



Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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## NOVEMBER IS ROTARY FOUNDATION MONTH

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

Dec 01: Kirsta Shaw Maple Ridge SPCA	Dec 08: Annual General Meeting	Dec 15: Virtual Christmas Party 6:00 PM
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### RI PRESIDENT'S MESSAGE:



As I look back on 2020, I reflect on how our lives have changed. The global COVID-19 pandemic brought pain and loss to many of us. And for almost all of us, our daily lives, family time, and work also changed this year. But we've made it to the end of this difficult year, not on our own but by reaching out to one another, as we always do in Rotary. With each passing year, I become prouder of our organization.

I will choose to remember 2020 as a year of great change and strength for us; Rotary didn't stop, despite the pandemic. We removed obstacles, found new ways to connect, and embraced new approaches to service, such as online projects and virtual fundraising. I have invited two Rotarians to share their stories about how Rotary grew stronger this year.

*When the pandemic shut everything down, our emerging e-club was already providing digital service, including internationally. Fourteen U.S. women and I, members of multiple Rotary clubs, were using WhatsApp to mentor women entrepreneurs in rural Costa Rica, helping them to grow their ecotourism business, RETUS Tours [the subject of the magazine's May cover story, "Nature & Nurture"]. The project has grown, with 30 Rotarians now providing consulting and help with the RETUS website and social media. Most importantly, we continue building relationships and empowering these women to transform their own lives, and we are doing it online. I've even helped one of the women, Rosa, prepare a presentation in English for an online international conference. While our engagement with the Costa Rican women still requires some hands-on activity, the most transformative impacts haven't had to be in person.*

— Liza Larson, Rotary E-Club Engage and Rotary Club of Plano East, Texas

*I was president of my club when COVID-19 hit, and many members didn't yet have Zoom. Only 10 of our 53 members participated in the first Zoom meeting during the pandemic. I thought that reaching out and getting guest speakers from around the world to engage our members would help. Many Rotary leaders, a Rotary Peace Fellow, and even RI President Holger Knaack visited virtually and spoke to our club. Meeting attendance improved, while we reduced running costs by cutting out meals. Some members who worked outside our city and had missed our meetings even rejoined us. Registering our online meetings on My Rotary enhanced contacts with clubs across the world, and the joint meeting addressed by Holger attracted more than 300 visitors. We also raised more funds as members and visitors contributed to our projects. To continue being flexible for all, we are now offering hybrid meetings. For me, 2020 has been the best year in Rotary as I've made many new friends.*

— Blessing Michael, Rotary Club of Port Harcourt North, Nigeria

These stories should give us all reasons to be optimistic about Rotary in the year ahead. We are not just surviving; we are gaining strength. We are discovering how resilient our organization truly is. We are seeing for ourselves how Rotary Opens Opportunities — even during pandemics — to grow, connect, and engage our members and the communities we serve.

From our home in Ratzeburg to yours, Susanne and I would like to bid you and your family the warmest of season's greetings. We can't wait to see the good things that 2021 will bring.

**Holger Knaack**  
President 2020-21

## OUR CLUB LAST WEEK'S MEETING:

President **Clint Callison** presided.

Program: Ridge Meadows Seniors Society – Maria Perretta



The Ridge Meadows Senior Society is a registered charity and was incorporated in 1999. The Mission of the Society is to advance the well-being of seniors by providing social support services, education & recreational programs for seniors 55+ within the communities of Maple Ridge and Pitt Meadows.

They offer programs, activities and services from two sites, one in Maple Ridge and the other in Pitt Meadows. One membership allows to access programs and services at both locations. On October 23<sup>rd</sup>, 2019 RMSS celebrated their 20<sup>th</sup> Year Anniversary of operations.



The Maple Ridge Activity Centre opened their doors on October 23<sup>rd</sup>, 1999, and is located at [12150 224th Street, Maple Ridge](#).



Pitt Meadows Activity Centre opened their doors on January 26<sup>th</sup>, 2013, and is located at [19065 119B Avenue, Pitt Meadows](#).

Prior to Covid19, the Society held or sponsored 100 activities per week. In September 2020 this was reduced to 50 activities a week. Membership cost \$25 per year, with those over 90 years having free membership. The following slides show their various activities and areas of support:

They have a “take away” dining option conducted from both Maple Ridge and Pitt Meadows locations: each day between 11:30 AM - 1 PM at Maple Ridge, and between 11:30 AM – 12:30 PM at Pitt Meadows. This is available not only to members but also to non-members at reasonable prices. (See the website for menus.) They also operate a mini food bank providing fresh produce and canned food for 20-30 seniors on a drop-in basis.

