

NEWSLETTER

Rotary District 5190



TICKET TO RIDE

Check out www.rotarydistrict5190.org for more event details

- Apr 10: Grants Management Training, Reno, NV
- Apr 10: 2015 Paul Harris Society Dinner, Reno, NV
- Apr 11: District 5190 Club Leadership Assembly, Reno, NV
- May 14-17: District Conference 2015, South Lake Tahoe, NV
- May 15: RLI II Session, South Lake Tahoe, NV

Rotary Express

Conductor's Message

It's full steam ahead for the Rotary Express!

President's Club Car

Helping young people learn about kindness at a very vulnerable age

Malawi Flood Victims

Appreciating the resilience of a peaceful and hard working people

Polio This Week

Some moments in time carry a greater significance than others

Limits of Your Language

Pollock Pines-Camino Rotary offers computers to help students with language learning needs



CLUB LEADERSHIP ASSEMBLY
30 inspiring and empowering sessions - [REGISTER NOW!](#)



DISTRICT CONFERENCE
Registration and Conference information is available - [SIGN UP NOW!](#)



ROTARY FAMILY HEALTH DAYS
[Read about](#) how Rotary won the prestigious Silver Telly Award for its AIDS documentary

CONDUCTOR'S CORNER

Hard to believe it is already April! The year is flying by. Last month we joined in celebrations of club and individual Rotarian milestones and achievements. Highlights

included 2 trips to the great Rotarian town of Alturas where we welcomed the Modoc Middle School Interact Club to the Rotary family and recognized Rotarian generosity at an Area 12 Foundation Dinner. We celebrated 90 years of service with our Grass Valley Rotarians in Mid-March followed by an Area 5 Foundation Dinner the next evening in Auburn again celebrating District 5190 generosity.

Early March found us again in San Jose for the annual President Elects Training Seminar (PETS). It was a great weekend filled with excitement as DGE Gail and the PETS committee continued the training and preparation of the 2015-16 Club Presidents. These fired-up incoming Presidents and their Leadership teams will further prepare in April at our Club Leadership Learning Assembly in Reno.

With 3 months left in the 2014-15 year the Rotary Express to Success is in high gear! As of this writing we are plus 40 in membership, the high point of the year. This gain would be the best for a single year in District 5190 in over a decade. We are on a pace of \$166.50 per member in support of the Annual Fund of our Rotary Foundation which is within \$2 of our District's all-time high. These are results of your efforts and dedication to the ideals of Rotary. But we are not done! It's full steam ahead this

next quarter as we work towards further membership growth and a record in support of our Foundation.

The Rotary Express will be in pulling into South Lake Tahoe next month for our Annual District Conference. With the beautiful surroundings, outdoor activities and great speakers it is sure to be a great event. Don't miss the Polio Awareness Walk on Saturday morning! Registration for the conference has been very robust, and our discounted room block is going fast, so be sure to sign up today.

April is Magazine month. Our Rotarian magazine is first class and is available in print, digital and online versions. RI President Gary points out in his monthly letter that *The Rotarian* is one of the oldest continuously published magazines in the world, with an unbroken publication history dating back to its first issue in 1911! One of my favorite regular sections is the World Roundup where short stories from around the world are shared. The annual photo issue is another favorite. Be sure to read the RI President's letter, the World Roundup and much more each month in *The Rotarian*.

See you very soon here in Tahoe; we'll keep the sun shining for you!



FROM THE PRESIDENT'S CLUB CAR

Hey, Hey, Hey! It's Pay it Forward Day

Culminating six months of reading and learning about kindness, the 5th and 6th grade students have realized a dream of holding a "Pay It Forward" Day on campus at C. Roy Carmichael Elementary School in Portola. And, what a day it was on Friday, March 20th! It was the inspiration of one of the 5th grade student members of our newly formed "Pay It Forward Club", a joint effort of Portola Rotary Club and our local grammar school.



Pay It Forward (PIF) Day followed a week of student activities lead by our young PIF Club members, with Rotarians and the school librarian, Klytia Dutton as

mentors. We are so proud of them all for introducing the "kindness" concept to the student body! They read to all the younger students, shared a "kindness" video in the upper grades and lead discussions in all classrooms. The activities were developed by the PIF Club after reading a special book with us in the school book club last fall.

