



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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MARCH IS LITERACY MONTH

TODAY: Yashar Taheri-Keramati
Presentation of our four YAIL participants.

NEXT WEEK: Doug Mayer - RCMP SWAT Team



Happy Birthday

Mar. 03: Jim Coulter
Mar. 11: Patrick O'Brien

Mar. 6:

Invocation Gord Robson
Note Taker Adrienne Dale

Mar. 13

Michael Serry
Lindsay Hendy

CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
Sun-March 18	5 pm	Potluck at Marco's house	21616 River Rd. M.R.
April 21	7pm – 10pm	Meadow Ridge Rotary Wine Festival	Thomas Haney Centre
June 01-03		District 5050 Convention	Semiahmoo Resort, Blaine, WA
June 22		Installation of new Executive	Pitt Meadow Golf Course

Here is just a quick blurb from Yashar about what he is all about....

As a Rotary Ambassadorial Scholar (2010-2011) I was sponsored by District 5050 to study in D9350, in Cape Town. My research for my Masters pertains to gangsterism, the drug trade, and police corruption as I witnessed it while living in an urban ghetto in 2010. 2011, as well, was spent living in a different violently impoverished community in a bid to establish holistic empowerment initiatives for at risk youth in the community with the help of local Rotary Clubs, and the support of Clubs abroad."

RI PRESIDENT'S MESSAGE

In the first message I wrote for this magazine, last July, I quoted Mohandas K. Gandhi, who said, "You must be the change you wish to see in the world." And in the months since, I have had incredible opportunities to travel the Rotary world and see how Rotarians everywhere are bringing those words to life.

Creating positive change means, at its simplest, using our knowledge and resources to solve a problem. But when we are talking about solving humanitarian problems in a real and lasting way, knowledge and ideas and resources are not enough to

ensure results. We have to remember something else that is no less important: sustainability.

A sustainable solution is one that will continue to work even after the Rotarians who proposed and facilitated it are gone. This means that even though the project might have come from Rotary originally, the community will take ownership of it. That, of course, means that when a part breaks on a water pump, there will be a process in place to repair it and to keep that pump functional – carried out by the community, and without further recourse to Rotary.

The first step toward sustainability is understanding the need – for example, the cooking fuel problem common in much of the developing world. In many regions, solar ovens are a wonderful solution: They are inexpensive; they rely on a source of energy that is free, nonpolluting, and inexhaustible; and they are simple to use and maintain.

But before we step into a community and attempt to solve its fuel problem with solar ovens, we have to fully understand its situation – and look beyond the problem we see. Perhaps the local foods need to be cooked at a temperature higher than the solar oven can provide. Perhaps the area is windy, and the solar

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ovens would blow away. Perhaps it's traditional in that area to begin cooking before dawn, which, of course, you cannot do with a solar oven. These are issues you simply might not have thought of, but that could soon lead to the solar ovens being used to patch roofs or keep animal feed dry instead of for cooking.

If we are trying to bring about change, it's not enough to say, "My way is the better way." We have to be listening and watching, not just talking. We can only help others if we reach out with an open mind – and with the knowledge, the commitment, and the perseverance to deliver on what we promise.

LAST WEEK'S MEETING

We welcomed a repeat visitors – Deb Hyslop

Mystery Greeter – Sharon Kyle

Finemaster – Lindsay Hendy fined himself for confusing the Mystery Greeter this week.

President Comments:

Terry Becker is planning a trip to return the Travelling Peach Arch to a US club. She will send out an email out to confirm a date and time and is hoping as many members a possible will join her.

District Conference – 8 members confirmed so far.

Wine Festival Report – Six wineries are confirmed so far, so let's get out a sell the tickets. (Peter Boekhorst has the tickets!)

Duck Race – Next meeting scheduled for noon at Sunwood.

Pot Luck is scheduled for Sunday March 18 at 5:00pm at Marco Terwiel's home. Please sign up on the sheet circulating.

Lindsay and his new Executive's Installation at Pitt Meadow Golf Course will be on June 22.

Rotary Moment

Marbella Ignatieff about Women admitted to Rotary

In 1989, the council on Legislation voted to admit women into Rotary clubs worldwide. A past president Zony B. Reyes of the Philippines summed up beautifully by saying: "By God's grace, I am a lady Rotarian. Since 1991, I have had the opportunity to help others through the Rotary. I firmly believe that Gender is not the requirement in "SERVICE ABOVE SELF, but rather it is the heart that vows to make others be first."

Keynote Speaker

Marco Terwiel about Men's Health.

Marco presented an 'X-rated' version of men's health with a focus on sexuality and its importance in our lives as men age. Although the first slide indicated that men's health was just as important as women's health and that it was not just about prostates, penis's, and sex, there were certainly more slides related to penis's and sex including pictures to help us understand.

Statistically, men are 39 % more likely to die from diabetes, 84% more likely to die from arterial diseases, 78% more likely to die

from heart disease, 29% more likely to be diagnosed with cancer and 52% more likely to die as a result, 80% of spinal cord injuries, substance abuse, violence and crime ...

In Canada men live on average 5 years less than women. Close to 50 % of women are widowed by age 65. Fifty percent of elderly widows living in poverty but were not poor before the deaths of their husbands.

At age 95 women outnumber men 8 to 1.

Why do men die before women: *Biological Factors* (hormonal, brain structure, other physical differences); *Environmental Factors* (riskier jobs, less social support); *Behavioral Factors* (higher risk-taking, avoidance of health care, refusal of preventive lifestyle (exercise, nutrition, etc.))

What steps can we take for preventative care: Regularly see a doctor for 'preventative maintenance; know their own risk factors for illness, family history; have had a urinalysis, DRE, PSA, SFOB, colonoscopy; realize that osteoporosis is a man's disease too; appreciate that high blood pressure leads to strokes, heart disease and kidney failure, know that Diabetes can be linked to loss of sexual function, and urinary problems; know what their cholesterol level is; and understand that depression, cognitive impairment and fatigue may be a result of low testosterone.

Sexuality and sex is part or a full and healthy life regardless of age and gender. Sexuality plays a role in in many results of aging such as cardiovascular and bone health, energy and frailty, low testosterone, psychological/relationship/midlife, Prostate health and lower urinary symptoms and chronic disease.

Some of these factors can lead to erectile dysfunction (ED). ED is common. ED is common - 49% of men between the ages of 40 and 90 have ED. ED occurs sooner than vascular disease due to smaller artery size. At this point in the program, we get a full disclose of how the sex response cycle works and why it is important for men's health and we learn that it provides us many of the preventative maintenance needs for aging: exercise, cardiovascular....

Most men with ED do not seek treatment due to many personal and psychological barriers including embarrassment. However, as it is important to a healthy lifestyle, men should help themselves by stopping smoking, discussing concerns with partner, limit or stop alcohol, creating healthy eating habits, and exercising regularly. We also learn about several available oral medications available: Viagra, Levitra, and Cialis (each has its own potency and can last from several hours to days.) Then we hear from our speaker that based on his first-hand experience, these do work. It is noted that these medications cannot be taken if you are on angina medications (nitrates). There is no associated increase in heart attack or stroke due to taking these medications.

In closing, we are directed to a good book **Younger Next Year: Live Strong, Fit, and Sexy--Until You're 80 and Beyond:** Amazon.ca: Chris Crowley, Henry S. Lodge MD: Books.

Submitted by Mark Forster