

The Peace Arch Journal

The Monthly Newsletter
District 5050
Volume 31 Issue 12
June 2018



50% American,
50% Canadian,
100% Rotarian

June is Rotary Fellowship Month

In Rotary, the term ‘fellowship’ is primarily used in two ways. There is the fellowship Rotarians enjoy in their club and by attending Rotary events. Then there are the **Rotary Fellowships**, which are groups of Rotarians that share a common interest in hobbies, activities or professions. The majority of Rotarians experience and understand fellowship in their Clubs, but few even know about the many Rotary Fellowships.

Fellowship is an important component of engagement and engagement is critical to retaining members. In addition to Club meetings, speakers and projects, fellowship activities contribute to the health and success of Clubs. These activities give club members the opportunity to get to know and engage with one another on a more personal level. While fellowship activities can take place during scheduled Club meetings they often occur outside of the regular Club meeting times and away from the regular Club meeting location.



There is no limit to the type of activities clubs can plan for fellowship. This is a list of fellowship activities I have attended with different Rotary Clubs: Pub Nights, Bowling, Dancing to live music, Taking a cruise, Attending a sports game, Going to a play or concert, Learning a craft, Pot lucks, Horse racing (viewing or betting), Playing bridge or board games, Wine tasting, House party, Experiencing different ethnic food, Visiting other Rotary Clubs as a group, and MUCH MORE.

Inviting family and friends to fellowship activities is a great way to share Rotary and introduce others to the fun and fellowship component of your Club.

Rotary Fellowships

I attended my first Rotary International Convention in Chicago to celebrate Rotary’s centennial year in 2005. It was the most memorable experience of my Rotary life. In addition to being exposed to Rotarians and projects from all over the world, I learned about Rotary Fellowships. In the House of Friendship most of the Rotary Fellowships had an information booth. I immediately joined the Wine Fellowship and the Convention Goers Fellowship. I knew I would be going to many future conventions. Yes, I enjoy drinking and learning about wine.

Over the years I joined the International Travel and Hosting, Singles, Rotary Global History, Cooking (Gourmet), and Whiskey fellowships. I have learned so much, always have people to meet and things to do at the RI Conventions and have made many new friends.

Go to Rotary.org/fellowships for additional information and a list of Rotary Fellowships. See also the November 2018 of the *Peace Arch Journal* for a list of and links to fellowships.



**The
Peace Arch Journal**
Lindagene Coyle
District 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 articles and news with or without pictures attached to emails. Photographs are always a plus! Note that the editor appreciates conservation of space in order to meet the sender's needs and the editor's time.

The deadline is the 25th of the month.

Address any and all information to the *Peace Arch Journal* Editor.

James Monroe
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Email: editor.paj@gmail.com

District 5050's web site:
www.district5050.org



**ROTARY:
MAKING A
DIFFERENCE**

PDG RYAN DONATES KIDNEY



PDG Lyle Ryan (pictured above with his wife, PJ) met Mike Walsh (New Brunswick), a fellow DG, when serving as Governor a few years ago. Mike was in kidney failure and Lyle offered one of his kidneys and it took over two years of bureaucratic hassling between provinces to get the deed done. The operation occurred early last month. Both donor and recipient are doing well!! Lyle wanted to encourage organ donations and to celebrate the spirit of Family in Rotary. This couple is a great example of "Service Above Self" to all of us.

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District Conference 2018

A great time was had by all who attended this year's District Conference aboard the MS Eurodam. Over 250 Rotarians, guests and significant others representing 36 Clubs were part of the first ever District 5050 Conference on a cruise! Twelve Rotarians from Thailand joined us as we spent four days and nights cruising the Strait of Juan de Fuca, the San Juan and Georgia Islands as well as the east side of Vancouver Island up Johnstone Strait. We also made ports of call in Victoria and Vancouver.

The keynote speakers gave very interesting presentations during the plenary assemblies and the breakout sessions gave some Clubs the opportunity to share their successes in membership growth, fundraising, and other topics.

