



As RI President Glenn E. Estess Sr. leads Rotarians into a year of celebration, he has chosen to emphasize four areas of service: Family of Rotary, health concerns, literacy, and water management. Clubs are encouraged to continue and expand existing projects in these areas, as well as to support new initiatives.

### The Family of Rotary

Continuing the initiative introduced by 2003-04 RI President Jonathan B. Majiyagbe to reach out to Rotarians and their families, Estess intends to keep the family of Rotary a priority during the 2004-05 year.

"The family of Rotary Committees will remain an essential part of our efforts to retain members next year," he told Rotarians in February during the

International Assembly in Anaheim, Calif., USA. Family of Rotary efforts not only play an important role in membership retention efforts, they also inspire innovative and fulfilling service projects.

"When clubs promote an atmosphere of concern and caring and include family members in social events and service projects, Rotary becomes a satisfying and viable way for members to enrich their lives," said Estess.

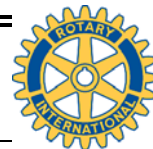
### Health concerns

As Rotary approaches its goal of a polio-free world, the PolioPlus program will continue to be at the forefront of health efforts. At the same time, President Estess encourages Rotarians to address the wide range of other health-related issues that affect the lives of millions worldwide. Rotarians need only to look to their colleagues for inspiration. In India, for example, a dedicated group is educating the public about the preventable causes of blindness while providing medical care to thousands.

"Hundreds of Rotarians are involved in eye camps organized in different parts of the country," says eye surgeon Shashank Rathod, a member of the Rotary Club Ahmedabad Metro and past governor of District 3050. He coordinates free diagnostic camps and surgeries in cooperation with other Rotarians in the district. Rathod, who has personally performed more than 9,000 free cataract operations, is not alone in his extraordinary effort. The fight against avoidable blindness in India is supported by grants from The Rotary Foundation of RI and by individual Rotarians across the globe. Rathod's district alone has received funding and hands-on assistance from Rotarians in Argentina, Australia, Brazil, Canada, Germany, and the United States. Still, the need remains great.

"Although the causes of blindness are known and the knowledge and technology to control blinding diseases have been developed, the number of people becoming blind is increasing," says Rathod. "In India it is estimated that every year more than 1.5 million cataract surgeries are done and 2.2 million cataract cases are added."

Next week we will print the chapters literacy, and water management.



# The Four Way Flasher

## Rotary Club of MeadowRidge Newsletter

Vol. 11 Issue 5  
August 3, 2004

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

Meetings: Tuesday 12pm, Gourmet Hideaway Restaurant  
President: Mary Robson Phone: 604-463-3333, 2  
Secretary: Carol Bartolomie Phone: 604-465-0910  
Editor: Peter Boekhorst

[maryrobson@robsonandassoc.com](mailto:maryrobson@robsonandassoc.com)  
[carolbartolomie@shaw.ca](mailto:carolbartolomie@shaw.ca)  
[mrrotary@telus.net](mailto:mrrotary@telus.net)

### INVOCATION

August 3	Tim Lowes	August 10	Debbie MacRae
August 24	Kevin Nosworthy	August 31	Mina Park

### BINGO SCHEDULE

	6:15-8:15	8:00-10:00
August 12	Mary Robson	Mina Park
Sept. 09	Ron LePore	Laurie Anderson



Call Peter at 604-465-3392 for assistance or e-mail [peter.boekhorst@telus.net](mailto:peter.boekhorst@telus.net)

**TODAY'S PROGRAM:** Genesa Wheaton, Sandy Rankin & Bob Thompson, Hospital Foundation

**NEXT WEEK:** Donna Telep – Fraser Health Authority

### CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
Aug. 3	1 pm	Hospice - Calendar Meeting	Right after meeting
Aug. 11	noon	Executive meeting	
Aug. 17		Fireside at Bob Shantz's residence	22696 – 132 <sup>nd</sup> Ave. Maple Ridge
Sep. 21		New Members Meeting	
Sep. 28	1 pm	Golf Tournament	Meadow Gardens Golf Course

## No regular meeting on August 17

### HAPPY BIRTHDAY

Aug. 2: Carol Bartolomie      Aug. 4: Liz Attarmigirian      Aug. 5: Janet Lindsay  
Aug. 6: Brenda Exner      Aug. 7: Eng Hock Tan

50 / 50 draw - Jackpot at \$383 + 1/2 of today's sales, 40 cards left, Jackpot on "Queen of Hearts" only!

