

Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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DECEMBER IS DISEASE PREVENTION AND TREATMENT MONTH

Today: Christmas Lunch


Next Week: No Meeting!

Happy Birthday	Happy Anniversary	Invocation
		Dec. 22: Walter Volpatti Jan. 5: Mark Vosper


CALENDAR OF CLUB EVENTS:

Date	Time	Event	Venue
Dec. 29		NO MEETING	
Dec. 31	6:30 pm	New Year's Gala – Tickets \$95 Clint Callison / Mark Vosper	Meadow Gardens Golf Course, Pitt M.

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!"**" 

LAST WEEK'S MEETING

Rotary Moment

Betty Johansen, who is retiring from her job as an accountant and moving to Hope, gave our Rotary Moment on this the last day of her attendance at our club meetings. She stated she had been in the club for approximately 3 years, during which time we lost two of our club members who passed away, and she had been involved in various club projects. What Rotary means to her is "fun, friendship and contributing to the community".



Cheque Presentation

Angie Edmonds presented a cheque of \$1000 to **Joanne Leginus** for the Pitt Meadow/ Maple Ridge Community Service Counsel in support of their Meals on Wheels program.



Announcements

Our December 22 meeting will be our Christmas party, which will also be the occasion of bestowing upon **Irena Shantz** honorary membership in our club. We are all to bring a present to that meeting (which may be "stolen" by other members before the gift is opened).

President Mark Forster noted that we, unfortunately, may be losing some of our members, and therefore should be looking to find some new members to fill up our ranks.

Guest speaker: Vera Sun

Some interesting things about our speaker:

Vera Sun (M.Ed.) was educated in both the Republic of China (Taiwan) and the U.S. She was born in mainland China but "moved to free China" as a young child with her parents. When studying for her French major at the university, she translated the French book "Le Petit Prince" into Chinese and it was published as the first Chinese version of the book in Taiwan in 1967.



Wikipedia says: The Little Prince, first published in France in 1943, is a novella, the most famous work of the French aristocrat, writer, poet, and pioneering aviator Antoine de Saint-Exupéry (1900–1944). The novella is the third most-translated book in the world and was voted the best book of the 20th century in France. Translated into more than 250 languages and dialects (as well as Braille), selling nearly two million copies annually with sales totalling over 140 million copies worldwide, it has become one of the best-selling books ever published. [But your note-taker found it incomprehensible - maybe I should have read the Chinese version].

Vera was a consultant to the Ministry of Education, Republic of China, and also a consultant for the "Globalization Awareness Program" with Kepler Associates in Inverness, Illinois. Vera has held other positions in the U.S., including as faculty member of Foster McGaw Graduate School at the National College of Education in Chicago.

Since 1992, she has undertaken extensive travel and study of ancient civilizations in China, Mexico (Mayan civilization), Peru (Inca civilization) and Egypt. Currently, she is the Director of Community Outreach for New Tang Dynasty Television ("NTD") in Vancouver (Headquartered in New York, NTD is the world's largest independent Chinese TV network). She is also a member of the advisory board of NTD's Greater Vancouver Culture & Events Committee. In recent years, Vera has been involved in projects fostering traditional Chinese culture and classical arts.

Renaissance of Traditional Chinese Culture



Traditional Chinese culture was influenced by Taoism, Confucianism, and Buddhism. The Yellow Emperor (BC 2697 – BC 2599) was the legendary first ever Chinese Emperor and the cultivator of the Tao, which taught the oneness of heaven and mankind - that a person should live in harmony with the universe.

Confucius (551 BC) taught five cardinal values of Confucianism: benevolence, justice, propriety, wisdom, and integrity.



Buddhism came along 500 years later, and taught meditation, compassion for others, and salvation. Out of these and other influences came traditional Chinese values:

- teaching of self cultivation, and establish and maintain morality
- emphasize virtues of self-discipline
- reverence for the divine
- "good begets good, evil begets evil"



This rich tradition was interrupted in China when the Chinese Communist Party came to power in 1949, which taught class struggle and atheist ideology of Marxism, and the systematic eradication of traditional culture and wisdom. Between 1949 and 1951, 2 million people were killed for their spiritual practices.

The Cultural Revolution between 1966 and 1976 saw the massive destruction of cultural heritage and monuments. Vera stated that the result was: morality was abandoned, virtue was ridiculed, and good deeds were discouraged. Traditional arts (such as ancient Chinese opera) were infused with party culture and communist propaganda.

Vera asked: Why is culture and art important?

Answered that culture carries value, and art influences people's perception of virtue, beauty, magnificence and hope. Chinese and other people worldwide are now reconnecting with ancient Chinese culture and practices, including Chi-Gong (compare Tai Chi) and Falun Gong (today Falun Gong is celebrated in 70 countries worldwide) and Classical Chinese Dance and Music such as Shen Yun (coming to Vancouver in January).



Wikipedia says the following: Falun Gong is a qigong discipline combining slow-moving exercises and meditation with a moral philosophy centered on the tenets of truthfulness, compassion and tolerance. It was founded by Li Hongzhi, who introduced it to the public in May 1992 in Changchun, Jilin, China. Following a period of meteoric growth in the 1990s, the Communist Party launched a campaign to "eradicate" Falun Gong on 20 July 1999. The persecution of Falun Gong is characterised by multifaceted propaganda campaign, a program of enforced ideological conversion and re-education, and a variety of extralegal coercive measures such as arbitrary arrests, forced labour, and physical torture, sometimes resulting in death.

Chi Gong is a holistic system of coordinated body posture and movement, breathing, and meditation used for health, spirituality, and martial arts training. With roots in Chinese medicine, philosophy, and martial arts, qigong is traditionally viewed as a practice to cultivate and balance qi (chi) or what has been translated as "life energy".

Since the 1999 crackdown, practice of qigong in China has been restricted. Over the same period, interest in qigong has spread, with millions of practitioners worldwide.

50/50

Betty Johansen, our retiring member, left us with only the 5 of clubs in hand.

Submitted by Laurie Anderson

WHONNOCK ELEMENTARY CHRISTMAS CONCERT

Last Thursday the Whonnock Elementary School held a Christmas concert. Some Rotarians (Dave Rempel, Ineke and Peter Boekhorst, and Mike Murray) were present. A couple of years ago, our club purchased instruments for their music program. Again Ineke presented a check of \$1,500 for new instruments to Principal Mrs. Scoular and the music teacher.



CHRISTMAS PLANTS FOR HOSPICE AND THE HOSPITAL EXTENDED CARE

Also on Thursday Ineke brought Christmas Cyclamen, all donated by several of our members, to Hospice and to the Extended Care unit in our hospital.



Ridge Meadows Hospice



Extended Care – Ridge Meadows Hospital