

Campbell River Daybreak Rotary

THE SPINNING REEL

September 2, 2020: Everywhere.



Rotary Four Way Test

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all?

Attendance:

Daybreak Members Present:	23ish
Number of Makeups:	NA
Total:	21ish
Current Membership:	59
Attendance Percentage:	39%ish

- ◆ **Meeting Officially Called to Order: Don H**
 - ◆ Together we have fun, end polio and transform ourselves and the world.
 - ◆ Completed the small hands-on project downtown refinishing benches. Thanks Mitch K for the generator donation.
 - ◆ Started with inspirational Rotary video that can be found here:
<https://youtu.be/tto9vIAc3s8>
- ◆ **Secretary Report: Kelly Fisher**
 - ◆ Guests: Pam Mann, Ian Baike, Jennifer Skabar.
 - ◆ Doris W BD, Bruce & Barb I ANN, Barry P BD, Sandra & Mike R ANN, Glen & Sabrina C ANN.
- ◆ **Fining Sgt: Barry P**
 - ◆ Barry is having trouble finding the “fining basket” and also wondered if this counts as two meetings after we were all kicked out and had to sign in again.
 - ◆ This Sept 2 date is significant in history as:
 - ◆ 75 years ago Japan surrendered.
 - ◆ In 1945 on this date Vietnam declared it’s independence from France.
 - ◆ In 1969 the first ATM machine was introduced in New York City.
 - ◆ Craig G was fined for his unwarranted attack on Bruce.

◆ **Fining Sgt cont:**

- ◆ Mark was going to fine Urb and Jim for setting up golf in the chat room but then decided not to as he was impressed by their multi-tasking...however when talk changed to graphic descriptions of Jim's eye surgery the fine was back on.
- ◆ Some hypothetical fines were then given: Fish for being "first to the trough" and Mark for starting off the National Anthem off key.
- ◆ Group fine was for anyone who was presenting a normal shirt up top for the meeting but was still wearing their PJ bottoms.
- ◆ Mark wants everyone to think of a Rotarian, past or present, who inspired or had an impact on you and be ready to contribute next week.

◆ **Happy/Sad Bucks:**

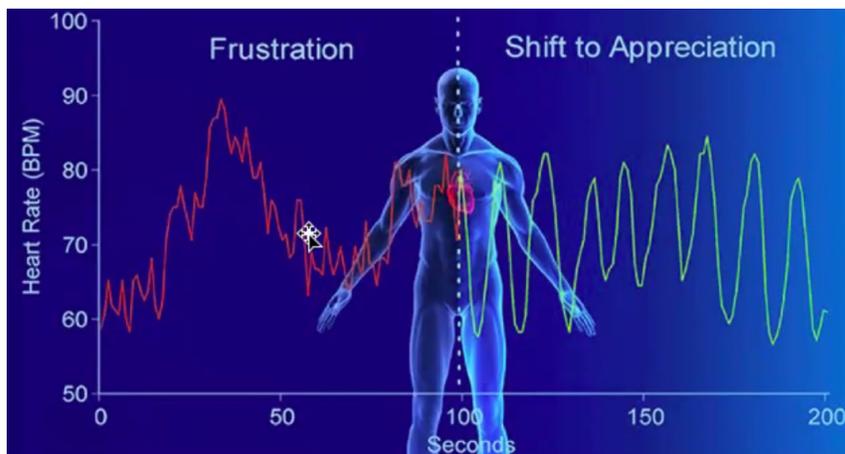
- ◆ Mark B had a HB as his old dog jumped up on the couch this week after 3 months of trying.
- ◆ Theresa had a HB in memory of Klaus and his wife who passed recently, he was always supportive and inspiring.
- ◆ Barry P was happy as he had a great fishing trip with family.
- ◆ Craig G had a SB as 2001 Dist Gov Bob Lovely (Olympia) passed, he was remarkable. He also had a HB to mark Mike and Sandra's 5th anniversary, they were happy then and still happy today! Also, he's now married off all of Ian Baike's kids.
- ◆ Tony F was happy that he's got a couple of grand-daughters around right now.

