



# Rotary District 5050



## Peace Arch Journal



### Volume 25 Issue 8 February 2012

## Message from the District Governor

### World Understanding Month



"The spirit of Rotary is not exclusive; it expands. It is not local, it is universal. And so the wish to understand and to be understood, the wish to see the virtues rather than the faults in others, the longing to find out what we have in common rather than what divides us — these can be widely shared."

- Gian Paolo Lang, 1956-57 RI president, address to 1957 convention

February is World Understanding Month in the Rotary Calendar. Our Mission in Rotary is to “provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders”.

Rotarians achieve this mission in many ways – through international service projects, the Youth Exchange program, scholarships, Friendship Exchange, Rotary Fellowships, Rotary Action groups, attending the District Conference and International Convention. As we engage with people from many different nations, religions and ethnic groups, we enhance and advance world understanding, good will, and peace one person at a time.

Celebrate Rotary’s anniversary on February 23 with our mission to “Reach Within to Embrace Humanity”. Rotary’s 107th birthday is fast approaching; every club is encouraged to start planning events on or around this day. Last year, clubs worldwide made tremendous efforts to recognize Rotary’s work and share the message of End **Polio Now**. Even though 23 February is Rotary’s official anniversary, any day in your community can be designated a Rotary day.

*Enjoy the month, share, and spread world peace through your own actions and words.*

*Yours in Rotary,*

*District Governor Jane Helten*

### 2011-12 Theme



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## The Peace Arch Journal

The monthly newsletter for  
Rotary District 5050

## Jane Helten Governor

This monthly publication is a service to district club officers and members. It is intended as a source of news and opinion from throughout the district.

The mission of the **Peace Arch Journal** is to promote communication, understanding, fellowship and fun beyond club meetings, in a manner complementary to shared efforts at placing **Service Above Self**.

Please send news and articles and photographs to:  
**editor.paj@gmail.com** by the 21<sup>st</sup> day of the month for possible inclusion in the next issue.

Long articles may be truncated and all articles submitted may be edited before publication. Not all articles and photos submitted will be published.

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## ROTARIANS AT WORK

Now is the time to plan for this event. **Rotarians At Work Day** happens the last Saturday in April each year. It was started in 2006 as a joint effort between two Rotary Districts (one in the United States and one in Mexico), Rotarians at Work Day continues to grow. Each year, Clubs around the world identify a hands-on project that all members can participate in to help their local community. The day is a great way to revitalize your Club, bring in new members, and generate publicity for Rotary.

I am encouraging every club in the district to have a community project on April 28<sup>th</sup> so we have 100% participation.

Please talk with your clubs about what you will do and start submitting your project the Peace Arch Journal <editor.paj@gmail.com> so they can be posted in the PAJ. Remember 100%.

If you need more information, go to <http://www.rotariansatwork.org/index.html>

### Projects Needed - MATCHING GRANTS AVAILABLE

The District has approximately **\$110,000** available for matching grants. It is our goal to spend every dollar on matching grants for your club's international project. Please submit your application to grants chair "Rick Bolduc" [bolducrick@aol.com](mailto:bolducrick@aol.com). You will find the application form on the District website under Foundation, Nested Pages-TRF Matching Grant Application or here

[http://www.rotary.org/RIdocuments/en\\_pdf/141en.pdf](http://www.rotary.org/RIdocuments/en_pdf/141en.pdf) For more

information on matching grants:

<http://www.rotary.org/en/serviceandfellowship/fundaproject/humanitarian/grants/pages/matchinggrants.aspx>

### Rotary Club of Abbotsford visit by RI Board Member

RI Board of Governors Member  
Paul Knijff (with certificate) stands  
with AG Allan Asaph,  
PDG Dave Robinson and PP Cors Delint.

