



The Four Way Flasher

Rotary Club of MeadowRidge Newsletter

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May 27, 2008

Web-site: www3.telus.net/MeadowRidge_Rotary

Meetings: Tuesday 12pm, Gourmet Hideaway Restaurant

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Next week Fireside; No Regular Meeting!

INVOCATION

May 27	Stan Wade	June 3	Laurie Anderson
June 10	Liz Attarmigirian	June 17	Terry Becker

BINGO SCHEDULE

	6:15 - 8:15	8:00 - 10:00
June 19	Mina Park	Ken Paterson
July 17	Wendy Lindvik	Matt deBruyn

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

TODAY'S PROGRAM: Anne Sashikata – Junior Achievement

NEXT WEEK'S PROGRAM: Fireside

CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
June 3	5pm	Fireside at Shantz Residence	22696 - 132nd Ave., M.R.
June 15 -18		Rotary International Conference	Los Angeles
June 26		Installation of 2008/09 Executive	
Aug. 9	3pm	Bee BBQ – Vlad's Apiary	The Bee Farm – 129 th Ave., Pitt Meadows

50 / 50 draw - Jackpot at \$24.50 + 1/2 of today's sales, 51 cards left, Jackpot on "Queen of Hearts" only!



Runners (l to r) Johanna Reed, Ineke Boekhorst, Chad Reed (former Rotary member).

VISTAS FOR HOSPICE

Sunday May 25th several of our members participated in the annual Vistas Run.

Bob Masse, a former MeadowRidge Rotarian and chair of the 2008 Vistas Run, provided an opportunity for our Club to try to complete our \$ 100,000 commitment to the Hospice Society.

All pledge money raised by Club members will be directly donated to Hospice and applied to our remaining commitment, raised so far through our Cash Calendar.

An exact total is not available at this time, but approx. \$4,000 was raised! Thanks for a fantastic effort to Maureen (with husband Robert), Marco, Patrick, Robert Campbell, Brian Bekar and Ineke who all ran (or walked) 5 km. in beautiful Kanaka Creek Park on Sunday morning.

submitted by Ineke Boekhorst



Brian Bekar and Maureen Goodrick having a good time.



Robert Campbell

HAPPY BIRTHDAY

May 29: Jo-Ann Knuttila, Catherine Tan May 30: Diane Kirkland

APPY NNIVERSARY

June 1: Eng Hock & Catherine Tan June2: Anil & Zulekha Bharwani

LAST WEEK’S MEETING

Our Guests today were Irena Shantz, Zdenka Cukor, Don Schultz, Dick Drew, Tina (friend of Mina’s), Randall Didiuk, and the Esteem Team’s Derek Winterman and Amber Zurnhelt.

Randall Didiuk joined us to promote the Rick Hansen Foundation and an upcoming fundraiser that our Club has been invited to participate in. The Wheelchair Challenge is a fun and exciting experience where teams of five fundraise to meet a team goal, and participate in the Challenge event to gain a better understanding of issues that people living with spinal cord injury face daily. Teams race against the clock through an obstacle course and test their dexterity and manoeuvring techniques in a wheelchair. The event will be held on June 8th at the Haney Place Mall parking lot. Patrick is organizing a Rotary team for this event. The organizers hope to raise \$1,000 per team for spinal cord research.



Vladmir advised that thanks to a donation from Mary (1/2 of the winnings of last week’s 50/50 draw), and the funds raised from the items that were auctioned off during our last meeting - \$600 was donated to the Rotary Foundation.

Bob advised that our Club received the Presidential Citation.



Laurie introduced David Riddell, who was being installed today as a member of our Club. David started at Vernon & Thompson Law Group on January 2, 2008. He practiced 10 years of litigation in England and then moved to Canada where he practiced at one of the Vancouver law firms for 4 years. He has been a resident of Maple Ridge for 4 – 5 years. David is married with two children ages 4 and 5. Mike and Bob performed the Installation Ceremony.

Our Guest Speaker was Robert Bowden, P. Eng & D. Phil. His presentation “Better Care at Home, New Tools to Help Ourselves”, was on caring for

Robert advised that he is also a photographer who takes pictures at marathons. He was in Red Deer this weekend and showed a picture of Bill Neilson, a 68 year old that was running his 100th race. He finished in about 4 hours. What’s remarkable is that Bill was diagnosed with Parkinson’s disease 7 years ago. His neurologist, who has never run, trained and ran the race with him along with family and friends.

Mr. Bowden explained that his father had Alzheimer’s, and was one of the 450,000 people with dementia in Canada, (65,000 are BC residents). 2/3 of those suffering from dementia have Alzheimer’s. One out of every three people will suffer dementia in their lifetime. By 2031, it is estimated that 750,000 people in Canada will be inflicted.

Mr. Bowden’s vision was to provide the best care at home for his father for as long as possible. He looked for support services through the Coastal Health Authority and the Alzheimer’s Society, but he could not find the help he needed. You need to build a care team, adding resources and the ability for the care team to be able to access the patient’s needs from wherever they are located. He started by putting the care team list, his dad’s schedule and related tasks on-line so that the family members could access the site to work with him to look after his father.



He advised that you need to get organized, use all available resources, focus on the patient’s needs, plan ahead, communicate well and maximize the use of your abilities. 40% of caregivers die from stress prior to the patient dying. By having the information on-line it can be accessed anywhere, anytime. It is seamless, flexible, and continuous and can be customized. It allows those participating in the care to monitor and share information, plan ahead and minimize stress. Records can be developed to assist the doctors involved.

Robert has spent two years developing this program with his own funds and resources. His father has now passed away but he feels that others can be helped by this program. He asked for our help to create awareness by promoting the program to others, advocating for adoption of the program, and by supporting the program so that it can be sustained.

You can visit the Alzheimer’s Care Centre website at www.alzheimerscarecentre.com, for more information.

Submitted by Lynda Lawrence

Attention: Attendance!

The following is taken from the Peace Arch Journal – June, 2008:

Attendance Report for March, 2008				
	This Month		Year to Date	
Rotary Club of...	%	Rank	%	Rank
Meadow Ridge	55.81	49	59.31	52

Of the 54 Clubs in District 5050, we are almost at the top. Oops, that is bottom!