◆ **Assembly:**

- ◆ Trammy filled in some DD spots. This week DD material can be picked up at Thong's Jewelry. She says sales are going well and a further update next week.
- ◆ Don H did a treasurer's report for Jim V who is on the road. Our Financial position is good although we have less money this year so committees will notice a little less money in their budgets.
- ◆ Craig updated us on membership. We are currently at 59 members with a few new members in queue. We are excited that Pam Mann is interested in joining and going through the process right now. He encouraged us all to invite anyone interested to join one of our meetings. Let him know and he'll send out the Zoom invite.
- ◆ Sandra R updated community service by letting us know they have looked at the project for Pam M and it's a bit too ambitious right now but there are a few things we can start on, more details to come.

◆ Guest Speaker: Maria Ji

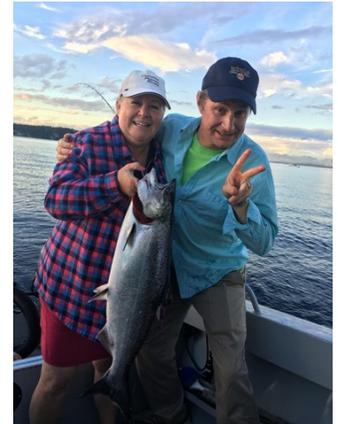
- ◆ Maria worked with us last week and would like to walk us through a different exercise.
- ◆ There is a powerful link between the mind and the heart that we can use to our advantage. It's difficult to complete a task/goal if our mind is willing but our heart is not. One has a much better chance of success if we can line up our thoughts and feelings (Mind and Heart).
- ◆ Craig G gave an example of when he wants to hit the golf ball a certain way (his mind knows what it wants) but his heart is telling him that it's probably not going to happen so it doesn't. When his mind wants to sink a putt and he believes he can he has a much better chance of success.
- ◆ Our mind responds to our heart and can be seen by the HR graphic below:



- ◆ We have 100% control of how our Heart Rate acts through our mindset. Our body is fascinating in how we can control our body if we can control our mindset.
- ◆ The heart is the key for positive emotions/thoughts/memories.
- ◆ Like lifting weights in a gym one can train their mindset and heart through regular exercise as the brain doesn't know the difference from thoughts conjured vs live experience.
- ◆ One can practice a "New Future" by linking it with positive thoughts/emotions and then reinforcing it daily by strengthening the link with meditation.
- ◆ Barry P went through the exercise by picturing his New Future in a motorhome and having the freedom to travel in his own space. He linked how he will feel free, happy, safe and in control of his travels (all positive thoughts/emotions) when he had his motorhome. He also stated that "then they would know if they like it" but Maria stressed not bringing in potential negativity as it will keep one from accomplishment.
- ◆ We then all practiced by:
 - ◆ Closing our eyes to become more focused.
 - ◆ Imagining in our mind's eye that anything is possible.
 - ◆ Taking deep breaths to tell our body it's fine and ready.
 - ◆ Bring our "New Future" vision into our mind's eye and get the feeling that it's happening right now. Feel the positive emotions (gratitude, joy, love, adventure, connection etc.) and link them to the "New Future". The more positive links we can make the greater chance we will make our "New Future" a reality.
 - ◆ Once completed one can do this exercise every day to help create one's new reality.

◆ **Sharing: Thanh T**

- ◆ In a day fraught with technical difficulties Thanh couldn't get the pics shared but through the wizardry of email I have them to share.
- ◆ The group bought this trip at a Rotary fundraiser last year as Dave puts up a trip every year. Looking at the pics the price might go up next time!
- ◆ Looks like the "Awesome 4 Fishing" group had a great time and Captain Dave guided the group to some amazing fish...well done!



◆ **Duck Dip:**

- ◆ To sign up to sell follow the [LINK](#).
- ◆ Reminder that DD selling material can be picked up/dropped off at Thong's Jewelry Store this week.
- ◆ All DD sponsors have been recognized but Barry P hasn't heard from all potential sponsors on the list. If you know are the link to a sponsor please contact them and let Barry know their intentions this year.

◆ **Announcements:**

The \$50 draw this week was won by...Lady Theresa Marson!

Next Meeting: September 9 via ZOOM at 6:45 am.