

Meetings: Tuesday 12 Noon

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APRIL IS MATERNAL AND CHILD HEALTH MONTH

[Happy Birthday](#)

[Happy Anniversary](#)

UPCOMING SPEAKERS:

May 02: Andrea Stiller District Youth Exchange Coordinator	May 09: Chili & Chinni Yalamanchili Arranged Marriages	May 16: Michael Von Dop Fire Chief of Maple Ridge
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RI PRESIDENT'S MESSAGE

I believe it is a time in our world for brave, courageous, intentional leadership.



Last month, in this column, you heard from my dear friend Anniela Carracedo. She is an amazing member of our Rotary family, and as a past Interactor and now Rotarian, she is this kind of leader.

Anni shared a very personal story about coping with a panic attack, something that I have also experienced. The outpouring and response to this story have been tremendous and punctuate how critical it is that we acknowledge not only our strengths but our vulnerabilities too.

When we talk about finding space for one another — creating comfort and care within Rotary — we're describing a club experience where we can all feel comfortable sharing like Anni did, and we can all empathize with and support one another. Whatever we are facing in life, Rotary is a place where we know we're not alone.

We spend so much time helping our world, whether it's working to end polio, cleaning up the environment, or bringing hope to communities that need it most. Sometimes we can lose track of the need to apply some of our energy and care to our fellow members and partners in service.

The comfort and care of our members is the single greatest driver of member satisfaction and retention. We need to ensure that it remains a priority — and that we further strengthen these bonds

by performing service that helps reduce the stigma of seeking out mental health treatment and expands access to care.

That is why I'm so heartened by President-elect Gordon McNally's wonderful vision to help improve the global mental health system, not only for Rotary members, but for the communities we serve.

When Gordon announced our focus on mental health at this year's International Assembly in Orlando, Florida, he reminded us that helping others benefits our mental health by reducing stress and improving our mood. Studies show that performing acts of kindness is an effective way to improve your own mental and physical health. Rotary service brings hope to the world and joy to our lives.

Our new focus on mental health will take some time to do right, and yet it builds on something that has been part of who we are for 118 years. We are People of Action, and behind that action is care, compassion, empathy, and inclusion.

Becoming champions of mental health is not only the right and kind thing to do, it is a tool that can Create *Hope in the World*, Gordon's inspiring theme for his upcoming year as president.

If we serve our members, we serve our communities, and if we can meet people where they are and lift them up, they will imagine Rotary in a new light and come to fully understand our value and our infinite potential.

Jennifer Jones
President, Rotary International

LAST WEEK'S MEETING

Lynda Lawrence presided.

Guests:

Warren Dale

Program:

There was no speaker today, so our members enjoyed an uninterrupted meal and each other's company.

Happy (no Sad) dollars included:

Walter's brother has finished his last chemotherapy treatment, and they are hopeful for a recovery.

Matt was happy to see **Warren** ("the most Rotarian non-Rotarian" that he knows)

Mark Forster is going to Alaska.

me, too.

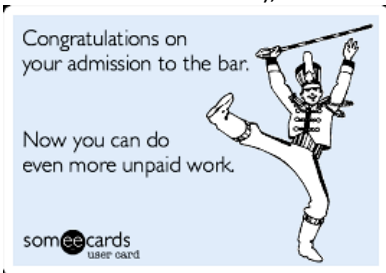
Sharon has plans to follow Mark.

Laurel would have liked to have gone "North to Alaska", but "the rush was on" to complete her management course at SFU.

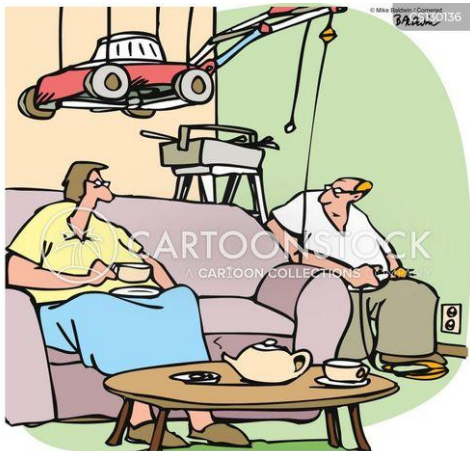


Eric had three things to be happy about:

- 1) His daughter **Sonja** is being called to the bar (after articling in her father's law office),



- 2) His wife **Urma** has obtained her Master's degree,
- 3) And to stop Urma complaining about the noise of his temporary contraption to cool down his house,



"It's just temporary, until I fix the air conditioner."

Eric finally agreed to invest in a modern air conditioner.

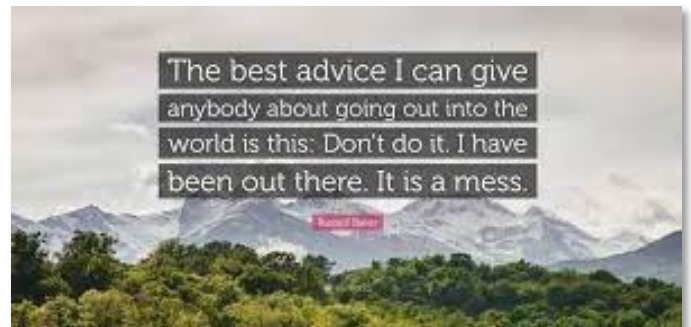


Rotary Quiz:

Lynda Lawrence gave each table a quiz to test our knowledge about famous (and not so well-known) Rotarians and events. The questions and answers were as follows:

1. Which Rotary president was a newspaper reporter in Denver? Paul Harris
2. What happened on February 23, 1905? Four men decided to start an organization in Chicago.
3. After dinner one evening in the year 1900, Paul Harris took a walk and got what? The inspiration for Rotary.
4. What was a cowboy, a desk clerk, a marble salesman, an actor, a merchant seaman, and a fruit picker? Paul Harris' jobs between 1891 and 1896.
5. What early Rotarian was Secretary of Rotary International for 32 years? Chelsey Perry
6. What famous Rotarian was expelled from university? Paul Harris
7. Where was the first Rotary club formed in a community that had less than 100,000 population? Pueblo, Colorado.
8. What did \$26.50 from a Rotary club in Kansas City in 1917 start? The Rotary Foundation.
9. Who was the first President of "Rotary"? Sylvester Schiele.
10. What was "Give service to your customer and you'll make more money?" "Fred" Sheldon's business philosophy.
11. Who was Arch Klumph? Past RI President who is credited with starting the Rotary Foundation.
12. Ann Brunier and Ann Gundaker were the first what? Woman District Governors.

Quote for the day:



Submitted by Laurie Anderson