

## Holiday Eating Tips

1. Avoid carrot sticks.  
Anyone who puts carrots on a holiday buffet table knows nothing of the Christmas spirit. In fact, if you see carrots, leave immediately. Go next door, where they're serving rum balls.
2. Drink as much eggnog as you can. And quickly.  
Like fine single-malt scotch, it's rare. In fact, it's even rarer than single-malt scotch. You can't find it any other time of year but now. So drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an eggnog-aholic or something. It's a treat.  
Enjoy it. Have one for me. Have two. It's later than you think. It's Christmas!
3. If something comes with gravy, use it. That's the whole point of gravy.  
Gravy does not stand alone. Pour it on. Make a volcano out of your mashed potatoes. Fill it with gravy. Eat the volcano. Repeat.
4. As for mashed potatoes, always ask if they're made with skim milk or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.
5. Do not have a snack before going to a party in an effort to control your eating. The whole point of going to a Christmas party is to eat other people's food for free. Lots of it. Hello?
6. Under no circumstances should you exercise between now and New Year's.  
You can do that in January when you have nothing else to do. This is the time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.
7. If you come across something really good at a buffet table, like frosted Christmas cookies in the shape and size of Santa, position yourself near them and don't budge. Have as many as you can before becoming the center of attention. They're like a beautiful pair of shoes. If you leave them behind, you're never going to see them again.
8. Same for pies. Apple. Pumpkin. Mincedmeat. Have a slice of each. Or, if you don't like mincemeat, have two apples and one pumpkin. Always have three. When else do you get to have more than one dessert?  
Labour Day?
9. Did someone mention fruitcake? Granted, it's loaded with the mandatory celebratory calories, but avoid it at all cost. I mean, have SOME standards.
10. One final tip: If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention. Reread tips; start over, but hurry, January is just around the corner.

Remember this motto to live by:

"Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, totally worn out and screaming, "WOO HOO what a ride!"



# The Four Way Flasher

**Rotary Club of  
MeadowRidge Newsletter**

**Vol. 13 Issue 25  
Dec. 19, 2006**

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

Meetings: Tuesday 12pm, Gourmet Hideaway Restaurant

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### INVOCATION

<b>Jan. 9</b>	Maureen Goodrick	<b>Jan. 16</b>	Bobbi Gottschalk
<b>Jan. 23</b>	Vivian Hatiras	<b>Jan. 30</b>	Diane Kirkland

### BINGO SCHEDULE

	<b>6:15 - 8:15</b>	<b>8:00 - 10:00</b>
<b>Dec. 28</b>	Dave Rempel	
<b>Jan. 25</b>	Maureen Goodrick	Valerie Spurrell



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

**Dec. 26<sup>th</sup> and Jan. 2<sup>nd</sup> meetings cancelled  
Next meeting on Jan. 9<sup>th</sup>, 2007**

### CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
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 \$145.50+ 1/2 of today's sales, 45 cards left, Jackpot on "Queen of Hearts" only!**

## HAPPY BIRTHDAY

Dec. 21: Sharon Bekar      Dec. 22: Debi Pearce      Dec. 30: Valerie Spurrell  
Jan. 1: Fraser Stamp-Vincent      Jan. 8: Jack Attarmigirian

## HAPPY ANNIVERSARY

Dec. 19: Vladimir & Zdenka Cukor

## LAST WEEKS MEETING

Vlad brought his wife Zdenka to join us for lunch. There were a number of announcements today including,

Mary advised that the Headlines Theatre production of METH will be coming to Maple Ridge on February 28<sup>th</sup>. This production, which was created and is performed by people who have struggled with meth addiction in their lives, will be held at Westview Senior Secondary at 7:30 pm.

Lynda advised that the proposed BIA for downtown Maple Ridge was getting its final approval that evening, and that work has already begun to get the Society established and a location secured for the new year.

Wendy announced that the HSBC staff had just donated \$500. to the Friends In Need Foodbank. Ineke said that the Pitt Meadows Foundation had also donated \$500 this week.

Gordy said that he's enjoyed his first year in office at the Hall, and that he would be having a reception after this evening's Council meeting to address any questions that anyone may have about the future of our community. The reception to be held at the Maple Ridge Art Gallery.

Ken told us that he had been in Vegas, and while down there he attended a Rotary Meeting at the Las Vegas Freemont Club. Quite an experience.

Sharon advised that we had received a plaque from Meals On Wheels in thanks for our Club's donation. Bob presented \$2,800 to Valerie for the Hospice Society.

Marco was happy that we sang the National Anthem with a bit more pep. Diane was happy as business is growing for her. Vlad was sad that he couldn't celebrate Christmas with us, but happy that he would be celebrating his anniversary with Zdenka.

The Christmas sign-up sheet was circulated. The dinner is being hosted by the Robsons, and is by donation. Sharon advised that in lieu of Christmas gifts, it was decided that the Club will adopt a family for Christmas. It's a family of three, single mom, 20 year old son and a few month old baby girl. Terry is collecting the funds, and Lynda has agreed to provide a turkey or ham for their dinner. (At the end of the meeting Terry announced that she had collected \$300. Sharon said that she had another \$100., as well as the Christmas dinner fixings that will be supplied).

Sharon advised that the next meeting will be on January 9<sup>th</sup>. Our Christmas Party will be next week December 19<sup>th</sup>, and there will be no meeting on Boxing Day. As the restaurant is closed on January 2<sup>nd</sup>, Sharon challenged our members to do a make-up either at another club or on-line.

The Annual General Meeting and Election of Officers was then held.

Ken Paterson presented and reviewed with us, the Financial Statements for the year ended June 30, 2006. Bob Shantz motioned acceptance of the statements, Gord seconded the motion, and the statements were accepted.

Brian Bekar and Kevin Nosworthy held the Election of Officers. The 2007 Board of Directors as elected by the members are:

President	Bob Shantz
President Elect	Anil Bharwani
Vice President	Marco Terwiel
Treasurer	Walter Volpatti
Secretary	Maureen Goodrick

Committee Chairs	
International Service	Dave Rempel
Community Service	Mike Davies
Club Service	Kevin Nosworthy
Vocational Service	Matt DeBruyn



Submitted by Lynda Lawrence

## 'Friends in Need' Foodbank

Thanks to the generosity of our members, we delivered \$85 in cash and two large boxes of food to the locally 'Friends in Need' Foodbank.

Thank you to all, who donated.

