



# The Four Way Flasher

Meadow Ridge Rotary Club

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Website: [www.MeadowRidgeRotary.ca](http://www.MeadowRidgeRotary.ca)

Meetings: Tuesday 12pm, Bella Vita Restaurant

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## November is Rotary Foundation Month

**TODAY:** DG Wayne Wiebe's Official Visit;  
Installation of Jan Dale, Wende Dawes and Deborah Tucker



**NEXT WEEK:** Who's Who - Laura Cherille

### HAPPY ANNIVERSARY

Nov. 26: Matt & Lynda DeBruyn

### HAPPY BIRTHDAY

Nov. 23: Lynda Lawrence

### INVOCATION

<b>Nov. 23</b>	Doris Gagel	<b>Nov. 30</b>	Maureen Goodrick
<b>Dec. 7</b>	Lindsay Hendy	<b>Dec. 14</b>	Mariella Ignatieff

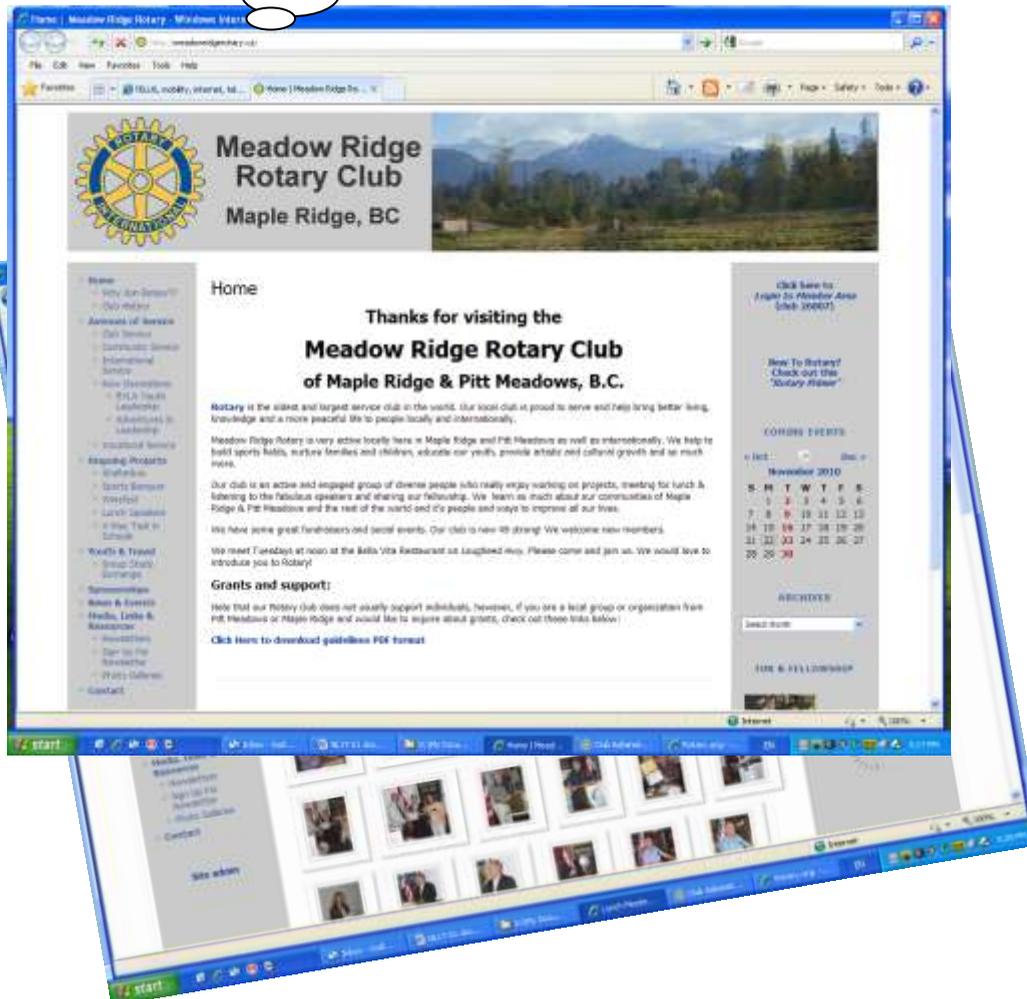
### CALENDAR OF CLUB AND DISTRICT 5050 EVENTS:

Date	Time	Event	Venue
<b>Dec. 4</b>	<b>5:30pm</b>	Christmas Parade (Foodbank)	221 St. and Dewdney Trunk Rd.
<b>Dec. 14</b>	<b>noon</b>	AGM & election of 2011/12 Executive	
<b>Dec. 17</b>	<b>7:00pm</b>	CP Christmas Train	Port Haney Station
<b>Dec. 21</b>	<b>noon</b>	Christmas Luncheon	
<b>Jan. 18</b>		Fireside at Marco's residence	21616 River Rd.