They also have a Driver’s Service within Maple Ridge and Pitt Meadows, which allows members to be driven to and from doctor appointments, stores, etc at a very reasonable price. Transportation outside of the catchment area costs slightly more - but is still cheaper than taxis.

An important service for seniors is their exercise programs (previously provided in-person, but also available online). Their website has links to videos to get or keep seniors in shape.

### OUTREACH SERVICES

- ✓ Full time Outreach Coordinator that offers support and assistance to seniors, their family and caregivers
- ✓ Connects isolated seniors and community neighbours to enhance seniors wellbeing and reduce isolation
- ✓ Here We Are committee attends local events and fairs to raise awareness of who we are



The Society is funded on a fee-for-service-basis pursuant to operating agreements with the cities of Maple Ridge and Pitt Meadows, and from gaming funds, membership fees, and activity fees. Prior to Covid, they had 2,000 to 2,500 active members, but are now down to about 500 participating members what adversely affects their income. They have not let staff go, but staff is working at reduced hours. To get more information, go to their website at <https://rmssseniors.org>.

### Happy and Sad dollars:

**Roger:** that Patrick’s suave and debonair moustache is still coming along quite nicely.

**Sharon:** that Laurie’s image on Zoom magically re-appeared (after a computer glitch that kept his face out of sight - if not out of mind).

**Laurie:** that the support of the Senior Link project for the container (which is going to El Salvador) was a success, and that a report will be attached to this week’s 4 Way Flasher.

**Eric:** that he also has facial accoutrements which match Patrick’s debonair moustache (although Lynda said he looked like the Hamburgler).

**Lynda:** who had a happy birthday week-end.

**Libby:** who said that she managed to stay home without going out anywhere for two weeks. But when she went out to get her hair cut, her battery was dead. So she guessed she has to get out more often!

**Patrick:** that he won’t be paying a fine at this week’s meeting (but that is because he is the one giving out the fines).

### Fine Master: Patrick Dobbyn

Patrick levied a fine against all old codgers who do not have a social media account; and also levied a fine against all those young codgers who do have one - but have not yet advertised our 50/50 online fundraiser draw on that platform. [In other words, spread the word!]

### WHAT DO WE OFFER?

Membership \$25 a year pre-registered programs range from \$6-\$16 for 4 weeks



## Back Packs:

Club members are meeting weekly to fill 125 backpacks, and with the help of members (like Clint) are being delivered. However, Ineke is worried about future funding for this project (which costs \$575 per pack), and encourages everyone to actively raise for it. We can do so by purchasing plants (see the notice about that in this bulletin).

**Lynda** has challenged all members to match her \$100 pledge to the backpack program, and as of this date **Libby, Roger, Sharon, Walter and Laurie** have taken up the challenge.

## Club Christmas Party

Due to the corona virus there will be no in-person get-together, but **Adrienne** suggested a virtual Christmas party which will take the place in stead of our regular luncheon meeting on Tuesday, December 15, and will be scheduled for approximately 6 PM.

## President's Quote for the Day

*The consensus is that after the election 100% of Americans think that 50% of Americans have lost their minds.*

## The El Salvador Project

In our September 29, 2020 bulletin, we reported that our speaker, **Patricia Cruz**, told us the plight of the people of El Salvador (a country located in Central America below Mexico) who had faced massive destruction due to tropical storm "Amanda", which struck on June 1, 2020 during the height of the COVID-19 crisis. She explained that *"the entire nation has been under strict military enforced quarantine Stay-at-Home Order for more than 90 days, which implies people have not been allowed to work, freely access food and medication, and essentially having been at home starving. "Aid for El Salvador" was created by "Senior Link", a charity, with the purpose to provide help and relief to the families affected by such a tragedy. "Senior Link" paired with a renowned local non-profit organization called Comandos de Salvamento el Salvador (meaning veteran Commandos of El Salvador), who rescue people in distress) with decades of experience in areas of emergency medical service and urban search and rescue. This group will help to receive donations and deliver supplies to families in need, especially re-construction tools."*

Patricia requested our help in filling the container. Our club responded - and the following (among other) items were collected from some of our Club members (**Dr. Stephanie Jeanneret [Patrick O'Brien], Dave Rempel, Matt Debruyne, Ineke and Peter Boekhorst, and Laurie Anderson**) and their family and friends:

