

HOSPICE CASH CALENDAR

Following are the Hospice Cash Calendar May winners:

May 1	\$20	JOHN PETTY	MAPLE RIDGE
2	\$20	TAZ MURRAY	COQUITLAM
3	\$20	ART & LINDA LUNDEBERG	MAPLE RIDGE
4	\$20	ALF KILERICH	MAPLE RIDGE
5	\$20	JEAN SHECK	MAPLE RIDGE
6	\$20	BRUCE & CAROL BAXTER	MAPLE RIDGE
7	\$20	NATHAN LOGUE	MAPLE RIDGE
8	\$250	BECKY GRAVES	MAPLE RIDGE
9	\$20	HON CHOW	COQUITLAM
10	\$20	SADAKO MIYAHARA	KAMLOOPS
11	\$20	BRENT CHAPMAN	VANCOUVER
12	\$20	BRACE ASHER	MAPLE RIDGE
13	\$20	STEPHEN SHEWCHUK	MAPLE RIDGE
14	\$20	PETER ARROW	MAPLE RIDGE
15	\$20	MIKE & ETHEL MARKOWSKY	MAPLE RIDGE
16	\$20	LEN WADE	MAPLE RIDGE
17	\$20	MARGARET EYKELBASH	MAPLE RIDGE
18	\$20	HELEN BELGRIS	PITT MEADOWS
19	\$20	SHANDA WHITTOME	PITT MEADOWS
20	\$20	ROGER FRANCKE	VANCOUVER
21	\$20	MICHELLE ANTONIAK	COQUITLAM
22	\$20	TARA GEIGER	PITT MEADOWS
23	\$20	PETER ARROW	MAPLE RIDGE
24	\$20	CHRIS COVINGTON	EVERETT, WASH
25	\$20	NAN HELMY	MAPLE RIDGE
26	\$20	MARCIA PAPP	MAPLE RIDGE
27	\$20	JILL BRESLIN	MAPLE RIDGE
28	\$20	PAULA BURGESS	MAPLE RIDGE
29	\$20	JENNY VANDERWOOD	MAPLE RIDGE
30	\$20	BILL & ANNELIES BAXTER	MAPLE RIDGE
31	\$250	DAVE DEVERAUX	MAPLE RIDGE

MEADOWRIDGE ROTARY ESTEEM TEAM

The Esteem Team's visitation is scheduled for Tuesday, May 3, 10 and 17, 2005 with the following itinerary:

May 3 – 10:00am	Westview Secondary	20905 Wicklund Ave., MR	Mitch Baker
May 3 – 10:30am	Webster's Corner Elementary	25554 Dewdney Tr. Rd., MR	Margaret Langford
May 3 – 1:15pm	Mount Crescent Elementary	21821 122 Ave., MR	Mitch Baker
May 3 – 1:15pm	Yennadon Elementary	23347 128 Ave., MR	Margaret Langford
May 10 – 10:30am	Blue Mountain Elementary	12153 248 St., MR	Mike Jones
May 10 – 10:30am	Harry Hooge Elementary	12280 230 St., MR	Nick Ugoalah
May 10 – 1:00pm	Whonnock Elementary	27471 112 Ave., MR	Mike Jones
May 10 – 1:15pm	Kanaka Creek Elementary	11120 234A St., MR	Nick Ugoalah

Rotarians are welcome to accompany these athletes for the presentations.
Please contact Kevin Nosworthy, if you can assist.



The Four Way Flasher

Rotary Club of
MeadowRidge Newsletter

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Web-site: www3.telus.net/MeadowRidge_Rotary

Meetings: Tuesday 12pm, Gourmet Hideaway Restaurant
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INVOCATION

May 3	Robert Goodrick	May 10	Lindsay Hendy
May 17	Shane James	May 24	Cheryl Johnson



CELEBRATE
ROTARY
100 Years

BINGO SCHEDULE

	6:15-8:15	8:00-10:00
May 19	Debi Pearce	Robert Campbell
June 16	Tim Lowes	Sharon Kyle

Call Peter at 604-465-3392 for assistance or email mrrotary@telus.net

TODAY'S PROGRAM: Bobbie Lenarduzzi
NEXT WEEK'S PROGRAM: Who's Who – The Goodricks

CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
May 10	12:30pm	Golf Tournament	Swan-e-Set Golf Club
May 12-15		District5050 Centennial Conference	Victoria, BC
May 18		Grade 10 – Career Preparation Interviews	
May 30		Italian Serata – Hospital ER	La Trattoria
June 18-22		RI Centennial Convention	Chicago
June 28		Installation of new Executive	Meadow Gardens Golf Course
Sept. 17	7-10pm	Harvest Wine Festival	ACT

HAPPY BIRTHDAY

May 5: Don Pearce May 7: Ted Gagel May 8: Chad Reed May 9: Walter Volpatti

HAPPY ANNIVERSARY

May 8: Ted & Doris Gagel

50 / 50 draw - Jackpot at \$20+ 1/2 of today's sales, 51 cards left, Jackpot on "Queen of Hearts" only!

LAST WEEKS MEETING

This week was the kick off to the Esteem Team and we welcomed 3 of their members to our meeting today. If anyone would like to assist in this please feel free to contact Kevin Nosworthy or Dave Rempel.

