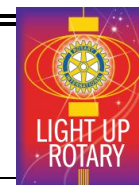


Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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Today: **June 16 - No regular meeting!**

Next Week:

Happy Birthday	Happy Anniversary	Invocation
	June 21: Brian & Judith Johnston,	June 23: Graeme Ross June 30: Bob Shantz

### CALENDAR OF CLUB EVENTS:

Date	Time	Event	Venue
June 12	6pm	Awards and Installation Dinner	Pitt Meadows Golf Club
July 19	11am	Rotary Duck Race – Race at 1pm	Maple Ridge Park – Alouette River

## LIGHT UP ROTARY



*Message from*  
District Governor 2014-15  
**Lyle Ryan**

### The month of June!

That time in the Rotary year that we see the orderly transfer of leadership from one administration to the next. Leadership changes each year but the goals and direction of our great organization never lose their focus!

We will continue under the leadership of District Governor Bill to work on strengthening our District. Our major concern of "membership" will remain all of our responsibility. This continues to be the most significant issue facing our clubs and district. If we are to remain functional and effective in our communities and the world we must maintain, grow and lower the overall age of our membership. Only in this manner will we insure that Rotary will be around to see its second hundred years.

In addition to membership let us not forget our pledge to the world of ending the plague of polio. As you all are aware we have it confined to three countries - Pakistan, Afghanistan and Nigeria. Please continue to focus your international support of this promise that we all made in 1985. We truly are "THIS CLOSE"!

I would also like to take this opportunity to thank all of you that attended our District Conference this past month. It truly was a celebration of all of your efforts during the past year.

A special thank you to my committee that brought the event together and made it one I will never forget.

Finally, P.J. and I would like to thank you for the honour of being of service to all of you in this past year. It has been our pleasure to have visited all of you and shared in the gifts that each club has given to their communities and the world.

During this year we all pledged to "Light Up Rotary" and to "Share the Light of Rotary".

We both thank you for your support!  
Yours in Rotary,  
Lyle & P.J.

### LAST WEEK'S MEETING

Guests - were **Hanna Vorlick**, and speakers **Littley Dosanjh** and **Pete Rackow**

Rotary Moment - **Dave Rempel** found his "moment" by being present when bursaries were handed out to our school students, which assists young people to become better citizens.

### Happy and Sad

**Dave Rempel** is happy to use his bird sanctuary as a learning experience, especially for young people. For example, isn't it amazing how tiny a hummingbird's egg is, yet it contains within it the full capacity to create a life.

**Bob Shantz** said that while ticket sales for the Duck Race need much improvement, approximately 1,000 advertising leaflets were handed out during the Pitt Meadows parade.

**Sharon Kyle** had devastating news - two very close friends of hers died in a tragic car accident.

**Ineke Boekhorst** thanked all those who helped out in the Pitt Meadows parade to advertise the Duck Race. **Ineke, Peter, Matt, Bob, Graeme**, as well as former Rotarian **Peter Davies**

Fine Master this week was **Ineke**, who collected some fines as we did not know the countries which are currently being served by Shelter Box, namely, Vanuatu, Cameroon, Malawi, Chile, Brazil, and Nepal.

#### Rotarian of the Month



President Eric Mollema presented the Rotarian of the month pin to **Clint Callison**, an active Rotarian who not only helps out on our program duty, among others, but has volunteered to help with the New Year's Gala.

#### Announcements

On Tuesday, July 14 there will be a **fireside** (in lieu of our regular meeting) at the **home of Bob and Irena Shantz**, at which time the rubber duckies (which will race to the finish line down the Alouette River shortly thereafter) will be unwrapped and tagged by us Rotary volunteer members. Exact time will be provided by email, but volunteers are needed as it will take approximately 2 to 3 hours to complete the job, in addition to a meal and fellowship.

Incoming club president Mark Forster advised that **Mike Davies** was rushed to hospital last week after a routine medical procedure went wrong. At one point he was losing blood faster than it could be provided through transfusions, and he was rushed to Royal Columbian from our local hospital. Fortunately he is doing a little better, but is not up to taking visitors, and is expected to be in the hospital for a few more days.

#### Guest Speaker

Our speaker was **Littley Dosanjh** from **Liberty and Balance Seminars**, a company that claims to teach businesses and the people who run them, through attendance at their seminars, various tools and techniques which will enable participants [according to their handout material] to *"create an awareness of self such that they learn how to accelerate their results, personally and professionally"*.



[? Yes, and they have a course on communication! I have heard about "accelerate your breath"].

Littley said that our time as a business people can be divided into three areas:

1. Productive Time - time we spend generating money – increasing the bottom line.
2. Buffer/Busy Time - time spent at business doing things which don't directly generate money.
3. Rest or Relaxation Time - time away from work with friends or family.

Apparently, most people spend about 70 to 80% of their time on number 2, and 10% to 20% of their time on number 1 and number 3. To be successful, we should try to spend only 10 to 20% of our time on Buffer/Busy time and 40% of our time on each of Productive to Time and Rest and Relaxation Time. We can achieve this goal by analyzing and being clear on what we do that is really Productive Time, and making a list of things we do in our business that is not really an directly productive and is in the Buffer/Busy time zone. This latter type of time can often be reduced by possibly paying other people to do it or eliminating things that are unnecessary. By spending more time on Rest and Relaxation, not only are we better able to focus on our job, but are also open to new ideas about how we may be more productive.

Even in our everyday lives, we should make a list of those things that we do not enjoy doing things and spend more time doing the things that we truly enjoy. For example, if you don't like yard work, or you don't like housework, then consider paying somebody else to do it for you.



At the end of the presentation, and other guest (**Pete Rackow**) said that he used to work 12 to 13 hours a day in his various businesses and found that he did not have time to spend with his wife and three children. He applied the advice of the Liberty and Balance Seminars, and found that he is now doing more work, and still have time for his family and even time to do such things as come to our Rotary meeting.

#### 50/50

A pattern is developing here as to who is winning the tickets. For four weeks in a row it has been Peter, then Laurie, then Peter, and now again **Laurie (the 5 of Hearts)**. But not the elusive Queen of the same suit.

**Submitted by Laurie Anderson**