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Peace Arch Journal

Message from the District Governor

What can marriage teach Rotary? *

A wise man once said that the family is the “cell of society.” The heart of the family is the marital relationship or the adult single-parent friendships.

Attitude is important in marriage and two examples in particular are relevant to Rotary. Couples who are open to change and growth thrive, as compared to those who remain stuck in their own perspectives. Couples who make their relationship a priority do better than those who don't. Rotarians who are open to change won't become mired in the “we've always done it this way” mentality. Secondly, if the club relationships are a priority, meeting attendance will be natural and an anticipated part of one's routine.

In marriage, communication is a crucial element and empathic listening is of the utmost importance. Historically, our society has dealt with emotions by ignoring them. “Put those feelings aside and push on” has been our mantra. We have discovered, however, that ignoring emotions can lead to problems with anxiety in particular and our health in general.

The reason empathy is so crucial (the ability to tune into and identify feelings in others and ourselves) is that by focusing on feelings in our communication we release them rather than store them up. Brain research has discovered that the rational side of the brain works more effectively if the emotional side has been calmed and appeased.

Many Rotary board meetings will bog down or derail because the emotional side of an issue hasn't been acknowledged. Rotarians also have their frustrations and passions and these need to be acknowledged, accepted and respected. The emotions need not be understood or agreed with, but acceptance of them leads to the possibility of mutual planning and decision-making.

Continued on page 2



Index

2. Upcoming District Events
3. GOLFun / Robert Harris
4. Ron Golfinch Award
5. Rotary Foundation
6. Panama Cruise
7. Visiting Clubs / Snohomish Report
8. Whitecaps Soccer - Rotary Night
9. Snohomish Berry Sale
10. Speaker's Bureau & Membership Report



The Peace Arch Journal

The monthly newsletter for Rotary District 5050

Denis Boyd 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, articles and photographs to: **editor.paj@gmail.com** by the 25st 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.

Peace Arch Journal Editor:

David Truman (Nora)
Rotary Club of Langley
Box 315, 20465 Douglas Cres.
Langley, BC V3A 4B6
(604) 533-4585
editor.paj@gmail.com

www.district5050.org

District Governor's Message, continued from page 1.....

Settling emotions will allow marital couples to move on to consultative discussions which identify their different perspectives. In most marriages I have worked with as a therapist, the differences are predictably numerous. In other words, differences are normal and a sign of balance.

Couples who divorce often end up hating qualities in the other person that they used to admire and love. Their inability or unwillingness to “work the middle” in co-creating solutions leads to polarizing power struggles and eventual parting of ways. Some of these people don’t know that the solution to different perspectives isn’t a fight to win (and have the relationship lose) but to find common ground and to move towards a collaborative position.

Collaboration is co-creation. Everyone has blind spots in the way they see and interpret life. It is helpful to consider that those who offer a different perspective aren’t so much competing with us as providing another view of an issue, which we might otherwise have missed. Each person in a relationship can literally see where the other is “blind” and when they discuss an issue with a joint solution in mind, the result is often excellent.

When Rotarians see other perspectives as normal and healthy and as additions to their own way of seeing things, the urge to debate and argue to the death diminishes. Collaborative decisions build community and often result in some excellent program planning.

Rotary has much to teach marriage as well. Simply following the Four Way Test as a couple will help to ensure a strong relationship. In Rotary we are encouraged to keep the Test in mind in all that we “think, say or do” and because our family relationships are at the core of our lives, it makes sense that we live truth, fairness, goodwill and mutual benefit at home first and foremost.

*(Excerpts from a presentation at the recent Peak Experience District Conference)

Denis Boyd

Upcoming District Events

Visit the District 5050 Website for further details

- July 19** District Governor Installation (Everett, WA)
- Aug 22** District Golfun (Lynden, WA)

District 5050 Administration

Governor

Denis Boyd (Maureen)

Rotary Club of Coquitlam, BC
831 Cottonwood Ave.
Coquitlam, BC V3S 2S9
Res: 604-936-6260
Bus: 604-931-7211
email: denboco@shaw.ca

Governor Elect

Lyle Ryan (P.J.)

