



ROTARY INTERNATIONAL

Ron D. Burton
President

Steven Snyder
RI Director

Dong Kurn Lee
Foundation Trustee Chair

Vicki Puliz
District Governor

Fernley Rotary Officers

Fran McKay	President
Pat Hon	President-Elect
Marty Hardie	Secretary
Ray Espinosa	Treasurer

Fernley Rotary Board Members

Fran McKay	President
Pat Hon	President-Elect
Brian Roberts	Past President
Ray Espinosa	Treasurer
Jessie Wagner	(2012 – 2014)
Dan Glass	(2013 - 2015)
Jim Hardie	(2013 – 2015)

Fernley Rotary Foundation

Fran McKay	President
Pat Hon	President-Elect
Brian Roberts	Past President
Ray Espinosa	Treasurer
Jessie Wagner	
Lorraine Nattress	

There is no cure for Alzheimers and 70% of older people who have a memory disorder are Alzheimers patients. However, Jacob spoke to us of a current case of a 30 year recently diagnosed in Reno.

To help prevent or slow the progression of this disease, Jacob told us we should walk. He also said to eat more fruits and vegetables. If you would like to learn more about Alzheimers, please contact their office at:

775-786-8061 - Phone
775-786-1920 - Fax
800-272-3900 - 24/7 Helpline

1301 Cordone Ave, Suite 180, Reno, Nevada 89502

Alzheimer Foundation Guest Speaker - 7252013

Posted by Frances McKay on Jul 25, 2013



Last week at our Regular luncheon meeting, we had a great speaker from the Alzheimer Foundation, Jacob Harmon. Jacob was recently promoted to the Director position and also is a new Rotarian in the Reno Monday noon Rotary Club that meets at Harrah's Casino.

We learned some startling statistics regarding Alzheimers and how deaths from Cancer, Heart disease, diabetes, and major other diseases are going down, deaths from Alzheimers have dramatically increased. Jacob also mentioned symptoms, and the support programs that are available to the caregivers for Alzheimers patients.

How To Introduce Your Guests And New Members At A Club Meeting

When introducing a guest or new members during a Club meeting, the correct way is to greet the Club President, fellow Rotarians and guests, introduce yourself and state your

classification, and then introduce your guest, their title and business affiliation. Please do not introduce any guest as a prospective new member or that they are looking for a position or clients.

Attendance And Make Up Reminder

Your attendance is important to both you as a member and to the Club in meeting attendance percentage requirements. Please make sure you turn in make-ups to our Club Secretary at a club meeting or by email.

Don't forget that you need to attend or make up at least 50% of club regular meetings in each half of the year (rolling six months) and attend at least 30% of this club's meetings in each half of the year. Credit can be received for Rotary committee work and other official Rotary functions.

You can also do make ups on-line. A list of E-Clubs can be found at http://www.rotary.org/R1documents/en_pdf/eclub_list.pdf Just click on this link and it will lead you to others.

There are a variety of clubs listed, but all must offer at least 30 minutes of content for any makeup. For additional information, please check out <http://www.rotary.org/en/members/generalinformation/PilotClubsAnde-club>

District 5190 Training Seminars

District Training Seminars are designed for every Rotary Club Presidents, Presidents Elect, and Club Committee Chairs are especially welcome. Bring your entire Club Leadership Team.

Membership and Public Image Seminar

Continental breakfast @ 8:00 a.m.; Lunch will be served.

August 24, 2013 - 8:30 a.m., Parasol Building, Incline Village

Registration now open at www.rotarydistrict5190.org.

Five Avenues of Service Seminar
Build Rotary Knowledge.

September 21, 2013 - J.A. Nugget, Sparks Registration coming soon.
Build Your Club. Build the World

ROTARY MINUTE

Today's Rotary minute will be by:

Local Area Rotary Clubs

MONDAY

12:00 p.m. RENO - Harrah's
12:15 p.m. INCLINE VILLAGE-The Parasol Foundation
6:00 p.m. RENO MIDTOWN - Bangkok Cuisine South

TUESDAY

7:00 a.m. TRUCKEE SUNRISE - Stella Café,
Cedar House Sport Hotel, 10918 Brockway Road
12:00 p.m. RENO CENTRAL - Peppermill
12:00 p.m. CARSON CITY - CC Nugget
12:00 p.m. MINDEN - Carson Valley Inn
12:00 p.m. FALLON - Fallon Convention Center
6:00 p.m. RENO CENTENNIAL SUNSET-Tamarack Junction
6:00 p.m. TAHOE CITY - Jake's on the Lake
7:30 p.m. YERINGTON - Giuseppes' Steak House

WEDNESDAY

12:00 p.m. SPARKS-John Ascuaga's Nugget
12:15 p.m. S. LAKE TAHOE - Harrah's S. Lake
7:00 p.m. Reno Rotaract Club - www.renorotaract.org

THURSDAY

7:00 a.m. SPARKS SUNRISE-The Resort at Red Hawk
7:00 a.m. TAHOE-INCLINE - Hyatt
12:00 p.m. TRUCKEE-Truckee Community & Cultural Ctr
12:10 p.m. LOYALTON - Community Church
12:15 p.m. RENO SOUTH-Atlantis
12:00 p.m. FERNLEY - Black Bear Diner
6:30 p.m. C.C. SUNSET - Artisan Cafe
7:00 p.m. SMITH VALLEY - Heyday Inn, Wellington

FRIDAY

7:00 a.m. RENO SUNRISE-Atlantis
12:15 p.m. TAHOE DOUGLAS - MontBleu

CLUB EVENTS

August 3 Potluck at the Picha's 6pm

**Director's Meeting will be held at
Pioneer's conference room on August
13th at 5:00 pm.**

September 7 Potluck at Brian's 6pm

SPEAKER SCHEDULE

Aug 1, 2013 Joe Zarachoff, DG elect
Clubrunner
Aug 8, 2013 Vicki Puliz
Installation
Aug 15, 2013 Assembly & RYLA kids
Club and Camp

Member Birthdays

NONE

Anniversaries

NONE

Join Date

NONE

If you have any announcements or special activities that you would like in the Newsletter, please don't hesitate to contact me at: mummzys8@g-mail.com or just give me a ring at 575-4934 or 750-8423. I would love to have *your* input! Just give me enough of a notice to put in the next week's newsletter.

Have you bookmarked the Club Website Yet?

<http://www.clubrunner.ca/Portal/Home.aspx?cid=7256>

Club-runner is up to date. More, and more things are added monthly. Come check it out!