



The Four Way Flasher



Meadow Ridge Rotary Club

Vol. 20, Issue 18

Nov. 12, 2013

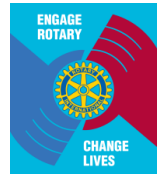
Website: www.MeadowRidgeRotary.ca

Meetings: Tuesday 12 Noon, Bella Vita Restaurant

President:	Adrienne Dale	Phone: 778-242-5549	E-mail the President
Secretary:	David Riddell	Phone: 604-406-8882	E-mail the Secretary
Editor:	Peter Boekhorst	Phone: 604-465-3392	E-mail the Editor

November is Foundation Month

TODAY: Deb Walters - Mayor of Pitt Meadows
NEXT WEEK: Business Meeting



Happy Birthday

Nov. 15: Ken Paterson

Happy Anniversary

Nov. 9: Bob & Irena Shantz

Invocation

Nov. 12	Angie Edmonds
Nov. 19	Mike Davies

CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
Dec. 14	10am – 4pm	Christmas Tree Sale for Nicaragua Project	Maple Ridge Canadian Tire

RI PRESIDENT'S MESSAGE



Every Rotarian joins Rotary for his or her own reasons. Often, the reason someone decides to join isn't the same as the reason that person ultimately decides to stay. When I was asked to join Rotary, I accepted because I thought it would be a good way to get more involved in my community. In the end, though, what really got me excited about Rotary service was something I didn't

even know about when I joined: our Rotary Foundation.

I knew I could do plenty of good work through my Rotary club in Norman, Okla., USA. But through our Foundation, I could have a hand in the work of every single Rotary club and district around the world. I could look at any Foundation-supported project, any Foundation program, any country that was declared polio-free, and say: I helped make that happen.

Once I realized that, there wasn't any turning back.

I've been very fortunate that over the years, I've gotten to see an incredible amount of our Foundation's work firsthand. The more I see, the more passionate I become about our Foundation. When you visit a school for AIDS orphans and meet the kids who are being cared for, educated, and taught a trade – and when you know, as you look into their faces, that if it weren't for our Foundation, they would be sleeping on the street, eating out of

the trash – you don't ever see our Foundation in the same way again.

We are in the middle of one of the most exciting years we have ever known for our Rotary Foundation. We've just rolled out a new grant model, one that will challenge and inspire us all to think bigger and to develop more ambitious projects that will have a more lasting impact. We've accepted a new challenge from the Bill & Melinda Gates Foundation, which has committed to match, two to one, every Rotarian dollar contributed to polio eradication for the next five years, up to US\$35 million per year. And we are now fighting the final battles in our war against polio – a war we are absolutely committed to win.

Our Foundation's goal always has been Doing Good in the World. With our new grant model, we aren't going to be satisfied with simply doing good. We will do the most good we can, in the most lasting ways possible – for the people who need us the most.

Ron D. Burton
President 2013-14

50 / 50 draw - Jackpot at \$342.50 + 1/2 of today's sales, 35 cards left, Jackpot on "Queen of Hearts" only!

Cheque Presentation

Angie Edmonds, chairman of our Community Services Committee, presented a cheque to, **Lindy Sisson**, Executive Director of the **Maple Ridge Pitt Meadows Arts Council** in the amount of \$2,000 in support of the Arts Angels Program. This grant will give persons who would not otherwise be able to afford them access to programs and performances at the ACT.



Happy and Sad

- **Mark Forster** is participating in a fund raiser for prostate cancer. Anyone wishing to support him, please contact Mark.
- **Bob Shantz** said the Duck Race Committee has estimated that 5,773 (or was that 5,773.25?) people have been helped by the funds raised by the Duck Race, and because it is reaching so many of our young people we should all continue to support it.
- **Ineke Boekhorst** is justifiably proud of her 35-year-old daughter who is now the Assistant District Governor in Kelowna. She also reminded us of the cyclamen sale to support our Club's International Nicaragua Project.
- **David Rempel's** adopted daughter Julia is going back to Russia to see her mother.
- **Angie Edmonds** had three Rotary exchange students from Chilliwack join our own Rotary exchange student Michiel at Angie's home (where Michiel is residing until the end of the year.
- **Betty Levens** urged us all to support the ACT, which brings in movies which we do not get the opportunity to see in theatres. For example, they recently showed the movie Anna Karina.

Announcements

Our club will be having a Christmas party on December 6, although a venue has not yet been determined. If anyone is able to volunteer their home as the venue, please contact the Club Services Committee.

Installation of New Member

Mark Forster and **Ineke Boekhorst** had the pleasure of installing **Betty Levens**, who was a former member of our Club. Like Ineke, Betty is a past Maple Ridge Citizen of the Year and has been active for years in numerous community activities.

Welcome Betty!



Our guests for the meeting were **Annika Polegato**, the Executive Director of **Alouette Addictions Services**, and **Scott Williams**, a Youth and Family Counsellor with that organization.

Alouette Addictions has been doing great work in our community for the past 20 years. It provides support and help for those with drug, alcohol and other addictions, as well as for their family and friends, but also focuses on prevention, particularly for our youth. They provide instant drop-in support and help, and their services are free. Approximately 60 to 100 people come in to their offices every month seeking help and counselling.



Scott emphasized that prevention is essential because the legislation is not working. Their counsellors go throughout our community, and have an office in every high school in School District 42. They are also providing programs to elementary schools.

An important program is their Parent Drug Forums. These Forums are held to educate parents about the drugs which are out there on the streets, and to teach parents how to detect if their children have a drug problem or the beginning of one. In addition, parents are given counselling and advice about how to talk to their children about drugs. At these Forums, they have laid out on the table (as they did at our own meeting) examples of the drug equipment and tell-tale signs that parents should watch for.

Annika emphasized the importance of raising awareness about the problems and prevention of drug addiction. One of the main problems these days is children between the ages of 16 and 24 taking non-prescription drugs, and most of these are stolen by children from their parents own medicine cabinets. "High school is too late" - children need this education in elementary schools, and this is why they are starting programs for grade five and six students. These days 12- and 13-year-olds are starting drugs (and sex).



Alouette Addiction Services is funded by Fraser Health, but they are trying to do some of their own fundraising because of limited funds. Last year, for example, Alouette Addictions lost the School District funding of previous years because of cutbacks in the school budget. It is a registered non-profit society, and they have a charitable number.

They reported that a recent study showed that 14 to 16-year-olds who use cannabis are five times more likely to get schizophrenia than those who abstain. Cannabis is an anxiety inducing and depressive drug, and in the opinion of Scott should not be legalized as such legalization would inevitably lead to more children using this drug.

Learn more at www.alouetteaddictions.org

Submitted by **Laurie Anderson**