RC of Abbotsford Jan. 31, 2012



## District 5050 Administration

### Governor

#### Jane Helten

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### Website Administrator

#### Tiffany McFadyen

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## 11 Reasons Why I Love Thailand

by NomadicMatt

*Continued from the January PAJ*

### 1. The Delicious Food

When people say they like Thai food but haven't been to Thailand, I can't help but think "you have never really experience Thai food." Thai food in Thailand is leagues better than anywhere else in the world. There's more variety and more flavors. Your mouth dances with a concert of flavors when you eat here. The food has kick to it, too. I always order "mai pet" which means "not spicy" because by Thai standards means only one chili. Anything more than that, and I look like I'm about to keel over and die. (I have a low tolerance for spicy food.) All over the streets of Thailand, outdoor stalls serve up the cheapest and best Thai meals you can find. And no matter what time of the day it is, there's always food available somewhere.

Moreover, there is a lot of savory international food in the country. Thailand is very international thanks to the hordes of tourists and expats (foreigners who live in Thailand) around the country. Some of my favorite sushi restaurants are in Bangkok, and you can find amazing halal and Indian food in the downtown Sukhumvit area. And, surprisingly, you'll also find a lot of Mexican — Senor Pico's is the best Mexican outside of North America.

### 2. The Warm Weather

I love the sun a lot (much to my mother's and my dermatologist's dismay). I think after shoveling snow in Boston for the vast majority of my life, I gravitate to the sun because in the tropics, there's no snow to shovel. Even though there's a monsoon season in Thailand, I love the heat and the fact that it is always hot and humid in Thailand appeals to me. It's never jacket weather and I can always wear a t-shirt and shorts.

(O.K., that's not entirely true. In January, I do wear a jacket. It gets pretty close to 20 C here. You can always tell the expats from the tourists in Bangkok because the expats are the ones wearing sweaters and jackets in January. I once had a friend visit me and I refused to turn on the A/C in my apartment. It was far too cold for that!)

### 3. The Friendly Locals

Thais are some of the nicest people I have ever met. They are always happy, always smiling, extremely polite and always helpful. They will help you out if you are in trouble and help translate for you if you can't speak Thai. They treat you well and whenever I come back here, the local shop owners whose stores I frequent greet me with a warm smile and big hug. Thais have amazing memories and once a friend, always a friend. I always feel safe in Thailand. Thais rarely steal or cause any problems. Thailand is one of the few countries I feel comfortable leaving my laptop out while I go to the bathroom.

*continued on page 5.....*

## District Conference Registrations

Congratulations: White Rock was added another District Conference registrant, San Juan Island added two, and Langley added one. The top nine clubs so far are:

- South Whidbey Island 23
- White Rock 13
- Chilliwack 9
- Fidalgo Island 8
- Port Moody 7
- San Juan 7
- North Delta 5
- Burlington 5



### District 5050 International Projects - Partners Wanted

The following is a list of clubs and international projects in need of partners

Club	Project	\$Needed	Location
Mt. Baker	3 water wells with pump	\$4,455 ea.	Ghana
	Ventilator machine for hospital	\$15,000	Nepal
	Water wells & pumps	ongoing	Nigeria
	Contact: Dale Vander Giessen <a href="mailto:dalevg@comcast.net">dalevg@comcast.net</a>		
Sedro-Wooley	Wood Stoves and Water Filters	tbd	Honduras
	Garden, Well and Latrine	tbd	Burkina Faso
	100+ Latrines	tbd	S.W. India
Contact: Carl Garrison <a href="mailto:carig@gecorp.net">carig@gecorp.net</a>			
Anacortes	Dental care for school children Contact: Dr Von and Betty Kuehn <a href="mailto:vonbetty@comcast.net">vonbetty@comcast.net</a>	\$4,000	Guatemala
Burlington	Youth Experiencing Leadership participation in humanitarian service projects Contact: Bev Harrington <a href="mailto:bev_harrington@msn.com">bev_harrington@msn.com</a>	ongoing	Guatemala
Lake Stevens	Medical/Dental clinic and Community Education Centre Contact: Barbara Knowles <a href="mailto:knowlesbarb@gmail.com">knowlesbarb@gmail.com</a>	\$15,000+	Guatemala
White Rock	Eye Care Clinic and Equipment Contact: Michelle Elliott <a href="mailto:michelle@spectrumoptometry.com">michelle@spectrumoptometry.com</a>	\$15,000	Honduras
White Rock	Water and Sanitation for Nigeria Boarding School Contact: Clifford Grant <a href="mailto:clifford@shaw.ca">clifford@shaw.ca</a>	\$12,000	Nigeria
Semiahmoo	Help for Haiti Hunger and Malnutrition Consortium Contact: Lynn Morfitt <a href="mailto:lynnmorfitt@shaw.ca">lynnmorfitt@shaw.ca</a>	ongoing	Haiti

