Dollars included:

Adrienne - has a hairdresser’s appointment

Clint - it’s his daughter’s 12th birthday.

Chili - his daughter tested negative for the COVID-19 virus.

Laurie - will send a reminder to those club members who have not yet made a donation to the Rotary Foundation (**Every Rotarian Every Year**).

Rotary Information Moment

Matt DeBruyn noted that EndPlasticSoup is a global initiative which started in Amsterdam to solve the plastic problem by working with all the 1.2 million Rotarians to act to beat plastic waste. EndPlasticSoup is already supported by 3,500 Rotarians of 800 Rotary & Rotaract Clubs worldwide.



The website says:

Written by Ing. Barbara van Goethem March, Governor 2018-2019 Rotary District 1580 (Amsterdam):

Dear colleagues. Plastic waste in our environment is a major global problem.

Plastic, once warmly welcomed as a magnificent and extremely useful product, is becoming a threat for our planet: plastic waste ends up in our oceans, rivers, waters, beaches, forests, landfills and in our city parks and streets. Plastic does not disappear but just gets smaller and causes serious problems for living beings. And so it starts entering our food chain and our bodies.

I like to introduce to you EndPlasticSoup. EndPlasticSoup is an initiative of Rotary Clubs of Amsterdam (D1580), started in 2018. Within a year it has brought about great enthusiasm and a lot of activities amongst 60 Rotary and Rotaract Clubs in the Netherlands, in Germany and in Europe. EndPlasticSoup is creating awareness, setting up local actions, connecting Rotary internationally, across generations. Our goal is using our Rotary network to have a real impact and to help realize the required changes to prevent plastic waste ending in nature and to remove plastic from our environment. EndPlasticSoup is connecting Rotarians and other activists internationally, it offers a platform to existing organizations that are fighting plastic waste and opens up (local) initiatives all over the world.



You can start today. Use less plastic, use two pieces of plastic less a day and together with 1.2 million Rotarians (and family, friends) we will start reducing plastic waste! That’s easy! Or pick up one piece of plastic waste everyday from the street, beach, riverside so it won’t end up in the lakes, seas and oceans. Tell your family, friends and colleagues about the problem.... The Worldwide EndPlasticSoup Action Day is June 6, 2020.

Fundraiser

Clint Callison has spoken to Jesse Sidhu of the Haney Club who says that our club can participate in an online 50-50 draw, and the cost will be only \$500 - \$600. Clint strongly recommends that our club participate as it is and inexpensively to raise money during this difficult time. The committee was formed to discuss the matter and implement the plan, as there is some urgency in getting on with it.

Backpack Program

Ineke reported more good news. Some seniors at the Panorama Senior's building (at 12148 - 224 Street, which includes the Seniors Centre) raised \$3,400 to support this program.



Salvation Army News



Mark Stewart, Executive Director of the Salvation Army, Maple Ridge, updated us on their initiatives.

- 25 More bed spaces have been opened up in their building for existing clients.
- 2000 Bag lunch per week are being prepared and distributed by the Salvation Army in Maple Ridge, and the \$50,000 cost is coming from support from the community. Financial support for bag lunches is especially needed.
- They also give out 100 food hampers containing food with a value of between \$150 and \$200, as an interim measure to support those in need until they can register with the food bank.
- They have had ZERO cases of the COVID virus in their building.
- 50 Indigenous families have been helped with food.

Here is a link, where you can sign-up for food deliveries from the Salvation Army to the Legion House:

signup.com/client/invitation2/secure/3247158/false#/invitation

Submitted by Laurie Anderson



Here is a fun song from Chuck Mead -
"I Ain't Been Nowhere" The Official Song of Quarantine

<https://youtu.be/DIQvaBOuvAs>

Coffee Corner – 10 am, May 19



with Past RI Vice President Dean Rohrs

PRIVP Dean is a member of the RI Committee looking at the future of Rotary.

Dean would like a true conversation with you on making the best of the changes forced upon us and using them as a permanent part of our Rotary future.

Be a part of this important conversation - the future in your hands

Topic: Coffee Corner with Past RI VP Dean Rohrs

Time: May 19, 2020 10:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/93598451354?pwd=RkN1ZnJHSDM2dWptZTNMTjNZOGlwUT09>

Meeting ID: 935 9845 1354

Password: 833798

One tap mobile

+12532158782,,93598451354#,,1#,833798# US (Tacoma)

Meeting ID: 935 9845 1354

Password: 833798

Find your local number: <https://zoom.us/u/abiw9tuyiP>

MEADOW RIDGE ZOOM MEETING INSTRUCTIONS:

All members have to do, is click on [this link](#) Tuesday at noon. Give yourself a few minutes in advance.

The first time it will download the zoom app, which takes just a couple of seconds and you are in; it's that simple!

Members can turn on their camera if they like, but don't have to.

[Here's the link to join a scheduled Zoom meeting.](#)

Topic: Meadow Ridge Rotary Club Meeting

Every week on Tue, May 19 until June 30, 2020,
(7 occurrences) at 12 Noon PT.

Join Zoom Meeting: Click the following link

<https://us02web.zoom.us/j/83896681975?pwd=QW1OdG10RENObzFEeGdjejZQS1IWUT09>

Meeting ID: 838 9668 1975

Password: 898583

One tap mobile

+14388097799,,83896681975#,,1#,898583# Canada

+15873281099,,83896681975#,,1#,898583# Canada

Dial by your location

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

+1 647 558 0588 Canada

+1 778 907 2071 Canada