

## CLUB CHRISTMAS PARTY



The Robsons have kindly offered to host this year's Rotary Christmas Party again. The venue however, has changed. The party will be held at The Gourmet Hideaway Restaurant on Tuesday December 19<sup>th</sup> beginning at 6 pm with a no host bar.

A roast turkey buffet will be prepared by Paul, and dinner will be served a bit earlier this year, around 6:30 – 6:45 pm, to enable those helping the Friends In Need Food Bank with the CPR Santa Train event to help the Food Bank set up.

The Train, which is scheduled to arrive at Port Haney at 7:45 pm, features some great entertainment which club members can easily walk to from the restaurant. Friends in Need Foodbank will provide "Santa Hats" for everyone and volunteer badges. It would be nice if all volunteers could wear something red for the occasion (but that's up to you!)



Please RSVP by email to Lynda at [ljlawrence@robsonandassoc.com](mailto:ljlawrence@robsonandassoc.com).



# The Four Way Flasher

## Rotary Club of MeadowRidge Newsletter

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Web-site: [www3.telus.net/MeadowRidge\\_Rotary](http://www3.telus.net/MeadowRidge_Rotary)

Meetings: Tuesday 12pm, Gourmet Hideaway Restaurant

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### DECEMBER IS ROTARY FAMILY MONTH

#### INVOCATION

Dec. 5	Brian Fox	Dec. 12	Doris Gagel
Jan. 7	Maureen Goodrick	Jan. 14	Bobbi Gottschalk

#### BINGO SCHEDULE

	6:15 - 8:15	8:00 - 10:00
Dec. 28	Dave Rempel	Hugh MacDonald
Jan. 25	Maureen Goodrick	Valerie Spurrell



Call Peter at 604-465-3392 for assistance or email [peter.boekhorst@telus.net](mailto:peter.boekhorst@telus.net)

**TODAY'S PROGRAM:** John Simpson, Superintendent S.D. 42

**NEXT WEEK'S PROGRAM:** Election of new Club Officers for 2007/2008

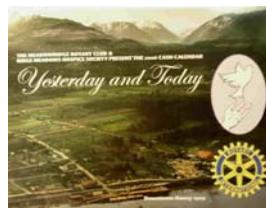
**Don't forget to bring in your two cans – or cash - for the Food Bank**

#### CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
Dec. 12	Noon	Club AGM and election of 2006/2007 Officers	Regular meeting
Dec. 19	6:00pm	<b>No regular meeting:</b> Christmas Party	The Gourmet Hideaway
Jan. 19	6:00pm	Regional PolioPlus Dinner - \$80.00 CAD	Delta Vancouver Airport Hotel
Jan. 20	8:30pm	Regional Rotary Foundation Seminar - \$40 CAD	Delta Vancouver Airport Hotel

**50 / 50 draw - Jackpot at \$98.00+ 1/2 of today's sales, 47 cards left, Jackpot on "Queen of Hearts" only!**

## HOSPICE CASH CALENDAR DECEMBER WINNERS



1	\$20	Jim & Natalie Baxter	Port Coquitlam	16	\$20	Lester Wong	Maple Ridge
2	\$20	Brian Waunch	Maple Ridge	17	\$20	Eleanore Jolly	Maple Ridge
3	\$20	Chris & Reg Thompson	Port Coquitlam	18	\$20	Kathy Fung	Richmond
4	\$20	Ken & Carol Davies	Mission	19	\$20	Jim Gobelle	Maple Ridge
5	\$20	Carole Porter	Maple Ridge	20	\$20	Leslie Langford	Abbotsford
6	\$20	Eileen Gardner	Maple Ridge	21	\$20	Sandra M	Coquitlam
7	\$20	Bunny Forsyth	Pitt Meadows	22	\$20	Chris Malfairs	Maple Ridge
8	\$20	Uptown Massage	Maple Ridge	23	\$20	Coleen Jennings	Maple Ridge
9	\$20	Doug Anderson	Maple Ridge	24	\$20	Stephen Shao	Maple Ridge
10	\$20	Sue Easton	Coquitlam	25	\$250	Laurie Bowles	Maple Ridge
11	\$20	Colin Penty	Burnaby	26	\$20	Brian McDermolt	Maple Ridge
12	\$20	Kirsten & Alan Rodel	Pitt Meadows	27	\$20	Bill & Eileen Kozak	Maple Ridge
13	\$20	Glenn Parks	Surrey, BC	28	\$20	Katy Gillan	Maple Ridge
14	\$20	Rina Varley	Maple Ridge	29	\$20	George Clark	Maple Ridge
15	\$20	Brian Biggs	Maple Ridge	30	\$20	Chris Hargreaves	Maple Ridge
				31	\$250	Diana Kelly	Port Coquitlam

## HAPPY ANNIVERSARY

Dec. 10: Peter & Ineke Boekhorst



## LAST WEEKS MEETING

Our Guests were Jim Coulter, Publisher of the News and Cailin Green, a guest of Robert.