As background explanation for the story, this project has been the 2014-15 RI District Community Grant Project developed by the Portola Rotarians. Our Rotary club recognized a need in the local community to help young people learn about kindness at a very vulnerable age. We proposed an innovative "Pay It Forward" Literacy and Youth Leadership Project to the principal of C. Roy Carmichael Elementary School (CRC) as follows: Offer 5th and 6th grade students the opportunity to read an inspirational book about kindness and learn to apply the principles with the help of Rotarians and school leaders. The principal accepted our proposal with the caveat that we make sure it was student driven for optimum understanding.

The book we chose was first written about ten years ago by Catherine Ryan Hyde, having been recently revised for a young reader. It is called PAY IT FORWARD. In the book, a

social studies teacher asks his students to "THINK OF SOMETHING TO CHANGE THE WORLD AND PUT IT INTO ACTION." The story revolves around a 12 year old boy whose world changing idea was to practice kind acts towards others and encourage the recipient to pay the kindness forward rather than thank him for the deed. His hope was that exponentially the world would become a kinder place by paying deeds forward. It seemed simple, right? And, so the story goes...

Over the course of the last six months we have read the thought provoking book with our students in a book club format, held great discussions, given good guidance and helped the students develop possible "kindness" projects of their own for their school. One of those great ideas has been to hold a "Pay It Forward Day" on campus. Other projects that the students accomplished with our help included: serving meals at our service project community supper, collecting books for the "Little Free Library" project, practicing random acts of kindness in downtown Portola to complete strangers, and becoming "Welcome Ambassadors" all new students that begin class mid-year, complete with a welcome package and letter.



Have we helped them understand what kindness can do for their school? We hope so! We hope we have equipped them with the tools to create a kindness culture for themselves, their community and the world, perhaps. It is impossible to predict what results can occur tomorrow, next week or next year. One can be sure that the club will continue because the students want it to succeed and we, Rotarians, will continue our journey to instill "selflessness" in our youth!

For more information, feel free to contact toni@redhouseart.net.

Toni Carl
Rotary Club of Portola, President



District 5190 Club Leadership *Learning* Assembly

Something NEW!

YOU get to choose what you want to attend in each 50 minute session—4 sessions throughout the day.

Atlantis Resort in Reno
Saturday, April 11, 2015
from 8:45 a.m. to 3:30 p.m.

Continental breakfast and registration starts at 8 a.m.
Opening plenary begins at 8:45 a.m.

Club Leadership Assembly has **over 30 unique sessions** to inspire, empower and share ideas for you to use in your Rotary Club!

Register now to participate in this fun day with your Rotary friends and Club Leaders!

Register at the Rotary District 5190 website or click on <http://tinyurl.com/Club-Leadership-Assembly-2015>.
Your club will be invoiced \$50 per attendee.

In addition to sessions geared toward your role in the club, we also have special guest presenters like Margaret Crowley, a successful mediation attorney, who will share ideas and take your questions on Conflict Resolution. Or Dr. Gordon Zimmerman giving practical suggestions on Public Speaking. Or a panel of young people in their 20's and 30's who will share their ideas and views—about Rotary, about volunteerism, about balancing career, family and making a difference. Or a session to help you be ready to be the spokesperson for your Club. And there are so many more choices. All sessions have been revamped for Club Leadership Assembly.