The District also presented several awards to Rotarians who have gone above and beyond "Service Above Self."



Be Distraction Proof

That was the title of the first keynote presentation at this year's District Conference. Olympic Bronze Medalist, Paul Kingsman, led an engaging discussion about how distractions keep us from achieving our goals and dreams. Weaving in his own life story of reaching the Olympics twice and achieving his dream of an Olympic medal because an opponent was distracted, Paul helped us understand "to not be distracted."



He asked the following questions: What we are most passionate about? What about in Rotary? "Write the goal down," he emphasized. Develop a timeline: By when do we want to achieve the goal? What are three key elements to help master (or achieve) the goal?

Then he talked about blocking time related to the goal. He shared his very rigid training schedule that included specific sleep and/or rest periods throughout each day. One time a reporter had called after the time Paul was available to talk. Even though the reporter knew what Paul's schedule was, he insisted on talking to Paul anyway. Paul's mother made it very clear to the reporter that Paul was not available. And, it turns out, the issue wasn't that urgent. In making the point, Paul said, "If you fail to prioritize your time, other people will." "Be clinically ruthless with who you let influence you."

He asked those gathered "Is the race over at the end of lap one of a four lap race?" Resoundingly, the audience said 'No!' "No, the race is not over at the end of the first lap of a four lap race," Paul reiterated. He pointed out that in the swimming event that he earned his medal in, he was in seventh place at the end of the first lap. Paul showed the video clip of his race and pointed out that it wasn't until several years afterwards that he had the clip analyzed. It turns out the guy he beat turned his head in the last few meters. This "distraction" cost his opponent. Paul won by four hundredths of a second. Yes, that's .04 sec.

"Today we live in a culture that is being taken apart by distraction."

Paul pointed out that "Rotarians are civic leaders." "You've earned the right. Don't take it lightly." "Don't be distracted!"

RI President's Representative



John Prendergast was RI President Riseley's Representative to the Conference. John and Donna are from Invercargill, New Zealand. (See the April 2018 edition of the *Peace Arch Journal* for more about the Prendergasts.) John stated that District 5050 is one of the fastest growing Districts in North America. So far, we have a net membership growth of 68. He also noted that there are 35,735 Rotary Clubs in the world. That's more than Starbuck's has stores and almost as many McDonalds. Since Rotary was founded in 1905 a new Club has started on average every 27 hours. One more celebration—this is the 30th year in a row

that polio cases have declined. There were only 21 cases in 2017.

continued

John shared a message from President Riseley: 1) Plant 1.2 million trees this Rotary year. He knows that our District has been active in this goal; 2) the International Convention is coming up next month in Toronto; 3) lower the average age of Rotarians, and; 4) increase the diversity of our membership.

He wrapped up his time with us by sharing a quote by Paul Harris from 1935 “This is a changing world; we must be prepared to change with it. The story of Rotary will have to be written again and again.” Prendergast challenged us to write the story again and again. Share with prospective members how Rotary has changed you.



Destiny

PDG Shirley Grace, District 5230, was the third keynote speaker of the Conference. She talked about being yourself, sharing your story and give. Give of your time and talent. Shirley also shared her own story of how she learned to sew from her grandmother. That led to matching grants for sewing machines for women in Asia. She wrapped up her presentation with a story of how a mother and father were able to utilize a respite care facility for their son when he was younger. She vowed that she would give back to the organization that sponsored the respite care facility. Shirley Grace, that mother, has been a Rotarian now for 17 years.

Membership Breakout—Sedro Woolley

Past President Becky Elde, President Avery Martin and President-Elect Carl Garrison led a wonderful presentation about membership development. Their message of 3 M's leading to 4 F's resonated quite well with the 50 plus attendees.

- **Mention**
- **Membership**
- it's the **M**other of retention

Leads to

- **Fun**
- **Fellowship**
- **Firesides**
- **Finding your area of service**



Repetition is the mother of Retention. Sedro-Woolley has used this technique very successfully this year. President Martin said “if you don't give new members something to do, you will lose them.” PE Garrison stated that the “biggest limiting factor (for a Club) is the size of the venue.”

