



Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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OCTOBER IS ECONOMIC AND COMMUNITY DEVELOPMENT MONTH

Happy Birthday	Happy Anniversary
Oct 29: Libby Nelson	

UPCOMING SPEAKERS:

Oct 27: Lorraine Bates MR/PM Christmas Hamper Society	Nov 03: Nikki Nevison The Family Education and Support Centre	Nov 10: Roger Powley To lead Remembrance Day
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OUR CLUB LAST WEEK'S ZOOM MEETING:

President Clint Callison opened the meeting.

Ineke informed us that Ken Knuttila has passed away. Ken was a charter member of the club and a very long time member of our larger community in Maple Ridge/Pitt Meadows.

Program: Morphine and Champagne – a harrowing tale of a personal health crisis.



Roger introduced our guest speaker, Ken Holland

Ken is a house designer and long time member of Rotary, holding a variety of senior positions.

Ken led several trips to the highlands of Guatemala where he and his youth teams delivered and installed wood burning stoves that vented to the outside. Before the installation, the villagers breathed smoke from the fires with severe respiratory consequences. On his last trip, he was infected with some kind of pathogen which affected his heart valves. Over the next period of time, he lost up to 70 pounds, experienced delays, misdiagnoses, liver and kidney failure until he met a cardiovascular surgeon who was able to replace his valves. The improved cardiac function allowed his kidneys and liver to recover. There were periods of intense pain that the morphine helped manage and fortunately, did not lead to addiction in Ken's case.

The champagne was the celebration when he finally was healthy enough to enjoy this toast to health and hope. The birth of his grandchild coincided with his successful operation and was a driving force for Ken to live long enough to see the baby.



Ken's message to all of us is to advocate for our own health. He suggests we take a companion to important meetings with a doctor and consider a tape recording.

We are glad that Ken was able to survive and regain a good measure of health and thank him for sharing his story.

Announcements:

- The Coquitlam club is having an auction on line and has invited us to participate. Dave Rempel voiced a concern that it may interfere with the wine fest auction that is in the planning stages.
- Chilli and Matt signed up to sell 50/50 tickets (Jackpot now exceeding \$12,000) in front of the Mark's store. Tickets will also be sold on every Saturday till the end of November at ValleyFair Mall. You also can buy tickets at: eventcheckin.rafflenexus.com/a/meadowridge-rotary
- There was some discussion around the \$6 from each meal ticket that goes to the club. Mark Forster wondered if the zoom people should be contributing that portion for each meeting they attend. Clint said that the original idea was to ensure that there were no barriers to people attending meetings remotely. Further discussion will occur.

Happy and Sad:

Eric Mollema was happy to the tune of \$20 that he has not experienced the kind of suffering as Ken's ordeal.

Ineke was happy, more proud, of her daughter, who is going to be a district governor in District 5060.

Submitted by Patrick O'Brien