Vicki Puliz

Rotary District 5190, Training Committee Chair

Discussion Rooms			1	2	3	4	5	6	7	8	9	10
Start	Finish	Duration										
8:00	8:45	45	CONTINENTAL BREAKFAST- REGISTRATION									
8:45	9:10	25	OPENING PLENARY SESSION – DGE REMARKS									
			PE's	TRF	Membership	Club Admin	Avenues	Public Image	Wild Card 1	Wild Card 2	Youth	Tech
9:10	9:20	10	Adjourn to Discussion Rooms- Session 1									
Session 1 9:20 to 10:10			Club President Elect (PE's Only Please)	Rotary Foundation 101	Membership: Mission Possible!	Club Treasurer's Workshop	Community Service	Public Image for Your Club-- Putting it all together!	President Nominee 2016-2017	Current Club President 2014-2015	Interact/Rotary Eighth Grade Leadership	Hands On Technology Workshop
10:10	10:20	10	Break and adjourn to Discussion Room for Session 2									
Session 2 10:20 to 11:10			Rotary Foundation 101	Rotary Foundation Grants	Building Your Membership Action Plan	Opportunities and Challenges of a Club Foundation	Vocational Service	Using Club Runner to Increase Your Club's Visibility	Your Media Interview!	Focus on 20's and 30's	RYLA	Hands On Technology Workshop
11:10	11:20	10	Break and adjourn to Discussion Room for Session 3									
Session 3 11:20 to 12:10			Public Speaking Tips	Rotary Foundation Scholarships	Attracting New Members	Club Secretary's Workshop	Ethics Initiative -Building on the 4 Way Test	Your Club Facebook Page	Conflict Resolution Techniques	Stepping up Your Literacy Impact!		Hands On Technology Workshop
12:10	1:10	60										
Session 4 1:10 to 2:00			Club President Elect (PE's Only Please)	Club Giving Strategies and More!	Engaging and Retaining Members		International Service Projects	Your Club Website	Club Learning Chair		Rotaract	Hands On Technology Workshop
2:00	2:10	10	Break and adjourn to Goal Setting and Closing Plenary									
2:10	2:40	30	Goal Setting and Closing Plenary									
2:40	3:30	50	Club Roundtables									

ARRIVING SOON ON TRACK #1

Rotary
5190 Annual
Conference
2015 -
Register Now!

The Rotary Express to Success



May 14-17, 2015

Harrah's Casino Resort, South Lake Tahoe

Think outside (the Hotel) with
these planned outdoor activities:

Thursday, May 14th

Choose between:

Golf Tournament at Edgewood Tahoe

Bicycling—Casual and Enthusiast

Tennis Tournament

Friday, May 15th

2 1/2 Hour Morning Cruise on Lake Tahoe

Saturday, May 16th

Morning 3k Walk for Polio Awareness

The Entire Community is Invited!

Rotary
District 5190



GUEST SPEAKERS

Steve Snyder—Rotary Director

Brad Howard—Rotary Director Elect

Ed Futa—Dean of Rotary Reps to the
United Nations

District Conference Room
Block Closes on April 29!

There are a lot of great things about this year's District Conference—fun in the outdoors, golf, tennis, bike riding, a boat cruise, seeing old friends, outstanding plenary sessions—but maybe the most amazing are the room rates at Harrah's South Lake Tahoe.

This year room are only \$69.00 per night for Wednesday and Thursday night, and just \$99.00 for Friday and Saturday. Plus, for our block, there are NO RESORT FEES!

The only catch? To get these rates you MUST book by April 29, 2015. After that, you're on your own. You can go to the Conference registration site at <http://www.5190conference.com>, and follow the link to hotel reservations, or you can call Harrah's at 1-800-455-4770. Our group code is S05RID5.

It really pays to register for the Rotary Express to Success, and get your reservations at beautiful Harrah's South Lake Tahoe, right now.

Volunteering - A Work of Heart

The District Conference is just 6 weeks away. Many of you have attended a District Conference and have experienced first-hand that no matter how lost you get, a Sergeant of Arms will always help you find your way to your next event.

Please help find 1 or 2 Rotarians in your club who are interested in volunteering - or better yet, volunteer yourself! We'll work around anyone's schedule. The assigned duty could be as short as 2 hours, jut one day, or all weekend long.

Please contact Larie Trippet at larie@trippet2.com for all the information you'll need to make the Conference experience seamless and enjoyable for attendees.



Thank you!

VOLUNTEERS ARE NOT PAID - - NOT BECAUSE THEY ARE WORTHLESS, BUT BECAUSE THEY ARE PRICELESS

Reserve your space in the House of Friendship and Hall of Fame

Show support for District 5190 than reserving a display table at the House of Friendship, and submitting a display in the Hall of Fame, at this year's District Conference (May 15-17).

The House of Friendship and the Hall of Fame will be gathering places for Rotarians to interact, and share success stories and information.

Prizes will be awarded for the best displays in 1st, 2nd and 3rd in the House of Friendship. There are no fees for clubs to have displays in the House of Friendship or Hall of Fame.

Please fill out the form below and email or fax to: Don Daniels (Rotary Club of Grass Valley)

Email: dondaniels@sbcglobal.net; Fax: 530-272-3996; Questions: (H) 530-272-6036; Cell 530-913-6036

Don't miss out on the fun and Rotarian camaraderie. Help share and take pride in all the great projects and accomplishments of your club for this year with all our Rotarians and guests in District 5190.

