

YOU ARE CORDIALLY INVITED
TO THE FIRST EVER
ITALIAN SERATA

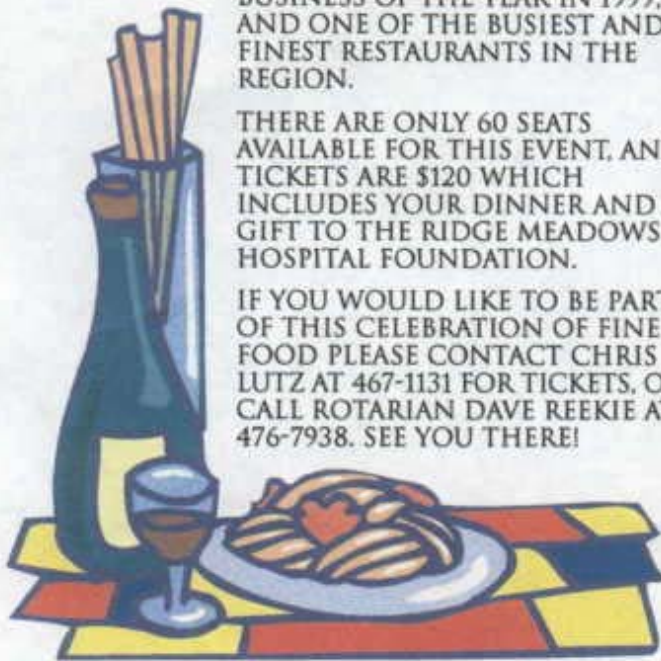
THE MEADOW RIDGE ROTARY CLUB HAS TEAMED UP WITH ONE OF THE FINEST RESTAURANTS IN THE LOWER MAINLAND TO CREATE THIS INCREDIBLE FUNDRAISER FOR THE RIDGE MEADOWS HOSPITAL FOUNDATION CT SCANNER PROJECT.

MONDAY, MARCH 11, 2002
COCKTAIL HOUR 6:30 PM, DINNER AT 7:30 PM

...AND WHAT A DINNER IT WILL BE! THE EVENING WILL BEGIN WITH A NO HOST BAR AND THE OPPORTUNITY TO MINGLE WITH OLD AND NEW FRIENDS. AT 7:30 PM YOU WILL SIT DOWN TO AN INCREDIBLE 5 COURSE DINNER PREPARED BY THE CHEFS AT LA TRATTORIA, VOTED NEW BUSINESS OF THE YEAR IN 1999, AND ONE OF THE BUSIEST AND FINEST RESTAURANTS IN THE REGION.

THERE ARE ONLY 60 SEATS AVAILABLE FOR THIS EVENT, AND TICKETS ARE \$120 WHICH INCLUDES YOUR DINNER AND A GIFT TO THE RIDGE MEADOWS HOSPITAL FOUNDATION.

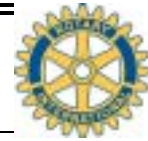
IF YOU WOULD LIKE TO BE PART OF THIS CELEBRATION OF FINE FOOD PLEASE CONTACT CHRIS LUTZ AT 467-1131 FOR TICKETS, OR CALL ROTARIAN DAVE REEKIE AT 476-7938. SEE YOU THERE!



LOCATED ON THE CORNER OF 222ND STREET & DEWDNEY TRUNK ROAD.



THE MEADOWRIDGE ROTARY CLUB



The Four Way Flasher

Rotary Club of
MeadowRidge Newsletter

Vol. 8 Issue 33
March 5, 2002

Web-site: www3.telus.net/MeadowRidge_Rotary

Meetings: Tuesday 12 pm, Maple Ridge Library
President: Ineke Boekhorst Phone: 604-463-3767 iboekhorst@telus.net
Secretary: Debi Pearce Phone: 604-463-3767 debi@donpearce.com
Editors: Caro O'Kennedy / Peter Boekhorst mrrotary@telus.net

INVOCATION March 5: Mike Davies March 12: Bill Dingwall

BINGO SCHEDULE BE ON TIME!

	3:30-5:00	5:00-6:30
Mar 14:	Betty Levens	Merlyn White
Mar 28:	Eng Tan	Peter Boekhorst



Call Peter at 604-465-3392 for assistance or e-mail pboekhorst@telus.net

TODAY'S PROGRAM: Pat Horstead, Principal of Mount Crescent
About problems facing students and the school, and their impact.

NEXT WEEK'S PROGRAM: Billy Weselowski, from Inner Vision, will address drug issues which Maple Ridge children face.

