EYE OPENER

mouthpiece of the
Rotary Club of West Vancouver Sunrise

Proceedings of the meeting on:
January 30, 2003

O Canada

Invocation: Bruce.

Guests/Visitors:
- Lucinda Flavelle, Vancouver Coastal Health Authority, Laughter Leader and today's guest speaker.
- Doris Lewis, President Rotary Club of West Vancouver.
- Jacci McTavish, honorary Sunriser and Rotary District 5040 Secretary.
- Chris Lee, an old friend of the Sunrise.
- John Billham, President Lionsgate Rotary Club.
- Riet Carter, President Rotary Club of North Vancouver.
- Ira Applebaum, Director Ambleside Youth Outreach Centre and long time friend of the Sunrise.

Regrets: Joan, Nancy, Tania, Marko.

Club Business/Announcements:
- Nico **welcomed** one and all to today's breakfast.
- Klaus visited the **NS Rotaract Club** and reported that the Club is experiencing the usual growing pains. Everyone is encouraged to attend one of their meetings (alternate Sundays at Piece of Cake in North Van).
- **Recent notes:** Feb. 7th is the *50th anniversary* of the Rotary Club of West Vancouver 6:30 pm at the Hollyburn Country Club. District 5040 *annual Conference* at Whistler runs May 22-25; the theme is Love, Laughter, and Literacy. The *NS Rotary membership roster* has been distributed by e-mail. Ideas are still needed for the disbursement of *Oscar Night funds*. *Operation Red Nose* netted $11,000.00 to be distributed for NS Youth sports projects, advise Riet Carter with any ideas. The *WineFest 2003* committees are being formed, advise Nico of your availability. Feb. 10th the *NS Rotaract official induction* will take place at the regular meeting of the North Van Rotary Club at Cheer's in North Van. Friday Jan. 31st the North Van Rotary Club will preside over the presentation of a cheque for $20,000.00 to the North Shore Youth Safe House. Cheers in North Van is the venue, time is 12:15.
- All four NS Rotary Presidents gathered here this morning for a special presentation. John Billham of the Lionsgate Club, along with Doris, Riet and Nico, presented Ira Applebaum with a cheque for $3,000.00 to help out the **Youth Outreach Centre**. Ira thanked the NS Rotarians for all the help and support given to the Centre over the years.
- **Rotary Moment:** Val told us about the Rotary custom of the use of first names or nicknames in Rotary. In an effort to encourage fellowship the use of titles such as 'doctor' or 'professor' are dropped when addressing fellow Rotarians. In many Clubs nicknames are given to members and, in all Clubs, the use of first names is promoted to create a sense of friendship and fellowship.
- The **NS News Community Cares Fun Run** takes place Feb. 16th at the NS Neighbourhood House. Rotary will be participating in a support role and everyone is encouraged to come on out and run, walk, wheel or roll, enjoy the fellowship and the barbecue social afterwards.
- Doris spoke briefly about the **WV Club's Latin Fiesta night** at the Westin Bayshore on May 10th. The evening will be a gala of dining, dancing, music, auctions and entertainment. The local Latin American Consulates are involved and 100 lucky winners will be going on a midnight harbour cruise after the event. Tickets are $95.00 from any WV Rotarian.
- Nico was the guest speaker at a local *Kiwanis meeting* this week; his gift for joining them was a compendium of mirthful stories guaranteed to bring him and his future audiences hours of laughter.
- **50/50/happy/sad:** Chris Lee couldn't find the Ace of Clubs, Jim tickled our funny bone, no winners, no losers.
- Michelle introduced today's' **guest speaker**: Lucinda Flavelle, fom the Vancouver Coastal Health Authority, joined us today to tell us about 'Laughter Therapy'. The idea of laughter as therapy began in India with 'Laughter Clubs' and there are now 80,000 members of such Clubs worldwide. Based on certain principles of Yoga the

exercises and therapies target four areas of the body and four types of laughter. Firstly the top of the head: here is the centre of the 'he he he' type of laughter. The throat area produces the 'heh heh heh' sound, the chest gives us the 'hah hah hah' laugh and the stomach area is the centre of the 'ho ho ho'. Techniques range from the shooting of laughter by the 'bow and arrow' method to the 'sprinkling' of laughter that may be heard at any cocktail party. Laughter, Lucinda tells us, is infectious (as was evident by the gatherings reaction to the exercises); it reduces stress, lowers blood pressure, is good for the heart and general health, and promotes well-being. Lucinda, as a certified Laughter Leader, is holding court Thursday mornings at the WV Seniors Activity Centre and welcomes one and all. Ken thanked Lucinda for putting a smile on our faces and some laughter in our hearts.

Meeting adjourned.

Left to right: John Billham, Ira Applebaum, Nico Human, Riet Carter and Doris Lewis. All four North Shore presidents presenting Ira with the cheque for the Ambleside Youth Centre.

Ken Wilson *(right)*, thanking our speaker for the morning. Lucinda *(left)* is a certified laughter therapist, and gave us a demonstration on how laughter can be good for the heart.

WHAT IS HAPPENING THIS WEEK?

50th Anniversary of the Rotary Club of West Vancouver
Feb 7th, Rotary Club of West Vancouver, 6:30 pm at the Hollyburn Country Club.

NS Rotaract Official Induction
Feb. 10th, will take place at the regular meeting of the North Van Rotary Club at Cheer's in North Van.

SPEAKERS PROGRAM

Date	Speaker/Event	Topic/Title/Venue
FEB	**WORLD UNDERSTANDING MONTH**	
6-Feb-03	Robert Crozier	Vocational Speech
7-Feb-03	West Vancouver Rotary Club's 50th Anniversary Dinner – Hollyburn Country Club, 6pm	
10-Feb-03	Roteract Induction Dinner, Cheers Restaurant (6 pm)	
12-Feb-03	Board meeting (Sonia Wolowidnyk)	
13-Feb-03	Club Business Meeting	
20-Feb-03	What Did We Do as Rotary Volunteers	Ron & Margaret MacKenzie (604-736-4412)
21-Feb-03	**P.E.T.S** Seatac, Washington State, USA **(Feb 21st – Feb 23rd)**	
27-Feb-03	Faith Garriock	Destination ImagiNation (604-925-0622)

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