

# Four Way Flasher :

# 20.

**MeadowRidge Rotary Newsletter : Jan. 6th 1998**

**Meeting : At The Gourmet Hideaway : Tuesday Noon.**

**President : Ken Knuttila 467-0649**

**Happy New Year ! May we enjoy much sharing and caring in '98**

**Welcome : Visiting Rotarians and guests.**

**Thanks to our presenter from S.F.U.** for his entertaining and realistic approach to cross training. As many of us include a new approach to physical activity routines in new year resolutions --- the new information will be very helpful. That walking and swimming can be every second day ---- BUT needs to be done regularly for the vital benefits.

**Interviews : 3 students** were interviewed for the outward bound opportunity . This young ambassador of Rotary will experience much and grow immensely through this exchange. Best wishes to the student of choice.

**Inbound student from Brazil :** BIG THANK YOU --- Frank and family-- as we welcome Natalia to Maple Ridge. We are sure she will be warmly welcomed within your family and will have a wonderful introduction to life in Canada through your eyes. We as a group look forward to meeting Natalia.

**3 other host families are needed** for Natalia this year. Contact Ineke or Frank asap for arrangements.

**Bingo :** Dec . Total : \$ 2014.02

**Sessions :** Jan 8th Sharon Kyle + T.B.A.  
Jan 22nd Ineke Boekhorst + Frank Ervin

Reflections : 1997 : See over.

Editor : A.Vevers : 467-5221 Fax : 467-5868