



👉 This is what our \$500 paid for.
‘Tropical Heat’ Steel Drum Band

👉 This is the crowd it attracted.

Thank you Meadow Ridge Rotary for your Donation.

WORTH THE SMILE OF A HEALTHY CHILD

By Dan Nixon

Rotary International News -- 14 July 2009

Amidst civil conflict, economic turmoil, and chronic shortages of just about everything, Analia Ramos has helped the people of South Sudan battle hunger for nearly a year. "I love the place, my job, and the people. I feel blessed," says Ramos, food security coordinator in Sudan for Concern Worldwide, a humanitarian relief and development organization.

A 2004-06 Rotary World Peace Fellow from Argentina, Ramos oversees projects that provide seeds and tools to poor households, establish seed banks and tree nurseries, and train people in agricultural plowing, beekeeping, and blacksmithing.

Ramos says the situation in South Sudan has deteriorated since she arrived last August. "Insecurity has grown, the economic crisis has hit us all, the violations to the Comprehensive Peace Agreement have multiplied," she says. "Add to that the indictment of President Bashir [Omar Hassan al-Bashir] by the International Criminal Court, the expelling of 13 NGOs [nongovernmental organizations], and tribal conflict, and you have it all."

But Ramos says the knowledge that she is "helping to diminish the suffering of the people by shortening the hunger gap, and at times eliminating it," gives her great fulfillment.

She maintains that freedom from hunger is a basic human right. "Without that, you cannot have health, education, or any other right," she says. "But with any right, we all have responsibilities. People need to learn how to fish and not just be given the fish. It is their right to be able to feed themselves."



The Four Way Flasher

**Rotary Club of
MeadowRidge Newsletter**

**Vol. 16 Issue 2
July 14, 2009**

Web-site: www.meadowridgerotary.ca

Meetings: Tuesday 12pm, The Gourmet Hideaway Restaurant

President: Marco Terwiel Phone: 604-463-5062
Secretary: Alphonse Seward Phone: 604-467-2540
Editor: Peter Boekhorst Phone: 604-465-3392

president@meadowridgerotary.ca
secretary@meadowridgerotary.ca
editor@meadowridgerotary.ca

INVOCATION

| | | | |
|----------------|-------------------|----------------|---------------|
| July 14 | Liz Attarmigirian | July 21 | Terry Becker |
| July 28 | Brian Bekar | Aug. 4 | Anil Bharwani |



TODAY'S PROGRAM: Nico Thomas - Exchange Student
Shirley Wilson, David Sheach, & Art Solomon
- Big Brothers/Big Sisters

NEXT WEEK'S PROGRAM: ?

HAPPY BIRTHDAY

July 19: Donna Fox July 19: Iola Boyce

CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

| Date | Time | Event | Venue |
|-----------------|----------------|--|--|
| July 15 | 7:00pm | Executive meeting 'Old & New' at Marco's | 21616 River Rd. |
| Aug 9 | 3-8pm | Rotary Foundation Potluck Picnic | Patrick's home |
| Aug 29 | 11:45am | "Ride & BBQ" | Mustang Riding Stables, 14729 Sylvester Rd, Mission |
| Sept. 1 | noon | DG Larry Jubie's visit | |
| Sept. 19 | | Wine Festival | Thomas Haney Secondary School |
| | | | |
| | | | |

50 / 50 draw - Jackpot at \$0.00 + 1/2 of today's sales, 52 cards left, Jackpot on "Queen of Hearts" only!

LAST WEEK'S MEETING

Our Guests today were Shannon Balla, Pat Freeman, Devan Luco, and visiting Rotarian Dishen Zhao.

Rotary Moment (Marco would like to start doing a Rotary Moment each week)

When Murray Dryden, father of hockey's Dave and Ken Dryden, and his wife Margaret began *Sleeping Children Around the World* in 1970, their goal was to distribute one million dollars worth of bedkits. By 1980 they had distributed more than two million dollars worth. When Margaret passed in 1985, Murray decided on a new goal in her memory: 1,000,000 bedkits. He wrote: "It is a long way off, but SCAW will attain it." Sometime in 2009 the millionth bedkit will be distributed.

The Rotary Foundation seminar is being held this Saturday (July 11) in Bellingham, Washington. Marco would like to see a delegate from our Club attend.

The next Board meeting will be on Wednesday July 15th at 7 pm at Marco's home.