Please provide information on current international projects, both those looking for partners and those not requiring additional help, to: **Jack Rae, Chair District 5050 International Projects Committee** at [bettyjackrae@shaw.ca](mailto:bettyjackrae@shaw.ca)

## 11 Reasons Why I Love Thailand - *continued from page 3*



### 4. It's Perfect for Travel

Thailand is smack dab in the middle of everything. It's 3 hours to Hong Kong, 2 hours to Singapore, 4 hours to Bali, half way between Australia and Europe. You can get to a lot of places easily from Thailand, which when you are a traveler like myself, is really appealing. And, you can get to many of these destinations cheap. I'm heading to Singapore tomorrow for 4 days and it only cost me \$120 USD roundtrip on Tiger Airways. Not a bad deal and not a bad way to spend the weekend.

### 5. The Postcard Perfect Tropical Islands

I love the beach. I can sit on the sand and go for a swim for hours upon end. It's heaven to me. (See above and my love of warm weather). While Thailand has been developed for years and many of the best beaches have been ruined through uncontrolled development, you can still find some pristine, picture perfect islands and beaches around the country. I particularly love [Ko Chang](#), Ko Kood, Surin Island, Ko Adang, and Ko Lanta. Heading down south near the Malaysian border, I think you find the best islands. They all look like the above picture and a place like that is simply heaven to me.

### 6. The Lush Jungles

As much as I enjoy sitting on the beach, I also love to hike through jungles, and Thailand has some of the beautiful and lush ones I've seen. From the jungles and elephants in Khao Yai national park to Khao Sok in the south with it's famed lake to the famous jungle and hill tribe treks near Chaing Mai, you can get your tropical jungle fix very easily here. They may not be the wild and untamed jungles of some places in Borneo or the middle of Africa but they still offer amazing views, dense forests, waterfalls to cool off in, and an interesting variety of wildlife.

### 7. The International Environment

Thailand is a country where you can get as local or foreign as you like. Because of the all the tourists and expats that live here, the country is very cosmopolitan and international. There are global food chains, international restaurants, stores, Starbucks, and Hollywood movies. Thailand is a melting pot of people and you'll find people from around the world. I've made friends here from France, Germany, Argentina, Australia, New Zealand, Japan, and Israel just to name a few.



### **8. Thailand is Convenient**

Thailand is convenient. Hungry at 3:30am? There's someone around to sell you food. Need to take a bus to Vietnam? That can be easily arranged. Need to go shopping at some strange hour? There's a store open. Pharmacy at 2am? Got that too. Thailand is just an easy place to live and move around in. And, in Bangkok, you never have to wait for a taxi.

### **9. The Beautiful People**

Let's be real – Thais are pretty good looking. There's a reason so many people come here and marry Thais. They are pretty damn hot. It's nice coming to a country where everyone is good looking. The women here are just stunning with beautiful skin and exotic looks. All of my friends have dated Thai girls.

### **10. Bangkok**

I hated Bangkok the first few times I traveled there. It wasn't until I moved there that I fell in love with it. Bangkok, it turns out, is an easy city to live in – there's lots to do, plenty of events, great bars, amazing food (see above), and it's easy to get around (except during rush hour). I love cities where there is always something to do and no matter what time of the day, no matter what day of the week, you can always find something to do in Bangkok. Like New York, Bangkok is a city that never sleeps.