50 / 50 draw - Jackpot at \$59.00 + 1/2 of today's sales, 50 cards left, Jackpot on "Queen of Hearts" only!

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*Have you been there?*



## LAST WEEK'S MEETING

Jim Coulter introduced our guests, Deb Tucker, Melissa Kramer and Jan Dale

Ross Dunning was back from a holiday on Kauai, Hawaii and brought some banners back.

### **ROTARY MOMENT.**

The club was given some background information on the Paul Harris recognition which is given to individuals who contribute the equivalent of \$1000.00 to the Rotary Foundation. The Foundation was started in 1957 and its only project was the Rotary Fellowship for Advanced Study, which was the pre-cursor to Ambassadorial Scholarship Program. In 2006, the number of Paul Harris Fellows reached 1 million.

### **GUEST SPEAKER : DR. LARRY GUSTAFSON – INFLUENZA VIRUS AND SHOTS**

President Lynda introduced the speaker. Dr. Larry Gustafson has had a long history in Maple Ridge. His grandparents on both sides came to Maple Ridge in the 1930's. His interest in medicine started in his early years when his family doctor encouraged him to pursue a career in medicine.



He is currently the Chief Medical Health Officer for the Fraser Health Services. He took up this position in 1995 after returning from Pakistan where he first became involved in Community Health. Community Health concentrates on issues such as health legislation, health inspections and immunization programs.

Dr Gustafson reminded the club of the H1N1 pandemic which gripped the world in 2009. The seasonal vaccination prepared for 2010 will include a component to counter-act this strain. He explained how viruses mutate and therefore new vaccines have to be prepared each year depending on the strain prevalent at the time. The vaccines are prepared six months in advance. Hence the reason why individuals need to have a flu shot each year.

The benefits of immunization against any virus eg. Polio, chickenpox etc, can only be measured in the 5 years following the introduction of the vaccine.

Members queried the possible side effects of the vaccine, but were assured that although there were some minimal side effects; these were far outweighed by the benefits. In addition, rigorous pre-licensing programs are in place to ensure that vaccines are not released without careful testing.

In closing he reminded members that the annual flu shot was covered by BC health.

**Minutes submitted by Adrienne Dale**



## IMPORTANT DECEMBER DATES - PLEASE MARK IN YOUR CALENDAR:

The following are the Meadow Ridge Rotary Club December Christmas activities; a sign-up sheet is available today for the Santa Parade and Christmas Train event.

PLEASE indicate if you are (or not) participating.

### **Christmas Parade: Saturday, Dec. 4th, starts 6 pm (be there at 5:30 pm)**

**The Santa Parade:** starts at 6 pm; we're assisting to accept food/cash-donations from the crowd for the FIN Foodbank along the parade route; Set up for the Santa Parade is on 221<sup>st</sup> Street, between DTR and 124<sup>th</sup> Ave (MRSS). Look for "Friends in Need Van" / yellow school bus. Parade travels along Dewdney Trunk Rd, 224th St, through Memorial Peace Park, ending on Selkirk. Wear warm clothing, we will provide Santa hat.



### **CP Christmas Train at the Wharf / Billy Miner Pub, Friday Dec. 17th (be there at 6:45)**

**Open House at Lynda Lawrence: 5pm, share some Christmas cheer and yummys, before the CP Christmas train event and walk over to Santa train together.**

Lynda's address: 406-22233 River Rd. Phone: 604-467-3333

**Santa Train:** arrives at Port Haney approx. 7:45 pm, features GREAT entertainment. Usually "cold" weather at this event, suggested dress: "warm" casual! Bring the family. We'll be accepting food & cash donations from the crowd (+ loading in the van)

**ANY Tuesday Meeting in Dec.** PLEASE don't forget to DONATE 2 Non-Perishable Food items for Friends in Need Food Bank (bring 2 cans or, if preferred cash, to any Tuesday lunch mtg. in Dec. ASAP)

**Christmas Rotary Lunch,** Tuesday Dec. 22nd, Gourmet Hideaway: instead of exchanging gifts with each other, we're encouraging everyone to donate \$20 (otherwise spent on gift) towards the "End Polio Now" campaign - make cheque payable to Meadow Ridge Foundation and receive a tax receipt.

**Tuesday December 28th: No Rotary meeting.....Happy New Year.** See you all Tuesday January 4<sup>th</sup>.