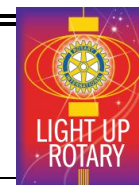


Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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Today:

Next Week: Teesha Sharma - Homeless youth group home

Happy Birthday	Happy Anniversary	Invocation
		May 12: Libby Nelson May 19: Patrick O'Brien

CALENDAR OF CLUB EVENTS:

Date	Time	Event	Venue
June 12		Installation Dinner	Pitt Meadows Golf Club
July 19	11am	Rotary Duck Race – Race at 1pm	Maple Ridge Park – Alouette River

LAST WEEK'S MEETING

Our only **guest** (apart from the speaker) was **Linda Debruyn**
 [The 'better half' of Matt].

Happy and Sad

Peter Boekhorst and **Ineke** had a busy few days. After attending the District Conference in Tulalip over the weekend and crossing the border at midnight back into Canada, Ineke made it to the Abbotsford Airport by 9:30 to catch a flight to Edmonton where she is attending a BIA-BC conference for a few days. Then the next day Peter "gave birth" to 12,000 baby ducks (1,000 kilos) at Annacis Island and brought them back to their new home at Chris Duyvestyn's property where they will waddle around and grow strong for the Duck Race in July.

Jim Michals advised that due to his work commitments he was resigning from the Club effective tomorrow but would see how his work schedule is in about six months time. [He later learned that he could be given a 6 month leave of absence without resigning his membership, so happily took that option.]

Matt Debruyn said that there have been 6 applicants for our Club Bursaries for high school students going on to higher education.

Betty Johansen and **Brian Bekar** both gave a looney because they were happy to be back (Betty - from the underworld of the tax season - and Brian - from sunnier climes).

Rotary Moment

Jim Michals gave us an excellent brief history of the 4-Way Test - **a short measuring stick of ethics** - which may be summarized as follows:

More than 60 years ago, in the midst of the Great Depression, a U.S. Rotarian by the name of Herbert J. Taylor devised a simple, four-part ethical guideline that helped him rescue a beleaguered business. The statement and the principles it embodied also helped many others find their own ethical compass. Soon embraced and popularized by Rotary International, The Four-Way Test today stands as one of the organization's hallmarks. It may very well be one of the most famous statements of our century.

In 1925 Herbert took on the challenge of reviving the near-bankrupt Club Aluminum Company of Chicago. He resigned from his high powered job, taking an 80 percent pay cut to become president of Club Aluminum. Looking for a way to resuscitate the company and caught in the Depression's doldrums, Herb, deeply religious, prayed for inspiration to craft a short measuring stick of ethics for the staff to use. In fact, The Four-Way Test was once a Seven-Way Test. He finally reduced it to the four searching questions that comprise the Test today. And so, "The Four-Way Test of the things we think, say or do" was born.

In 1942, Richard Vernor of Chicago, then a director of Rotary International, suggested that Rotary adopt the Test. The R.I. Board approved his proposal in January 1943 and made The Four-Way Test a component of the Vocational Service program, although today it is considered a vital element in all four Avenues of Service. Herb Taylor transferred the copyright to Rotary International when he served as R.I. president in 1954-55, during the organization's golden anniversary.

Announcements

Mark Vosper, Executive Director of the Ridge Meadows Hospice Society, invited us to attend Hospice's Cookbook launch party on May 12 from 3-5 pm at T's Once Upon A Tea Leaf. Tasty selections from their cookbook will be sampled and a Special Featured Tea will be available. Also, the Society is proud to be launching a newly extended Resource Center at their our premises, for which there will be a "drop in" the next day on May 13, also between 3-5 pm, for refreshments and to see Hospice's community programs. Hospice is also selling raffle tickets (first prize is \$1,000) to be drawn on May 31, 2015 at the 18th annual Vistas Run (which will take place through Kanaka Creek Park).

Those of us wanting to donate towards the purchase of a **Shelter Box** to support those in need of shelter in Nepal can donate by giving a cheque to Walter Volpatti or a credit card to Jim Coulter. A box costs \$1,200 and Patrick O'Brien purchased one all by himself.

Guest Speaker



Our guest speaker was **Annika Polegato**, who is the Executive Director of **Alouette Addictions Services Society** ("Alouette"), which is located at 201-22477 Lougheed Hwy, Maple Ridge, BC.

About Alouette: Its website tells us:

Alouette Addiction Services is a non-profit organization, governed by a volunteer Board of Directors and staffed by qualified professionals with a broad range of education, training and life experiences. Alouette offers outpatient treatment programs for adults and youth who are affected directly or indirectly by addictions and substance abuse in some way. All of our services are voluntary and focus on each individual's needs and goals. There is no cost for any of our addiction treatment programs because funding is mainly provided by Fraser Health Authority.

Alouette Addiction Services was founded in 1989 under the name of Maple Ridge Alcohol and Drug counselling and has since grown to provide outpatient counselling, education, assessment, prevention services, supportive group work and referrals for any resident of Maple Ridge and Pitt Meadows. Both those who suffer from addiction or those affected by someone else's addiction may benefit from the services provided. This agency was accredited in 2001 by CARF, the Rehabilitation Accreditation Commission for its outpatient treatment program.



Services Available

- *Counselling for any person or family member affected by alcohol and/or drug misuse.*
- *Education programs and group experiences*
- *Assessment and referral to other resources, i.e. detox centres and residential treatment programs*

- *Outreach and education to groups who may be 'at risk' of developing a substance misuse problem.*
- *Specialized programs for high risk youth and their families.*
- *Parent's Group.*
- *Information and training for professionals in the community on a variety of substance misuse topics.*
- *Prevention programming and promotion of the healthy community concept.*
- *Consultation with Mental Health Therapists.*

Annika Polegato advised that Alouette offers a school-based program in Maple Ridge / Pitt Meadows that focuses on prevention and early intervention strategies. They have taken the program to four elementary schools in our school district, to grades 6,7 and 8, where they emphasize to the students that they must be prepared to stand up to those who offer drugs and to be strong in the face of these temptations. The Surrey School district has come to them to replicate the program in that City.

[Matt DeBruyn commented that the Four Way Test Program in the schools is so important because it also offers positive encouragement to students, which is the only way to solve the drug problem.]

They have been invited to speak at Pro D day in the School District to educate the teachers about youth addiction problems and teach them communication skills when dealing with the topic of drugs.

Fentanyl is the latest dangerous drug that is being abused by young people, and is one of the strongest opiate drugs on the market. *[It is not a long-lasting drug so it is often used for surgery recovery and for breakthrough pain - meaning that when a person is already taking an opiate but has temporary pain that breaks through the opiate barrier, they may be given fentanyl].* Annika advised that it is 10 times stronger than heroine.

Annika noted how common drugs are in the schools. In the case of three new grade 8 students who entered the school system, two of them were offered drugs within the first hour and the third within the first week. She thanked our Club for our financial support of their Society.

Rotarian of the Month

President Eric Mollema awarded **David Riddell** the Rotarian of the month pin [*in absentia* as David could not attend the meeting because his wife Karen and children were injured in a car accident caused by a careless driver who rear-ended the car his wife was driving - and knocking their vehicle into the car in front].

50/50

Brian Bekar should be congratulated for eliminating the Queen of Spades from the ever-diminishing deck, thereby increasing the odds for the rest of us at next week's meeting.

Submitted by Laurie Anderson