

A Message from RI President Bhichai Rattakul



Dear fellow Rotarians,
At the start of this Rotary year, many people asked me what had inspired my choice of the theme *Sow the Seeds of Love*. It was my belief that meaningful service comes from the heart.

Past RI President Richard L. Evans once said: "No organization has a right to exist for its own sake. No organization has a right to take people's time unless it lifts their lives."

The key to attracting new members is through Rotary's mission of service. I have been a Rotarian for 45 years, and I know that the only way to experience the true meaning of Rotary is through personal involvement.

This month, we celebrate World Rotaract Week, 10-16 March. Take this time to invite friends, family members, and business associates between the ages of 18 and 30 to join a Rotaract club. And please consider former Rotaractors and current Rotaract members approaching 30 for your Rotary club. This group offers a large pool of potential members who are already committed to the Rotary ideal of service.

By increasing our membership, we have an opportunity to sow even more seeds of love. We must remember that every act of service, no matter how small, is like a seed, a seed that will grow and take root. During my travels, it has been exciting to see so many seeds of love germinate throughout the world.



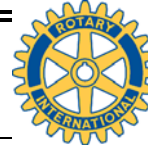
Earlier this Rotary year, I visited villages in Nicaragua that had been devastated by Hurricane Mitch in 1998. In one remote community, 350 refugee families survived for years without electricity, plumbing, or proper housing. The local children were called "dump children" because they were forced to forage in a garbage dump to find food to eat and items to sell.

In 2000, Rotarians from Nicaragua and from Houston, Texas, joined efforts to provide nourishing food and a vocational training center for these refugees. They also constructed low-cost shelters and started family farms through an agricultural development program. It was heartening to see the significant impact that Rotary has made on this community.

As we drove into the village, a group of children welcomed us with handmade signs that read "Thank you, Rotary" and "We love you, Rotary." At lunch, the youngsters performed a song entitled "We Can't Give You Anything but Love."

Once again, I felt the true meaning of Rotary service. They could not have given us a greater gift than their love. And in turn, Rotary had offered them a chance for a new life. When we *Sow the Seeds of Love*, we bring joy and hope to both the donor and the recipient. That is the true meaning of Rotary service.

Bhichai Rattakul
President, Rotary International



The Four Way Flasher

Rotary Club of
MeadowRidge Newsletter

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Web-site: www3.telus.net/MeadowRidge_Rotary

Meetings: Tuesday 12pm, Maple Ridge Library
President: Stan Wade Phone: 604-462-9080 stanwade@shaw.ca
Secretary: Kevin Nosworthy Phone: 604-467-8507 kevinnos@telus.net
Editor: Peter Boekhorst mrrotary@telus.net

INVOCATION March 4: Ken Knuttila March 11: Diane Kirkland

BINGO SCHEDULE

| | 3:30-5:00 | 5:00-6:30 |
|---------|-----------------|--------------|
| Mar. 13 | Peter Boekhorst | Merlyn White |
| Mar. 27 | Diane Kirkland | Sharon Kyle |

Call Peter at 604-465-3392 for assistance or e-mail pboekhorst@telus.net

The Bingo proceeds for December 2002 were \$2,445.72



TODAY'S PROGRAM: Joy from Maple Ridge library on Literacy

NEXT WEEK'S PROGRAM: Our Exchange Student Mélissa Huyart
Mélissa will give a presentation about her home country and about her stay here.
Let's have a big crowd next week (the same as last week?)

CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

| Date | Time | Event | Venue |
|----------|-----------------|-------------------------------|-----------------------------|
| March 6 | 12:30pm | WineZest Meeting | Library (down stairs) |
| March 12 | 6pm, dinner 7pm | RI President Bhichai Rattakul | West Bayshore Conf. Centre |
| March 19 | 6:30pm | Social committee's Laughter | Giggledam club in PoCo |
| April 5 | tba | District Assembly | Western Washington Univ. |
| May 1-3 | | District 5050 Conference | Harrison Hot Springs Resort |
| June 7 | 7pm – 10pm | WineZest 2003 | M.R. Arts Centre |

50 / 50 draw - Jackpot at \$232 + 1/2 of today's sales, 42 cards, Jackpot on "Queen of Hearts" only!

HAPPY ANNIVERSARY

March 10: Lila Jane & Marco Terwiel

LAST WEEKS MEETING

This week's guest speaker was Joy Gallop of Ridge Meadows Recycling.