CALENDAR OF CLUB EVENTS:

Date	Time	Event	Venue
Mar 5	5pm	Comm. Service Meeting	Vernon & Thompson
Mar 7	12 noon	WineZest Meeting	Library (?)
Mar 11	6:30pm	'Italian Serata' Dinner for CT Scanner	La Trattoria
Mar 12	7am	Executive Meeting	Lindsay's office
Apr 18	7pm	MR Service Clubs Social Dinner	Ecra Senior Centre
Apr 20		50 th Anniversary of Haney Club	Meadow Gardens
May 11	7pm - 10pm	WineZest 2002	Maple Ridge Library

50 / 50 draw - Jackpot at \$440 + 1/2 of today's sales, 29 cards, Jackpot on "Queen of Hearts" only!

LAST WEEKS PROGRAM

Lui Passaglia was our guest speaker last week, and what an inspiring presentation! He is now the BC Lions Director of Community Relations. He is a good ambassador for the team and I am sure we will see and hear more about his efforts over time.

I will not bore you with the game statistics that were bandied about, but they were impressive all the same. He became a professional athlete in 1976 and tested our memories for events and awards for that year.

Lui believes that each one needs four ingredients to be successful in any avenue in life: Passion, Attitude, Learn from Mistakes, and Teamwork. Passion is key. Do what you want to do any time of the day and all day long. He first knew he wanted to play sport when he was eight years old. He went out to play as soon as Mom and Dad left for work – 7 a.m. – and tried to get the rest of the neighbourhood kids out to play. He played throughout his elementary, high school and university years. He practised and as he became better at his craft, he gained self-confidence. Supporting children who participate in sports will build self-confidence.



Attitude is the next important ingredient. Lui practised visualising the successful completion of each and every kick he had to make. He never thought of missing a kick, he never dreamed of missing a kick – every kick was successful and he could see the whole process, the ball travelling through the post, hear the crowds cheer as he visualised. Positive self-talk encouraged him to do what he knew he could do when it counted.



Learn for Mistakes: Lui completed 1200 kicks in his career, 875 times successfully which left him with 325 mistakes to learn from. Analysing the mistake can lead you to the problem and if you know what the problem is, it can be corrected. Every mistake is an opportunity to learn and kids should be patted on the back and encouraged when they make mistakes and then learn from the experience.

Together
Everyone
Achieves
More

The BC Lions use the acronym TEAM to emphasise that the team is more than the sum of the parts. Lui did a field goal demonstration to demonstrate that it takes split second teamwork to make every single goal. Liz and Rick assisted and again, what a wonderful way to spend a lunch hour with Rotary Friends and a great guest speaker.

Submitted by Caro O'Kennedy

HAPPY ANNIVERSARY

March 10: Lila Jane & Marco Terwiel

2 X 4 = 2 MINUTES OF ROTARY INFORMATION 4 TIMES PER MONTH

This was last week's 2 X 4 : THE PRESIDENTS-ELECT TRAINING SEMINAR

The Bylaws of Rotary International require that the governor-nominee of each district, in co-operation with the current governor, in the early months of the year, schedule and conduct a training seminar for the incoming club presidents of the district. This two- or three-day Presidents-elect Training Seminar, commonly referred to by its acronym, PETS, is a motivational and leadership training session designed to prepare the future club presidents for the office they will assume on 1 July. Among the subjects covered are the implementation of the RI theme for the coming year as well as information about the new and continuing programs of RI. Time is also devoted to a review of district operations, planning club and district programs, and organising other activities for the year ahead. How to prepare a budget, goal-setting, time management, and new ideas for club meetings are just some of the useful skills that club presidents-elect learn when they attend their district's PETS. In some areas of the world the PETS is conducted as a joint multi-district event.

WORDS OF WISDOM

A philosophy professor stood before his class and had some items in front of him. When the class began, wordlessly he picked up a large empty mayonnaise jar and proceeded to fill it with rocks, rocks about 2" in diameter. He then asked the students if the jar was full? They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. He then asked the students again if the jar was full. They agreed it was.

The students laughed. The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

"Now," said the professor, "I want you to recognise that this is your life. The rocks are the important things - your family, your partner, your health, your children, your friends - things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house, your car. The sand is everything else. The small stuff." "If you put the sand into the jar first, there is no room for the pebbles or the rocks. The same goes for your life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical check-ups. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal."

"Take care of the rocks first - the things that really matter. Set your priorities. The rest is just sand."