- 1 portable x-ray machine with accessories
- 4 bicycles & 3 bicycle helmets, tire
- 3 sewing machines and sewing supplies
- 1 table saw, with stand and attachments
- 6 or 7 skill saws (some with new blades)
- 2 chop/miter saws
- 3 or 4 electric drills & bits
- 1 aluminum step/extendable ladder
- 3 boxes of clothing
- 1 level
- numerous garden tools (shovels, rakes, etc)
- hand construction tools (hammers, hand saws, screw drivers etc)
- bedding & towels
- iron & ironing board
- memory foam mattress

The sending of the container was delayed until the end of this month because Senior Link was unable to come up with the \$1,500 required to send the container, but our Club came to the rescue when several of our individual members pledged a total of \$600 (**Walter, Clint, Ineke and Peter and Laurie**), with the balance of the \$900 required being taken out of the International Committee Budget.

**Submitted by Laurie Anderson**

## CHRISTMAS PLANTS FOR STARFISH PACKS!

As each year, every single penny we raise will be used for food in our Starfish Packs, so please be generous. Presently serving 120 hungry local kids every weekend in 15 local schools; we cannot do this without your assistance...Thank You!



### Christmas Plants for Starfish Packs!



**The Meadow Ridge Rotary Club presents our Annual Festive Christmas Fundraising Event, with 100% of PROFITS to the Starfish Program!**  
Project details: 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 pack to assist hungry elementary school children in MR and PM over the week-end. The Starfish packs full of food are delivered every Thursday or Friday to each participating school throughout School District #42 during the school year.

**Please support our Christmas fundraiser and surprise someone with a beautiful Christmas plant!**

<p><b>7" Christmas Planter in Tin</b></p>  <p><u>\$30.00 ea</u> <b>Buy 3 or more: \$25.00 ea</b></p>	<p><b>6" Cypress Tree in Red Tin</b></p>  <p><u>\$23.00 ea</u> <b>Buy 3 or more: \$20.00 ea</b></p>	<p><b>6" Cypress Tree in Red Tin with micro lights</b></p>  <p><u>\$29.00 ea</u> <b>Buy 3 or more: \$25.00 ea</b></p>
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(Not exactly as shown - Includes Taxes and Christmas Card!)  
P.U or Delivery December 7 or later.

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!

Payment: cheque, credit card or e-transfer  
Call Ineke 604-467-2420 for p/u or delivery in MR/PM early December



**100% of profits to Starfish program in Maple Ridge and Pitt Meadows**

(Click on picture to enlarge)

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

# Christmas Plants for Starfish Packs!

The Meadow Ridge Rotary Club presents  
our Annual Festive Christmas Fundraising Event,  
with 100% of profits to the **Starfish Pack** Program!



We are selling beautiful **Christmas Planter** and **Cypress Tree in Tin**.



7" Christmas Planter in Tin  
(Not exactly as shown)

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!

*P/U or Delivery in Maple Ridge or Pitt Meadows December 7 or later.*

**\$30.<sup>00</sup> ea or \$25.<sup>00</sup> ea when buying 3+**



6" Cypress Tree in Red Tin  
(Not exactly as shown)

**\$23.<sup>00</sup> ea or \$20.<sup>00</sup> ea when buying 3+**

***Tree with Micro Lights***

**\$29.<sup>00</sup> ea or \$25.<sup>00</sup> ea when buying 3+**

**(Taxes included; receipt provided for your records if required)**

**ALL proceeds to Rotary's Starfish Pack Program!**

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

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

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

Date required: .....

1 or 2 Christmas Planters for \$30 ea. .... x \$30 Total: \$ .....

3+ Christmas Planters for \$25 each .... x \$25 Total: \$ .....

1 or 2 Cypress Trees for \$23 ea. .... x \$23 Total: \$ .....

3+ Cypress Trees for \$20 ea. .... x \$20 Total: \$ .....

1 or 2 Cypress Trees with micro lights for \$29 ea. .... x \$29 Total: \$ .....

3+ Cypress Trees with micro lights for \$25 ea. .... x \$25 Total: \$ .....

**Total number of plants:** ..... Please pay: \$ .....

Cheque  Credit  e-Transfer  to [iboekhorst@telus.net](mailto:iboekhorst@telus.net)