NOTE: Exhibits should be set up no later than Friday morning May 15th. Grand Opening of the House of Friendship is at 10:00 a.m. Exhibits should be removed on Sunday, May 17th, at the conclusion of the Conference. The House of Friendship and the Hall of Fame are not in a secure area, and items of value should not be left unattended.

DEADLINE TO SUBMIT APPLICATIONS: May 1st

Rotary Club: _____

Contact Name: _____

Email: _____ Phone: _____

HOUSE OF FRIENDSHIP - request for exhibit space (check the appropriate items)

☐ 6 foot table (whole table) ☐ half a table ☐ Need electricity (bring your own extension cord)

Description of exhibit planned: _____

HALL OF FAME - request for exhibit space (half table per Avenue of Service)

Bring 100 handouts to share the "how-to" of your project



Being here in Brazil really has changed my view on the world and who I am as a person. My life turned around the second I realized I came here not to complain and sit in a room all day. School started up again, I am going to the gym, and I am finally getting over the language barrier for the most part.

I have a much stronger appreciation when it comes to my hometown and the people closest to me. There is a greater respect for everything Rotary does. I am gratitude for the life I have. Thank you for the experience of a life time and thank you for assisting me in shaping the man I am becoming. I promise to carry on the Rotary way throughout my life.

Alexander William Ghan
Rotary Youth Exchange student in Brazil
Sponsored by the Rotary Club of Minden

TAHOE-DOUGLAS ROTARIAN DELIVERS AID TO MALAWI FLOOD VICTIMS

A few weeks ago I awoke to a phone call at 6:30 a.m.. Upon seeing the +44 country code I immediately knew it was ShelterBox, calling to ask if I would deploy to a disaster somewhere in the world. This time the disaster was a flood in Malawi and they wanted to know how quickly I could get there. Within hours, I'd sorted out the location of Malawi, made travel arrangements and headed out on a long trip to a poor land-locked East African country.



The airport terminal in Blantyre, Malawi is small. As I waited in the warm weather outside to have my temperature taken (ebola precaution), I noticed familiar green ShelterBoxes being loaded off the tarmac on to a truck. A comforting sight, because it meant other ShelterBox Response team members were close by. I had a ride out of the airport, but I still had to clear customs without the normally required visa. Fortunately, with only a little extra scrutiny from a supervisor, I was allowed to clear customs.

Our accommodations in Blantyre were reasonable – but within a week they would seem like the Ritz Carlton. That's one thing about responding to remote areas in third world countries – you gain a healthy perspective of what luxury really is.

My assignment on this trip was to head two hours south to Chikwawa. This year's floods were unusually brutal. Thousands of people were displaced as their homes were flooded or simply had their mud and brick homes disintegrate in torrential rains. Our immediate mission was to deliver tents to people living in communal buildings, where they were sleeping shoulder to shoulder and families were separated. There were no outbreaks of diseases like cholera, but we still felt urgency to getting people out of those conditions.

During my first few days, we were able to move 84 families out of communal living conditions into family tents. It's hard to fully appreciate the dignity of a tent, but then it's a lot like the Ritz Carlton that I would return to in Blantyre at the end of the first week. It's a relative thing. The smiles and even laughter seen and heard by the families as they moved into their tents was heartwarming.

During my 16 days in Malawi I came to appreciate the resilience of a peaceful and hardworking people. I tried to imagine how I, with a fifth grade education could "rise" out of a disaster where I lost my home, possessions, and crops. How could I get to a point where I could have electricity, a bike, running water and a house with a concrete floor. I concluded I would herd goats and cattle and strive for my children to be educated. Like many Malawians I would invest in my future through my children. Before that, my restorative journey might start with a ShelterBox tent.

Want to learn more about ShelterBox? Contact me, Ryder Evans, at ryderevans@charter.net.



MAKING THE WORLD A BETTER PLACE, ONE SMILE AT A TIME



Gold Country Rotarian Dr. Daniel Mertz has used his vocation to provide *free* dental care to Rock Creek Elementary School students. Many are from low income families whose parents find even getting check-ups a daunting task. During a screening at the school to prioritize dental needs (as pictured), children protested that they would rather stay and get their check-up than go to recess! Gold Country Rotarians escort the children to and from the school and dental office. Principal Suzanne Flint said, "Dr. Mertz has made an incredible positive impact on the lives of 48 second grade students and their families. He performed extensive dental work at no cost and provided each student with a positive experience with a dentist. The entire community at Rock Creek School deeply appreciates Dr. Mertz' contributions."

