

**FORMER WORLD PEACE FELLOW USES SKILLS LEARNED AT ROTARY CENTER**



Rotaractor and former  
Rotary World Peace Fellow  
Carmen Strigel

Carmen Strigel is not afraid to fail. "I don't mind failing," says the Rotaractor and former Rotary World Peace Fellow. "I like swimming in cold water. I was lucky that I had people who threw me into cold water."

Maybe this attitude is why the 28-year-old from Germany has accomplished more than most people her age. Strigel says it started with her supportive parents. "I never heard, 'No, you can't do that,'" she says. As a child, she traveled with them to various countries, including India, where the poverty and despair she saw instilled in her a desire to help others.

As an adult, Strigel took on a host of challenges. In addition to earning a master's degree in education and becoming a teacher, she helped to start one of the largest and most active Rotaract clubs in Germany. She also

developed her interests in international issues. Having mastered seven languages, she studied and worked in Switzerland and managed an education initiative of the European Commission in Belgium.

Strigel was among the inaugural class of Rotary World Peace Fellows, who began the two-year master's degree program in 2002 at one of seven Rotary Centers for International Studies in peace and conflict resolution hosted by eight leading universities around the world. Fellows receive Rotarian-funded scholarships to study conflict resolution, peace, and international relations. Strigel, who was sponsored by the Rotary Club of Ravensburg, Germany, completed her fellowship at the University of North Carolina at Chapel Hill in the United States.

"I learned to analyze conflict situations, develop conflict resolution approaches, and design appropriate policies to promote sustainable human development," she said in her address to the 2006 International Assembly being held this week in San Diego. "Most of all, my studies focused on the role of education as a key to human development and peace."

As part of the fellowship, Strigel interned with the United Nations Development Programme in Azerbaijan, where she trained UN officials to negotiate and mediate. In addition, she organized a seminar on the role of women in peace negotiations between Azerbaijan and Armenia and helped develop the 2003 Azerbaijan National Human Development Report. After helping to revive Azerbaijan's only Rotaract club, she organized a joint project with her Rotaract club in Germany to renovate several orphanages in Baku, the capital of Azerbaijan.

"By training me, Rotary has indirectly spread the message of peace and understanding to the people I work with in Pakistan, Rwanda, and Iraq," Strigel said.

Today, Strigel is an education research analyst at the nonprofit Research Triangle Institute International (RTI) in North Carolina. Businesses and government agencies contract the nonprofit corporation to conduct research in areas that include pharmaceuticals, natural resources, advanced technologies, education, and economic and social development. The U.S. government has hired RTI to lead an effort to reform Pakistan's educational system.

"I am really just one example, but if you think of something like this happening with all of the Rotary World Peace Fellows — 60-70 every year, working all over the world to promote peace and understanding — you can imagine the overall impact of this program," she said. "This fellowship sets a structure for a group of people who will do everything in their power to create tolerance, foster international understanding, and manage conflicts to promote peace."



# The Four Way Flasher

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

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## February is World Understanding Month

### INVOCATION

<b>Feb. 27</b>	Lynda Lawrence	<b>Mar. 6</b>	Ron LePore
<b>Mar. 13</b>	Wendy Lindvik	<b>Mar. 20</b>	Debbie MacRae

### BINGO SCHEDULE

	<b>6:15 - 8:15</b>	<b>8:00 - 10:00</b>
<b>March 22</b>	Sharon Kyle	Valerie Spurrell
<b>April 19</b>	Lynda Lawrence	Diane Kirkland

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



## Todays Four Way Flasher is dedicated to Rotary World Peace Centres, as part of World Understanding

**TODAY'S PROGRAM:** Terry Becker – Who's who

**NEXT WEEK'S PROGRAM:** Don Woytowich - Secretary Treasurer S.D. 42

### CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
Apr. 14	8:00am	District Assembly	Kwantlen University College, Surrey
May 31-June 2		District Conference	Harrison Hot Springs Resort
June 17-20		RI Conference	Salt Lake City
August 18	3:00pm	Vladimir's Honey BBQ	The Bee Farm - 129 <sup>th</sup> Ave., Pitt Meadows

**50 / 50 draw - Jackpot at \$238.00+ 1/2 of today's sales, 40 cards left, Jackpot on "Queen of Hearts" only!**

## LAST WEEKS MEETING

We welcomed the following guests:

**Jan Dale and Wendy Dawes** - Dominion Lending, guests of Vivian Hatiras  
**Heather Steele** - Canadian Mental Health outreach worker, guest of Mary Robson

**David Russel-Coutts** - Office of Randy Kamp-MP, guest of Mary Robson

**Bob Schantz**- Get subscriptions for 2008 Calendar- If everyone can get one or two this would go a long way. Theme for this year 's calendar is: Gardens. We have given \$40,000 to Hospice thus far.

