

Meetings: Tuesday 12 Noon

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FEBRUARY IS PEACE AND CONFLICT PREVENTION/RESOLUTION MONTH

Happy Birthday	Happy Anniversary
Feb 19: Mark Forster	

UPCOMING SPEAKERS:

Feb 14: Rebecca Arthur Short Term Exchange Student – via Zoom	Feb 21: Rebecca Awan Current Property Market Trends	Feb 28:
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LAST WEEK'S MEETING

President **Chili** presided.

Guests: (other than our speakers)

Alex Pope, Laurel Hickman, Derek Robson and (special guest) **Miles Robson** (one-year old son of Derek and Aimee, and best friend of Lynda's cat Symba).

Program: Last Door Recovery Society ("Recovery Society")

Speakers:

Peter Beka

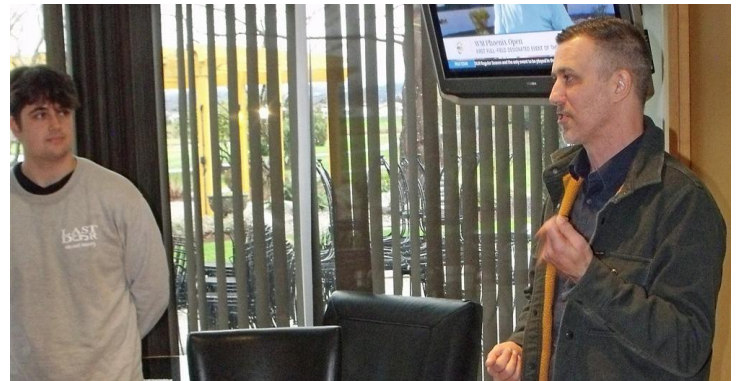
Peter is the Youth Program Manager and an Addiction Counselor for the Recovery Society. After completing the program as an addicted youth, he worked part time for the Recovery Society before becoming a full-time employee, and he has stayed with the Society since 1998. During his teen years he was a ward of the Ministry of Child Welfare. The following is a statement by Peter (as found on their website):



My relationship with Last Door Recovery Society began on December 24, 1990. At age 19, I was hopelessly defeated and isolated in a world of uncontrollable substance use, destroyed family relationships, failed dreams, broken trust, a life built on lies, irresponsibility, emotional distress, and the compounding consequences of a life driven by addiction.....I was a resident at Last Door for approximately 14 months. During my treatment stay I was treated with compassion and love, and for the first time in many years experienced a sense of belonging and purpose in life. I was taught to laugh, love, and live with integrity, honor, and dignity. I was mentored into the responsibilities of adulthood, and encouraged to amend harms I had caused others, and to return to my family with accountability. I experienced the value and meaning of true friendship and was given a second chance at life.....In April 1996 I was blessed with the opportunity for employment with LDRS at Last Door Youth Program.

Ben Bligh

Ben is a recent alumni graduate of the Recovery Society, and is a part-time worker there. Ben attended our meeting to share his personal experiences with the treatment services that he received from the Recovery Society.



The Recovery Society

The Recovery Society offers long term, bed-based, substance abuse services to individuals ages 13 to 18 years old, and in the lower mainland is located in New Westminster. It has 10 beds for residents, and 4 after-care beds. Most of the staff (including Peter Beka) are graduates of the program. Peter says that "we are losing approximately 6 lives a day in British Columbia due to the use of drugs", and the goal of Peter and its employees is to try to reduce that number. Their recovery program is not just about addictions. It focuses on teaching and helping the young "people how to heal, how to negotiate friendships, how to form relationships, and how to reconnect with family", all of which is essential for recovery.

Participants of the program get up at 6:30 in the morning and the program continues until 10 PM. They are given guidance, but are encouraged and expected to make their own standards in daily lived, as they will be required to do when leaving the program. They are expected to do chores, etc., and are given counselling.

Peter spoke of how the participants are taught to build “recovery capital” in their lives, meaning having such things as supportive family and friends, safe housing, their own bank account, employment, etc.. “People with high recovery capital have better health outcomes.”

Ben told us about his experiences. He had good parents who were supportive, but he got into addiction and became disconnected from family and friends and lost inspiration to work in school. He went into the program of the Recovery Society, and said that they showed him the value of work and to recover his self-esteem. He completed the program 11 months ago, which gave him structure and his life and taught him how to be a role model. Said ben, “I have grown so much and have seen other people grow”, and “without the help of the Last Door Recovery Society I would not have got to where I am today”. “I still have a connection with them, and know that I can come back to the program if I need help.”

