

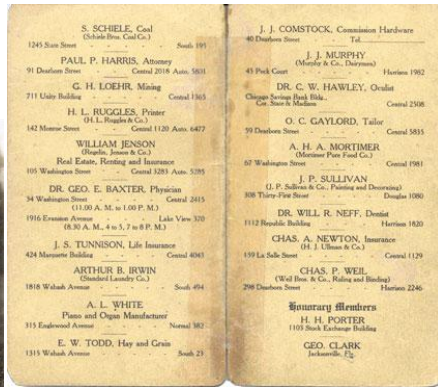
During the first Rotary club meeting on 23 February 1905 in Chicago, Paul Harris, Gustavus Loehr, Hiram Shorey, and Silvester Schiele met to talk about their personal experiences. Harris then unfolded his general plan for their club meetings.



The first four Rotarians: (left to right) Gustavus Loehr, Silvester Schiele, Hiram Shorey, and Paul Harris.

This was the simple beginning of the world's first service club, the Rotary Club of Chicago. It was created because of Harris' wish to capture in a professional club the same friendly spirit he had felt in the small towns of his youth. The Rotary name derived the early practice of rotating meeting among offices.

Rotarians continue to take pride in their history. In honor of that first club, Rotarians have preserved its original meeting place, Room 711 in Chicago's Unity Building, by re-creating the office as it existed in 1905. For several years, the Paul Harris 711 Club maintained the room as a shrine for visiting Rotarians. In 1989, when the building was scheduled to be demolished, the club carefully dismantled the office and salvaged the interior, including doors and radiators. In 1993, the RI Board of Directors set aside a permanent home for the restored Room 711 at RI World Headquarters in the Chicago suburb of Evanston.



The Four Way Flasher

Rotary Club of MeadowRidge Newsletter

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Web-site: www.meadowridgerotary.ca

Meetings: Tuesday 12pm, Gourmet Hideaway Restaurant

President: Robert Campbell Phone: 604-467-8373
Secretary: Maureen Goodrick Phone: 604-329-2879
Editor: Peter Boekhorst Phone: 604-465-3392

robert@rocalink.com
maureen.goodrick@interprotech.ca
mrrotary@telus.net

MARCH IS LITERACY MONTH

INVOCATION

Mar. 17	David Riddell	Mar. 24	Gord Robson
Mar. 31	Mary Robson	April 7	Michael Serry



TODAY'S PROGRAM: Who's Who - Jim Coulter

NEXT WEEK'S PROGRAM: Fireside/Business Meeting – Visioning

HAPPY BIRTHDAY

March 21: Debbie MacRae

CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
Apr. 4	8am / 2pm	District 5050 Assembly	Kwantlen University, Surrey
May 28-31		District 5050 Conference	Heritage Park – Chilliwack

50 / 50 draw - Jackpot at \$733.50 + 1/2 of today's sales, 30 cards left, Jackpot on "Queen of Hearts" only!

LAST WEEK'S MEETING

Our Guests today included Tiffany Parton, Leslie Kellas, Robert Goodrick, Haydn Colley, Lindsay Hendy, Elaine McLean, Bruno Tomissini, and Niko. Apologises for anyone I missed.

This was a special meeting to introduce some possible new members to Rotary. Robert began the meeting with a historical video on Rotary.

Announcements:

Robert advised that there is a membership drive from now until June 1st to see who can bring the most guests to lunch. The winner receives a boat cruise on Pitt Lake with a steak and lobster dinner compliments of Brian Bekar.

There was no Mystery Greeter this week, but we did do "Happy & Sad". Bruno promoted the upcoming golf tournament. Marco advised that he survived "PETS" training. Dave Rempel previewed the jackets that our Club has sponsored for the upcoming trip to Russia complete with the Rotary logo.

There was a brief presentation on Paul Harris awards and how the awards are earned either by significant contributions to Rotary International or by volunteer work ethic.

Marco spoke on how the Club came into existence. The club was chartered March 3, 1989. Lt. Governor David Lam performed the installation. Some of the original charter members are still with the Club - Gordy and Mary Robson, Marco Terwiel, Ken Paterson, Ken Knuttila, Doris Gagel, and Ron LePore.