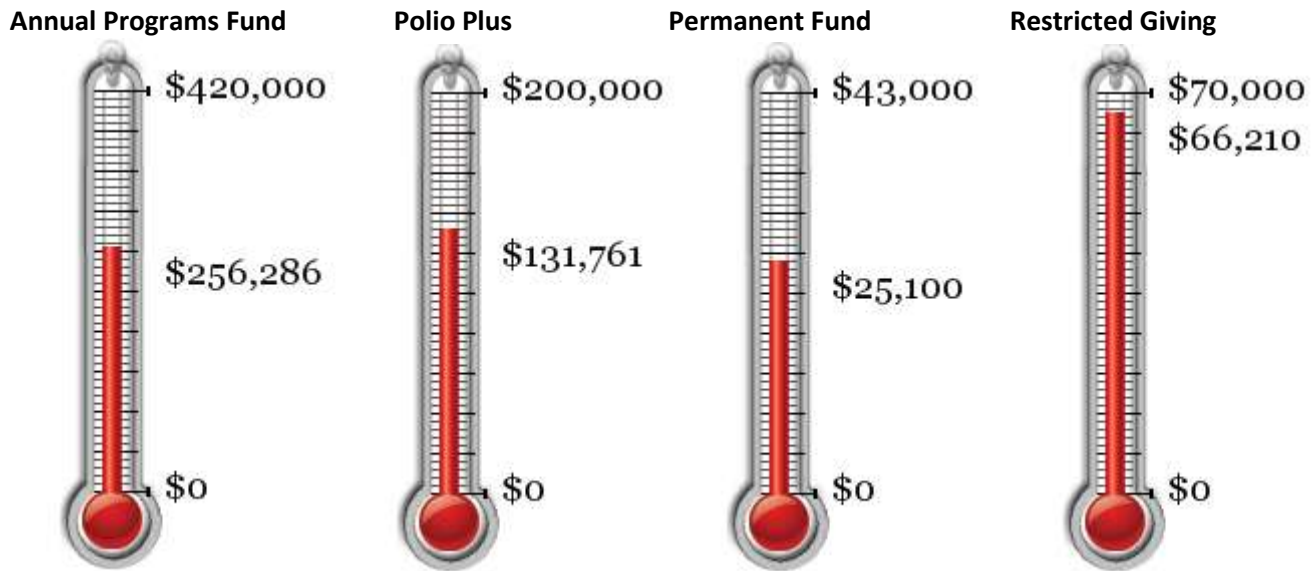
### **11. It's Cheap!**

Thailand is cheap to visit and cheap to live in. Yesterday, I spent \$4 USD for all of my food for the day, including some drinks and snacks. Most food from the street vendors costs \$1. I can get a private room for \$10 USD per night, or a bungalow in front of the beach for \$15- 20 USD. An apartment in downtown Bangkok costs \$300 a month and it's still bigger than what I need. Thailand simply offers incredible value for your money. A few years back, I was telling my friend that after a month bouncing around the islands, I had spent around 40,000 baht (\$1,400 USD). He was shocked! "How the hell could you spend so much money in one month!" he exclaimed. Thailand is a country so cheap; \$1,400 dollars is considered a lot of money. I paid double that in rent in New York City.

When people ask me my favorite country, I always say Thailand. I always find that question to be like Sophie's choice – how can you pick a favorite country? Every country is amazing in its own right. No country is really better than another – just different. However, Thailand has a special place in my heart. We have a long history together. I'll always return to this country. I love it here too much.

