



THE RENOTARIAN

Chartered August 1, 1916 || Volume 41, No. 34 || March 28, 2022

Meet at the Silver Legacy - Silver Baron Rooms

Monday's Program

Ray Gonzalez

Find Happiness in a Digital Age



Through time and experience, I've learned to transform my tumultuous life from a state of constant chaos and anguish into one of immense strength, serenity, and success. I credit this transformation to the abundance of effort I've

devoted to my three pillars of success-- Physical, Mental, and Financial Fitness. In experiencing these positive changes, I feel it's my duty to share this valuable knowledge with others.

In my professional life, I have built a prolific billion-dollar practice where I help empower investors to reach tremendous success in the realm of financial fitness. But, as a young professional, I slipped into a state of unhealthiness when I should have been at the very peak of my success. My career as a wealth manager was off to an incredible start and my role as a father and family man was beyond my expectations, yet I continued to struggle in almost every area of my life. My life-long issues with depression and anxiety continued unaddressed until they escalated from deep-seated anger to debilitating physical pain. Eventually, I could ignore my problems no longer. My life, including my marriage, my relationship with my kids, and my

You can join us with Zoom:

Online Meeting Instructions:

Monday, March 28

12:00 PM

Zoom Meeting Information:

[CLICK HERE TO JOIN MEETING](#)

overall health were all imploding.

I decided to seek professional help and began therapy, which transformed my entire character and mindset. This allowed me to truly experience compassion, love, and kindness towards myself and others for the first time. I finally felt encouraged to take better care of myself and practiced meditation to enhance my mental fitness. I learned how practicing self-care led me to experience positive mental health and quickly found all other areas of my life following suit.

Over time, I experienced a complete transformation of my body and mind, giving me a gratifying sense of confidence, peace, and ultimately, humility. I credit this overall lifestyle enhancement to the adoption of my pillars of success.

Upcoming Speakers

ABO Students

April 4, 2022

Achievement Beyond Obstacles Presentations

Pat Hickey

April 11, 2022

What Notable Nevadans have to say about life and the beyond

**The Rotary Club of Reno
Officers and Directors**

Gayle ShermanPresident Elect
David SpillersPresident Elect Nominee
Tom Young..... Past President
Carl Fuetsch Executive Secretary
Vic BucherTreasurer
Kirk Allaire Director
Leslie Farias Director
Debe Fennell..... Director
Kim Mazerres Director
Gayle Sherman Director

Committee Chairs

Club Administration.....Carl Fuetsch
Community Service Marlene Olsen
Finance Vic Bucher
FundraisingJulie Griffiths
International Projects Craig Wesner
Membership.....David Spillers
ProgramsDebe Fennell
Public ImageDebe Fennell
Sunshine..... Stefanie Scoppettone
Vocational Mike Reed
Youth Services..... Kim Mazerres, Jon Olsen

Reno Rotary Foundation

Corry Castaneda President
Gayle Sherman Ex-officio Club V. President
Tom Taelour Ex-officio RRF P. President
Andrea Cantlon Trustee
Mike Reed Trustee
Craig Wesner Trustee
Art Rangel Trustee
Mike Blakely Trustee
Anne-Louise Bennett Trustee
Bill Creekbaum Trustee
Carl Fuetsch..... Secretary
Vic Bucher Treasurer
John Spears..... Investments

Newsletter/Website

David Spillers Newsletter Editor
Julie Griffiths Web-master
Alex Phillips Web-master

**Rotary Club of Reno
Visioning Session**

**Apr 12, 2022 5:00 PM – 9:00 PM
PBS Reno**

An in-person visioning session will take place on April 12, 2022, 5:00 PM at PBS Reno. All members are welcome to participate. Board members and committee chairs are required to attend.

A box dinner and beverage will be provided. During dinner, an overview of the session and visioning goals for the evening will be presented. We will complete our efforts no later than 9:00 PM and after cleaning up the PBS meeting room, you will be on your way home.

The outcome of the visioning process will provide guidance for our strategic plan and goals for 2022-2023, leading to a more prosperous, service minded, Rotary Club of Reno and an improved Rotary experience for our members.

Please sign up on ClubRunner if you wish to attend.

How to pay Club Charges with a Credit Card

Easy way to pay club bills is to use ClubRunner and pay by credit card. Just remember that CR does not provide an invoicing service, just a payment service for Clubs. To get there just sign in to our ClubRunner’s site, go to [Member Area](#) page, and go to [My Account Balance](#) on the left **My ClubRunner** column. Fill in the blank with your amount under MAKE A PAYMENT then click the Blue Make a Payment. It’s done and easy to boot.

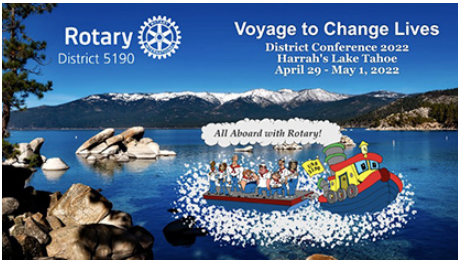
**2022 Voyage to Change Lives
Rotary District 5190 District Conference**

Golf, Parade of Presidents, Speech and Music
Contests, and Amazing Keynote Speakers!

**April 29 - May 1
Harrah's Lake Tahoe**

Register at:

<https://www.district5190.org/page/2022-district-conference>



Last Meeting Volunteers

Thought of the Day:.....Jerry Hall
Pledge:JoAnn Leonard
Greeter Tina Kahn
Scanner Mike Blakely
Zoom:..... Debe Fennell & Bryan McNutt
Sergeant At Arms Harvey Fennell

Honor Roll

Karen Grosz\$100
Oliver Grosz\$100
Bob Moore\$100
Gayle Sherman\$100



Kurt Mische, President & CEO of PBS Reno, and **Nancy Maldonado**, Vice President of Education at PBS Reno, receive a Community Service Grant of \$21,500 for Curiosity Classroom from Gayle Sherman.



Tina Kahn (center) receives her Blue Badge - in record time! **Carl Fuetsch** and **Gayle Sherman** were the presenters.



Paul Harris Fellows: Mike Blakely (left) PH+6, **Bob Moore** (center) PH+5. Past President and Past District Governor **Dave Bianchi** made the presentation. Congratulations!

Notes

the 4 way test

Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?



Rotary Club of Reno



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Rotary started with the vision of one man — Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905, so professionals with diverse backgrounds could exchange ideas, form meaningful, lifelong friendships, and give back to their communities.