

PRINCE CHARLES PRAISES ROTARIAN EFFORTS AT RIBI CONFERENCE

Rotarians welcomed a royal guest at this year's annual conference of Rotary International in Great Britain and Ireland (RIBI). Prince Charles of Wales, who is president of the British non-profit organization WaterAid, attended the 11-13 April event in Blackpool, England, at the special invitation of RIBI President Tony de St. Dalmas. This year, WaterAid is the preferred international charity of the RIBI president.

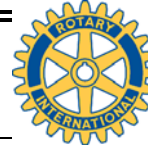


"Rotarians in Great Britain and Ireland are greatly honoured by the presence of His Royal Highness, the Prince of Wales and president of WaterAid, at our annual conference," said RIBI President St. Dalmas. "Personally I am delighted that Rotary clubs have taken up the challenge to support WaterAid, as particularly this year there are many calls on Rotary support for other projects."

In a keynote address, Prince Charles, who is an honorary Rotarian, noted that while nobody needs reminding that water is essential for life, affluent societies easily forget that in much of the world many people do not have access to a safe, clean, and reliable water supply. "[For] many communities across the developing world, the provision of clean water is the first and most essential step out of a life of poverty," he said. "On behalf of WaterAid and all the beneficiaries in Tanzania I would like to thank Rotarians most warmly and with heartfelt enthusiasm for their dedication and support, and for working together in partnership with WaterAid."

WaterAid has enjoyed a successful relationship with RIBI since 1984. Rotary clubs have donated more than GB£2 million (US\$3.1 million) in that time. This year, Rotarians have set a target of providing 21,000 people with safe water, sanitation, and hygiene education in the Dodoma and Kiteto regions of Tanzania.

RI President Bhichai Rattakul, who also attended the conference, praised Rotarians in Britain and Ireland for fulfilling Paul Harris's vision through their support for community and vocational service projects. "We know that peace means much more than the absence of armed conflict. Peace means freedom from fear - not just the fear that comes from violence but the fear that comes from poverty and not having food, water, shelter, education, and healthcare," he said. "I have spent the hours of my life in a variety of roles, including as a politician. And I can say with total conviction that I believe it is organizations like Rotary that make the greatest contribution to world peace. As our world struggles to find peaceful solutions to global tensions, Rotary service nurtures international goodwill. Rotary service relieves human want and suffering. Rotary service answers hate with love, fear with hope, and distrust with cooperation."



The Four Way Flasher

**Rotary Club of
MeadowRidge Newsletter**

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Web-site: www3.telus.net/MeadowRidge_Rotary

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INVOCATION April 22: Ron LePore April 29: Caro O’Kennedy

BINGO SCHEDULE

| | 3:30-5:00 | 5:00-6:30 |
|----------------|------------------|------------------|
| Apr. 24 | Doris Gagel | Merlyn White |
| May 8 | Irena Shantz | Brian Bekar |

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



TODAY’S PROGRAM: Business meeting

NEXT WEEK’S PROGRAM: Cadet Holly Stevens,
a recent graduate from the RCMP Youth Academy

CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

| Date | Time | Event | Venue |
|---------------|-------------|--------------------------|-----------------------------|
| April 24 | 12:30pm | WineZest Meeting | Arts Centre & Theatre |
| April 29 | | First day of Esteem Team | |
| May 1-3 | | District 5050 Conference | Harrison Hot Springs Resort |
| May 2-4 | | Iron Lung at Home Show | Planet Ice |
| May 6, 13, 20 | | Esteem Team | |
| June 1-4 | | Rotary Int. Convention | Brisbane, Australia |
| June 7 | 7pm – 10pm | WineZest 2003 | M.R. Arts Centre Theatre |
| July 19 | 8am | Presidential Celebration | Delta Airport Hotel |

50 / 50 draw - Jackpot at \$320 + 1/2 of today’s sales, 37 cards, Jackpot on “Queen of Hearts” only!

HAPPY BIRTHDAY

April 23: Debbie Wade

April 27: Lorna Anderson

April 28: Peter Boekhorst

LAST WEEKS MEETING

Dave Reekie advised the membership that the advertisements will be in the Times newspaper very soon. There is an opportunity to help cover the cost of this by buying the bottom part of the ad for \$30. If you are interested please let him know ASAP.

