

Meetings: Tuesday 12 Noon

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**OCTOBER IS COMMUNITY ECONOMIC AND DEVELOPMENT MONTH**

Happy Birthday	Happy Anniversary
Oct 14: Brad Kirkland	

**Upcoming Speakers:**

Oct 08: Stephane Doulet Pitt Meadows Fire Chief	Oct 15:	Oct 22:
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**LAST WEEK'S MEETING**

President **Laurie Anderson** presided.

Guests (apart from speaker):

**Peyton Callison** (daughter of Clint)

Cheque presentation:



**Mike Davies** presented a cheque in the amount of **\$600** to **Ineke Boekhorst**, on behalf of the **Hometown Heroes Society**, in support of the **Hometown Heroes Awards Banquet** which is being held this year on October 23, 2024.



The Awards recognize and honour dedicated athletes who have been students within School District 42 (Maple Ridge, Pitt Meadows), participated in local sports programs and have achieved international level within their chosen sports. The Hometown Heroes Awards Banquet has been a yearly celebration of the exceptional sport talent in our community, since it was started in 2006 by our Meadow Ridge Rotary Club. This year it will be held at Maple Ridge Secondary School, and the cost will be \$60 for adults and \$25 for youth. Our donation will help pay for tickets for those persons who could not afford to attend otherwise.



This year's recipient of the Award is **Ivy Threatful** of Maple Ridge Secondary School. A recent article in the newspaper said: "Threatful is a great name for a wrestler – as Ivy is often told – but her appearance is anything but threatening – she is 5'2" and 116 pounds. But right from her earliest wrestling days at Maple Ridge Secondary, she started living up to that name. Her high school coach said "Threatful's work ethic forecasts her having a lot of success in the sport."

## Today's Program: **Teri Holland**

### "Three keys to goal achievement – secrets of high-performance"

Teri was introduced by past-president **Brenda Jenkins**:



**Teri Holland** is an exciting, dynamic transformational seminar leader, and an expert in the field of Neural Linguistic Programming (NLP), Hypnotherapy and Mind Performance. Terri is the founder of the Terri Holland Co., and the self-improvement podcast "Success In Mind", which ranks in the top 1% of podcasts worldwide. Her credentials include: Trainer of NLP, Trainer of Hypnotherapy, and Master Trainer of Time Line Therapy.

She can be reached at [www.teriholland.ca](http://www.teriholland.ca); [teri@teriholland.ca](mailto:teri@teriholland.ca)  
778-833-0265

On her website, Teri says: *I help entrepreneurs and high performers to move from where they are to where they want to be in a short period of time. I have studied High Performance and Life Enhancement for over a decade and have over 15 years of experience as an entrepreneur.*

Teri's Presentation (or, hopefully, a reasonable facsimile thereof):

People often know what they don't want more than what they do want. If you want to achieve a goal (if you want to get what you want) you must focus on what you want. In other words, you get what you focus on. If you ask a person "how is your day?", they often say "not bad" - that answer in the negative, because it says what their day is not, not what it is. – but what does that mean? It probably means "it sucks" or "it is bad". Or "it is not bad enough for me to care or do much about it".

**So, the first key to achieving goals is to think about what you want, and then focus on it. Your focus determines your behaviour!**

**The second key is that your self image has to align with your goal.** Your self image is a picture of yourself in your mind. It always has to stay on course. An airline pilot has to course-correct all the time. If a pilot starts out 1% off course and stays there, he or she will be miles away from the destination at the end of a long flight. The longer the flight, the farther off course the plane will be.

Goals are like that. Your self image has to be on course with your goal all the time. The bigger the goal, the more the chance that a 1% drop in your self image will put you off course in achieving it. Upgrade your self image every day. Course-correct your self image all the time - and don't let it put you off course in achieving your goals.

**The third key in successful goal achievement is to deal with obstacles and persist in your journey.** You want to move from one place to another but a chair is blocking your way. Are you going to put it aside out of the way, or are you going to pick it up and carry it around with you and tell everyone about it, to explain why you can't reach your destination?

Similarly, you want to move towards achieving a goal, but there is an obstacle impacting you in reaching the goal – and that obstacle is that you are carrying around an "if only belief" [i.e., "if only I had done (or hadn't done) that", or "if only such and such had happened (or hadn't happened) to me"]; and you are telling yourself, "But for that, my life would be different".

Deal with and put aside such obstacles if you want to achieve high performance. And be persistent in your life's journey of reaching your goals. If an airplane pilot on his way to Hawaii finds himself off course because he has not made the proper course corrections during the flight and will be 30 minutes behind schedule if he continues, does the pilot say, "I am not a good pilot, so we will turn around and go back"; or does he say, "We are sorry that your flight has been delayed for 30 minutes but the weather is wonderful here in Honolulu and we wish you all a great holiday". So don't go back to where you may feel like it would be comfortable and safe. Persist and carry on.

**So, to summarize Teri's three keys to high performance in goal achievement –**

- 1) focus on what you want,**
- 2) align your self-image with your goals, and**
- 3) remove self-imposed obstacles, be persist in your journey and don't turn back.**

### Club Announcements

**October 1<sup>st</sup>** – was our first day back at the Food Bank Premises to assemble the Starfish Food packs, immediately following today's meeting.

**Club Committees** - Everyone will be sent (by email) a list of our Club's various committees. For our club to function well, we need all members to sign up for, and participate on, at least two committees – because committees are the engines that keep our club running effectively.

**October 8** - Community Services Committee meeting at 11:00 am (in person, prior to our regular club meeting).

**October 18** - Adrienne is arranging a Rotary table for the **Ridge Meadows Hospice Society's Oktoberfest**. Space is limited for this fun event, so let Adrienne know right away if you want her to reserve a seat for you.

**October 26 at 5:30pm - Thanksgiving International Long Table.** It will be a potluck, with everyone bringing a dish/appie/drink from their heritage, from as far back as need be. You may need to go onto Ancestry.com!! Something grandma used to make from her special cookbook, which her grandma used to make and so on! Bring your own drinks and we will share some fellowship and international food.

**Submitted by Laurie Anderson**