We also were graced with a visit from 2 young ladies who recently participated in a Student Exchange to Russia named Nicole and Janelle. These two 13 year old ladies traveled to Moscow, St Petersburg and Novosibirsk and enjoyed the hospitality of Russian families with whom they were billeted. They started their trip with a 11 ½ hour flight out of Seattle to Moscow where they visited an English Immersion School, toured the Red Square and Kremlin and went to the World Figure Skating Competition. From there they took a 6 hour Sleeper Train to St Petersburg, which was very beautiful and they had the opportunity to see Swan Lake. From here it was on to another train and Novosibirsk in Siberia the 3rd largest city in Russia.

Dave will likely be looking to do a reciprocal exchange with students from Russia coming to visit us and I am sure will be looking for host families at that time.

Gord presented his report on the Crystal Meth campaign which has been snowballing into speaking engagements and probably sales of the movie that was produced. He presented the club with a 3 page report and I am sure if you were not at the meeting, you can get a copy faxed or emailed to you if you give him a call.

Submitted by Debi Pearce

METH ABUSER FOUND HELP AT SALLY ANN

Jenny Jones came to with a gun pointed to her face.

It was a hot morning in 2002. All she recalls is being with her boyfriend in a half-stripped Dodge truck they'd stolen and pulled over in someone's driveway. Perhaps it was the quiet after the rush of the theft and the slamming drop after days spinning on crystal meth. Perhaps it was the baby in her belly draining her energy – for some reason, they fell asleep there.

She blinked awake to a police officer's gun aimed at her head. That was how Jones' new life began. Her meth run lasted three years and might have been fatal if not for two strangers who cared.

The addiction started when her long-term boyfriend died in a car crash. Jones, then 24, was living in Kelowna cleaning herself up after kicking cocaine. She left the city in mourning to see the house her boyfriend had bought for them in the Lower Mainland before he died. She stopped for one day in Maple Ridge. She tried meth. "It just made me not feel", she said. "I wasn't hurting any more. I never made it home". Jones stayed up for 18 days doing the drug. She didn't stop for nearly three years. Within weeks she was on the street digging through dumpsters to find stuff to sell. She lived in patches of bush and forest. When it rained or got too cold, she'd crawl into a clothing donation box. Her life took on a desperate simplicity. "Drugs, drugs, drugs. You don't think you've got a problem", she said.

Then came the Dodge and the bright hot morning. In the cell, she threw herself against the bars, intentionally injuring herself so she could get out. It worked.

And then, sleeping on the floor of the Maple Ridge Salvation Army shelter, she met Gord Robson, a member of the MeadowRidge Rotary Club. Robson and his wife Mary helped her quit. Erin, Jones' daughter, is now 18 month old and healthy. The Robsons are her godparents.

"Without them, I couldn't have done it", Jones said. "They saved me and Erin".

This is an excerpt from an article in The Province from May 2, 2005.

MEADOWRIDGE ROTARY ESTEEM TEAM



Mitch Baker



Margaret Langford



Mike Jones



Nick Ugoalah

As a member of the Canadian National Snowboard team for 6 years, Mitch has provided Canada with several top 15 finishes in World Cup Giant Slalom and Bordercross. Some of his highlights include a silver medal in Giant slalom at the World University Games held in Slovakia, 3rd place in Giant slalom at the Canadian Nationals, and 4th place in the World Cup Bordercross in Switzerland. Mitch is currently a member of the Vancouver Fire and Rescue Services and continues to pursue his passion for snowboarding.

Margaret Langford is a whitewater kayaker who has risen from paddling near her hometown of Lions Bay, B.C. to competing in three Olympic games. Margaret has been a member of the Canadian National Whitewater Kayak Team since 1989 and has won the Canadian Championships for the last 6 years. She has won World Cup Silver and Bronze medals. Margaret has graduated with honors from UBC with a degree in Human Kinetics and has recently returned from competing at the Sydney 2000 Olympic Games.

Mike has been a competitive downhill mountain bike racer for over 10 years. In 1994, he competed in the World Junior Downhill Championships and then for several seasons competed in Cross Country racing. Back in 1997, Mike placed 2nd at the National Championships and made the Canadian National team. After a two-year break from competition, he came back to place 7th at both the Canada Cup and the Nationals. In 2002, he made the Canadian team again and was ranked 3rd in Canada. Most recently in the summer of 2003 Mike realized a dream he has had since Grade 11 by becoming the Pro Mens Canadian National Downhill Champion. Mike also obtained his Recreation Management Degree from the University of Victoria. In his spare time he plays in the outdoors, writes for the Canadian Health and Fitness Magazine and relaxes with his friends and family.

Competing at the recent Commonwealth Games in Manchester, Nick dominated his division and took the Gold Medal. "I have worked so hard for this. My coaches have been pushing me and that hard work has paid off," said Nick. He is a 3-time CIAU (Canadian Interuniversity Athletic Union) National Champion wrestler, attending Brock University where he earned his Bachelor of Science degree in Biology. He is the current National champion and was the Olympic trials champion at the 76kg weight class.

Nick grew up in Nigeria, and moved to British Columbia when he was ten. He first started competing in wrestling when he was in Grade 12. Nick is a proven world-class wrestler by his consistent placings at some of the major grand prix circuit tournaments: the German Grand Prix, Cerro Pelado, Canada Cup and Egyptian Cup.

Nick encourages others to follow their goals and dreams. He holds the following quote as words to live by. "If a man advances confidently in the direction of his dreams he will be met with a success unimagined in common hours". Aside from wrestling, Nick is currently helping people to achieve balance and fulfillment in their personal lives through his personal fitness training and lifestyle consulting business in Vancouver.