Other breakouts were hosted by the Rotary Clubs of Semiahmoo (Donate Money to Food Bank at No Cost to Donors), Everett Port Gardner (Car Raffle Discussion), White Rock-Peninsula (Hands On Project, 52 Weeks a Year) and Everett Port Gardner (What if Your Town Has a Disaster?). All were well attended.



Our new Friends from Thailand hosted Friendship Exchanges where conference attendees were encouraged to get to know the Thai Rotarians. They represented five different Clubs. Several held or are currently holding or will hold leadership positions within their Clubs. And, they represented various professions in their home cities. It was wonderful having them with us at our Conference.

Separate breakouts were also provided by Shirley Grace and Paul Kingsman. Paul's was about "Timeblocking." He noted that for the first 22 or so years a person's life is timeblocked—when to eat and sleep, when to go to school, etc. These are the formative years. However, we live the middle of our lives exasperated because we aren't on a schedule. He noted that "Irrespective of age, we're still in the race." And, "we're good at recognizing the out and out blatant distraction traps, it's the subtle ones that we often miss." He wrapped up by encouraging the 75 or so attendees "If you want to build a sensible life, the key is self control." He added "It starts with small steps."



CITATION FOR MERITORIOUS SERVICE PDG Lawrence (Larry) Jubie

The Rotary Foundation Citation for Meritorious Service recognizes individual Rotarians who have demonstrated outstanding service to The Rotary Foundation. Larry Jubie's efforts to promote the ideals of the Rotary Foundation are essential to the success of its programs worldwide, and we thank you for all that you have done to ensure the continued success of Rotary. The award was presented by RI President's Representative John Prendergast.



Ron Goldfinch MVR Awards

District Governor Lindagene Coyle presented two Ron Goldfinch Most Valuable Rotarian Awards at the District Conference. The recipients are PDG Rod Thomson, who happens to be the 2018 Conference Chair, and PDG Rob Martin. Congratulations to Rod and Rob!

The District Governor in memory of Assistant Governor Ron Goldfinch recognizes the recipient of this award for their extraordinary dedication to Rotary as a member of the District Leadership Team. This Rotarian exemplifies Service Above Self, exceptional organizational skills and, most importantly—a wonderful sense of humour!



Lee Harman Honored with Rotary's Regional Service Award



Rotary chose polio as its champion cause in 1985. Since then millions of Rotarians have given their support to this cause which is critical to the health of children all over the world. But some Rotarians have truly taken to heart the goal of a polio-free world and these Rotarians deserve recognition for the outstanding amount of time and effort they have dedicated to Rotary's PolioPlus program. For such efforts, Rotary established in 1996 the Service Award for a Polio-Free World. These awards are given out by region as defined by the World Health Organization. Those regions are the Americas, Africa, the Eastern Mediterranean, Europe, Southeast Asia and the Western Pacific. John Prendergast was proud to

honor such a Rotarian with the Regional Service Award for a Polio-Free World for the Americas region at the District Conference.

Lee Harman has been actively involved in Polio Plus activities since November 2008 when he was asked to be the Polio Plus Chair for District 5050. He attended an NID in Uttar Pradesh, India in January 2009 to obtain background information for his role. He developed a Polio Plus talk which he delivered to 47 Clubs within District 5050 and six outside of the District, including a Kiwanis Club. He organized a District challenge for the GolfFun event for Polio Plus in 2010 and had all but one Club contribute to Polio Plus that year. In November 2011, Lee developed the first Music in the Man Cave event which raised \$27,000 and the second Music in the Man Cave which raised a further \$25,000 in March 2013. In 2012, Lee organized the Polio Plus: A Musical Celebration at McIntyre Hall in Mount Vernon. That event raised over \$89,000 for Polio Plus. In June 2011, Lee was appointed by RI as an Endowment/Major Gift Officer. He held this position for two years. When he retired from his work life in 2012, he asked for donations to PolioPlus.