## Rotary's Success Depends on a Strong "Foundation"

### 2011-12 Goals



### Is your club an Every Rotarian Ever Year (EREY) club?

*RI President Kalyan Banerjee and DG Jane Helten's goal for The Rotary Foundation this year is EREY in which every Rotarian gives SOMETHING, to the Annual Giving Program of the Rotary Foundation, while averaging \$100.00 per capita to the Annual Fund. It is DG's Jane's goal to have District 5050 become an EREY district. In order to do so, everyone has to participate.*

All Rotarians can take pride in the achievements of our Foundation, from our work for Polio eradication to our Rotary Centers for International Studies to projects that improve lives every day. But, our contributions to the Rotary Foundation go beyond financial support. Rotarians are serving as volunteers to bring health care to remote, underserved area. Rotarian families are welcoming Ambassadorial Scholars and Group Study Exchange teams into their homes, establishing lasting international friendships. And millions of children are receiving the precious Polio vaccine during National Immunization Days.

- Steve Morach

#### Annual Giving - Seventeen clubs are over \$100 per capita for 2011-2012:

1. San Juan Island \$689.35
2. White Rock \$367.03
3. Stanwood/Camano Island \$257.77
4. Cloverdale \$241.51
5. North Delta \$214.61
6. LaConner \$196.75
7. Marysville Sunrise \$194.67
8. Chilliwack \$177.54
9. Semiahmoo \$152.63
10. Port Coquitlam \$152.63
11. Langley \$146.67
12. Abbotsford \$137.68
13. Coquitlam \$132.02
14. Everett \$118.21
15. Snohomish \$110.41
16. South Everett/Mukilteo \$109.02
17. Langley Central \$107.75

If every member, of the above clubs, contributes any amount to the Annual Giving Fund of the Rotary Foundation, they will all receive Every Rotarian, Every Year banners.

#### Polio Plus - Seven clubs are over \$100 per capita for 2011-2012:

1. San Juan Island \$459.68
2. Arlington \$260.29
3. Stanwood/Camano Island \$204.76
4. White Rock Millennium \$160.56
5. Abbotsford-Sumas \$154.00
6. LaConner \$120.08
7. Surrey-Guildford \$117.65

## Polio Challenge (Dec 2007 - Dec 2011)

DDF : \$154,350 Contributions: \$741,413 Total from D5050: **\$895,763**

### District 5050 Matching Grants for Homelessness Projects (US only)

The deadline for these grants is June 30, 2012; Any funds not used by that time will have to be returned. We have processed several grants so far as follows:

- Marysville Rotary - \$5,000 for transitional housing and training at Beachwood House in Marysville
- South Everett - Mukilteo Rotary \$5,000 for transitional Housing and training at Avondale House in south Everett
- Everett Rotary \$5,000 for training at the College of Hope in Everett
- Bellingham Rotary \$6,000 for rapid re-housing of families through supportive services and financial assistance
- Stanwood Camano island Rotary \$10,000 for transitional housing and training at Lincoln Hill Village in Stanwood

We still have \$69,000 available for matching grants. These grants are available to any of our district's clubs located in Washington. As indicated, any funds not used by June 30th will have to be returned and will no longer be available to us.

***To apply, go to the District 5050 website or contact PDG Larry Jubie, [lwjubie31@hotmail.com](mailto:lwjubie31@hotmail.com)***

### International Projects Seminar

Congratulations to District Projects Chair, Jack Rae, who put together a very informative seminar, which focused on the six areas of focus.

- Peace & Conflict Resolution
- Disease Prevention & Treatment
- Water & Sanitation
- Maternal & Child Health
- Basic Education & Literacy
- Economic and Community Development



This was a great place to share projects, look for partners, and learn about Future Visions. There are many changes starting in 2012-13. It is important to attend these seminars to stay informed and up to date. Rotary is constantly changing and we cannot take for granted that what was in effect 2,3,5,10 or 15 years ago is still in effect.

