



The Four Way Flasher

Meadow Ridge Rotary Club

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Website: www.MeadowRidgeRotary.ca

Meetings: Tuesday 12pm, Bella Vita Restaurant

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AUGUST IS MEMBERSHIP & EXTENSION MONTH



TODAY: Who's Who - Val Bahnman

NEXT WEEK: New Member's Meeting

Happy Anniversary

Aug. 23: Brett & Janis Paskar

Aug. 28: Patrick & Stefanie O'Brien

Happy Birthday

Aug. 20: Laura Cherrille

Aug. 21: Stefanie O'Brien

Invocation

Aug. 23: Mike Davies

Aug. 30: Peter Davies

Sep. 06: Matt DeBruyn

Sep. 13: Mark Forster

CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
Aug. 28	3pm	Annual Family Picnic at Patrick O'Brien's home	10328 276 St. Maple Ridge
Sep. 27		Fireside – Adrienne Dale	10295 248th St. Maple Ridge
Oct. 26		Sports Banquet	Meadow Gardens Golf Club

ROTARY DUCK RACE – DISTRIBUTION OF FUNDS

- RIDGE MEADOWS MINOR SOFTBALL - Sold 10 books
Dave Clayton \$1,000
- RIDGE MEADOWS SPEED SKATING - Sold 20 books
Trish MacKay \$2,000
- GOLDEN EARS ATHLETICS ASSOCTION - Sold 25 books
Andrew Lenton \$2,500
- 1ST LAITY VIEW SCOUTS - Sold 42 books
Maureen Pengelly \$4,200
- RIDGE MEADOWS MINOR HOCKEY - Sold 26 books
Gladys Hewson \$2,630
- RIDGE MEADOWS MINOR BASEBALL - Sold 15½ books
Georgina Bocolas \$ 300

RIDE & BBQ

Ineke & Peter were regrettably unable to attend this year's Ride & BBQ. Even though very few members joined this social, judging by the pictures adults and kids had a great time.



50 / 50 draw - Jackpot at \$312.00 + 1/2 of today's sales, 41 cards left, Jackpot on "Queen of Hearts" only!



LAST WEEK'S MEETING

President Terry opened the meeting right on time and took a risk by asking Marco to open the meeting in taking the lead of the singing of the national anthem.

Adrienne was supposed to deliver the invocation, but was unable to attend and handed the task over to Laura who bested most media announcers by flawlessly reciting the circumstances under which Winston Churchill delivered a commencement speech, consisting of 6 words: "Never give up, never give up".

There were some happy bucks from

- Marco, who drew attention to the fact that Mike Davies made a profit on some transaction, that Jim Coulter had a chance to sit down at a friendly table, instead of eating his lunch in splendid isolation.
- Gordy was happy that his son did not notice that Robert and Cailin did not know how to play the Wedding March while they made their way to the marriage Commissioner.
- Lynda was happy that the Dragon Boat Adventure will be held on Sunday September 11th starting at 9:30 am. We are meeting at the Pitt Meadows Paddling Club. We have 2 dragon boats (each holds 20 people) and the boats will depart at 10 am. Lunch follows at noon. Tickets are \$45 per person (includes lunch). All proceeds support the Friends In Need Food Bank. For tickets please contact Lynda at 604-467-3333.

Lindsay collected quite a few dollars as the fine master.

President Terry invited Marco to speak to the Dolly Parton Imagination Library Project in Repulse Bay. Gordy moved and Lynda seconded that the club will financially support this project for the coming 2 years. All in favour.

Gordy then introduced Rodney Baker the Executive Director of the Simon Fraser branch of the Canadian Mental Health Association. Even though part of the introduction was that Rodney was a certified psychopath, it became very clear in short order that this was not the case. After spending many years in boat building and boat repairs, Rodney went through a midlife crisis, went back to university obtained a degree and certification in counselling people with mental health problems.

He defined mental illness as it a condition where you cannot function normally.

Mental health problems result in the \$51 billion loss to Canadian society. In the course of the last 50 years we have come a long ways in recognizing many possible mental health illnesses. From the initial 22 syndromes to currently 297 different mental illnesses as described in the DSM-IV, the psychiatrists' bible. There are no blood tests or other physical findings to prove mental illness. But nevertheless recognizing what troubles the person helps in symptom control and improving coping skills. People who suffer from bipolar disease, schizophrenia, depression, anxiety and obsessive-compulsive disease etc. can be helped to live a reasonably normal life.

Rodney addressed what causes mental illness. Throughout history many misconceptions have inflicted unnecessary suffering on those whose are affected by mental health illness. In the past "learned" people claimed that French Revolution, train travel, being possessed by evil spirits etc. caused mental illness.

We have now arrived at the point in history where we recognize that part of problem may be genetic but social circumstances play a major role as well. Having a mental health illness is not a matter of choice. Those who suffer from any of the mental health illnesses have a profound loss of self-esteem. Because of the stigma society still places on people who suffer from mental illness. Only one in four will seek help.

Until recently there was not much help available. Unusual approaches like putting a mental health patient on a spinning chair or torturing the person to drive out the evil spirit or administering an overdose of insulin or forming lobotomies all were used to "cure" mental health illness. Currently there are more effective medications that control many of the symptoms, but the non-medical module is often neglected depriving the patient of achieving a meaningful existence.

Rodney then described how his organization make sure that mentally ill people are properly housed and receive psychotherapy, help them with smoking cessation and encourages them to get a real job

Finally he addressed the financial aspect of rendering mental healthcare and in short there is much room for improvement.

Submitted by Marco Terwiel