

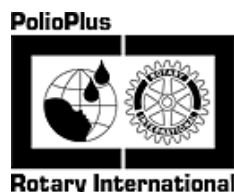
**OVER 200 VOLUNTEERS WILL TRAVEL TO INDIA TO IMMUNIZE CHILDREN AGAINST POLIO**

(Evanston, Ill., USA — 16 February 2004) As global health officials expect to stop the spread of the poliovirus by the end of 2004, about 200 business professionals from the US, Canada, and Europe departed for India, where the last vestiges of this crippling disease are persistently holding on, in mid February. These volunteers are members of Rotary, which has made eliminating this crippling disease its flagship humanitarian program.

While in India, the Rotary group will participate in an intense vaccination campaign on February 22, which is supported by the Indian government, Rotary International and its partners of the Global Polio Eradication Initiative; the World Health Organization, US Centers for Disease Control and Prevention and UNICEF. The volunteers will administer the drops of oral polio vaccine to children, deliver the vaccine to health clinics and recruit fellow volunteers. The goal will be to immunize every child under the age of five against polio.

Rotary member and Dowagiac, Michigan resident Dave Groner said, "We are so proud to be part of this historic effort to rid the world of a crippling disease that has impacted millions of lives throughout the centuries. We must remain diligent in our efforts to ensure that every child is protected against this tragic and preventable disease."

A highly infectious disease, polio can cause paralysis and sometimes death. As there is no cure, the best protection is prevention. For as little as US .60 cents worth of vaccine, a child can be protected against this crippling disease for life.



After an international investment of US\$3 billion over 15 years, and the successful engagement of over 200 countries and 20 million volunteers, polio could be the first disease of the 21st century to be eradicated.

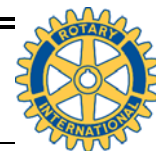
India is one of three countries in Asia and only six in the world (Afghanistan, Pakistan, India, Nigeria, Niger and Egypt) where the poliovirus still continues to circulate. According to global health officials, India presents the greatest opportunity for success or failure in stopping polio early in 2004. Last year, India dramatically improved its immunization campaigns, and as a result, reported its lowest-ever levels of polio in its key hotspots. In 2003, India reported 233 cases nationwide, down from 1600 cases in 2002. India, Nigeria (327 cases) and Pakistan (99 cases) contain the majority of the world's 720 cases of polio in 2003.

Great strides have been made since Rotary launched its PolioPlus program in 1985, when polio infected an estimated 1,000 children each day in 125 countries. Much of this progress is due in part to Rotary's commitment. Rotary has contributed US\$52.6 million to polio eradication efforts in India. Second only to the United States Government, Rotary is the largest private sector contributor to the Global Polio Eradication Initiative with a contribution of more than US\$500 million; as well as countless volunteer hours during national immunization campaigns.

Jonathan Majiyagbe, President of Rotary International, noted that volunteer efforts are an integral part of Rotary's campaign against polio. "The dedication shown by Rotary members is not only inspiring, but it is also a fundamental component of our fight against polio," said Majiyagbe. "Thanks to the dedication of Rotary volunteers worldwide, soon there will be one less threat against the children of the world."

In 1985, Rotary International launched a 20-year program to immunize all the world's children against polio. Rotary's community-based leadership, volunteer support and initial funding for vaccine were the catalyst for the World Health Assembly's resolution in 1988 to eradicate polio. Once eradicated, polio will be the second disease after smallpox ever to be completely eliminated.

The Global Polio Eradication Initiative is spearheaded by the World Health Organization, Rotary International, the US Centers for Disease Control and Prevention (CDC) and the United Nations Children's Fund (UNICEF).



# The Four Way Flasher

## Rotary Club of MeadowRidge Newsletter

**Vol. 10 Issue 34**  
**Feb. 24, 2004**

Web-site: [www3.telus.net/MeadowRidge\\_Rotary](http://www3.telus.net/MeadowRidge_Rotary)

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### INVOCATION

<b>Mar. 02</b>	Liz Attarmigirian	<b>Mar. 09</b>	Carol Bartolomie
<b>Mar. 16</b>	Brian Bekar	<b>Mar. 23</b>	Ineke Boekhorst

### BINGO SCHEDULE

	<b>6:15-8:15</b>	<b>8:00-10:00</b>
<b>Feb. 26</b>	Liz Attarmigirian	Ken Knuttila
<b>Mar. 25</b>	Doris Gagel	Stan Wade



**Lend a Hand**

**A no-show will result in losing our Bingo licence (\$30,000/yr)**  
 Call Peter at 604-465-3392 for assistance or e-mail [peter.boekhorst@telus.net](mailto:peter.boekhorst@telus.net)

