



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: Installation of Deborah Hyslop.
Sean Allan, Powertech Labs Inc. - Electric Vehicle Infrastructure

NEXT WEEK: Laurie Darcus, SFU Project - Northern Ethiopia, Eastern Tigray

Happy Birthday

Mar. 30: David Riddell

Mar. 27

April 3

Invocation

Rockey Simpson

Marco Terwiel

Note Taker

Mariella Ignatieff

Ken Knuttila

Next week's meeting is at the Lava Dining & Lounge (22590 Dewdney Tr. Rd.)

CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
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

ROTARY CLUBS HAVE WATER PROJECTS ON TAP



Rotary International News -- 22 March 2012

Villages in four regions of Ghana are being equipped with ventilated pit latrines, showers, and boreholes featuring hand pumps and mechanized pipes through the efforts of dozens of Rotary clubs in Latin

America, North America, and Ghana.

The effort is part of the [The International H2O Collaboration](#), an alliance between Rotary International and USAID, a centerpiece of Rotary's emphasis on water and sanitation issues. Launched in 2009, the alliance works to implement long-term, sustainable water, sanitation, and hygiene projects in the developing world. The first phase of the partnership has focused on three countries: Ghana, the Philippines, and the Dominican Republic.

In 2011, The Rotary Foundation also [established a strategic partnership with UNESCO-IHE](#), a United Nations institute in The Netherlands that is the world's largest postgraduate water education facility. The Rotary Foundation will provide grants to

Rotary clubs and districts to select and sponsor eight students each year for scholarships leading to master's degrees in specified program areas.

Collaboration is key if Rotary is to help the world achieve the water and sanitation improvements called for in the United Nations Millennium Development Goals, said Ron Denham, chair of the [Water and Sanitation Rotarian Action Group](#) and a member of the Rotary-USAID Steering Committee.

"We realize that the challenge of meeting the development goals is something that no organization can achieve on its own," Denham said. "Not even Rotary, with its 34,000 clubs and over 1.2 million members. To be successful we need leverage, the leverage that comes from collaboration with others who share our goals."

To draw attention to the need for action, the United Nations has designated 22 March as World Water Day. Each year since 1993, it has selected a different theme. This year's summit addresses the connection between hunger and water resources. The number of people in the world living in chronic hunger puts an additional strain on the supply of water.

50 / 50 draw - Jackpot at \$977.00 + 1/2 of today's sales, 18 cards left, Jackpot on "Queen of Hearts" only!

LAST WEEK'S MEETING

This was the last time we welcomed Deb Hyslop as our guest; next week she will be a member.

Happy/Sad:

- Sharon Kyle and Lynda Lawrence were very happy about the very nice social at Marco Terwiel's home. Many thanks to the hosts Marco and Lila-Jane and to organizer Adrienne.
- Sharon was also proud that her son (a fire fighter) delivered a baby at the Maple Ridge Fire Hall, because the mother couldn't make it to the hospital.
- Robert Campbell sold his house: that was worth a happy dollar! Also his son is off to BCIT.

Rotary Moment:

- Urma Mollema discussed Paul Harris and his journey as an early Rotarian, and he was the only Rotarian to date to serve 2 terms as our international leader.

Mystery Greeter:

- Eric Mollema was the mystery greeter; how could you overlook such a big personality?

Fine Master:

- Dave Rempel fined for not attending Sunday's Social or for helping out with the WineFest.

Lynda introduced as Guest Speaker Carol Sicoli, who is coordinator with the Centre on Aging.

Carol, a cancer survivor, uses the program she manages, to help her live with a chronic health condition. It is free help for those who need it, and free leadership training for those, who want to help others. They facilitate rather than teach.

Chronic Disease Self-Management Program

The Chronic Disease Self-Management Program (CDSMP) is a peer-led patient education program offered in communities throughout British Columbia. Participants are adults experiencing chronic health conditions (e.g., hypertension, arthritis, heart disease, stroke, lung disease, ... etc.), their family members, friends and caregivers. The program provides information and teaches practical skills on managing chronic health problems. Most importantly, the program gives people the confidence and motivation they need to manage the challenges of living with chronic health conditions.

Online Chronic Disease Self-Management Program

The Online Chronic Disease Self-Management Program is a free six-week online program. It follows the same information and process as the in-person CDSMP but participants log on at their convenience two to three times a week for a total of about two hours per week. All activity takes place on a dedicated secure website. The program is accessible to those with all levels of computer experience. For more information, please visit www.selfmanage.org/onlinebc.

Chronic Pain Self-Management Program

The Chronic Pain Self-Management Program (CPSMP) is adapted from the Chronic Disease and Arthritis Self-Management

Programs and follows the same time frame and group facilitation process. The program is targeted to adults experiencing chronic musculoskeletal pain (such as chronic neck, shoulder, back pain, etc.), whiplash injuries, chronic regional pain syndromes, repetitive strain injury, chronic pelvic pain, post-surgical pain that lasts beyond 6 months, neuropathic pain (often caused by trauma), or neuralgias (such as post herpetic pain, and trigeminal neuralgia), and post stroke and central pain. It may also be appropriate for those with conditions such as persistent headache, Crohn's disease, irritable bowel syndrome, persons with diabetes who have neuropathy, and for individuals who have severe muscular pain due to conditions such as multiple sclerosis.

Diabetes Self-Management Program

The Diabetes Self-Management Program (DSMP) follows the same time frame and group facilitation process as the Chronic Disease Self-Management Program, but is targeted to adults living with type 2 diabetes. It teaches the skills needed for the day-to-day management of diabetes and related symptoms. This program is available in selected communities.

Arthritis/Fibromyalgia Self-Management Program

The Arthritis/Fibromyalgia Self-Management Program (AFSMP) follows the same time frame and group facilitation process as the Chronic Disease Self-Management Program, but is targeted to adults living with different types of rheumatic diseases, such as osteoarthritis, rheumatoid arthritis, fibromyalgia, lupus, and/or fibromyalgia and their family members, friends and caregivers. The program teaches the skills needed for day-to-day management of arthritis and/or fibromyalgia and related symptoms. This was the first program developed by the Stanford Patient Education and Research Center and was the prototype for subsequent programs.

A Matter of Balance

A group program for adults 60 years of age and older designed to reduce the fear of falling and increase the activity levels of adults who have concerns about falls. Participants learn to view falls and fear of falling as controllable, to set realistic goals for increasing activity, to change their environment to reduce fall risk factors and to promote exercise to increase strength and balance. This new program is available in select communities in BC, and is offered once a week for two hours over eight weeks.

Active Choices

A personal, telephone-support program to encourage regular physical activity for people who want to be more active. A physical activity "coach" works with individuals through regular telephone contacts to develop an exercise routine customized to the needs, abilities and goals of each participant. The program teaches self-management skills (such as goal-setting and problem-solving) to help shape exercise habits. This program is available in select communities in BC and involves six-months of contact.

For more information go to www.selfmanagementbc.ca

Submitted by Brian Johnston