



HARVEST WINE FESTIVAL 2006

Wow, that was a wonderful event!

We sold approx 450 tickets (definitely a record!) and everybody had a great time!!

The wines were fabulous and the food delicious..... we might need more wineries and more restaurants.



The way this event is growing, we might have to look for a larger venue as well next year!

The addition this year of the 3 painters from the Garibaldi Arts' Club, each producing a painting during the event and the subsequent auction of the paintings at the end of the night, added

a really nice touch to the evening.

Also new this year the "Live Auction" of 3 wine cellars, proved to be very successful.

Helen Ferris did a fantastic job on the decorations and Lynn Kask was instrumental in collecting Silent Auction items.... it was fabulous to see such a different variety of donations this year.

Most members helped out in some way to make this event the success it was....and it was a joy to work with you all!



I'm happy and excited to tell you, that after all bills are paid and last Silent Auction items are picked up etc. we probably realize net proceeds of **approx. 17 - \$18,000**, which is an absolute record! A great result at the end of a BIG job for our Committee....but another very successful event for our MeadowRidge Rotary Club, we all can be very proud of.



Thanks to our whole Committee: Cheryl, Debi P., Peter, Vivian, Matt, Laurie, Brian F., Ineke and non members Helen Ferris and Lynn Kask. But also a great big Thank You to all members that came out and volunteered at the event (with spouses and kids), helped with set up and break down, did all the pick ups, sold tickets, donated items and wine, sponsored wine tables.....you all contributed to help make our Harvest Wine Festival the success that it was....

Thank Youand let's do it again next year!

Submitted by Ineke



The Four Way Flasher

Rotary Club of
MeadowRidge Newsletter

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SEPTEMBER IS NEW GENERATIONS MONTH

INVOCATION

Sep. 19	Laurie Anderson	Sep. 26	Liz Attarmigirian
Oct. 3	Brian Bekar	Oct. 10	Anil Bharwani

BINGO SCHEDULE

	6:15 - 8:15	8:00 - 10:00
Oct. 05	Debbie MacRae	Walter Volpatti
Nov. 02	Bob Shantz	Dave Rempel

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

TODAY'S PROGRAM:

Dr. Ward Tinney: Medical director of RMH

NEXT WEEK'S PROGRAM:

CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
Nov. 7	6pm	Sports Banquet	Meadow Gardens

50 / 50 draw - Jackpot at \$378.00+ 1/2 of today's sales, 36 cards left, Jackpot on "Queen of Hearts" only!



LAST WEEKS MEETING

Guests today: Lynn King, Manger TD Canada Trust and Adam Rawecki, Small business banking, TD Canada Trust both guests of Mary Robson. Deb Appleby head of the Chrystal Meth Task Force, guest of Mary Robson. And Peter's sister Angelique Ellis from Australia.

Exchange Student: Anna living with Bob and Irena Shantz. Bob is looking for Rotarians with 16 year olds to co-ordinate activities with Anna. She is a little shy, very pleasant and she is happy looking around and doing things. She has been to Canada before.

Gordon Kirkland was our speaker for the meeting. Gordon is married to our very own Diane and is hereby known as Mr. Diane Kirkland! Gordon is an accomplished author, syndicated columnist, humorist and entertainer and conference speaker. He even worked for the Federal Government at one time.

Gordon's first book, *Justice Is Blind - And Her Dog Just Peed In My Cornflakes*, was awarded the Stephen Leacock Award of Merit For Humor in 2000. It is a collection of his columns and other writing covering the full gamut of the fun and foibles he comes face to face with every day.

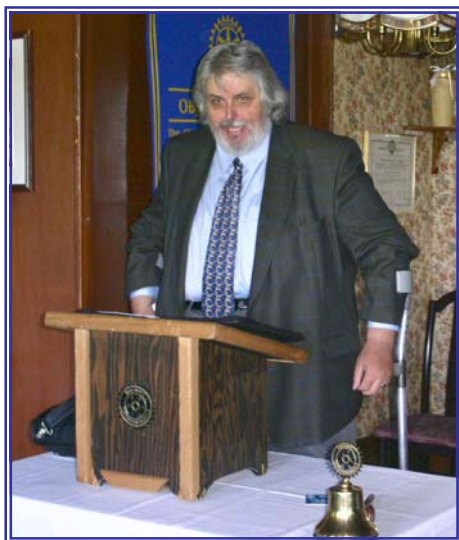
Thistledown Press released his second book, *Never Stand Behind A Loaded Horse* in March of 2004. Gordon is quick to point out that all of his stories, even the title story for this book, have come from personal experiences. This book followed the lead of his first book by winning the 2005 Stephen Leacock Award of Merit for Humour in Canada.

When My Mind Wanders It Brings Back Souvenirs, was released in January of 2005 in the United States by AuthorHouse™. Distribution in Canada by Hushion House started in September of 2005. Once again, Kirkland was the winner of the Stephen Leacock Award of Merit for 2006.

His latest book, *I Think I'm Having One Of Those Decades* was launched in the USA on March 24, 2006 in conjunction with Gordon's keynote address at the Erma Bombeck Writers' Workshop at the University of Dayton, in Ohio. It will have a fall 2006 release in Canada.

To date Gordon has made over 200 appearances reading from his books in a total of over 90 cities in Canada and the United States. He enjoys the interaction with audiences whether they are in his hometown or thousands of miles away in cities like Atlanta, Dallas, or Las Vegas.

Mr. Kirkland noted our work on literacy and thanked the Rotary organization for our ongoing literacy effort. It is Gordon's view that literacy raises people up and through literacy the world becomes a more just place.



Humour in the Workplace ~ Humour and laughter in the workplace are important stress relievers which can increase productivity and reduce medical costs for lost days due to an accumulation of stress. It has been studied that the greater the stress, the lower the productivity, the lower the productivity, the greater the stress. Workplace stress causes heart disease and strokes. In addition to the stress from work there is the stress of getting to work. The longer the drive to work, the greater physiological and psychological stresses.

Humour and laughter lowers blood pressure, releases endorphins and boosts the immune system. The endorphins released by laughter are 10x more effective than morphine! If you laugh 100 times, that gives you the equivalent of 10 minutes of aerobic exercise. Laugh for 15 minutes and achieve the same relaxation as 8 hours of meditation. Laugh for 10 minutes to achieve the rest of 2 hours of sound sleep.

Gordon tells us that Hewlett Packard has a "humour room" in its office environment, which has all kinds of funny things including cartoons playing on TV. We can take an office drawer, create a "humour drawer" and include items such jokes, a book of funny remarks, cartoons, whatever makes us laugh. Another tip Gordon has for us is not to listen to news on the way to work. Instead choose a comedy CD or upbeat music. Corporate managers create humour in the workplace to reduce stress and increase productivity.

"Laugh in the face of your boss ~ Laugh behind the back of your stress!"

Submitted by Vivian Hatiras

SPORTS BANQUET 2006

November 7 at Meadow Gardens

- 6 pm No host bar
- 7 pm Banquet begins

John McKeachie is the Emcee and there will be two new Home Town Heroes announced at the banquet

Tickets are \$120 - \$100 tax receipt will be issued.

We will need several volunteers!

For more information or to volunteer – contact Mary
604-463-3333 ext 2 or maryrobson@robsonandassoc.com



HAPPY BIRTHDAY

Sep. 19: Mina Park