**Winner of 50/50** is Wendy Dawes- guest, who donated the money back to our Rotary Club. Thank you Wendy.

Mike Davies presented a cheque of \$2,500 to the Eric Langdon PAC Group They will use the money for the construction of a play field.

**SPEAKER**- Rodney Baker, Executive Director for Canadian Mental Health Association, Simon Fraser Branch.

Canadian Mental Health Association is one of over 200 autonomous, community based branches of the national organization CMHA, which was founded 80 years ago. There are 20 branches in BC. The association is non profit. The Simon Fraser Branch has provided support since 1958 in a variety of forms for people with mental illness and has promoted public education to reduce stigma.

The Simon Fraser Branch serves the communities of New Westminister, Maple Ridge and Pitt Meadows and the Tri-Cities. There are 2 transition houses in Maple Ridge. Heather is an outreach worker who helps people get on benefits and assists in housing.

Rodney Baker who serves as executive director was a boat builder. He operated a boat building and repair company in his early career. He later re-trained as a counsellor. Rodney has now been in mental health for 10 years. This job has taught him about resilience, courage and hope. He recounts that he has a home, a car, a job and someone who loves him. He observes that an individual with manic depression these basics are not so easy to come by.

Mental illness happens to people without their choice. A person slides into it and one day finds themselves in Riverview taking medications that make you fat, dry mouth, etc. If you choose not to take the meds you can be labelled non-compliant and that disqualifies the individual for the \$325 housing grant and \$125 per month for food.

Rodney and his staff are working against the stigma of mental illness. What we hear about is: Mentally ill man jumps from bridge, we don't hear about the thousands who are mentally ill who make it to work, etc.

Transition houses look like normal houses. It is a place where you can get your self esteem back, after an experience with mental health. You learn basics like cooking or getting along with other people. After some time people are more confident to live alone. Worker comes out to keep an eye on you and assist where needed.

Maple Ridge mental health has 160 people working with. The new facility on 121<sup>st</sup> avenue will house 7 people, which will reduce the risks to people. 9 people now are housed and 7 more coming.



Cheque presentation

Maple Ridge mental health provided \$30 000 for renovations to the duplex. Now \$5000 SHORT for operating costs for the year. The association bought the River Road house and the people were so happy that the transition house is purchased and completed.

The Rotary Club is asked to assist in raising the shortfall to the operating budget.

Anyone who can contribute to the housing will be issued a tax receipt., and their contributions are very appreciated.

Some facts about mental illness:

- There are over 76,000 people living with mental challengers in the Simon Fraser Region alone.
- Mental Illness is the leading cause of all hospitalization in this area.
- Nationally, the annual impact on the economy has been estimated to be as high as \$14.4 billion per year.
- By 2010, depression will become the second most common disorder in the developed world.
- 450 million people are affected worldwide.
- About 837,000 people die by suicide every year (worldwide)
- Mental illnesses are common the world over. People with these disorders are often subjected to social isolation, poor quality of life and increased mortality.
- Cost effective treatments exist for many disorders and could enable most of those affected to become functioning members of society.

Be an advocate for those with mental illness: Speak out against stigma and work for causes which advocate consumers' right and opportunities

Consider joining our organization: Receive our newsletter plus a copy of Visions. Volunteer your time.

**Submitted by Vivian Hatiras**

## HAPPY BIRTHDAY

March 1: Gladys Davies

## ROTARY CENTERS FOR INTERNATIONAL STUDIES IN PEACE AND CONFLICT RESOLUTION

Rotary World Peace Fellows are graduates of the Rotary Centers for International Studies in peace and conflict resolution program. They will be a part of tomorrow's solution in promoting greater tolerance and cooperation among people worldwide. Rotary World Peace Fellows, who are chosen from a wide variety of countries, can help future leaders advance knowledge and understanding.

Located in eight leading universities around the world, Rotary Centers provide Fellows the chance to study in a master's level program in conflict resolution, peace studies, international relations, and other related disciplines.

Rotary World Peace Fellows work toward mediation, conflict resolution, and peace where there is war. Understanding where there is disharmony. Food security where there is hunger. Health care where there is disease. Education where there is illiteracy. Conservation where there is environmental degradation, and sustainable economic development where there is poverty.

