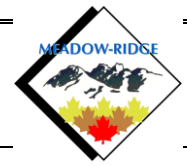




The Four Way Flasher



Meadow Ridge Rotary Club

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April 2, 2013

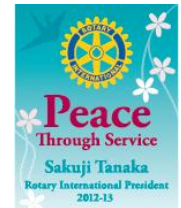
Website: www.MeadowRidgeRotary.ca

Meetings: Tuesday 12pm, Bella Vita Restaurant

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April is Magazine Month

TODAY: Robert Prince – Free Masons
NEXT WEEK: Business Meeting – No Speaker



Happy Birthday

Happy Anniversary

Invocation

Apr. 2	Mark Forster
Apr. 9	Doris Gagel

CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
May 30-Jun 02	11:00 AM	iRotary District Conference	Four Seasons Hotel, Vancouver
Jun 23 - Jun 26		Rotary International Convention - Lisbon	

Last Tuesday I received this e-mail from Robert Campbell:

Hi Peter!
 I appreciate getting the Flasher. We think Laurie Anderson's poetic skills are exemplary. :-)
 And...
 We are going to be in Maple Ridge for at least the first 2 weeks of June.
 We are looking to rent a vehicle for the time we are in BC, so if anyone has a second vehicle to rent, let us know. A small car is fine.
 We are currently arranging place(s) to stay and house concerts in Maple Ridge and elsewhere. We have gigs in Clearwater, home of Terry Becker on June 19/20 and then 100 Mile House on the 21st. Likewise, for this, if anyone has any ideas, let us know!
 We miss all the folks in Maple Ridge and our MR Rotary gang very much and wish you well.
 Look forward to seeing everyone in June!
 Thanks Peter! Please throw in a Happy Buck and I will reimburse you in June! :-)
 Robert

'MUSIC IN THE MANCAVE' RAISES \$25,000 FOR ROTARY'S POLIOPLUS!



By **KIRK BOXLEITNER**
 Arlington Times Reporter
 March 6, 2013

Lee Harman's hangar at the Arlington Municipal Airport once again played host to "Music in the ManCave" on March 2, as Harman and his

fellow Arlington Rotarian Ron Love served as the emcees for an evening of fundraising for the Rotary Foundation's PolioPlus Program, with roughly 100 attendees, and musical accompaniment provided by Mike Zachman and the Jennifer Scott Trio.

Love estimated that this third "Music in the ManCave" event raised more than \$25,000, although he acknowledged that the number of matching grants at work makes it difficult for him to nail down a number just yet.

"Rotary District 5050 stretches from Everett all the way up into Canada, and we had Rotary Clubs from Seattle to Canada represented," Love said. "In Canada and the United States, all those dollars donated are being matched by the Bill and Melinda Gates Foundation, and in Canada alone, the Canadian government is also matching every dollar, so we're getting \$2 for every dollar donated from the U.S. and \$3 from every dollar donated from Canada. Not only have we not finished counting the pledges that we got that night, but we've still got pledges coming in."

LAST WEEK'S MEETING

Terry Becker conducted the meeting in the absence of our president who was away on business.

Guests:

Apart from our guest speakers, our guests included **Genelle Grubb**, who is our out-bound Exchange Student for the 2013 - 2014 Rotary year, co-sponsored by our Meadow Ridge Club and the Haney Club.

Ineke Boekhorst introduced Genelle, who will be going to France. Genelle's parents will be hosting a return exchange student for three months during Genelle's absence. Genelle spoke briefly, and told us a bit about herself. She is a grade 11 student in the French immersion program. She sings in a choir, volunteers at the Hospital, and works in the Gelato ice-cream parlour on 224th in her "spare" time.



She will be attending the upcoming District Conference.

At our meeting, to help honour Genelle, were guests **Keesha Rosario** and **Ken Holland** (president and president-elect, respectively) of the Haney Club, the co-sponsors.

Happy and Sad:

- **Laura Cherrille** said **Marco Terwiel** is feeling a little better (can walk a bit without a cane).
- We were happy to see back, and greet, **Matt DeBryun**, who has migrated back from the south.
- Peter took **Zdenka Cukor** to YVR. She is off to Croatia, to see family.
- **Patrick O' Brien** gave \$20 (!!!) :
 - a) to thank the pumpkin God for finally warding off the "pestilence" that invaded his home recently - (everyone back at his homestead is now feeling better), and
 - b) to salute his four year old son who is keeping upright on his bike without training wheels. (I still remember the day - [but I was five])

Guest Speakers:



Our program was presented by **Sarah Hamid-Balma** and **Jamillia Wong**. Sarah is the Director, Mental Help Promotion, of the Canadian Mental Helped Association (CMHA), BC Division. Jamillia is the Fundraising and Program Development Coordinator for the CMHA, Simon Fraser Branch.

The CMHA is approximately 100 years old and has a national office, with 19 Branches in BC alone where it serves 82,000 people. Its focus is on

- 1) education of the public about mental health issues,
- 2) influencing and establishing public policy, and
- 3) providing support services through the branch offices for those with mental disabilities (such as housing, employment, etc.).

Our speakers advised that 70% of mental health issues first appear in adolescence. 12% of youth consider suicide at some point, 5% have attempted suicide, 17% have inflicted some form of self-harm, and 14% say that the stress in their life is more than they can take. 18% of teenage girls, and 7% of teenage boys, do not access help when they need it. The good news is, however, that most youth say they have an adult person they could turn to for help, and 90% of them advised they would talk to a friend about mental health issues. Most mental illnesses are treatable when caught early.

A new program in 2007 called Blue Wave was established by the family of a teenager who committed suicide. This program focussed on youth talks in schools. Their website is www.ok2bblue.org. In 2012, the family who started this program pass the torch to CMHA to continue it. Plans which CMHA has for British Columbia include establishing a bursary for a student with mental illness, setting up a Youth Advisory Council, and operating a mental illness well-being and skills course led by youth themselves.

Recently a Youth Summit was held in New Westminster as a pilot program, entitled "iStand Youth Summit". Approximately 86 youths between the ages of 13 and 18 registered, supported by 14 professionals who conducted three separate workshops on various topics relating to stress and mental health. They plan to stay connected with these youths by having recreation-based outings every couple of months. They will serve over 200 clients in the New Westminster, Tri-Cities and Maple Ridge areas.



50-50: Another one bites the sand

*There was an old pirate named Shantz
who said to himself, "If by chantz,
I finds me the treasure,
It'll give me great pleasure -
t'is the hunt, not the prize, that enchantz !".*

*So he opened the treasure chest wide
to see all the riches inside,
but the Heart with the Queen
was nowhere to be seen,
and the prize (not the hunt) was denied.*



"Ayyrrr, laddie, nice trinkets, but whar's the Queen o' Hartz?"

Submitted by **Laurie Anderson**