



Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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NOVEMBER IS ROTARY FOUNDATION MONTH

Happy Birthday	Happy Anniversary
Nov 10: Brenda Jenkins	
Nov 10: Scott Payne	

UPCOMING SPEAKERS:

Nov 10: Roger Powley To lead Remembrance Day	Nov 17: Constable Russell Ridge Meadows RCMP Briefing	Nov 24: Maria Perretta Ridge Meadows Seniors Society
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DISTRICT 5050 GOVERNOR'S MESSAGE:



I am not sure why, but November has always been one of my favorite months. It is probably the combination of the fall season that makes it my favorite: the season of giving thanks; a time that our two countries honour our veterans (11 November being Veterans Day in the USA and Remembrance Day in Canada...and my father was a fighter pilot); the childhood recollections of Halloween and the anticipation of

Christmas; and for the last 28 years of my life, it has been Rotary Foundation month.

I am very passionate about OUR Foundation. What other charity can you donate to – and then three years later have a say in how those funds will be used? We have received twelve consecutive four star ratings from [Charity Navigator](#), an independent evaluator of charities in the USA. There is a very cool site at [Rotary](#) that shows some very interesting statistics on the Foundation.

Some very exciting news is that our very own PRIVP Dean Rohrs has been elected by the RI Board to replace RIPN Jennifer Jones as a Trustee for The Rotary Foundation. Dean will complete Jennifer's term to June 30, 2023.

I have really enjoyed sharing with the Boards of the Clubs your Clubs' and member contributions to the Annual Fund-SHARE - and what you have received back in District and/or Global Grant Awards for the fabulous work you are doing in your local and international communities.



Please join us for our [Foundation Gala](#) on 6 November with special guest RIPN Jennifer Jones to celebrate YOUR Foundation success from the 2019-20 Rotary year. We also have a great opportunity to hear from PRIVP and Polio Plus Chair Michael McGovern where we are with polio eradication and our polio volunteers' response to COVID-19 on 19 November. Then on 25 November PRIP Ian Riseley will provide us some insight into the new/seventh Area of Focus. Please register for these events on the [District 5050 website](#).

Thank you for all you do to fulfill the mission of OUR Foundation – The Rotary Foundation:

"To do good in the world"

Carol

OUR CLUB LAST WEEK'S MEETING:

President Clint Callison presided at this "in-person and Zoom" meeting.

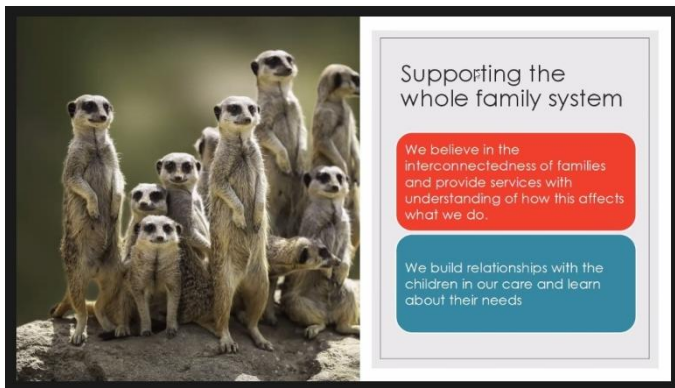
Program: Nikki Nevison- The Family Education and Support Centre



Nikki Nevison is the coordinator of the Family Education and Support Centre, which is located at 22554 Lougheed Hwy., Maple Ridge, V2X 2V1, phone 604-467-6055. It is a charitable organization that provides counselling, children and youth programs, parenting programs, and multicultural services to individuals and families in the Maple Ridge, Pitt Meadows and Katzie communities.

Nikki explained the various specialized programs that they provide, a small sample of which include the following:

- **MENTAL WELLNESS PARENTING:** Designed to meet the specific needs of parents living with mental health challenges including anxiety and/or depression while parenting. No diagnosis needed to attend this program.
- **PARENTING YOUNG CHILDREN:** A program to teach developmentally appropriate parenting skills for children ages 0-6.
- **CONNECT PARENT GROUP:** A 10-week program, supporting parents and caregivers with concerns about their child aged 8-17's behaviours and emotional health.
- **IMMIGRANT PARENTING PROGRAM:** This program will inform and educate parents and caregivers about parenting as immigrants to Canada.
- **HEALTHY RELATIONSHIPS:** This 2-part course looks at the fundamentals of any adult relationship; including the foundations, needs, wants and learning new communication skills.
- **MEN'S ANGER MANAGEMENT:** Men's Anger Management deals with the complex nature of anger, recognizing triggers, alternative methods of expression, and how to diffuse anger.
- **BRAVE NEW YOU (WOMEN'S ANGER MANGEMENT):** Women learn about creating and keeping their boundaries, healthy communication, managing challenging conversations, expressing feelings and identifying their needs.



They also provide multicultural awareness and education programs to the community to help strengthen participation and increase understanding of cultural diversity in Maple Ridge, Pitt Meadows and Katzie.

Patricia Cruz was at our meeting before on September 22nd to talk about the container shipment to El Salvador (See NL27-12).



Today she brought us up-to-date how it went with the 2 containers.

Club Election of officers for the 2020-2021 Rotary Year:

The Election is scheduled for December 8. All members are invited to put their name forward to be nominated to serve on the Board for the coming Rotary year.

Seniors' Christmas Dinner Event: Ineke is working with the Salvation Army to try to organize this event.....

2020 Christmas Senior's Dinner

In its planning stage, but Meadow Ridge Rotary Club is presently working with Community Services, Senior's Network, Salvation Army, Christmas Haven and Downtown MR BIA.

The plan so far is:

Dec 24th, Christmas Eve day, between 11am and 1 (maybe 2) pm.

"Drive Through Dinner", prepared and boxed up by the Salvation Army can be picked up in a safe and socially distanced "drive-through" manner, for which we're working out the details. Pick Up location: circle road through Memorial Peace Park, in front of the ACT (NOT entering the building) – Salvation Army is preparing for 1000 meals total (including the annual Christmas Haven dinners, which will be ready for PU at 6pm).

The meals will be warm and ready to eat, or could be re-heated for later. A gift bag for each registered senior would be available (each senior, who would like one).

Pre-Registration will be taken through Senior's Network (SN) & Community Services (CS).

Gift Bags are our responsibility (as we did last year), and will include assorted donations from SN & CS as well.

The BIA is developing a "Twinkle Tour" map for downtown Maple Ridge, which will indicate all the light installations for 2020 GLOW Maple Ridge + the best decorated store windows. (BIA is providing 100 downtown businesses with Christmas lights, encouraging businesses to decorate in a "Country Christmas" theme)

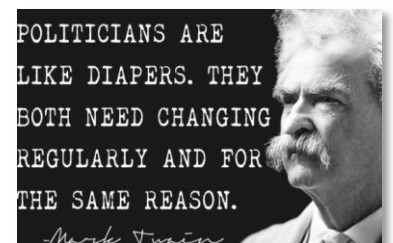
Everyone will find a Twinkle Tour map in their package; can take the tour Christmas Eve.....or at a later date! (all lights will be up until Jan. 5, 2021)

BIA is also featuring Christmas background music along 224th Street and a "Singing Christmas Tree" at the entrance of Memorial Peace Park (animated tree lights will change colour and blink on sound), some wonderful additional "safe entertainment options" to enjoy at own leisure.

I will keep you posted as plans finalize.

Yours in Rotary,
Ineke

President's quote for the day:



Submitted by Laurie Anderson