Brian Bekar, Membership Chair, then spoke about the Four Avenues of Service - Community Service, Club Service, Vocational Service and International Service. He advised that we are currently underway in developing a long term plan for our club.

Alphonse spoke about Community Service which he refers to as "Rotary at Home". He explained that we hold a number of events annually to benefit our community, as well as supporting other charitable organizations by providing volunteers for their events. He provided some background information on the "Four Way Test" program that we've brought into some of the local schools to help students with moral dilemmas.

David Riddell then spoke about International Service. He explained that no matter where you travel in the world, you will find a Rotary Club where you can share fellowship with other Rotary members. He spoke about the Polio Eradication Program that Rotary has donated over \$800M US to, as well as provided volunteer man hours to inoculate 2,000,000,000. children. There are only four countries left with cases of polio - Pakistan, India, Afghanistan and Nigeria. Working with the Gates Foundation, Rotary International is striving to completely eradicate this disease.

David informed us about the Shelterbox project. He explained that the program was started by a Brit in 1999. For \$1,200. US, a Shelterbox is shipped to emergency areas and provides shelter, cooking apparatus, food, and all sorts of other basic supplies for 10 people to survive for 6 months. There have been 30,000 Shelterboxes

distributed over the past ten years. Last year our Club raised \$18,000+ for this program. This year's event will be a Shelterbox Village in the Memorial Peace Park which will involve local high schools and Scouts' clubs.

Niko was invited to explain a little bit about the Student Exchange Program, and how the experience has been beneficial to him. He spoke highly of the Nosworthys and the Campbells who have been his house parents here in Canada, and thanked the Club for the opportunity to come to Canada and study.

Submitted by Lynda Lawrence

New action group tackles growing diabetes problem



The RI Board of Directors has approved a new Rotarian Action Group to help fight the growing epidemic of diabetes. According to the International Diabetes Federation (IDF), there are currently 246 million cases of the disease worldwide, with a projected 380 million cases by 2025. The greatest increases will likely occur in the developing world.

"It's clear there is an opportunity for Rotarians to help," says Larry Deeb, a physician and director of the Rotarian Action Group for Diabetes. "Rotary has a unique way of engineering awareness, funds, and ground support to growing problems in the world. Our action group will bring visibility to the fight against diabetes."

The disease, characterized by a failure to regulate glucose, or blood sugar, can lead to serious health problems and even death. It occurs in two main forms: type 1, caused by a malfunction of the autoimmune system that compromises the ability of the pancreas to produce insulin, and type 2, often called adult onset, in which the body's ability to produce or use insulin is impaired. The U.S. Centers for Disease Control and Prevention estimates that diabetes-related deaths will increase by more than 50 percent in the next 10 years without some kind of intervention. With 44 members, the action group's initial service goals include addressing type 1 diabetes.

Since 1995, Deeb and fellow Rotarian Wayne Edwards have collaborated on several Rotary Foundation Matching Grants aimed at raising money for diabetes education. In 2000, they donated funds to Life for a Child, an IDF program that helps children with diabetes in developing countries by providing existing health clinics with insulin and syringes, glucose monitoring machines, and transportation and clinical care for patients. In 2003 they traveled to Bolivia and established clinics in seven cities across the country as part of the first Rotary club-sponsored Life for a Child program. More than 100 children were given free insulin and testing supplies. Projects in Cameroun, Nepal, and Nigeria soon followed.

Edwards, past governor of District 6940, says the group's existing relationship with the IDF will allow it to be more effective in addressing the disease's increasing incidence among children. Edwards's wife and eldest son have type 1 diabetes. "There is a real need for Rotary International to participate," he says, adding that the new group "gives interested Rotarians worldwide a chance to get involved with improving the lives of those suffering from diabetes."

Deeb is chair of an IDF committee dedicated to improving insulin availability worldwide. He also has been involved with the American Diabetes Association for two decades, serving in a number of positions, including Medicine and Science president. "The growing rate of diabetes will cripple countries with incredible costs," Deeb says. "In developing countries, communities are simply unaware of the seriousness of diabetes."