



Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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## OCTOBER IS ECONOMIC AND COMMUNITY DEVELOPMENT MONTH

<b>Happy Birthday</b>	<b>Happy Anniversary</b>
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### UPCOMING SPEAKERS:

Oct 6: Cameron Dignon Homes for Heroes Foundation	Oct 13: District Governor Carol Tichelman
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### RI PRESIDENT'S MESSAGE



During a recent Zoom meeting with Rotarians and Rotaractors, I looked at the smiling faces on my screen and realized how much our organization has changed in a short period. It is clear that there is no going back to the "old normal" in Rotary — and I see that as an exciting opportunity!

Innovation and change are happening at so many levels as we rethink and remake Rotary. Rotary's new flexibility

is blending with digital culture to drive change in ways that many of us have never seen before. We can learn a lot from Rotarians like Rebecca Fry — who, at age 31, already has 15 years of Rotary experience.

*I see Rotary as a phenomenal platform to change the world. I believe I can have the greatest influence by empowering others to create the change they wish to see in the world. I've gained leadership insights through my experiences in RYLA and Rotaract, and now, as charter president of the Rotary Social Impact Network, a new e-club.*

*Engaging Rotary program alumni is key in forming new clubs. Our club is proof that Rotaractors and other alumni want to join Rotary — but sometimes they can't find the Rotary club that's right for them. Our club has 31 members, all between the ages of 23 and 41, and almost all of them are alumni of Rotary programs.*

*We need to be able to integrate and align Rotary with the other personal and professional goals we're pursuing. In chartering this club, we set out to design a personalized model of Rotary that is focused on added value for our members. We have also sought to leverage connections — through Rotary Fellowships, Rotary Action Groups, and other international partnerships — in order to elevate our members' experiences beyond the club.*

*Our club meets and manages most of its projects online, using Microsoft Teams to engage 24/7 in topics that interest our members. This also means our club is not geographically bound to any one location: Although many of us are in Australia, we also have members in Germany, Italy, Mexico, Tanzania, and the United States.*

*Also key for our club is measuring the impact of our projects. For Plastic Free July this year, we created an awareness campaign promoting ways that individuals could reduce their use of plastics, and we reached more than 6,000 people. It's a project with a tangible impact that anyone can take part in wherever they are. I'm proud that, through our club, we are bringing people together for a new type of Rotary experience. I am excited for our future.*

All Rotary clubs have the opportunity to be innovative clubs, just like Bec's club. Let's trust those clubs, learn from them, and lend them our support. Change in Rotary happens at the grassroots level, as clubs lead the charge, defining what this new Rotary can be.

Change is constant, and we have more work to do in many areas. It is important that we celebrate the contributions of people of all backgrounds and promote people from underrepresented groups so that they have greater opportunities to participate as members and leaders in Rotary.

The tools to make Rotary more inclusive, more relevant, and more fun for everyone are at our fingertips. Let's use them now, and we will see how *Rotary Opens Opportunities* for ourselves and for those yet to discover us.

**Holger Knaack**  
President 2020-21

## OUR CLUB LAST WEEK'S ZOOM MEETING:

Pres. Clint Callison presided.

Program: Centre for Epilepsy and Seizure Education in BC

The Center for Epilepsy and Seizure Education in British Columbia was incorporated in 1998 as a not-for-profit organization which is "dedicated to creating and providing support, information, and education to families and individuals who live with epilepsy and anyone else affected by epilepsy. It provides direct support to families and individuals struggling with seizures, creates children's education and materials and comfort items, sends children to summer camp and promotes research for a brighter future with a seizure free tomorrow". Among the topics covered by our speakers, were: what causes epilepsy (which is a disease of the nervous system), how many persons are affected by it, and how we may help a person if we come across someone who is experiencing a seizure. Presenting a program were the following:

**Laura Cherrille**, Executive Director (and former member of our Rotary club),

**Rupinder Bhatti**, Client Support Coordinator, and

**Vineetha Nakka**, Education Coordinator.

### About our guests:



Laura Cherrille

Rupinder Bhatti

Vineetha Nakka

**Laura Cherrille** has a wealth of experience in hospice palliative care and addictions, as well as an extensive background in fundraising. She has also sat on several boards and was an active member of Rotary for over 5 years."

**Rupinder Bhatti** has been with the organization since 2019. She attended school at the University of the Fraser Valley and has a background in Criminal Justice. Her passion for supporting vulnerable people has allowed her to gain experience in addictions as well as working with children with special needs & disabilities. She has worked in the non-profit sector for over 6 years."

**Vineetha Nakka** obtained a Bachelor of Science in Psychology from Burman University in Alberta, and was eager to utilize her education. With her passion to support those with special needs, she was able to gain experience working with children and adults alike. She has been involved in the non-profit sector for over 4 years."