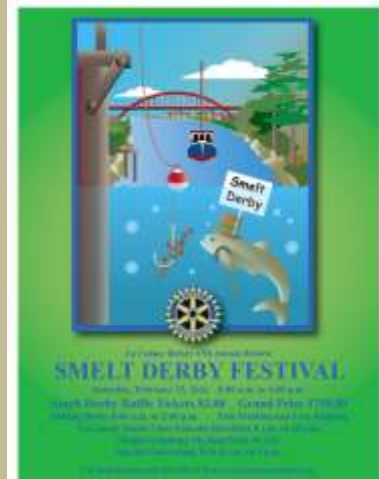
Thank you Jack, all the presenters and attendees. There was great participation from many clubs in the District.



### La Connor Rotary

47<sup>th</sup> Annual Smelt Derby Festival  
Saturday, February 25, 2012  
8 AM to 3 PM  
La Conner

Raffle tickets are now available from any La Conner Rotarian for \$2 each. Grand prize is \$750 cash. There will be prizes for the derby. Pancake breakfast at 8 AM at Maple Hall. Hot dogs will be available during lunch until 3 PM. We have added a new geocache segment for those who like to geocache.



### White Rock Rotary Annual Book Sale

Will be held in the Semiahmoo Shopping Center, 152<sup>nd</sup> Street, South Surrey, from Sunday, February 26th through Sunday March 4<sup>th</sup>, 2012.

Thousands of books to tempt readers of all ages will be on sale at prices hard to beat.

[www.whiterockrotary.org](http://www.whiterockrotary.org)

### South Whidbey Island Honors PH Fellows

On Jan. 21, the Rotary Club of South Whidbey Island honored its PH Fellow members with a "Thank You" celebration. It has grown from twenty-two to thirty-six members since the inception in 2005-06.

District Governor Jane Helten presented Bob Woodford with his first PHF. She also awarded Angela Ng a PHF for her contributions and active participation in the club. This event continues to help in the promotion of the Foundation.



## Speakers Bureau

This section of the PAJ lists speakers who are willing to be part of your club's program. Do you know of a good speaker? Send the information to: editor.paj@gmail.com

Speaker	Topic	Loc	Contact
Wayne Leach	TRF Permanent Fund	Can	(604) 313-1102 wayneleach@me.com
Jack Rae	International Projects	Both	(604) 536-8578 bettyjackrae@shaw.ca
Linda J. Murray	Group Study Exchange	Both	(425) 348-3850 wk (425) 347-6738 home linda@evergreensecurity.com
Dr. Rodger Stark	Federal Health Care Reform - the Impact on You	USA	Caitlin Kincaid (206)937-9691 imtern@washingtonpolicy.org
Lee Harmon	Polio Plus/ Permanent Fund	Both	(360) 435-8595 rlh@wavecable.com
Bill Robson	The Rotary Foundation	Both	(604) 501-3335 william_robson@yahoo.ca
PDG Rod Thompson	Rotary Public Image	Both	(604) 855-1180 rodthomson@shaw.ca
Christina Flessner	Club Extension (New club creation)	Both	(604) 536-2011 cflessner@wheelchairfoundation.ca
Wil Huitema	Friendship Exchange	Can	(604) 792-6721 wilhelh@telus.net
Danielle Mullen	Friendship Exchange	USA	(360) 428-8953 travelady2@comcast.net
Pete Kinch	Health & Hunger	Both	(425) 290-2090 petek@handsforpeacemaking.org
Scott Dudley	Membership	Both	(800) 286-4560 scott.dudley@edwardjones.com
Frank Jarvis	New Generations	Both	(604) 591-6685 franktalk@shaw.ca
Barrie Seaton	Public Relations	Both	(604) 945-6627 barrie@barrieseaton.com

### Membership and Attendance Highlights for Dec. 2011

- The number of members in District 5050 as of 31 Dec 2011 was 2772, a decrease of 13 since Nov.
- Average Attendance for the district in Dec. was 72.6%; YTD is 73.2%. Last year the average was 70.9%
- **The club with the best attendance in November was South Everett/Mukilteo with 95.4%.**  
Second was White Rock Peninsula with 92.7%. Third was Chilliwack-Fraser with 91.6%.