THE DAWN

Mercer Island Rotary Club Meeting Report for January 19, 2016

CALL TO ORDER: Tom Callahan, club president.

THOUGHT OF THE WEEK: Carol Friends. In the words of Martin Luther King Jr, whose birthday we remember today: "To retaliate in kind would do nothing but intensify the existence of hate in the universe. Along the way of life, someone must have sense enough, and morality enough, to cut off the chain of hate."

VISITING ROTARIANS AND GUESTS: Benson Wong
Denny Wilford visiting from Gig Harbor
Susan Peters was the guest of her father Bruce Peters
Bing Teng was the guest of Nancy Lee
Bill Perman, a prospective member, was the guest of Greg Asimakoupoulos
Kerry Paulin, a prospective member, was the guest of Laurie Adams
Penny LeGate (and her husband Craig) was the guest speaker

BOARD MEETING UPDATE: No Board meeting this week. The Board will have their annual joint meeting next week with the Chamber of Commerce and Mercer Island School Board.

PUBLIC SERVICE ANNOUNCEMENT: Claudina Campbell, CFP, gave an interesting presentation about the important changes coming with social security benefits. Recommended Rotarians speak with their certified financial planner (CFP) for further details.

ANNOUNCEMENTS:
Literacy. Tom Callahan and Curt Greenberg. RCMI tutors recently delivered dictionaries to third grade students in Seattle. They were very grateful.
Half Marathon. Sam Sullivan. Very important event for Rotary. It raises the most money for the club. Everyone in Rotary needs to participate. Contact Ryan Flynn or Sam Sullivan for further details.
Annual Fund. David Helsby. The annual fund drive is still going on. We are at $68,000 of our $72,000 goal.
MIYFS. Cindy Goodwin. "Giving from the Heart Breakfast" is on 2/10.

PROGRAM: Penny LeGate "Combating Heroin Addiction"
Penny is an Emmy-winning journalist. She is a freelance reporter and documentary producer. She reports on global issues. Lives on Mercer Island. She has worked

extensively to help eradicate polio. Now she is focused on increasing public awareness about the epidemic of heroin use, addiction and overdose/death. She gave a very moving presentation weaving in her own daughter Marah's struggle with heroin addiction and eventual overdose leading to her untimely death. It can happen to anyone. Heroin does not discriminate. It is a serious brain disease. Education is critical. She participates in the group "Not One More" which is for parents who have lost a child to addiction or have a child struggling with addiction. The group goes into schools to educate kids about the perils of heroin use. We need more treatment facilities. Inpatient treatment is very expensive. She started the organization "The Marah Project" which aims to change Washington laws to make naltrexone readily available to everyone. Currently, it is available by prescription only. It is the one anecdote to a heroin overdose that will save someone's life. She also discussed Methadone Treatment Centers which are very helpful in fighting opioid dependence. The gold standard for treating heroin addiction is methadone. However, it does not help everyone. Thank you Penny for a very heartfelt and important presentation.

NEXT WEEK'S SPEAKER: Peter Goldmark—"Natural Resources Management"

THANKS, GIFT As a thank you for speaking to us today, Rotary donated 1500 pounds of fresh produce to the needy and the deserving through Rotary First Harvest in honor of Penny LeGate.

DRAWING Claudina Campbell won the drawing today and hit the jackpot with the 3 of Hearts. Way to go Claud!

MEETING ADJOURNED

SCRIBE: Robert Goode