

Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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## NOVEMBER IS ROTARY FOUNDATION MONTH

**Today:** Angela Zhou - The Renaissance of Traditional Chinese Culture

**Next Week:** Christmas Lunch

Happy Birthday	Happy Anniversary	Invocation
		Dec. 15: David Riddell Dec. 22: Kim Roberts

### CALENDAR OF CLUB EVENTS:

Date	Time	Event	Venue
Dec. 17	9am/1pm	Whonnock Elementary Christmas Concert	27471 112th Ave. Maple Ridge
Dec. 18	6:00 pm	CP Holiday Train – Shake a can for the Friends In Need Foodbank	Haney Wharf
Dec. 22	noon	Christmas Lunch – Steal a Gift!	Bella Vita Restaurant
Dec. 29		<b>NO MEETING</b>	
Dec. 31	6:30 pm	New Year's Gala – Tickets \$95 Clint Callison / Mark Vosper	Meadow Gardens Golf Course, Pitt M.

### What we plan to do in December!

Our Club has many things going on throughout December .....

PLEASE mark all these dates in your daytimer:

- **FOODBANK donations:** Starting Dec. 1, help fill our donation bin for the Friends in Need Foodbank; PLEASE bring a non perishable food donation or cash
- **NEW YEAR's Eve Gala:** Two large signs at each meeting, indicating the # of tickets sold + which items we still need sponsorship for- please see Mark V. or Clint.....See Ineke, if you have something for the Silent Auction.
- **END POLIO NOW PLANTS:** PLEASE order your plants NOW; we need to sell approx. 50 more!  
**\$15 ea, 3 for \$40;** see Ineke
- **Dec. 17 - Whonnock Elementary Christmas Concert Performances at 9am and 1pm.**  
Our Club donated musical instruments to this school, which will likely be used in the Christmas Concert.  
The kids would love to see some of our members come and enjoy the concert!
- **Dec. 18 - CP Holiday Train:** Can you assist 6 pm at the Haney Wharf? We are asked to "shake a can" for the Foodbank .... bring the family, this is great community event!
- **Dec. 22 - Club Christmas Lunch:** last meeting before Christmas; please bring a wrapped gift (about \$10) ... we'll have a nice Christmas lunch and gift exchange (steal gifts!). Guests welcome (make sure to bring a gift for each person!)
- **Dec. 29 - NO MEETING:** Christmas break
- **Dec. 31 New Year's Gala:** Meadow Gardens. Now is the time to purchase your tickets, \$95 each....great deal; invite friends and family to share your table (8 per table) and let's celebrate
- **Russian University Student; looking for one week host:** July 2016 a University student from Russia (studying Business) is visiting Maple Ridge (arranged by Dick Drew, Haney Club). We need 2 host homes, willing to host 1 week each. This is a wonderful experience! Please see Ineke for details.

Please feel free to contact Ineke or Mark Forster if you require details on any of the noted items.

## Holiday Eating Tips

1. Avoid carrot sticks. Anyone who puts carrots on a holiday buffet table knows nothing of the Christmas spirit. In fact, if you see carrots, leave immediately. Go next door, where they're serving rum balls.



2. Drink as much eggnog as you can; and quickly. Like fine single-malt scotch, it's rare. In fact, it's even rarer than single-malt scotch. You can't find it any other time of year but now. So drink up!  
Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an eggnog-aholic or something. It's a treat. Enjoy it. Have one for me. Have two. It's later than you think. It's Christmas!

3. If something comes with gravy, use it. That's the whole point of gravy. Gravy does not stand alone. Pour it on. Make a volcano out of your mashed potatoes. Fill it with gravy. Eat the volcano. Repeat.



4. As for mashed potatoes, always ask if they're made with skim milk or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.
5. Do not have a snack before going to a party in an effort to control your eating. The whole point of going to a Christmas party is to eat other people's food for free. Lots of it. Hello?
6. Under no circumstances should you exercise between now and New Year's. You can do that in January when you have nothing else to do. This is the time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.
7. If you come across something really good at a buffet table, like frosted Christmas cookies in the shape and size of Santa, position yourself near them and don't budge. Have as many as you can before becoming the center of attention. They're like a beautiful pair of shoes. If you leave them behind, you're never going to see them again.



8. Same for pies. Apple, Pumpkin, Mincemeat. Have a slice of each. Or, if you don't like mincemeat, have two apples and one pumpkin. Always have three.  
When else do you get to have more than one dessert? Labour Day?
9. Did someone mention fruitcake? Granted, it's loaded with the mandatory celebratory calories, but avoid it at all cost. I mean, have SOME standards.
10. One final tip: If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention. Reread tips; start over, but hurry, January is just around the corner.

### Remember this motto to live by:



"Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, totally worn out and screaming, **"WOO HOO what a ride!"**

## CHRISTMAS FIRESIDE AT PATRICK O'BRIEN

This Friday we had a very good Christmas party at Patrick & Stefanie O'Brien's home. It was very nice to socialize with fellow Rotarians and their spouses and Exchange Student Jhon.

The food was delicious and passed the "Holiday Eating Tips" test! Thank you very much Patrick and Stefanie for being our hosts.