THE CENTER FOR

# EPILEPSY & SEIZURE EDUCATION

IN BRITISH COLUMBIA

The office of the Centre for Epilepsy and Seizure Education in BC is located at 32868 Ventura Ave, Abbotsford, BC V2S 6J3, is open Monday – Thursday, 10:00 – 16:00, and may be contacted at Phone: (604) 853-7399, and Fax: (604) 853-7336, [info@esebc.ca](mailto:info@esebc.ca)

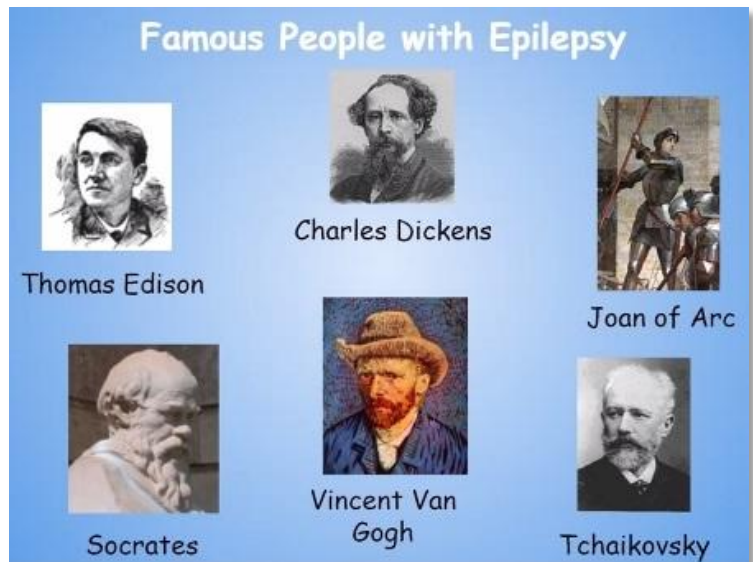
It is stated on their website [esebc.org](http://esebc.org) :

*Education and awareness are foundational programs to which our efforts are directed. One in ten people have had a seizure in their lifetime. In spite of the fact that one in 26 people will develop epilepsy in their lifetime and that epilepsy is the fourth most common neurological condition, public knowledge remains scanty. Ignorance is a breeding ground of misinformation and prejudice. Consequently, people with epilepsy may not fully understand what they can do to improve their health outcomes.*

*Misconceptions on the part of others create difficulties in school, work and social relationships, all of which can lead to increased loneliness, isolation and depression. Ignorance can be dangerous, as when seizure first aid is incorrectly applied. In its worst manifestation, it can be fatal, as in the case of the Ontario man who was shot by police who didn't recognize his actions as a possible seizure.*

We were also advised that 1% of the population has epilepsy of some form. 50% of those are diagnosed in infancy. In 65% of cases, the cause is unknown, but epilepsy may be caused by injury, infection/illness, and drug or alcohol abuse. We also learned that if we come across a person suffering a seizure, it is important that we stay calm, observe carefully and keep track of time, put something soft under the person's head, and if the person does not recover within a few minutes (or if you are unsure about the person's condition) call an ambulance or 911 and be prepared to tell what you observed to the first responder.

By way of interest, the following famous people suffered from epilepsy: **Theodore Roosevelt, Danny Glover, Neil Young, Prince, Charles Dickens, Socrates, Vincent van Gogh, Beethoven, Napoleon, Sir Isaac Newton, and Agatha Christie.**



## Happy and Sad

Benefactors included

**Sharon** (our 50/50 draw was noted on the Global website),

**Ineke** (her son is now a real estate agent, having passed the real estate tests),

**Brenda** (Urma has now enough members to start a Maple Ridge Rotary breakfast club),

**Chili** (was sad to hear that the Maple Ridge Hamper Society was broken into and more than \$10,000 in cash and gifts cards were taken along with other items, but was very happy to learn that when the news broke of the theft, CKNW listeners donated more than \$11,000 to the charity)

and **Libby** (happy that Roger Powley has joined our club and has agreed to take over responsibilities for arranging programs for the time being).

## Fines

All members who hadn't yet bought tickets to our 50/50 online draw were fined a dollar.

## President's quote for the day:

The reason politicians work so hard to get elected is because they would hate to make a living under the laws that they pass.

**Submitted by Laurie Anderson**

## **OUR CLUB STAYED BUSY THIS WEEK:**

Our Club received a request from the Friends in Need Food Bank for \$6,800.

The funds are supporting the School Meal/Snack program, during the 2020-21 school year. The \$6,800 donation from the Meadow Ridge Rotary Club provides food to 2,200 students per week for the duration of one month. On Tuesday Sep. 29<sup>th</sup> we presented the cheque.



In the picture, showing Mike Davies (Chair Community Services Meadow Ridge Rotary Club) handing the \$6,800 cheque to Karen Osborne, leading the School Meal/Snack Program for the Friends in Need Foodbank. Socially distanced in the background is Rotarian Ineke Boekhorst, and Lynda Lawrence is hidden.

Also on Tuesday several members came together to fill our Starfish Packs for the first time in this school year. Together we can make this awesome program work for everyone.

We also want to thank Mary Robson for letting us use the Friends in Need Food Bank facility.....it's close, nice and central, has a long table, and easy parking.....in other words: it is just perfect for us!



And that's it for this week.....next week we will do it all over again!