Lynn Tinell
Rotary Club of Auburn Gold Country, President

Polio This Week

As of 25 March 2015

	WPV	cVDPV
Year-to-date 2105:	21	0
Year-to-date 2014:	47	5
Total in 2014:	359	54

WPV = Wild poliovirus

cVDPV = Circulating vaccine-derived poliovirus

April marks the 60th anniversary of the announcement that Jonas Salk's inactive polio vaccine was safe and effective. Read more about finishing what he started.



**6TH ANNUAL
POLIO PURPLE PINKIE*
TRAIL RUN & WALK**

APRIL 19, 2015
At Washoe County's **Rancho San Rafael Park**

ROTARACT CLUB

ONLINE REGISTRATION
RenoRotaract.org

9:00AM RUN STARTS
8:00AM SIGN IN

PRE-REGISTRATION
5K \$25 - 10K \$35 4/17/15
Packet pickup: 4/18/15 9am-Noon at Rancho

REGISTRATION
5K \$30 - 10K \$40

10K & 5K RUN / WALK

All proceeds benefit the Rotary Foundation's Polio Plus Fund.
*Throughout the world, every time a Rotary volunteer administers a polio vaccine, a child's pinkie is colored purple.

END POLIO NOW

LIMITS OF YOUR LANGUAGE ARE LIMITS OF YOUR WORLD

The Pollock Pines-Camino Rotary Club awarded Camino School funds to purchase six Chrome Laptop Computers for use in language development programs at Camino School. The



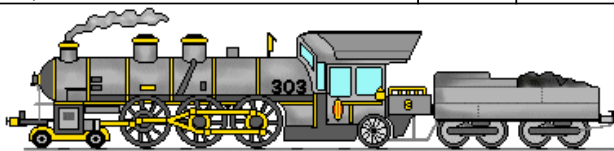
computers are part of the Student Support Lab serving English Language Development students (ELD). Additionally the Chrome Laptop Computers are used for Special Education students and school based support for online programs both during the academic day and in before and after school reading programs. The gift of the computers affords a variety of students with language learning needs access to technology to accelerate their language learning skills.

Funding of the Chrome Laptop Computers was made possible by the fundraising efforts of the Pollock Pines-Camino Rotary Club, along with a matching grant from Rotary District 5190.