### LAST WEEK'S MEETING

This week's guests were:

- **Len Lewis** (a prospective new member, who has now attended several meetings)
- **Russ McMurchie** of the Rotary club of Port Coquitlam Centennial (who is the Literary Chair for our District, and who has spoken to our club previously about the dictionary program)
- **Barrie Seaton** - also of Port Coquitlam Centennial
- **Hugh Mitchell** of the Coquitlam Sunrise Club (Hugh travelled with Ineke and Peter Boekhorst and Angie Edmonds and her father to Nicaragua on our international project to that country).

### Happy and Sad

**Dave Rempel** advised that there will be a Christmas concert at the Whonnock Elementary School on December 17 - actually, two concerts, one at 9 AM and one at 1 PM. Our club has in the past given money to this elementary school to purchase musical instruments, and our community services committee has just committed \$1500 more to their program.

Dave also raised the question of whether our club should explore the possibility of supporting a Syrian refugee.

Ineke Boekhorst reported that **Sharon Kyle** is now back home after her knee operation. Ineke says that we can now call her "robot woman" [but me thinks that the "bionic lady" may also be appropriate].

Our guest **Barrie Seaton** said that his Rotary club was chartered on February 23, 2005 and asked if we knew why that date was important. The answer is that the Centennial was chartered on the 100th anniversary of the founding of Rotary, and that is why they got to call themselves the Port Coquitlam "Centennial" Club.



He was at our meeting to announce that their club is celebrating its 11th birthday in Las Vegas style at Giggle Dam (situated at 2616 Shaughnessy Street in Port Coquitlam) on February 28th 2016. The price of \$60 includes the show and dinner. This fund raising event will support the For Kids Sake Program from Tri-City Transitions Society.

For tickets, Barrie can be reached at 604-945-6627.

## Annual General Meeting of our Club



The AGM of our club saw **Walter Volpatti** provide to us a financial report of our club (the financial statements were sent online to all members and also circulated at the meeting).

Our nominating "committee-of-one" **Ineke Boekhorst** together with **President Mark** conducted the election of our officers for the coming Rotary Year, who are as follows:

- President: Ineke Boekhorst
- President Elect: Angie Edmonds
- Past President: Mark Forster
- Vice President: Libby Nelson
- Secretary: David Riddell
- Treasurer: Walter Volpatti
- Club Service: Adrienne Dale
- Vocational Service: Matt DeBruyn
- International Service: Dave Rempel
- Community Service: Mike Davies
- New Generations: Sharon Kyle

The new Board then elected as our Sergeant-at-Arms - Jim Coulter.

Ineke suggested we should review the bylaws of the Club in the coming year with a view to amending certain provisions for clarity.

## Annual General Meeting of our Meadow Ridge Foundation

**Walter Volpatti** provided to us a financial report on our Foundation, and pursuant to the bylaws the directors of the Club are automatically the directors of the Foundation, resulting in a very short AGM.

## Vocational Services Report - Plans & Report for the year 2015-2016 to date from **Matt DeBruyn**

1. A total of four bursaries at \$1,500 each have been paid out for graduates of 2015. One regular bursary for one 2015 graduate is still outstanding, but the total pay out will not exceed \$800 as the Band has paid for the tuition. One CONNEX bursary for \$1,500 is outstanding, but student has not enrolled yet – deadline is December 31, 2015.
2. The committee has performed its annual review of the bursary program. A report was presented to the Executive for approval in October 2015. After the approval, the School District 42 was informed of the new requirements, which will be published by the district in due time for the graduation of 2016.
3. This year's Annual (Matt's) Ride & (Laura's) BBQ are still on the provisional planning board as it is unclear if there is any interest in this possible event.
4. When we receive the request, we intend to participate again in the twice-annual Booster Fair, organized by Fraser health. Usually in late spring.

5. The Four Way Test in Elementary Schools Program will continue in April 2016 when Matt returns from down south. We had three sessions in October. This program focusses on introducing the Rotary Four Way Test to grade 6 and/or 7 students in School District 42 as a tool for making better decisions, when faced with moral dilemmas. (Note: our program was introduced to 150 students at the Frank Wright Middle School in Imperial, CA.)
6. We intend to again take part in the Garibaldi Secondary School Job-Interviews Program in May 2016 and contribute \$190 to the luncheon for all participating volunteers / interviewers. No invitation has been received yet.
7. We intend to continue to push for the inclusion into our luncheon meetings of actual examples of Member Rotarians using the Four Way test in their private and/or business lives. We have had already some great presentations by some of our members.
8. Last but not least, we will continue to remind our members of the Rotary Four Way Test and our responsibility of ethical thought and behaviour in our personal as well as our business lives.

Committee Members 2015-2016:

**Matt DeBruyn** (Chair), **Mark Forster**, **Ineke Boekhorst**, **Laura Cherrille**, **Betty Levens**, **Patrick O'Brien**, **Dave Rempel**

Budget 2015-2016 is \$14,250 to be applied as follows:

- |   |          |
|---|----------|
| 1. Bursaries for high school graduates                  | \$12,000 |
| 2. Fire fighters Youth Academy Maple Ridge (June 2016)  | \$1,000  |
| 3. Fire fighters Youth Academy Pitt Meadows (June 2016) | \$1,000  |
| 4. Four Way Test in schools and miscellaneous           | \$250    |

## Cyclamen Plants for Polio

**Ineke and Peter** brought to our meeting room many beautiful cyclamen plants, and urged our members to buy some of them to support the Polio Program. Only \$15 each or 3 for \$40.

## 50-50

For the second week in a row our guest **Len Lewis** won half of today's pot - way to go Len!



**Submitted by Laurie Anderson**