Joy gave us an informed speech about the ways to reduce waste in our community. The Recycling Society has recently adopted a goal towards "zero waste" and that requires education of the public and support from it. Following are some useful hints that we can all adopt in order to strive towards this commendable goal.



- ◆ All businesses should be responsible for their won recycling the same way that residences are now
- ◆ Don't buy products that contain excessive packaging
- ◆ Buy whole fruit, therefore no need for the extra trays and plastic
- ◆ But in larger and economy size therefore encouraging less overall packaging
- ◆ Check products to see if they package with "recycled" materials
- ◆ Do not take plastic grocery bags from the store unless necessary
- ◆ Carry your own cloth bag as an alternative to plastic grocery bags
- ◆ Communicate your approval and/or disapproval directly to companies in a personal letter, regarding their packaging policies
- ◆ Support companies that offer to repair items, hence no need for the new product
- ◆ Drink from refillable cups, no need for paper and plastic cups

Did you know that

- ◆ Canadians use 55 million plastic bags per week
- ◆ 24% of cost of food is for packaging
- ◆ 64% of cost of toiletries is for packaging
- ◆ Women use and dispose of 3.5million disposable razors/year
- ◆ One baby produces 1 ton of soiled wet diapers in the landfill per year
- ◆ Of 7,000 items in a grocery store, 3,000 have packaging that goes directly to the landfill
- ◆ 75% of consumers are impulse buyers, leading to purchase of unused items later to be thrown out.
- ◆ Generally most people wear 20% of the clothes in their closet 80% of the time.

Remember: "Recycle, Reuse, Return". Be a part of the solution, not the problem!

Submitted by Debi Pearce

The following articles were taken from:



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EN Vol. 9, No. 4

ROTARACT VERY ALIVE AT 35

Every year, Rotary and Rotaract clubs mark World Rotaract Week - the week of 13 March. Rotaract's 35th anniversary in 2003 provides a good opportunity to celebrate and strengthen this partnership in service. During World Rotaract Week in 2002, Rotaractors exhibited considerable initiative - conducting medical and dental camps, promoting peace campaigns, planting trees, recycling waste, visiting the elderly, entertaining disabled children, and raising funds for countless good causes, often with their sponsor clubs.

Adept at computer use, many Rotaractors around the world exchanged e-mail greetings during World Rotaract Week. With marketing flair, they wrote letters to Rotary clubs that do not sponsor Rotaract clubs urging them to organize one. Displaying media savvy, they garnered considerable publicity for their service and fellowship activities.

Rotaractors' enthusiasm for service, rapport with sponsor clubs, and skills at networking and public relations are among the reasons Rotaract keeps growing. Today, the number of Rotaract clubs for leaders ages 18 to 30 exceeds 7,300 in 150-plus countries.

For information on Rotaract club sponsorship, contact RI Rotaract staff at (847) 866-3315 or rotaract@rotaryintl.org.



During World Rotaract Week 2002, members of the Rotaract Club of Salgueiro, Pernambuco, Brazil, promoted blood donations.

ROTARY'S GLOBAL CONNECTIONS

Rotary holds the highest consultative status with the UN Economic and Social Council (ECOSOC) available to nongovernmental organizations. In addition to being represented at the UN and its agencies in New York, Geneva, and Vienna, Rotary appoints representatives to the UN Educational, Scientific, and Cultural Organization (UNESCO) in Paris, the Food and Agriculture Organization of the United Nations (FAO) in Rome, the UN Environment Programme (UNEP) and UN-HABITAT in Nairobi, and the UN Economic and Social Commission for Asia and the Pacific (ESCAP) in Bangkok.

Rotary also appoints representatives to other intergovernmental organizations with which it has special status: the Council of Europe in Strasbourg, France, and the Organization of American States (OAS) and the World Bank in Washington, D.C. Since the dissolution of the Organization of African Unity, Rotary is looking to obtain official relations with the newly formed African Union in Addis Ababa, Ethiopia.

In addition, Rotary has cooperative relationships with other nongovernmental organizations that enhance common goals. Recently, RI renewed its relationship with Goodwill Industries International to increase vocational opportunities and training for people with disabilities and other barriers to employment. RI has just entered into a new cooperative relationship with the International Reading Association, which promotes literacy.