Ineke announced that the Caribbean Festival is being held this Saturday, July 11th in the Memorial Peace Park. The official opening of Spirit Square is on Saturday as well. Ineke also said that she had just driven by "the ghetto", and was pleased to report that they are in the process of tearing down the burned out building which has been an issue in our community for the past few years.

Bob Shantz won the 50/50 draw of \$1,162.00 by holding the winning ticket and drawing the Queen of Hearts. Congratulations Bob!



Our Guest Speaker was Alphonse Seward who presented his Who's Who. He was born in Cape Breton, Nova Scotia. His dad Henry is 78 years old and suffers from Parkinson's. His mom Alice is 83 and is in great health. Alphonse was the third child in a family of five. He has two sisters and two brothers.

He remembers vividly his childhood in Nova Scotia. Summers spent collecting and cooking seafood (snails and mussels) at the beach. Running in the fields where small sweet strawberries grew in abundance. Fiery red and orange autumn colours along the Cabot Trail. Playing on icebergs and snow drifts in the winter, much to his mother's dismay. He confirmed his heritage by speaking *Newfie* to us.

The family moved when he was five to Halifax, then Dartmouth, then Burnaby, eventually ending up in Coquitlam. He worked at his dad's firm, S&E Aluminum from 1978 until 1996.

He married for the first time at 20, and has two children, Adam and Jennifer, with his ex-wife Sylvia. After his marriage ended he was not in great shape spiritually, psychologically, or financially. Some dear friends recognized he was in some trouble. They took him to see Michael Meade: a story teller, mythologist, and mentor to youth at risk. He was very excited by Michael's storytelling and drumming, and was drawn into the stories, the rhythms of the drum and the weird wisdom of Michael. This one experience started him on a journey, which literally saved his life.

He was inspired and began his own journey. He began attending retreats, and learned a lot about ritual, psychology, mythology and healing practices of many traditions. He received help dealing with his grief and loss. He developed a love of singing. He has danced with Sufi's, sang to Allah with Muslims, chanted with Buddhists, and drummed with the Dagra. He has attended many sweat lodges, healing circles, medicine wheels and more.

He joined the St. Luke's choir in 1996 and sang with them until 2008. At 40, his friends gave him a book, called "Prayers of the Cosmos" by David Klotz. David Klotz is a scholar of the Aramaic language. In his book David presents the Lord's Prayer in Aramaic together with a phonetic approach to learning the prayer.

Seven years ago he met a wonderful woman, Anne, and after dating for two years they married. This year they will celebrate their 5th Anniversary. Anne has a son Paul, so together, they have three children. Anne works at SFU in a virtual environment, editing and creating study materials, for the distance education program. They love to travel and ride their motorcycles. Someday they would love to travel to Thailand, New York City, and the City of love "Paris".

Today he's proud to be a member of Rotary and thanks Robert Campbell for introducing him to the Club. He was a founding member of the Jazz and Blues Festival in 1996. He is a volunteer with McKinee Creek hospice and works a shift every Friday being a companion to people at the end of their life.

In 1995 he made a career change. He decided to employ some of his listening skills in a profitable way, and became a financial planner. He really wanted to be a councillor and financial planning gave him an opportunity to be of service helping people. He was licensed in 1996 to sell life insurance and mutual funds. He has earned his CFP (certified financial planner designation) and later his EPC (elders planning councillor). Last year he completed the CSC securities course, this year he completed insurance law and Advanced Taxation. In November he will write his final exam on estate planning. On successful completion of this exam he will have his Chartered Life Underwriting designation (CLU). Currently he has approximately 184 households in his client base. Investors Group is always measuring performance and last year he placed 389 out of 4096 consultants Canada wide, and placed #8 in Canada with Investors Group Life insurance and living benefits products.

Alphonse thanked us for the opportunity to share his Who's Who, and the opportunity to serve in Rotary.

Submitted by Lynda Lawrence

ROTARY FOUNDATION POTLUCK PICNIC

All proceeds to Rotary Foundation

Sunday August 9 – 3-8pm Family Picnic at Patrick O'Brien's home. Cost \$10 per family. Come one, come all! Acres of family fun! There will be swimming, pony rides, toonie toss, bocce ball, putting contest, silent auction and lots of kids' activities. Bring your own plates, cutlery and lawn chairs. Rain or shine (in case of rain, lots of covered area).

This is a Foundation fundraiser, we depend on your generosity. Looking for silent auction donations and a menu dish, choose from appetizer, main dish, hotdog/hamburger, salad or dessert.

This promises to be a great family event!

Call Patrick O'Brien at 604-476-0931 or contact patobrien@shaw.ca for more information.