**This only requires 2 hours per member every 2 years and is the easiest, best paid job ever: \$625.00 / hr.**

**TODAY'S PROGRAM:** Who's Who – Alan Graveson  
**NEXT WEEK:** Bill Neale, Pitt Meadows Airport Manager

### CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
March 4	12:30	WineZest Meeting	ACT Boardroom
April 3		District 5050 Assembly	Kwantlen University-College, Surrey
April 17		WineZest 2004	ACT, Maple Ridge
May 13-15		District 5050 Conference	Skagit Valley Casino Resort

**Chance of winning the 6/49 jackpot is 1:13,983,816**  
**Chance of winning our 50/50 jackpot is 1:240**

**50 / 50 draw - Jackpot at \$1,304 + 1/2 of today's sales, 6 cards, Jackpot on "Queen of Hearts" only!**



## LAST WEEK'S MEETING

### STILL NO WINNER SO THE POT IS NOW AT \$1,304 AND 6 CARDS LEFT!



We had lots of guests last week, two of whom were installed and therefore no longer qualify as guests. Lynda Lawrence and Murray Davelaar were both installed today. Lynda is a Property Manager/Realtor with Robson & Associates and has done much work for our club behind the scenes and we hope her efforts will be the same now that she is a member in her own right. Murray comes from the HSBC bank and is replacing Dave Reekie at that bank. He has big shoes to fill but I am sure that will not be a problem, he came highly recommended by Dave.

Our other guests included Eric Wright, our outgoing exchange student who will be travelling to France in the fall. He was also the mystery greeter so he had the opportunity to meet everyone at the meeting. We were also

joined by two of our "regular guests" Johanna Reed and Ed Chiu.

President Laurie unveiled next years RI theme which is "Celebrate Rotary 100 years" Sounds like it will be an exciting year ahead for Mary.

Our guest speaker was Wilson Sieg, a gentleman who wears many hats. He is the Constituency Manager for Randy Hawes, lectures on "Cognitive Skill Training" and is involved with Youth Juvenile Justice. He is also a Rotarian and joined the Abbotsford Club back in 1985.



Wilson explained to us that the way we process change in our subconscious is the same no matter what the change is. In order to bring change into our lives we must first make the change internally, that is imagine the change in our lives and allow the subconscious to accept that change as a "truth". From there we can make the change more effectively and efficiently. Much like all professional athletes "train" in their mind and "visualize" their success as much or more than they actually physically train in their sport. What you think is what you become. He advises we should spend more time thinking about what we do want instead of what we don't want and we will see an improvement in our lives. The subconscious mind does not know the difference between a real or imagined event, hence the value in visualization is rather clear.

Most times when we make a decision we make it in either a three or four step process. The much preferred way is the four step. They are

- 1) Identify the issue/decision through our senses
- 2) Compare it to our "subconscious truths"
- 3) Evaluate the situation
- 4) Make an instantaneous decision.



The step that gets dropped in a three step process, unfortunately is the third one "evaluate". This is because those decisions are usually made when we are under stress, in pain, are hungry etc. When we try to make decisions under these circumstances our subconscious will automatically direct us to do what we have done in the past and therefore align with its "truths". It is possible through Cognitive Skill Training to teach ourselves more positive truths and therefore have better chances of "repeating" positive behaviours instead of negative ones.

An excellent speaker, who could likely have gone on at great length on a very interesting topic.

Submitted by Debi Pearce

## HAPPY BIRTHDAY

March 1: Gladys Davies

## WINEZEST 2004

This is the email, Livia sent to everybody regarding advertising for WineZest.

I am just working out the ads and cost for the WineZest promotion.

I have it to a 2 column wide by 7 inches tall ad costing \$40.00 per sponsor.

The Times will sponsor the first one to run this coming Friday as it is important to get the word out there. There are only 13 editions after this to advertise it in. I am looking for sponsors for the ads starting next Tuesday and for every paper after that. As mentioned your contribution is \$40.00 (about a 70% discount).

Please email me at [LMior@mrtimes.com](mailto:LMior@mrtimes.com) if you are willing to sponsor an ad. Include info you would like to see and I will arrange it for you and email it back once it is put together for your proof.

Thanks to all and please let me know if there are any questions you have.

Livia

Planning meetings are taking place weekly now and we are progressing at a steady pace (next meeting Thursday March 4<sup>th</sup>, 12:30pm. at the ACT). We need participation from the entire club to make this event successful! So please if you haven't been asked, volunteer your services in any of the areas needed.



**EVERY MEMBER IS REQUIRED TO SUPPLY A MINIMUM OF 2 ITEMS FOR THE SILENT AUCTION!**