**EyeOpener
October 5, 2021 - Addictions, A Mystery of our Brain, Explained**

This Meeting was via Zoom

Alan played an instrumental version of *O Canada*.

The President read the **Acknowledgement of Treaty 6 Land**

*We acknowledge that the Rotary Club of Camrose Daybreak is located on Treaty 6 land. This is the traditional territory and an ancient gathering place of many Indigenous peoples for thousands of years.

We recognize that we are all Treaty people and have a responsibility to become aware of our shared history, understand the Spirit and Intent of the Treaties and by doing so we can honour the past, be aware of the present, and create a just and caring future built upon Peace, Friendship, and Understanding.*

**Guest Speaker**

Tim Parker was introduced by Patrice. Tim is a professor of psychology at Augustana. He has recently written a book on addictions. It is written for those with addictions and the families or friends of those who are addicted to drugs or behaviours. He prefers a definition of addiction as using drugs or behaviours to the extent they interfere with one’s responsibility to friends or families.

He outlined two common theories of addiction:

1. It is a disease, the problem with this theory is there is no medicine that controls or cures it
2. It is a moral failure, a lack of will power.

This leads to societal prohibition policies. He thinks from his research that it is a process of learning, the result of the brain exercising its plasticity. Something is missing in a person’s life, they self medicate. The drug or behaviour initially results in the person feeling better, the brain realizes the euphoria is not reasonable for the circumstances, so it blunts the response. As use continues the high decreases but it is still better than they felt before the drug, so the use continues and, to restore the high they may try increasing the dose.

He explained the withdrawal symptoms based on whether the drug is a stimulant or a sedative. Withdrawal causes the opposite effects to the drug. Addiction can cause permanent changes to the prefrontal cortex: anhedonia - the inability to experience pleasure, increased impulsivity and impaired decision making, less ability to comprehend complex instructions, and preservative thinking (inability to change behaviours in the face of new evidence).

These changes make “rehabilitation” of the addicted person difficult. Some people are more susceptible to addiction, caused by both hereditary and environmental factors (something missing in their life experience).

**Food for Thought:** Odell forgot to choose someone for this week, as next Monday is Thanksgiving, we can all think about what we can be thankful for. Thankfulness in a time of adversity leads to resiliency. Destiny will bring **Food for Thought** next week

**Other Business:** Chase the Ace: Morris reported this two-week period supports the OSCAR After School program and Hospice. The draw will take place on Wed. October 6. The next 2-week period will be in support of the Huntington Society of Canada.

**Happy Bucks:** for a comfortable trip to Newfoundland, the province of Newfoundland and a fishing trip, a 5600 kilometer trip driving to the Yukon through the stunning fall foliage, their granddaughters visit, a trip to Fairmont and the Columbia Valley.

**Speaker Next week (Tuesday Oct 12):** Dean has arranged for Tanya VanPetten manager of the 911 Communications Centre to speak about the Next Generation upgrades to 911 mandated by the Federal Government

Meeting adjourned with Alan leading us in singing the *Four Way Test*

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