Lee is currently working on the Miss Vicky Project which is a 10,000 mile drive from Peking to Paris over 36 days that will take place in June & July 2019. He travels to Clubs and public events to display Miss Vicky and promote making donations to PolioPlus. Miss Vicky is a 1931 Model A Ford Victoria. Lee is promoting donations for Polio Plus with a website, Facebook, presentations, and public appearances. "The donations to PolioPlus have started coming in! Miss Vicky is preparing to drive over 10,000 miles from Peking (Beijing) to Paris to raise \$1,000,000 to help eradicate polio from the Earth!" Lee Harman has worked tirelessly to raise the profile of PolioPlus in a unique manner. 100% of funds raised go to PolioPlus.

Congratulations Lee on a well deserved honor!



The Rotary Club of Semiahmoo received a special award. They had the most registrants attending the Conference—20. Here is Club President Doug Blender receiving a model of the MS Eurodam for their Club to proudly display at the Club Meetings.



District 5050 Clubs

La Conner

April is normally a very busy month for the Rotary Club of La Conner with our annual tulip sales, and it was compounded this year by a longer-than-usual tulip season and a six-day visit from twelve Rotarians from Thailand on a Rotary Friendship Exchange.



Our Thai guests were hosted in the homes of Club Members. We took our guests shopping in La Conner, for a VIP tour of the Boeing Everett plant (with a lovely hosted lunch), a ride on the Deception Pass Jet Tour Boat and visits to Tulip Towne and Friday Harbor. One of the highlights was their presentation to our Club over dinner where Swinomish Elder and carver Kevin Paul shared stories and native drum songs.

It was a jammed packed few days, and we all learned a lot from each other and shared more than a few laughs – and many photos. Chief organizers were Susan Macek and Marty Pease. Danielle Mullen of our Club is the District 5050 Friendship Exchange Chair, who orchestrated the exchange and was also a sponsor and driver.

Our tulip season was longer than usual, thanks to some cool weather that made the tulips last about five weeks instead of the usual four. Thanks to amazing efforts from too many Club members to name, we exceeded last year's sale amount, meaning more scholarships and support for local non-profits.

Monroe

Last month our Club hosted a Youth Exchange Group from Europe, Asia, Central & South America. We took a long hike in the forest on the Heart of the Land Trail, then drove up to Hurricane Ridge (the views that day were phenomenal!). Saturday we went out the Pacific Ocean at La Push, and Rialto Beach. We stopped in the town of Forks and got our glimpse at the Twilight attractions (the students had just watched the first movie the night before). The students also made Mothers day cards, so hopefully some of them made their way to their host moms!



The students are from Iceland, Sweden, Norway, Denmark, Poland, Germany, France, Switzerland, Italy, Peru, Mexico and Taiwan.

District 5050 Clubs

SASSY Awards



The achievements of seven Surrey students were celebrated during the 2018 SASSY Awards last month at Surrey City Hall. The annual awards salutes local youth ages 15-21 who are “making a difference in the community by demonstrating the Rotary ideal of ‘Service Above Self.’”

This year’s winners (pictured left to right) are Julia Paler (Environmental Leadership), Cindy Zeng (Community Service), Vivian Pham (Youth Leadership), Emma Salisbury (Overcoming Adversity), Ian Chen, a top three finalist in

Community Service category, was the winner of a CDN \$1,000 draw held for all nominees at the end of the evening., Olivia Barbieri (Sports Leadership) and Jaymie Cristobal (Arts & Culture Leadership). [Click to watch the presentation video.](#) Photo by Kim Belleavance

Each award recipient received CDN \$1,000, a stylized SASSY trophy and CDN \$500 that they can direct to a registered Canadian charity of their choice. The event is hosted by the Rotary Club of Semiahmoo in partnership with the City of Surrey and Kwantlen Polytechnic University. The Rotary Clubs of Peace Arch, Peninsula and White Rock sponsor individual awards.

