

THE BULLETIN



Rotary Club of Etobicoke

District Governor: **Brian Thompson**

RI President Gary C.K. Huang

Week April 01, 2015

Board 2014-2015

President: Mark Winson, Past President Michael Bell, President Elect: Jack Fleming, Secretary: Ron Miller,

Treasurer: Don Edwards

Directors: Donna Cansfield, Gregory Dobson, Gillian Dugas, Ingrid McGaughey, Frederik Martin, Kester Trim, Hugh Williams

April 08, 2015 – SPEAKER: Michael GIBBEN – I.M. Success Tutoring

Reporting: Ron Miller

Pictures: Ron Miller & Peter Dusek

Today's Speaker: Karen ROYAL - Classification Talk

Karen is the founder of The Royal Treatment Program, a "proven system for sales and customer service leaders and their frontline people in the new era of communications and presentation expertise". Karen is a coach, mentor and advisor to senior executive individuals along with small to large groups in various sectors. Her system "crosses over from business to business and group to group, because The Royal Treatment Program is a heart centred down to earth system that connects people with people". Her "Two Rules for a Great Life" are simple yet impactful: 1. Smile, and 2. Repeat Rule #1 continuously throughout everyday (even and specially when don't feel like it).

Karen began by saying that her business is "the people business". She hoped that everyone was "as calm and relaxed" as she was because "when you are calm and relaxed we learn and retain new information at a higher rate". The 1st thing she wanted to do was to "increase the connectivity and the love in the room" and asked everyone to stand and "give each other a big hug". She observed that even though "some of us have known each other for a long time", she saw some "inappropriate hugs". She added that there is a "right way to hug" and asked Michael Bell and Hugh Williams to "volunteer" to demonstrate a few wrong ways to hug.

- The "Quarterback" hug: indecision until they butt heads



- The "A-Shape" hug: far away feet and the reach in – this one will never happen

- The "Cling-on" hug: steps beyond personal space; snuggles in; rest head; lingers; even rocks (unless your sisters or best girlfriends this one never works)



The "appropriate" hug: step up; crunch right ribs = heart to heart; on a count of 3 release.

THE BULLETIN



Karen now wanted to share information on “non-verbal” communication and becoming an “expert observer” and “not a talker”. She said that this is a “lost art”. Using non-verbal communications is 1st for “self-management” and 2nd to “understand and assist whoever we are dealing with”. She gave a warning that as we learn more and more about body language “we will use our emotional or mature intelligence”. Karen noted that “mankind has been using ‘word’ for only the last 90,000 years”. Prior to that we survived and communicated non-verbally. We communicated with our body, the same way animals communicate. These skills “are still ingrained in our memories”. So much so that “we still subconsciously move through our days displaying body language”. We are “constantly sending out signals”. There are “5000 expressions in the face alone that transmit information”. There are such a thing as a “poker face” (which Karen says we have been “pretty good at”), however unless you are a “seasoned expert observer” (such as an FBI agent) these expressions are “too subtle and fleeting” (i.e. squinting of eyes, pursing of lips, tilt of the head).

However, from the neck down, there is no such thing as a “poker body”. Today Karen wanted to talk about feet. “The feet never lie”. The feet take “direct command” from the limbic area of the brain whose “job” is to keep us safe. It holds the “ancient wisdom of comfort and discomfort”. She said if we used observed Michael and Hugh we would have noticed that they had “one foot facing each other, and the other foot angled towards the door” (the limbic brain keeping them safe). Karen mentioned a few other examples which reinforced that “the feet

never lie”. Karen added that “as a leader pay attention to the feet. It will help you and them”.

Karen now wanted to mention “eyes”. Eyes are the “window to the soul”. Even though we may have a “poker face”, the eyes are often misunderstood in body language. They are our primary means to receive information. There is a large area at the back of the brain called the visual cortex that collects information (colour, light and activity) that is shared with other areas of the brain including potential danger. The eyes reflect on “what’s going on in our brain”. We use a “blocking system” as a “primitive protection”. Example: A friend asks us to help to move this weekend. We find ourselves saying “yes” to help while “we cover our eyes”. We cover our eyes when we see, hear, or even think something negative. Even blind children will cover their eyes when they hear something they don’t like. Why does this matter to us? Fluttering or fast blinking can indicate that someone is troubled. Knowing this “offers us the opportunity to assist or help other people. Karen wanted to give a tip on “connecting with people – “right eye to right eye”. This connecting “soul to soul”. “Never, never try to close a deal until you can master right eye to right eye”. It helps foster communication, helps create a comfortable “safe” environment and understanding.