Rotary Club of Everett, WA
8310 Rim Drive
Everett, WA 98208-3556
Res: 425-789-1979
Bus: 425-359-4644
email: lryan@coastalbank.com

Governor Nominee

Bill Robson (Lona)

Rotary Club of Cloverdale, BC
20736 51 Ave
Langley, BC V3A 7V2
Res: 604-340-9700
email: billrobson5050@gmail.com

Secretary

Dennis Ratcliffe (Sharon)

Rotary Club of Langley Central, BC
20269 41A Ave
Langley, BC V3A 2ZB
Res: 604-534-8292
Bus: 604-534-8292
Fax: 604-534-8423
email: felid9@telus.net

Treasurer

Jeff Richards (Marjorie)

Rotary Club of South Surrey, BC
14132 20 Ave
Surrey, BC V4A 8P8
Res: 604-531-7927
Cell: 604-328-7976
email: jrichards@telus.net

District Administrator

Julie Frauenholtz (Jim)

Rotary Club of So. Everett-Mukilteo, WA
203 47th St SW
Everett, WA 98203
Phone/Text: 425-343-3819
email: julieandkat@comcast.net

2014 GOLFun

August 22, 2014

Shotgun Start: 1:00 pm Fees: \$125

We will have a great day of golf and fellowship at the beautiful...

Homestead Golf and Country Club
115 E. Homestead Blvd, Lynden, WA

All Proceeds Go To the Foundation's Annual Fund and Polio Plus

Registration includes:

18 holes of golf, prizes and a buffet dinner

Hole Sponsorships:

\$1000 Level—Foundation's Annual Fund

\$2000 Level—\$1000 to Annual Fund and \$1000 to Polio Plus

Go to www.district5050.org/golf
and register today!

Passing of Rotarian Robert Harris PHF Rotary Club of White Rock

Robert was awarded the Rotary Distinguished Service Award in June 2012 for his outstanding volunteer work and contributions to Rotary. He was the 2012/14 District 5050 International Services chair

He was a Rotary volunteer, making many visits to Jeremie, Haiti over a period of 14 years, setting up, organizing and maintaining the computer program for the Haitian Health Foundation (a non-profit organization with close Rotary ties - Rotarian founder Dr. Jeremiah Lowney).

Robert's compassion and concern for the needy children and families in Haiti inspired him to form the Rotary District 5050 approved Help for Haiti Consortium. He was its first President and remained on the Board of Directors.

Robert died on May 20th, 2014 in Peace Arch Hospital, White Rock, BC. He will be greatly missed.

submitted by Jack Rae

Ron Goldfinch Award



The idea behind the award was to give a DG the opportunity to recognize individuals who have been a big help to him or her as part of the leadership team.

The second purpose was to remember Ron Goldfinch who was an exemplary Rotarian. He was very dedicated to Rotary and equally well organized in the pursuit of his duties. He worked hard and best of all he had a great sense of humour. The Goldfinch Most Valuable Rotarian is someone who emulates these qualities. The inscription on the plaque sums up the purpose quite well.

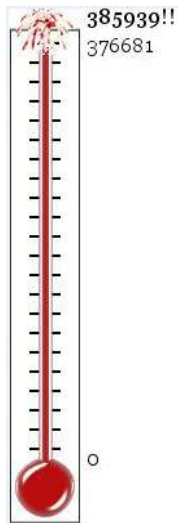
The first recipient of this recognition was AG Val Tibbetts. The second was PP and Conference Co-Chair and First Lady, Maureen Boyd.

Marie Goldfinch was consulted on the creation of the award and involved in the creation of the recognition pin and the focus of the award. She also announced the first recipient assisted by Chilliwack PP Carol Tichelman.