Chilliwack

Rotarians at Work Day, 28 April. Members and two foreign exchange students worked on cleaning up and doing trail maintenance in Brown Creek Wetlands. Pictured are Nicole Reid, Shelly McDonell, Sarah & Danny Gillis, Paul Blessin, Thordis Asgeirsdottir (Iceland), Camille Serive (France) & Lauren Sas.



Rotary District 5050 Calendar

For updates refer to Events on the [District Home Page](#)

Jun 23-27 [Rotary International Convention](#) — Toronto, Ontario

Jun 27 [District Dinner at RI Convention in Toronto](#)

July 14 [District Governor Installation](#) — Skagit Casino & Resort, Bow, WA

Aug 17 [GolFun 2018](#) — Lynden, WA

[GolFun Dinner Only](#)

District 5050 Clubs

Everett-Port Gardner

Jeffrey Hager is the new Executive Director for U.S. Operations for the Everett-based [Hands for Peacemaking Foundation](#), an international non-profit organization that sends teams to Guatemala to build schools, install cook stoves and water projects and provide other assistance to Mayan villages in that country.

Hager replaces Pete Kinch, who is retiring from Hands for Peacemaking after serving as its executive director for nearly 18 years. Pete had taken the reins from the late Dr. Leeon Aller, a Snohomish County physician who founded the organization with his wife Virginia in 1985.

Hands for Peacemaking teams are typically from church mission groups and Rotary International Clubs. The board has initially charged Hager with the recruitment of additional teams to go down, as well as other tasks aimed at improving the organization's capacity to serve villagers in Guatemala.

Hager is well connected to service clubs in Snohomish County as past president of the Everett Port Gardner Rotary Club, a board member for Pregnancy Aid/Two Hearts Ultrasound Clinic and the Catholic Youth Organization and as a board member for Glacier Peak Girls Basketball. He has also been active in three Chamber of Commerce groups.

You can contact Jeffrey at jhager007@comcast.net to arrange a presentation for your Club about Hands for Peacemaking.



Governor's Installation & Awards Banquet

Honoring outgoing Governor Lindagene Coyle and installing incoming Governor Linda Murray and the Assistant Governors for 2018-2019.

Awards will be bestowed for

Rookie of the Year to a small, medium and large Club
Community Project to a small, medium and large Club
International Project to a small, medium and multi-Club project
Public Image to a medium and large Club



Skagit Casino & Resort, just north of Burlington off of Interstate 5 at Exit 236
No Host Bar, 5:30 pm Dinner at 6:00 pm
\$45 US

[Click here register](#)

Upcoming Club Events

Arlington—30th Annual Great Stilly Duck Dash	4 July
Lake Stevens—Aquafest Duck Dash & Corn Booth	27-29 July
Port Moody—RibFest	20-22 July

Visit the specific Clubs for more information. Find them at the [District 5050 Clubs List](#).

District 5050 Foundation Report

Steve Morach, District Foundation Annual Giving Chair

As of 24 May 2018, District 5050 contributed the following amounts to the Rotary Foundation (1 July—24 May):

Annual Giving: \$327,497.84
(\$130.43 per capita)

PolioPlus: \$115,569.40

Endowment: \$151,677.63

Other Funds: \$ 17,567.14

Total combined giving: \$612,312.01

PolioPlus Contributions Honor Roll for Clubs above \$100 per capita:

Meadow Ridge, BC \$235.22

Mission, BC \$199.84

Abbotsford-Sumas \$174.42

San Juan Island, WA \$148.56

Langley, BC \$130.74

Coquitlam, BC \$120.00

Monroe, WA \$103.03

(all shown in US dollars)

By giving to the Annual Fund, you are empowering Rotary to carry out successful global and local initiatives. Supporting the Annual Fund means a teacher will have books and supplies for first graders, an expectant mother will receive prenatal care, and communities will enjoy their newly-constructed well. The Annual Fund is considered un-restricted giving and can go wherever the need is greatest, with half of the contributions going toward the World Fund and the other half coming back to our District 5050, in three years, which can be used for some of your club's local projects, under our District's grant program.

