

Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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TODAY: Regular meeting cancelled – Installation Dinner Thursday June 19

NEXT WEEK: Faye Luxemburg-Hyam - Family Education & Support Centre

Happy Birthday

Happy Anniversary

June 21: Brian Johnston & Judith Betzler

Invocation

June 24 Jim Coulter
July 8 Mike Davies

CALENDAR OF CLUB EVENTS:

Date	Time	Event	Venue
June 19	6pm	Installation of new Meadow Ridge Rotary Executive	Pitt Meadows Golf Club
Aug. 31	10am – 3pm	Rotary Duck Race	Maple Ridge Park
Oct. 11	6pm	OktoberFest	Pitt Meadows Heritage Hall

MESSAGE FROM THE DISTRICT GOVERNOR

What can marriage teach Rotary? *

A wise man once said that the family is the “cell of society.” The heart of the family is the marital relationship or the adult single-parent friendships.

Attitude is important in marriage and two examples in particular are relevant to Rotary. Couples who are open to change and growth thrive, as compared to those who remain stuck in their own perspectives. Couples who make their relationship a priority do better than those who don’t. Rotarians who are open to change won’t become mired in the “we’ve always done it this way” mentality. Secondly, if the club relationships are a priority, meeting attendance will be natural and an anticipated part of one’s routine.

In marriage, communication is a crucial element and empathic listening is of the utmost importance. Historically, our society has dealt with emotions by ignoring them. “Put those feelings aside and push on” has been our mantra. We have discovered, however, that ignoring emotions can lead to problems with anxiety in particular and our health in general.

The reason empathy is so crucial (the ability to tune into and identify feelings in others and ourselves) is that by focusing on feelings in our communication we release them rather than store them up. Brain research has discovered that the rational side of the brain works more effectively if the emotional side has been calmed and appeased.

Many Rotary board meetings will bog down or derail because the emotional side of an issue hasn’t been acknowledged. Rotarians also have their frustrations and passions and these need to be acknowledged, accepted and respected. The emotions need not be understood or agreed with, but acceptance of them leads to the possibility of mutual planning and decision-making.

Settling emotions will allow marital couples to move on to consultative discussions which identify their different perspectives. In most

marriages I have worked with as a therapist, the differences are predictably numerous. In other words, differences are normal and a sign of balance.

Couples who divorce often end up hating qualities in the other person that they used to admire and love. Their inability or unwillingness to “work the middle” in co-creating solutions leads to polarizing power struggles and eventual parting of ways. Some of these people don’t know that the solution to different perspectives isn’t a fight to win (and have the relationship lose) but to find common ground and to move towards a collaborative position.

Collaboration is co-creation. Everyone has blind spots in the way they see and interpret life. It is helpful to consider that those who offer a different perspective aren’t so much competing with us as providing another view of an issue, which we might otherwise have missed. Each person in a relationship can literally see where the other is “blind” and when they discuss an issue with a joint solution in mind, the result is often excellent.

When Rotarians see other perspectives as normal and healthy and as add-ons to their own way of seeing things, the urge to debate and argue to the death diminishes. Collaborative decisions build community and often result in some excellent program planning.

Rotary has much to teach marriage as well. Simply following the Four Way Test as a couple, will help to ensure a strong relationship. In Rotary we are encouraged to keep the Test in mind in all that we “think, say or do” and because our family relationships are at the core of our lives, it makes sense that we live truth, fairness, goodwill and mutual benefit at home first and foremost.

Denis Boyd

*(Excerpts from a presentation at the recent Peak Experience District Conference)

LAST WEEK'S MEETING

President Adrienne opened the meeting and Brian Johnston led the anthem while Walter Volpatti gave the invocation.

Adrienne announced that Australian Prime Minister Tony Abbott opened the RI Convention on June 1 with a commitment from his government of \$100 million to the PolioPlus campaign.

Our next meeting will be at the Pitt Meadows Golf Club on Thursday the 19th at 6pm. We will be installing Eric Mollema as our new president and the 2014/15 executive.

Matt tells us that all 8 bursaries have been awarded and approved. Three of the recipients are from Connex (alternate school). We are looking forward to putting an additional arrow in the quiver for finding appropriate students for Rotary support with their schooling by seeking out those who may have trouble with our application process.

Guests: Libby Nelson and Leanne Kendall

Sharon gave out some fines for not selling duck tickets and Angie Edmonds "mystery greetered" me and a few others to raise some extra cash.



Terry Becker gave the Rotary moment. She had a great trip via the Rotary Friendship exchange program in New Zealand before heading to Sydney for the RI conference. She highly recommends this way of travelling. She also presented several Rotary Club banners from New Zealand.

Speaker: Val MacDonald - Eating for Energy

It is tough being a human. Two million years ago if you found a Big Mac (equivalent) it meant that you were likely to have enough energy to live for another day. Now that same life giving "celebration in a bun" is virtually a slow release poison-if you eat it frequently. How things have changed from food-any food- just to stay alive to having to choose foods that give less immediate energy and keep our raging islets of langerhans (pancreatic cells that produce insulin) running at a safe half throttle.

Val espouses the idea of being reasonable and moderate, changing the way we eat rather than using will power and guilt to temporarily lose a few pounds. High sugar and processed foods tend to raise the blood sugar quickly with a corresponding spike

in insulin driving that sugar into fat cells where they are reprocessed into fat and an expanding waistline. The pendulum then swings in the opposite direction resulting in a depressed blood glucose and a hunger response. Then the process cycles on to infinity.

Val gave us a tripartite list of foods that she thinks are good, so-so, and bad. She doesn't say you can't ever eat another Big Mac, but it should be about 1% of the time. At 6 meals per day (which could be better termed as "grazing"), that is an unhealthy meal once every 17 days. The grazing suggestion is to avoid getting hungry which can stimulate a poor food choice.



She suggests a balanced meal plan that involves a protein source, healthy fat (ex. avocado) and complex carbohydrate (not white bread).

Visit www.ValMacDonald.com and download your FREE eBook: **"Eating for Energy"**

I can't remember who drew the card in the 50/50, but it was successful for the club, bragging rights only for the winning ticket holder.

Submitted by Patrick O'Brien