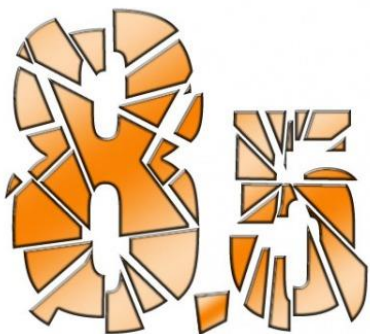
In closing, Karen noted that “they say we are God’s greatest creation”. If this is true then it “furthers our responsibility to connect with each other on the deepest level. As Rotarians “we offer help monetarily and we show up physically”. However, she believes it is “as important that we walk the talk – literally – and present ourselves non-verbally as competent, compassionate and respectful human beings”. Every language, background, education level, and age understand this “ancient wisdom”. “The most important thing we can do is to make people comfortable.” It makes a difference “when we take the time to express non-verbally that we care”.

THE BULLETIN



President Mark thanked Karen.

Rotary Club of Etobicoke's 85th Anniversary



President Mark reported that last week was the 85th Anniversary of our Club being chartered in 1930. For the occasion Mark baked a cake that he brought to today's luncheon and served to the members.

Rotary Club of East York's "Rotary Lobster Night" – Saturday, April 25th:

The Rotary Club of East York is having their 9th Annual "Rotary Lobster Night" on Saturday, April 25th at The McNeil Room at Whistler's Grill, 995 Broadview Ave. (Cocktails at 6:00 pm and Dinner at 7:00 pm). Tickets are \$70.00/person with all proceeds to support the Toronto East General Hospital. Live entertainment by Playback (a classic Rock'n'roll Dance Band). For tickets contact Crystal Lambkin crystal@paragontravel.com



50/50 Draw

Bob MAXWELL – 8 of SPADES. The pot \$600+ continues to grow. As a consolation prize Bob was presented with a box of Girl Guide cookies.

Visitors & Guests



Visitors and Guests:

- ✦ Robert Bazo – Guest of Karen Royal
- ✦ Linda Braendel – Potential New Member – Guest of Lynda Ryder

Attendance:

Members 15
Visitors & Guests - 02
Total – 17

THE BULLETIN

Secretary's Announcements



St. Margaret's Anglican Church "Out of the Cold" Appreciation Invitations:

St. Margaret's Anglican Church has sent two "Appreciation Invitations" to our Club members for our support their "Out of the Cold" programs for homeless men during November to April.

St. Matthew's Anglican Church on Sunday, April 12 - 1:30 to 3:30 - RSVP kellyrglover@icloud.com 647-457-0044

St. Margaret's Anglican Church on Monday, April 13 - 6:30 - 7:30 - RSVP wiglecara@gmail.com 416-259-2659

Rotary Trump AIDS Poker Walk – Saturday, April 25th:

Gill Dugas would like to remind all Club members that Rotary Etobicoke is looking for walkers to join our Rotary Etobicoke "Ribbers" Team at our annual District 7070 Rotary Trump HIV/AIDS Poker Fundraising Walk on Saturday, April 25th. Registration opens 9 a.m. and the Walk starts 10 a.m. The route is 5 km around Toronto Beach Parks and Queen Street followed by a light lunch with entertainment at 12:00. Prizes to be awarded for the best poker hand. Wind up at 1:30 p.m. Teams of 8 persons with family and friends invited to join our team(s).

If you cannot join our team, your support through a sponsorship to the team would be much appreciated. Rotary Etobicoke's International Committee will retain 80% of all the funds we raise

for HIV/AIDS projects. To sponsor our team go to www.trumpaid.ca

Last year the funds our Club raised \$2,247 from the Rotary Trump HIV/AIDS Walk were sent to the Rotary Club of Knysna to be used for projects involved with individuals with HIV/AIDS; Masithandane in Sedgefield, MadAboutArt in Nekkies; and Mrs. Talamagies' soup kitchen in Hornlee.



HAPPY BUCKS

Ralph Chiodo – Ralph was happy to announce an event that was taking place for Tony Pavia. Tony is a photographer for the past 34 years and has photographed many Italian community events, and other events including our Club's Ribfest. He has assembled 3 volumes of over 1200 pages of photos. Ralph and Joe Falcone are organizing this event for him to help launch the 2nd and 3rd volumes of his pictures. The event is on April 17th at The New Home of C.B.A.O. (Calabrian Benevolent Association of Ontario), 7730 Islington Ave (at Hwy #7) in Vaughan. Ralph is inviting any Club members that wish to attend. He said this should be a "fun evening". Ralph added that Tony has "always been there" to take pictures for our Canada Citizenship Ceremony at Ribfest and he is hoping that the Club might make a donation to go towards the publication of his book. Ralph was also happy to say that a month ago he was invited to attend a CIBC seminar and got talking to the fellow that he was sitting next to. During their conversation they found out that this fellow lived on Balboa Drive in Port Credit, one street over from Ralph's son. When he mentioned meeting Ralph to his daughter and where his son lived, his daughter immediately said that she had met Ralph in South Italy (Calabria) in 2008. She was with a group of students doing a summer course in Italy. His