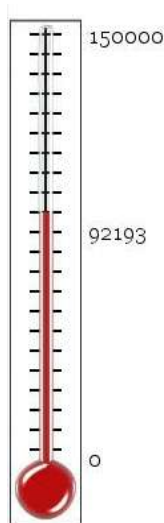
submitted by DG Denis Boyd

The Rotary Foundation 2013-14 District Goals

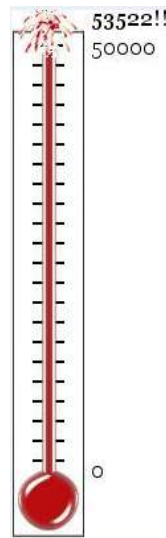
Annual Fund



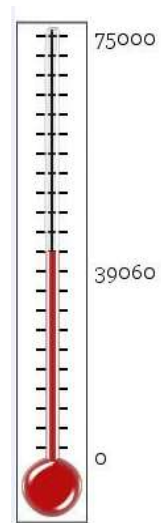
Polio Plus



Endowment Fund



Restricted Giving



Club

Club	Annual Giving
1 Cloverdale	\$539.00
2 Langley	510.86
3 White Rock	508.78
4 Langley Central	374.74
5 South Surrey	367.07
6 North Delta	329.43
7 San Juan Island	303.90
8 Port Coquitlam	232.36
9 Abbotsford-Sumas	212.56
10 Whitby Westside	211.72
11 Surrey	205.04
12 Mount Baker	204.03
13 La Conner	200.80
14 Fidalgo Island	197.34
15 Coquitlam	183.38
16 Burlington	181.81
17 Chilliwack	181.08
18 Arlington	178.69
19 Coquitlam Sunrise	178.28
20 Semiahmoo	176.88
21 Everett	176.12
22 Marysville Sunrise	173.33
23 Stanwood / Cameno Island	172.22
24 Snohomish	163.85
25 Port Moody	146.26
27 Abbotsford	132.47
28 Surrey Guildford	125.46
29 North Whidbey Island	124.64
30 Abbotsford-Matsqui	120.00

Club

Club	PolioPlus
1 Monroe	\$280.00
2 Abbotsford-Sumas	148.73
3 Stanwood/Camano Island	135.35
4 Abbotsford-Matsqui	131.07
5 San Juan Island	123.53
6 La Conner	107.63
7 Langley Central	104.63

When your club is above \$100 per member for 2013-2014:

And, if your club can record a contribution, of any amount, for every dues paying member, your club could be recognized, as an Every Rotarian, Every Year (EREY) club. And, if your club can record a contribution of \$100 or more, for every dues paying member, your club could also be recognized, as a 100% Sustaining Member club.

You can use the EREY Eligibility Report to track your progress towards the EREY and 100% Sustaining Member Club Banners. I am able to access this information for every club in our District 5050, if you are unable to access this info.

****Please, send in any contributions that your club has collected, ASAP. Don't forget that contributions need to be post marked by the end of June.***

If you have questions, or if you need help with paperwork, online contributions, future programs, etc., I would be happy to work with your club and Foundation chair.

Thank you again for all that you do for Rotary and our Rotary Foundation,

Steve Morach, Annual Giving(US)

31 Bellingham Sunrise	117.02
32 Anacortes	110.03
33 Chilliwack Fraser	103.32

District 5050 International Service & Fellowship Opportunity



The Opportunity - A Panama Cruise and wheelchair delivery to polio victims and others in need in Panama City!

Join fellow Rotarians on an unforgettable 15 day Princess Cruise aboard the Island Princess from LA to Fort Lauderdale with stops in Guatemala, Costa Rica, Panama, Colombia and Aruba.

Dates: 2015 March 6th to 21st

What we will do:

- Deliver 100 brand new wheelchairs
- Meet local Rotarians and community leaders
- Raise awareness of Polio and Post Polio Syndrome
- 30% of Global Wheelchair Program recipients suffer the effects of Polio
- Support the fight for a polio-free world

The first 15 bookings will be at a DISCOUNTED PRICE:

Suites, balconies and outside cabins available! **

Click here for more details: <http://bit.ly/1j7wm1v>

For further information and to book a cruise please contact:

Rotarian Ginny Harrison, White Rock Travel at ginny@justpack.com

Phone: 604-531-2901 Toll Free: 1-800-561-5333

Linda Whitehead, District 5050 Chair, Global Wheelchair Program at lwhitehead@cdnwheelchair.ca

Visiting Other Rotary Clubs for Fellowship & Learning by Bob Knight

I recently visited the Rotary Club of Stanwood-Camano Island. My purpose was to meet with Steve Morach and learn how he and Dave Truman coordinated The Rotary Foundation report that has appeared monthly in the Peace Arch Journal. In addition to my time with Steve, I was able to hear Club President Charlie Hall present a review of his Rotary Year 2013-14 and promote Snohomish Rotary Club's annual berry sales.



Charlie Hall is seen conducting a club discussion and sharing on some of the things that he has learned this year. He is standing with Bob holding a Snohomish berry sales poster.

Snohomish Rotary Club's Annual Geranium Planting



On Saturday, May 17, 2014, Rotary club members took part our annual community service project planting red geraniums in the area behind the Rotary Centennial drinking fountain (next to the American Legion Hall at 1st Street and Avenue C, Snohomish).