If your Club needs help with encouraging members to contribute to the Rotary Foundation, Foundation paperwork, speaking programs or if you have members that contribute \$1,000 or more to the Rotary Foundation and would like to be recognized as Paul Harris Society members, please feel free to [contact me](mailto:steve.morach@amfp.com) (steve.morach@amfp.com).

Annual Giving Honor Roll for Clubs over \$100 per capita:

1	Stanwood/Camano	WA	\$417.44
2	Abbotsford Sumas	BC	\$367.26
3	Whidbey Westside	WA	\$366.25
4	Abbotsford	BC	\$316.67
5	White Rock	BC	\$275.17
6	Semiahmoo	BC	\$256.80
7	Langley	WA	\$248.18
8	Fidalgo Island	WA	\$240.95
9	Arlington	WA	\$239.65
10	La Conner	WA	\$237.10
11	South Surrey	BC	\$233.66
12	Coquitlam Sunrise	BC	\$220.48
13	Marysville	WA	\$214.63
14	San Juan Island	WA	\$208.26
15	North Delta	BC	\$202.81
16	Surrey	BC	\$193.68
17	Chilliwack	BC	\$189.50
18	Everett	WA	\$188.55
19	White Rock Peninsula	BC	\$177.66
20	Burlington	WA	\$171.33
21	Port Moody	BC	\$166.67
22	South Whidbey	WA	\$161.36
23	Bellingham	WA	\$154.29
24	Langley Central	BC	\$129.90
25	Mission	BC	\$127.50
26	Lake Stevens	WA	\$125.34
27	Monroe	WA	\$115.21
28	White Rock Peace Arch	BC	\$110.39
29	Meadow Ridge	BC	\$105.26
30	Port Coquitlam	BC	\$100.92



GOLFUN 2018

LET'S BE THE INSPIRATION – LET'S ERADICATE POLIO

WHEN: AUGUST 17, 2018

WHERE: HOMESTEAD GOLF & COUNTRY CLUB
115 e HOMESTEAD BLVD
LYNDEN, WA



COST: \$125.00 USD

Includes golf, golf cart and dinner



REGISTRATION OPENS AT 11 AM

SHOTGUN START AT 12:45 PM

DINNER ONLY FOR NON-GOLFERS \$35.00

**REGISTER AS A TEAM
OR REGISTER SINGLY AND
YOU WILL BE PLACED ON A TEAM**

FORMAT CHANGED TO INCREASE THE FUN ASPECT



Are you following District 5050 on [Facebook](#)?

Did you know that there's a Facebook site called [Being Rotarian](#)?



**Leadership Team of
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FROM THE
EDITOR'S DESK

This is the June 2018 issue of the *Peace Arch Journal*. We are winding down the 2017-2018 Rotary Year and what a year this has been!

There is a lot packed into this edition! Many pages about the Conference—including photos! If you didn't attend, read about the keynote speakers as well as about the breakout sessions and Friendship Exchange with our new Rotarian Friends from Thailand.

For the golfers out there see Page 14 for information about this year's GolFun. We are this close to eradicating polio. Your support of the PolioPlus Campaign is appreciated.

Keep the information coming. There are almost 60 regular Clubs, Rotaract Clubs and Interact Clubs in our District. My Inbox should be overflowing! If you are interested in writing occasional stories about your Club and neighboring Clubs, your communities and Club activities and events, please let me know.

You will want to attend the [Governor Installation & Awards Banquet](#) on 14 July when Governor Coyle hands over the gavel to Governor Murray. Thank you Lindagene for guiding our District this year. We know you are looking forward to a break, but, will find ways to continue “*Service Above Self*.”

Yours in Rotary,

James



Sharing expertise
and taking action

Social groups with
a common passion