## LAST WEEK'S MEETING



Cheryl Johnson got a belated 'Thank You' from the Club for all her work – and it was a lot of work! – for our very successful WineZest. President Mary gave her the Award of Appreciation.

Our guest speaker was Inspector Janice Armstrong, from the local RCMP Detachment.

She grew up in Nova Scotia and after her RCMP training she ended up in BC, her third choice of location. Her first location was Hope, after that she transferred to

Surrey, where she was active in a variety of departments. Since June 1<sup>st</sup>, 2004 she took over from Fraser MacRae as Inspector of the Maple Ridge/Pitt Meadows PCMP Detachment. Janice pointed out the importance of the co-operation of the community.

Whenever you hear "Stop, police", you better cooperate!



## CRYSTAL METH AFFECTS ALL OF COMMUNITY

Last week's meeting about crystal meth, organized by our president Mary, had a huge turn-up. Many people who were there, had no idea what big a problem this is in our community. The following is an editorial from the Times.

On Thursday night, concerned residents got together at the ACT to talk about how we can get tough on the crystal meth problem.

It was organized by the Meadowridge Rotary Club, because our community is seeing a rise in the problem.

Meth labs are being busted on a regular basis and people like 21-year-old Shane O'Connor have been turning up dead or near death after getting hooked on the drug.

Youth are the main targets of meth dealers, who offer the drug at cheap prices, or even for free for the first few hits until they become hooked. Getting hooked, however, can mean only using the drug one or two times.

Taking that tiny first step can lead to several giant steps forward. Just look at the case of Hinton, Alberta, a small town profiled on Page I of Tuesday's TIMES.

This town hasn't cracked the problem of crystal meth, but it has attacked it head on and is making a lot of progress. Volunteers signed up to go door to door, in fact every door in the entire community to inform residents about what crystal meth is. A committee in Hinton has also tried successfully to get pharmacies and other stores not to stock up on the chemicals used to make crystal meth.

Our community faces a much bigger task. We're a lot bigger than Hinton and even if we did get the chemicals off store shelves, we can't stop drug makers from going next door to buy them.

We also have far more doors to knock on to get the word out. But we can try and that's why more people need to get involved in the group forming to fight this war.

We need to get the message out to kids and their parents.

**From the Maple Ridge / Pitt Meadows Times Friday, July 30 2004**

## HOW METH DESTROYS BODY AND MIND

Meth can be swallowed, snorted, smoked or injected, but no matter how it gets into the body, it works with remarkable efficiency. Meth users report feeling that they have superhuman strength and experience a sense of euphoria and hyperalertness. "They feel very confident, very smart", says Micheal Bogenschutz, vice chair of addiction psychiatry at the University of New Mexico. The high can last up to 12 hours, after which users must take more to avoid crashing.

The price users pay for the illusion of wellbeing is horrific. For starters, the drug is fiendishly addictive. Even using the meth a few times can get someone hooked. For addicts, dramatic weight loss is common, as is losing teeth; the drug can cause high blood pressure, seizures and even strokes. Chronic users often have hallucinations, hear voices and experience paranoia; especially during withdrawal, they can suffer from eruptions of rage and suicidal tendencies. Getting off meth proves to be very difficult. One treatment that shows some effectiveness is a 12-step program. "Where as a traditional 28-day detox program is not enough for meth", cautions David Coldman, who oversees addiction treatment at a clinic in Seacy, Ark. More often, he says, it can take 90 days or even six months for an addict to get clean.

**From 'People' February 16, 2004**



# MeadowRidge Rotary & Haney Rotary Annual Golf Tournament Sept. 28, 2004



Shotgun start at 1 pm.

Here is your opportunity to sponsor a hole for only \$100!

Meadow Gardens Golf Course