Bill Christopher, Jim Church, Beth Porter, Lisa & Mark Caldwell did the planting.

Rick Walker cleaned out the old plants and Bob Knight picked up and delivered the new plants.



Join us for our 2nd annual Rotary Club Night

All Rotary members, their families and guests, get specially priced tickets to watch Whitecaps FC take on Seattle Sounders. Plus, mix, mingle, and hear from club president, Bob Lenarduzzi before the match.

Saturday, July 5

- ▶ 6 p.m. in the banquet room at BC Place
- ▶ 7 p.m. match kick off



VS.



\$36*

YELLOW

\$45*

BLUE

*Prices include all taxes and fees.

MATCH NIGHT SPONSOR



For tickets contact Terry Colton at 604-657-7404
or tiantisailing@gmail.com





Snohomish Rotary 2014 Berry Sale



Supporting Our Scholars

Strawberries

15 lb bucket, sliced, no sugar \$39

Pick-up Date

Saturday - June 28 - 1 to 4 pm

Blueberries

10 lb box \$39

Pick-up Date

Saturday - July 26 - 1 to 4 pm

On-line Ordering & Pickup Information

www.snohomishrotary.org



Find Snohomish Rotary Club
on Facebook

Snohomish Rotary Charitable Foundation - EID: 20-1243672

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*

<u>Speaker</u>	<u>Topic</u>	<u>Loc</u>	<u>Contact</u>
Danielle Mullen	<i>new</i> Rotary Friendship Exchanges	Both	travelady2@cimcast.net
Roy Mulder	<i>new</i> Cdn Marine Protection Society	Can	(604)727-9721 rsmulder@shaw.ca
Rhian Piprell	<i>new</i> Literacy	Both	(778)227-4132 piprelle@gmail.com
Elsbeth Bowers	<i>new</i> Literacy	Both	(604) 826-4468 elspethbowers@shaw.ca
Leslie Michael	<i>new</i> The History of India	Both	(604) 463-4711 lmichael@smartt.com
John Edwards	<i>new</i> Successful Speaker Programs	Both	jwledwards@yahoo.com
Ajay Caleb	Rotary At Work	Can	works_for_you@yahoo.ca
Thomas Thetford	Water and Sanitation	Both	t.thetford@comcast.net
Carol Tichelman	Intl. Service Africa Polio NIDs	Both	(604) 824-9401 carol@tichelman.com
Fran Blackwood	Computer Assisted Literacy Solution	Both	(604) 541-7545 fgblackwood@gmail.com
Dan Gallant	Rotary World Help Humanitarian containers to developing countries	Both	(604) 889-2580 hett@shaw.ca
Janice Buckley	Heartbeat - Helping wounded warriors	USA	(425) 931-1047 janice@heartbeatforwarriors.org
Wayne Leach	TRF Permanent Fund	Can	(604) 313-1102 wayneleach@me.com
Dan'l Adams	Intl Fellowship of Scouting Rotarians	Both	danl_adams@yahoo.com
Linda J. Murray	Membership	Both	(425) 348-3850 wk (425) 347-6738 h linda@evergreensecurity.com
Dr. Rodger Stark	Federal Health Care Reform	USA	Caitlin Kincaid (206)937-9691 intern@washingtonpolicy.org
John J. Shaffer	PET (Personal Energy Trans. Hand Bike)	Both	(425) 314-5916 jjsshaffer@aol.com
PDG Rod Thomson	Rotary Public Image	Both	(604) 855-1180 rodthomson@shaw.ca
Danielle Mullen	Friendship Exchange	USA	(360) 428-8953 travelady2@comcast.net
Pete Kinch	Health & Hunger	Both	(425) 290-2090 petek@handsforpeacemaking.org
Linda Whitehead	Global Wheelchair Program	Both	(604) 536-2022 lwhitehead@cdnwheelchair.ca
Bob Knight	Public Relations	Both	(360) 568-5629 rdkpdk@aol.com
Richard Clark	Landmines	Both	137clarke@gmail.com

Membership and Attendance Highlights for Apr. 2014

- The number of members in District 5050 as of 30 Apr. was 2695, up 46 for the year.
- Average Attendance for the district was 68.4%; YTD is 69.2%. Last year the average was 70.4%
- **The club with the best attendance was Abbotsford-Matsqui with 100%.** Second was White Rock Peninsula with 95.5% and third was Chilliwack with 94%.