EYE OPENER

mouthpiece of the
Rotary Club of West Vancouver Sunrise

Proceedings of the meeting on:
May 1, 2003

O Canada

Invocation: Joan.

Guests/ Visitors:
- Carina van der Walt, visiting with the birthday boy!
- Steve Allison, back for another visit with Nancy.
- Belinda Spear, also visiting with Nancy, thanks for joining us.
- Diane Bogue, from the Fromme project, great to see you again.
- Maureen Turner, along with Diane, welcome back.

Regrets: Bruce.

Club Business/ Announcements:
- Nico **welcomes** all after a rousing version of 'Happy Birthday' sung for Hendrik.
- The planning meeting for the **incoming Board** is this Sunday at Val's residence, 3303 Marine Dr. at 1 pm.
- Hendrik presented Diane and Maureen with a cheque for monies raised at the recent fundraiser for the **Fromme Playground project**, many thanks to Jim and Hendrik for their help with the auction.
- Rotary Clubs in Cincinnati Ohio have come to our aid in securing the **paediatric cribs** for Lions Gate Hospital, our fellow Rotarians are ensuring that we receive the best possible price and that the delivery is expedient. The cribs should arrive later this month.
- The Board will be discussing our involvement with the new **Kay Meek Centre for the Performing Arts** to be constructed here in West Van.
- The **West Vancouver School District** has sent a letter of thanks for our Literacy Scholarship donation.
- The **Cerebral Palsy Society** has requested an opportunity to address our Club at a future meeting.
- Sunday June 22nd is the **Rotary Foundation Walk** at Vanier Park in Vancouver.
- **The West Van Fire and Rescue Department** has requested to address the Club in their efforts to raise awareness of heart disease.
- The **Bichai Rattakul dinner** is tomorrow night, seven Club members will be in attendance.
- The visiting **GSE Team from Brazil** arrives in our community May 19th and 20th, a billet is needed for one male, anyone able to help out please contact Robert.
- Our Sister Club, **Rotary Yokohama Honmoku**, sends greetings and a copy of their Rotarian magazine.
- **May 3 - 9 is youth week**: a pancake breakfast will be served at the Seniors Centre, Mayor Ron Wood will be recognizing 51 young people for their volunteer contributions at a ceremony at City Hall on Monday.
- May is nomination month for the **Rotary Foundation Peace Grants** for teachers; successful nominees will study Peace and Conflict Resolution for one year at any of a number of participating Universities throughout the world.
- Saturday June 7th is Community day, set aside some time and bring family and friends to Ambleside Park, man the Shake Shack and have some fun from 10 am - to 4 pm.
- The **Cancer Society's Relay for Life** is June 14th from 10 am to 10 pm at Mahon Park, North Van.
- **Latin Fiesta** Night is May 10th, Val has tickets available.
- **Rotary Moment:** Val told us about Rotary volunteers working in refugee camps, clinics, and construction or relief projects around the globe. After being invited by a Rotary Club in the area of the project, volunteers are provided with funds for transportation and accommodations and a small stipend by the Rotary Foundation.
- Jim introduced today's **guest speaker**: Nancy spoke to us about life and business coaching. What stops us from living an extraordinary life? The gremlins in our head! These beasts resist change and put limits on our dreams and ambitions based on past experience and failures. After an initial assessment of various aspects of our life Nancy urges us to tame the gremlins that

rule and make them offer positive messages. We are encouraged to learn from our failures and create structures or habits that will facilitate our achieving our goals. The aim is to create a balanced life in which all the various segments of our existence are improved be they: health, career, money, fun, personal growth, or even awesome sex. Nancy gave us a homework assignment designed to help us gain perspective on our life and set in motion the process of change and betterment. Tamara thanked Nancy for her presentation.

- **50/ 50/ happy/ sad:** no winners, no losers.

Meeting adjourned.

Tamara *(right)* is thanking Nancy (and the gremlin) for the motivational speech today. Nancy told us more about taming our gremlins, and how to live the lives we deserve to live.

WHAT IS HAPPENING THIS WEEK?

Latin Fiesta
Saturday, May 10th, Western Bay Shore, Vancouver.

Board Meeting
Wednesday, May 14th, Klahane Park.

SPEAKERS PROGRAM

Date	Speaker/ Event	Topic/ Title/ Venue
MAY	"The Rotarian" MAGAZINE MONTH	
8-May-03	Vocational talk	Vicki Haller
10-May-03	Latin Fiesta (West Vancouver Rotary Club – Contact Heidi Schmidt)	
14-May-02	Board meeting	
15-May-03	Club Business Meeting (Sonia Wolowidnyk)	
18-19 May-03	GSE Team from South Korea visiting the North Shore	

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