

Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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## APRIL IS MATERNAL AND CHILD HEALTH MONTH

**Today:** Amed Yousef - Syrian Refugees and their needs

**Next Week:** Jhon Reategui – Our Exchange Student from Peru

Happy Birthday	Happy Anniversary
April 11: Brian Johnston April 18: Ken Knuttila	April 14: Dave & Sharon Rempel

## CALENDAR OF CLUB AND DISTRICT EVENTS:

Date	Time	Event	Venue
Apr. 16	7 pm - 10 pm	Rotary Wine Festival	ValleyFair Mall, Maple Ridge
Apr. 30 - May 1		District Conference	Semiahmoo Resort in Blaine, WA.
May 12-15		RYLA	WA, United States
Aug. 7	Noon – 2 pm	Rotary Duck Race	Maple Ridge Park

### SERVICE ABOVE SELF AWARD

Congratulations to **Carol Tichelman** who has been recognized by Rotary International with the Service Above Self Award.



This Award is only given annually to 150 out of 1.2 million Rotarians. The Award was presented by Governor Bill Robson at the District Training Assembly and there will be a more formal recognition at the District Conference. Congratulating Carol are prior recipients, Governor Elect Scott Dudley (2012) and Past District Governor Larry Stinson (2015).

Carol was also recognized last year at the Rotary International Convention with the Service Award For A Polio-Free World for her many trips to Ethiopia to deliver the polio vaccine (in addition to her service work in Uganda). Carol does a lot at home as well, including as Dean of Rotary Leadership Institute.

### LAST WEEK'S MEETING

#### Rotary Moment

**Eric Mollema** joined a Rotary in South Africa in 1998. His Rotary Moment occurred when he went to a District Conference in Bela-Bela, a town in the Limpopo Province of South Africa. At that conference some doctors spoke about their services in correcting cleft palates in young children. Eric then realized that Rotary is bigger than one person, bigger than one Club. Rotary International can accomplish great things. However, Rotary relies on each of us to go to our clubs and support RI so that Rotary can accomplish great things like the cleft pallet program.

**Urma Mollema** was welcomed back into our club by President Mark Forster. Urma's job as the National Franchise Sales Manager took her out of Maple Ridge for extended periods of time, travelling to many cities and provinces in Canada. She therefore joined a Rotary club in Vancouver where she could be more accessible for meetings. However, this year she has the opportunity to work from a home office and therefore is able to join us once again at the Meadow Ridge Rotary club.



## Happy and Sad

**Dave Rempel** experienced a power failure on his property which, sadly, turned off one or more the incubators causing him to lose a number of baby birds. On a happier note, he has been selling a lot of tickets to the Wine Fest - "you just have to get out and ask a lot of people", he said (or words to that effect).

**Patrick O'Brien** was not unhappy at all to be young, fit and healthy. In fact he has been out on Whonnock Lake in the early hours of the morn on a paddleboard, and has found it "very refreshing". Very refreshing, that is, because when he tried to carry on like a person half his age and put the pedal to the metal (or rather in this case, hit paddle to the water), the paddle broke landing him in the "very refreshing" water, and required him to paddle back under his own hand power.

**Matt Debruy**n is back from the South where he enjoyed the visit of his daughters. On this occasion he learned that his cell phone (which he accidentally left in his pocket while swimming) was not waterproof.

**Urma Mollema** enjoyed a trip to the United Kingdom where she visited her daughter who is going to university.

**Ineke Boekhorst** recently visited the Kelowna Sunrise club where she presented her talk on her and **Dave Rempel's** recent trip to Russia, and got the Kelowna club interested in contributing to the container which is going to be sent to Russia as our international project. She also advised that through the efforts of **Angie Edmonds**, the Bank of Montréal has donated \$1500 to our dictionary program (our local literacy project).

## Program - Guest Speaker:

### Elizabeth Backman - How's Your Package?

#### Are your table manners & social interactions acceptable?



Introduction: Elizabeth is an active member of the Rotary Langley Central Club, and is engaged with her community. Before moving from Montréal, Elizabeth was a successful clothing importer, manufacturer and designer, selling her styles throughout North America. She founded a business called Pro Etiquette in Victoria in 2012, and has since expanded that to Greater Vancouver, where she is offering

programs for regular in-house training, professional development days, speaking engagements, as well as private and individually tailored sessions. Session topics range from professionally presenting oneself with appropriate attire, handling interviews, dealing with social media, through to attending business dinners and myriad of other common yet sometimes daunting business protocols.

Elizabeth noted that over the past 20 or 30 years there has been almost a 70% deterioration in manners across the country. She pointed out that this is particularly noted among young people who are always on the Internet, which (while having many advantages) may be part of the problem. She pointed out the nonverbal skills are probably even more important than verbal skills. Rightly or wrongly, people tend to form an impression of whether they like you or not within three or four seconds of

meeting you, and it is sometimes difficult to shake that impression.

Elizabeth's overall talk to us today was about civility and manners, and their importance as a soft skill relating to personal and professional presentation or "packaging of oneself" including:

1. Basic social decorum,
2. Table faux pas, and
3. Cell phone etiquette.

Her various etiquette and decorum tips include some of the following:

- Dress for the position you want to be in, not the one that you are in.
- If you are meeting somebody and have a mental block about their name, the simple thing to do is to admit it right off the bat.
- When introducing somebody, introduce the more important person (which may be your client) to the other person, and not vice versa.
- When eating, but your napkin on your lap and leave it there; and when leaving the table temporarily, lay it on your seat, or fold it neatly and put it on the left side of your plate. You may dab your mouth with the napkin, but don't rub it all over your face.
- Don't use the butter knife to cut things up. If you are eating a bread bun, break off a piece and butter it (but don't cut it in half with the butter knife and lather butter over the whole thing at once like a piece of toast).
- When at a meeting, don't put your cell phone on the table; turn off your phone and pay attention to the other person you are him meeting with (see We Are Hopelessly Hooked, by Jacob Weisberg).



Hi, it's me. I'm on the training course

## 50-50

Congratulations to **Betty Levens** - to score the 10 of hearts is good, but not good enough.

**Submitted by Laurie Anderson**