Peter also spoke about the importance of removing the stigma from addictions as well as from mental health, and says that things are improving in this regard. “If 30 years ago a person was taking mental health medication, they wouldn’t be admitted into some programs.” He said that there are many people that we meet in our everyday lives who are struggling with addictions, and without conversations about what people (like Peter and Ben) have gone through, people would not learn about and understand about addictions and what their program can do (and he commended Ben, as a young man, for being willing to tell his story). Peter said that prospective residents can come for a day (“for a test drive”) to see if they like the program and feel that they could fit in. Peter advised that he has about 10 conversations per week with mothers about “how to help them help their kids”.

The **Last Door Recovery Society** also has treatment centres in other parts of British Columbia and other provinces in Canada. The program costs \$325 per day (or about \$10,000 per month).

Happy and Sad

Matt collected \$68 Happy and Sad dollars, of which Libby (the chair of our Membership Committee) contributed 24% of the total, because she was happy to announce that **Alex Pope** and **Laurel Hickman** will soon be inducted at an upcoming meeting as the newest members of our club.

Fine Master

Ineke did a fun and informative job as Fine Master by testing our knowledge about Rotary, including the following questions:

- In what city, date and year was Rotary founded?
Chicago, on February 23, 1905.



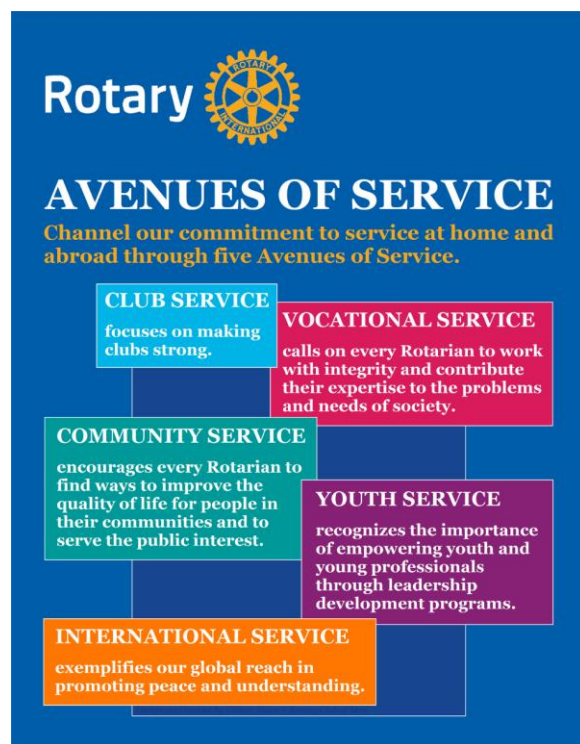
- What was the first service project of the first Rotary Club (that made Rotary the World’s First Service Club)?

The installation of public toilets in Chicago in 1917.



The first Rotary service project was the installation of public toilets in the city of Chicago.

- What were the four original avenues of service in Rotary Club, Community, International and Vocational service.
- What is the fifth Avenue of service in Rotary and when was it introduced?
Service to Youth (initially New Generations) in 2010.



- What is Interact?
A Rotary Youth Program for post primary school students who range in age from 12 to 18 years.



- What is the greatest distance from Chicago that a Rotary Club Banner has been displayed?

In 1968 astronaut Frank Borman, of the Rotary Club of Space Centre, Houston, Texas, took a club Banner on his orbit around the moon in Apollo 8.



- What is the largest Rotary club in the world?
Oklahoma City Downtown Club with 615 regular members and 22 honorary members.



- How many Rotarians are there in the world, in how many clubs, and in how many countries?
1.2 Million Rotarians, in more than 35,000 Rotary Clubs, in more than 200 countries in all geographic areas.

Shelter Box – Request from Ineke - Chair International Service Committee

We've all seen the news; a devastating earthquake in Turkey and Syria, destroyed and damaged many homes. Thousands of people were killed, communities, families and lives are torn apart. **ShelterBox is responding to the crisis in Turkey & Syria.** A team is on their way. ShelterBox will be sending aid and is working tirelessly to understand where they can help best and get as many people as possible the support they need. **We need your help.** Your support today will provide lifesaving aid for families affected by this humanitarian crisis.



As official Project Partners in international disaster relief, Rotary and ShelterBox work together to ensure *no one is left without shelter after disaster*. Donating to ShelterBox is the best way Rotarians can take immediate action to help families affected by disasters around the world.

Today at the Club meeting, we asked all our members, if able to help, to possibly donate towards the cost of one (or more) Shelterbox (cost \$1200 Can). Whatever you are able to donate is much appreciated and together we can make a difference for one family or 10 people!

Just through donations by members attending our meeting in person today, we immediately received enough for 1 Shelterbox maybe we can get enough for 2?
PLEASE email Walter or myself with your pledge.....

If you're writing a cheque (preferred!) to the MeadowRidge Foundation, you will receive a tax receipt for you donation.
We can also accept e-transfers (Walter's email)

Submitted by Laurie Anderson