Christa Campbell
Rotary Club of Pollock Pines-Camino

ALL ABOARD: FEBRUARY 2015

	Offical Start #	Current # Members	Attendance	Annual Giving YTD	Restricted Giving YTD		Offical Start #	Current # Members	Attendance	Annual Giving YTD	Restricted Giving YTD
Alturas	29	28	85.00%	\$6,993	\$1,195	Nevada County South	27	21	NR	\$1,900	\$880
Alturas Sunrise	28	26	70.00%	\$3,229	\$0	Penn Valley	34	34	NR	\$5,652	\$6,246
Amador Upcountry	21	20	69.34%	\$3,235	\$320	Placerville	38	34	53.00%	\$2,698	\$0
Auburn	106	112	86.43%	\$14,940	\$2,850	Plymouth-Foothills	31	37	64.00%	\$2,148	\$1,632
Auburn Daybreak	13	13	95.45%	\$1,220	\$0	Pollock Pines-Camino	16	18	70.00%	\$430	\$1,184
Auburn Gold Country	40	41	84.29%	\$2,800	\$1,833	Portola	24	21	85.71%	\$2,500	\$1,931
Bishop	36	34	42.65%	\$6,260	\$1,893	Quincy CA	48	50	85.83%	\$5,151	\$2,481
Bishop Sunrise	28	28	56.25%	\$2,900	\$650	Reno	177	194	76.60%	\$12,020	\$2,280
Cameron Park	58	59	73.90%	\$5,980	\$1,543	Reno Centennial Sunset	29	28	88.89%	\$2,069	\$91
Carson City	76	74	59.93%	\$9,015	\$425	Reno Central	68	72	NR	\$12,915	\$1,276
Carson City - Sunset	15	15	66.67%	\$680	\$1,090	Reno Midtown	22	22	100.00%	\$275	\$250
Chester	20	21	61.00%	\$2,150	\$1,814	Reno South	52	57	65.40%	\$5,578	\$2,537
Elko	78	77	63.90%	\$4,782	\$1,691	Reno Sunrise	52	50	71.27%	\$4,993	\$7,984
Elko Desert Sunrise	31	31	54.40%	\$3,022	\$3,828	Smith Valley	30	29	89.57%	\$1,048	\$225
Ely	32	32	48.00%	\$0	\$0	South Lake Tahoe	42	43	57.78%	\$2,205	\$250
Fallon	43	46	55.97%	\$6,711	\$2,090	Sparks	127	119	90.20%	\$8,415	\$646
Fernley	25	26	76.92%	\$2,160	\$681	Sparks Centennial Sunrise	32	33	81.54%	\$8,505	\$2,848
Georgetown Divide	32	33	49.00%	\$2,475	\$0	Surprise Valley	18	18	80.00%	\$0	\$240
Grass Valley	65	62	77.40%	\$13,416	\$2,069	Susanville	65	63	NR	\$2,585	\$0
Greenville	9	9	63.00%	\$2,690	\$500	Susanville Sunrise	31	35	77.45%	\$9,500	\$2,971
Incline Village	29	30	93.67%	\$2,000	\$0	Tahoe City	32	36	NR	\$300	\$0
Ione	28	31	72.64%	\$3,050	\$50	Tahoe-Douglas	50	58	NR	\$11,691	\$1,209
Jackson	52	59	78.71%	\$10,858	\$2,150	Tahoe-Incline	48	50	55.86%	\$15,118	\$2,675
Loyalton	21	22	84.00%	\$2,969	\$151	Tonopah	16	15	56.66%	\$100	\$130
Mammoth Lakes Noon	37	41	59.76%	\$1,050	\$1,085	Truckee	93	83	74.14%	\$7,034	\$500
Mammoth Lakes Sunrise	12	10	NR	\$0	\$0	Truckee Sunrise	20	15	50.91%	\$1,329	\$669
Minden	34	33	79.26%	\$80	\$750	Westwood-Lake Almanor	13	13	92.00%	\$350	\$35
Nevada City	37	43	70.00%	\$4,664	\$751	Winnemucca	38	38	42.28%	\$6,180	\$617
Nevada City 49 Breakfast	91	93	88.84%	\$20,903	\$2,892	Yerington	50	55	64.08%	\$1,725	\$1,347
NR - No Attendance Report Filed Last Known Member count used						TOTALS	2446	2490		\$274,646	\$75,435



Phil Mahoney
Rotary District 5190, Secretary

ROTARY OFFICERS**Rotary International**

President: Gary C.K. Huang
President-elect: K.R. Ravindran
Vice President: Celia Elena Cruz De Giay
Treasurer: Holger Knaack
Director Zones 25/26: Steven A. Snyder

Rotary District 5190 Advisory Board

District Governor: Joe Zarachoff
Immediate Past District Governor: Vicki Puliz
District Governor Elect: Gail "Virus" Ellingwood
District Treasurer: Charlie Litton
District Secretary: Phil Mahoney
District Administration: Wyn Spiller
Service: Lindy Beatie
Foundation: Steve Lewis
Membership: Sam "Woody" Wilbanks
Youth Service: Steve Mestre
Club Administration: Larry Harvey
Technology: Oliver Grosz
Public Image: Dave Zybert

Non-Voting Advisory Board Members

District Governor Nominee: John Sullivan
District Governor Nominee Designate: Doug McDonald
District Conference Chair: Tom Hardy
District Executive Assistant: Ginny Lewis

Assistant Governors

Area 1: Penny Artz
Area 2: Ralph Taylor
Area 3: Jim O'Brien
Area 4: Doug McDonald
Area 5: Jim Greenlee
Area 6: Doyle Patrick
Area 7: Roberta Pickett
Area 8: Gary MacDonald/Tina Spencer
Area 9: Bob Conner
Area 10: Jay Recanzone
Area 11: Anita Franzoia
Area 12: Edie Asrow
Area 13: Randy Van Tassell

The Rotary District 5190 newsletter is published monthly by District Governor Joe Zarachoff. Submit stories and photos (300 dpi resolution digital images only) to Editor Elizabeth Cavasso at ecavasso@gmail.com by the 20th of the month.