THE BULLETIN

daughter gave him a picture of the group taken in Calabria. Ralph said that “he cried when he saw the picture” because not only was he and the students in the picture, but “his good friend” Mark Selkirk was also in the picture. Ralph says he remembers meeting the students that day “wandering around the main street of Pizzo Calabro” close to where he lives”. He talked with them and then treated them to dessert (ice cream). The students took the picture.



Michael Bell – Michael was happy to remind members about the “End Polio Now Club” that was introduced last week at the District 7070 dinner for RI President Gary Huang. This is designed to show our support for the final push to eradicate Polio. The goal is to have Polio eradicated by the 2018 RI Convention here in Toronto. To become a member you commit to a \$US100 (\$CAN120) donation a year until Polio ends. There is a new pin in production that will be presented to members of the End Polio Now Club. Members who join before June 30th will become “Charter Members”.

Hugh Williams – Hugh was happy to add to Ralph’s story about meeting the Canadian students in Calabria. The students they met “were more excited to meet Mark Selkirk” because he was the “moose man” who created all the moose statues that were displayed all around the city. Hugh was also happy to say that he is “launching a new

career”. His last day at SKE was yesterday and he will be “hanging up a new shingle” shortly. As well, Hugh was happy to say that he will be running in the Mississauga Marathon’s 10K run in support of CameronHelps. CameronHelps’ Team Unbreakable program is a big success and it’s being run in about 40 high schools and in several clinical settings as well. It promotes physical health for mental health by teaching young people how to run in a group, set goals and achieve them. And it saves young lives. Several of our Club members are supporting Hugh in the run, and if anyone else would like to contribute please let him know.

Mark Winson – Mark was happy to mention some things that happened over the past week. Last Thursday he attended the Grand Opening of Michael Lu’s new “Nurse Next Door” office. There was a great turn out including many of our Club members, local politicians and community members. Mark wants to wish Michael a “ton of success”. He added that it is great having Michael’s office “right across the street from our Rotary Clubhouse”. Mark was also happy to say that on Friday, he joined Jack Fleming, and Brian Spencer (from the Toronto West Club) to visit MicroSkills to present cheques for \$30,000 each from both Clubs as our last payments for this year on our Legacy Project. It is the first time that Mark has been to MicroSkills since the move and thinks it is an “attractive facility that is being put to good use”. He added that he thinks this is an “important area to focus Rotary support”.

THE BULLETIN

The fight to end polio Ivory Coast

This Weeks Calendar



Tuesday, April 7th - Ribfest Exec meeting - 6:30 pm - Rotary Clubhouse

Monday, April 13th - Board of Directors meeting - 6:00 pm (food) 6:30 pm (meeting start) - Rotary Clubhouse

Saturday April 18th - RLI (Levels 1, 2 & 3) - 8:30 am to 4:00 pm - Seneca College (1760 Finch Ave. E.)

Saturday, April 25th - District conference meeting - 9:30 am - Rotary Clubhouse

Saturday, May 2nd - District Assembly - 7:30 am to 2:00 pm - BMO Institute for Learning (3550 Pharmacy Ave - Pharmacy/Steeles Ave. E.)

Rotary's national PolioPlus committee in Côte d'Ivoire

Rotary began fighting polio nearly 30 years ago, and although our work has reduced the number of cases of the disease by 99 percent worldwide, new outbreaks and dangerous conditions make the total eradication of polio a constant challenge.

For example, in Côte d'Ivoire it's been over two years since the disease last surfaced. But with polio-endemic in nearby Nigeria, the possibility of a fresh outbreak looms over the country. The only way to keep the poliovirus at bay is to continue administering regular immunizations to all children under the age of five.

During National Immunization Days last year, 7.5 million children in Côte d'Ivoire received two drops of oral polio vaccine, along with vitamin A supplements and de-worming tablets.

This accomplishment is underscored by our volunteers' willingness to put their lives at risk. Just last year, 20 polio vaccinators were killed in Pakistan.

"Polio eradication is not an option, it's an obligation," says Richmond-Ahoua, chair of Rotary's PolioPlus Committee in Côte d'Ivoire. "When you consider what's been done in Côte d'Ivoire, despite the many obstacles we've faced, you are deeply convinced that polio will soon be eradicated."

**** From Rotary International****