The Social committee is planning the Second Annual Day at the Horseraces at Hastings Park. The proposed date is Sunday May 25th at 12:00 noon for the buffet and 1:15 for the races. The cost will be \$29.00 each and we need a minimum of 20 participants. Ineke did send out an email to everyone re this. Please respond to her then as to whether you would like to attend or not and how many guests you will bring. A good time is promised to all!

The guest speaker last week was Linda Worby, who is a sleep therapist. The focus of her presentation was "Are you getting the sleep you need?" She started out with the following questions and answers:

| | |
|---|-----------------|
| What is the average amount of sleep a person needs? | 7.3 hours/night |
| What percentage of men over 40 snore? | 50% |
| What percentage of people has a sleep disorder? | 58% |
| What percentage of those have been diagnosed? | 5% |
| Of that 5% what percentage have been treated? | Less than 50% |
| What is the most common sleep disorder? | Insomnia |

It is estimated that approx. 86% of truck drivers suffer from sleep apnoea. This is when the throat blocks the flow of oxygen. Common symptoms that may suggest you suffer from sleep apnoea are:

- Stop breathing while you sleep
- Wake up gasping or choking
- Wake up tired
- Dry or sore throat in the morning
- Depression due to lack of sleep
- Acid reflux /heartburn
- Headaches in the morning
- Poor memory or lack of concentration
- Weight gain
- 50% of people with High Blood Pressure suffer from Sleep Apnoea
- 50% of people with Diabetes suffer from Sleep Apnoea

There are only 5 sleep labs in BC and a 2 year waiting list to be tested in this way. They do however have a simpler test, which is a small clamp you attach to your finger when you sleep that then monitors the oxygen levels and heartbeats. If you suffer from sleep apnoea you will have decreased levels of oxygen and an elevated heart rate. There is now a fairly compact and simple machine that use air pressure to keep the throat open so as not to constrict the flow of oxygen, hence a better nights sleep for both you and your partner. If you would like further information regarding this you can consult your Doctor or ask Dave Reekie for the information from our guest speaker.

Submitted by Debi Pearce

WINEZEST 2003 TICKET SALE



Tickets for the Wine Zest are set to go on sale next weekend. As a result, we will be doing a "road show" and hosting Wine Zest booths at various Mall locations for 5 weekends leading up to the event (the May 3rd weekend, the booth will be located at the Home Show). The primary focus of the Mall booths will be to sell tickets to the Wine Zest as well as tickets for the fabulous Wine Zest Raffle.

And that's where you come in. We still need a few folks to cover off some shifts at our Mall locations. We would greatly appreciate it, if you could spare a couple of hours to help sell tickets at our Wine Zest booth, as per the schedule below.

| | | |
|--|---|--|
| <u>April 27th</u> , at Coquitlam Mall Dot - 11am - 1:30pm Dave Reekie - 1:30-4pm | <u>May 10th</u> , Save-On Foods (Coq) - Merlyn - 11am - 1:30pm ??? - 1:30-4pm | <u>May 17th</u> , at Valley Fair Mall - Allison - 11am - 1:30pm Dave Reekie - 1:30-4 |
| <u>May 24th</u> , at Haney Pl. Mall ??? - 11am - 1:30pm ??? - 1:30-4pm | <u>May 31st</u> , at Haney Pl. Mall - Lindsay - 11am - 1:30pm ??? - 1:30-4pm | |

If you have any questions regarding the above, please contact Merlyn White at 604-465-7133 or email her at merwhite@shaw.ca

ROTARY BOFFO ON THE GREAT WHITE WAY

Fifty-five years ago this month the musical, *Inside U.S.A.*, an Arthur Schwartz-Howard Dietz collaboration, debuted on Broadway.

Although the play failed to dazzle the critics, it did contain one number of particular interest to Rotarians, "Rhode Island Is Famous for You."

Its first line reads:
"Every state has something its Rotary club can boast of."

Alan Garfinkel, a member of the Rotary Club of Lafayette Daybreak in Indiana, recently bought a CD containing the. He also noted that Schwartz, the composer, and Dietz, the lyricist, are much better known for such titles as "Dancing in the Dark," "You and the Night and the Music," and "That's Entertainment."

"My question is, was either Dietz or Schwartz ever a Rotarian?" Garfinkel writes. "Regardless, it seems that Rotary has again made history, because one doubts that any other service club has ever been mentioned in the lyrics of a pop or show tune."



Melissa spent Easter Saturday making chocolate eggs and bunnies. She mastered one of the necessary life skills. And they tasted so good!