### Announcements:

Ineke advised that she had participated in the BC Hydro Challenge fundraiser on behalf of the Friends In Need Foodbank last week. Foodbanks from across BC participated in the five day event which had volunteers riding a stationary bike to provide power to keep a Christmas display alight for the five day period. There was \$18,000. to be shared between the foodbanks that completed the task.

Terry Becker advised that her company had done a “Morning Movie” event for their clients over the weekend, and used it as fundraiser for the Foodbank. They collected 4 large boxes of food and \$500. in cash.

Sharon welcomed Robert Campbell back. Robert said that he has finished his course, and is ready to get to work. He hopes to be able to attend more meetings now.

Lynda announced that there would be a meeting on Wednesday November 29 in the morning at 7:30 at the ACT Theatre to provide information on the BIA (business improvement area) proposed for the town core, if anyone in the specified area wanted to attend.

Ineke spoke of the upcoming Christmas events:

Rotary Christmas Party @ the Gourmet Hideaway Restaurant  
Roast Turkey dinner hosted by the Robsons  
Tuesday December 19<sup>th</sup> - 6:00 pm no host bar, 6:30 pm Dinner

For those who are helping with the CPR Christmas Train, set up will follow at 7:15 pm for the train’s arrival at Port Haney Station at 7:45 pm. There will be entertainment before-hand provided by a local choral group. We will be collecting food and money for the Friends In Need Foodbank during the event. The train stop includes live entertainment by some Canadian artists.

There are two “Hands On” community projects coming up this weekend, Saturday December 2<sup>nd</sup> to help the Foodbank. One is “Christmas in the Park” which starts at 3:30 pm. Volunteers are needed to man the tent and accept donations for a couple of hours. Following this at 6 pm is the Santa Claus Parade. Volunteers needed to push shopping carts and collect money along the parade route. Usually lasts about 30 – 45 minutes. Meeting time 5:45 pm. Look for the bus with the Rudolph nose, and some seasonal shopping carts.

December 12 luncheon meeting is the Club’s Annual General Meeting and Election of Officers for 2007/2008. Brian Bekar is accepting nominations for the Board. Please contact Brian if you would like to run for a Board position.

Our Guest Speaker was Brian Chitlock, Executive Director of Jessie’s Hope Society, a non profit organization established to promote positive body image by building resiliency in youth. The original society has been in existence for over 20 years and was formerly known as ANAD.

The society is named after Jessie Alexander who had an eating disorder for six years, and took her life in 2002 due to complications from her eating disorder and depression.

The organization’s purpose is to educate, support and advocate for services around the issue of eating disorders and weight disturbances. They have a number of prevention programs including:

Loving Yourself Girls Program  
Research project for Boys & Men  
Youth Poster & Video Campaign – “Uniquely You”  
Critical Multiculturalism & Translation Program

Statistics on Eating Disorders:

60,000 females are affected in BC  
6,000 – 9,000 males  
15 – 20% will die or commit suicide  
Mainly effects those 15 – 24 years of age

The programs are provided at no charge. They have 90 – 100 volunteer presenters who have gone thru training with an eating disorders trainer who will be doing one hour school presentations. Their goal is to be part of the school curriculum. They will also train support groups. Funding for the programs comes from Mental Health. Recently the Society received a \$3,000. donation from the Maple Ridge Community Foundation.

They are translating the material used for teaching into Mandarin, Cantonese, Punjabi and Korean. The organization is working on an intervention support line and on-line intervention programs.

The organization consists of 1½ staff members and a Board of 10 individuals. There has not been much fundraising done in the past, but this is Mr. Chitlock’s focus. This organization is the only non-profit Provincial resource of its kind available.

Anyone interested in further information may call 604 466-4877.

**Submitted by Lynda Lawrence**