

11 October 2005



To all Rotarians Affected by the Recent Earthquake in Pakistan, Afghanistan and India and Floods and Mudslides in Belize, Costa Rica, El Salvador, Guatemala, Haiti, Honduras, Mexico and Nicaragua:

We are deeply saddened to learn of the recent earthquake that hit Pakistan, Afghanistan and India, and of the floods and mudslides in Belize, Costa Rica, El Salvador, Guatemala, Haiti, Honduras, Mexico and Nicaragua caused by

Hurricane Stan. It has been devastating to learn of these catastrophes that have taken the lives of more than 30,000 people.

As Rotarians will seek out opportunities to provide immediate and long-term assistance to your communities, please contact RI staff with information regarding local relief efforts being undertaken by clubs in your area so that we may share this information with the Rotary community via the RI Web site www.rotary.org/programs/wcs/disaster/reliefforts.html

Please send a description of your club's project, Rotarian contact information, and photographs (if possible) to the World Community Service Program Coordinator wcs@rotaryintl.org in the International Service Programs section. Your relief efforts will be posted on the RI Web site for Rotarians wishing to contribute funds and/or donated goods to victims.

When organizing your club or district's response to a local or international disaster, we recommend that Rotarians work closely with an experienced disaster relief organization such as the International Federation of the Red Cross and Red Crescent Societies.

While an immediate response is necessary at this time, we encourage you to begin thinking of long-term assistance projects. Please visit the RI Programs Web pages on the RI Web site www.rotary.org/programs/wcs for information on the World Community Service Projects Exchange and The Rotary Foundation Web pages www.rotary.org/foundation/grants for information on Humanitarian Grants.

As always, our thoughts are with you during this time of need and you have the support of Rotarians and RI staff around the world.

Sincerely,

Carl-Wilhelm Stenhammar
RI President

Frank Devlyn, Trustee Chairman
The Rotary Foundation



The Four Way Flasher

Rotary Club of
MeadowRidge Newsletter

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Web-site: www3.telus.net/MeadowRidge_Rotary

Meetings: Tuesday 12pm, Gourmet Hideaway Restaurant
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OCTOBER IS VOCATIONAL SERVICE MONTH

INVOCATION

Oct. 18	Mary Robson	Oct. 25	Bob Shantz
Nov. 1	Eng Hock Tan	Nov. 15	Marco Terwiel



SERVICE Above Self

BINGO SCHEDULE

	6:15-8:15	8:00-10:00
Nov. 03	Laurie Anderson	Bob Shantz
Dec. 01	Lynda Lawrence	Marco Terwiel

Call Peter at 604-465-3392 for assistance or email peter.boekhorst@telus.net

TODAY'S PROGRAM: Mike Keenan – Update on Samuel Robertson Tech School

NEXT WEEK'S PROGRAM: Michelle Hargrave - ICBC

CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
Oct. 19	12 noon	Executive Meeting	Home Restaurant, M.R.
Oct. 26	12 noon	Wine Fest Wrap-up Meeting	Laurie's office, 22311 119 Ave, M.R.
Nov. 8		Fire Side	
Nov. 12		District 5050 Foundation Dinner	Langley Coast Hotel 20393 Fraser Hwy, Langley
Nov. 19	8:00am	D5040 & D5050 Foundation Seminar	Delta Town and Country Inn 6005 Highway 17, Delta

50 / 50 draw - Jackpot at \$468+ 1/2 of today's sales, 37 cards left, Jackpot on "Queen of Hearts" only!

LAST WEEK'S MEETING

Our guests at today's meeting were Cindy Tyler and Janice MacRae of the local Public Health office and our Guest Speaker, Dr. Richard Mathias, Professor of Public Health at UBC.

Gordy advised the Club that the Sports Banquet raised \$38,000. He said that special thanks should be given to Donna Telep who donated the airfare for the two trips to Maui, and to Ineke for her hard work on organizing the auctions.



Dr. Mathias is a Professor at UBC, born in Aggasis, who spoke to the Club about infectious diseases. He began by asking how many members had flu shots last year. He then asked why those who didn't have the shot chose not to have it. The main reasons given were - either that these people don't get sick, they know someone who's had the shot but has still gotten the flu, they believe the shot can cause the flu or that there is mercury in the vaccine. He advised that you can still get the common cold flu even if you've had the vaccination but you will not get influenza.

He advised that the reason for getting the shot is not only to protect yourself but those people around you. Schools are in the highest risk category for communicable diseases because the children can not only infect one another but can bring the infection home and spread it through the family. The rationale for giving the health care providers the shot is due to the number of infected people they come in contact with.

He explained that children under two years of age and adults 65 or older get the shot at no charge as they are in the highest risk category for contracting influenza. He advised that the risk increases over your lifetime and that it's a major killer of the elderly.

There is no mercury in the shots anymore as it used to be used as a preservative in multi-dose quantities but now the shots come as single dose shots. He said that the dead virus is given so that if the live virus comes along the body can recognize it. It takes 7 – 8 months to produce the vaccine so the vaccine for the current year is based on strains that circulated the previous year.

The only proven way influenza can spread is airborne through droplets that are sprayed when some sneezes or coughs in close proximity to another person. The virus must get to the cells within your nose. It cannot be transmitted through the skin unless you have an open wound. The virus must be fresh and it only lives for a few minutes outside the body; it is the same way that SARs spread.

He advised that you cannot overload your immune system by getting the shot. Superbugs are created by antibiotics not by vaccines. He compared the current hype about the Avian Flu to the Swine Flu of the 70's. He advised that the Avian Flu affects chickens not humans and that we shouldn't be stressed about it spreading worldwide and killing people. The Norwalk Virus is different as it lives in the stomach as well as the nose, and that the reason people kept getting sick even though the ships had been sterilized between outbreaks was that the staff were still carrying the virus without showing the symptoms.

Dr. Mathias concluded by advising that the greatest health threat today is obesity, which is resulting in increased cases of diabetes and heart disease.

Submitted by Lynda Lawrence

CLUB SERVICES COMMITTEE MEMBER SURVEY

The Club Services Committee has the best mandate – bring our Club Members together for some fun!

We have come up with a number of ideas for get togethers to be held during the Spring 2006, and would like your input. Please rate the following suggestions and fax to (604) 463-3615:

Wine & Cheese Get Together

A Local Winery Tour

A Day at the Races

Catch a Comedy Act at the Act Theatre

An Evening Out at a Supper Club

Other Suggestions: _____

Things we could do to get together at Christmas that would help the less fortunate:

Christmas Parade – Shake Cans and Collect Funds for the Foodbank

Christmas Train – Greet Santa and collect monies/food for the Foodbank.

We are also looking for locations for upcoming Firesides. If you are able to provide your home as a venue on either of the following dates, please contact Debbie MacRae or Lynda Lawrence:

November 8, 2005

March 28, 2006

NAME: _____ TELEPHONE: _____