



THE FOUR-WAY TEST
OF THE THINGS WE THINK, SAY OR DO

1. IS IT THE TRUTH?
2. IS IT FAIR TO ALL CONCERN?
3. WILL IT BUILD GOOD WILL AND BETTER FRIENDSHIPS?
4. WILL IT BE BENEFICIAL TO ALL CONCERN?

The Spoke Newsletter

Rotary
Club of Grass Valley



Club 529 chartered March 16, 1925

BOARD OF DIRECTORS

Jesse Wilson - President
Ed Pinto - President Elect
Heather Thorpe - Vice President
Sean Jackson - Immediate Past President
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Judy Bagley - Director Year 2
Gina Will - Director Year 2
James Delcours - Director Year 1
Stephanie Fischer - Director Year 1
Jennifer Malone - Director Year 1

- Sergeant at Arms - Ed Pinto
- The Spoke Editor - Ryan Sykes
- Photographer - Fred Claessens



Spoke Notes were recorded by:
Rod Fivelstad

President of Rotary International

[Francesco Arezzo](#)



Governor of District 5190

[Larry Harvey](#)

March 9, 2026

www.gvrotary.org

Volume 101, Issue 23

MEETING HIGHLIGHTS

Spring is in the air! It's a little early, but we'll take it! Our presenter today was Kristina Shramek. She is the Former Supervising Attorney for Placer County Counsel and an Instructor for UC Davis. Her presentation was on: 'Human Trafficking In Our Area' 'How Individuals And Small Businesses Can Support Anti-trafficking'

She started her presentation by defining Human Trafficking:



A "sex act" includes pornography, phone sex, live sex and peep shows, stripping, prostitution, and illicit massage parlors.

Force, fraud or coercion not required when youth is under 18, rather it is the exchange of sex for anything of value (place to stay, drugs, money, food, clothing, etc.)

Transportation or moving an individual from place to place is not required.

The Victim of Trafficking and Violence Protection Act of 2000 is the federal law.

Involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act.

California Penal Code 236.1 is the State law and includes child pornography, extortion and blackmail.

California is the top destination for trafficking. Between 2015 and 2020, approximately 13,000 people in Sacramento County were given or sold to a third party for sex against their will. For every identified victim, the study estimates there are 11.2 times more victims

What Can We Do To Help Stop Human Trafficking?

- Talk to youth, parents, teachers
- Get involved in organizations that seek to combat human trafficking
- Focus on youth's vulnerabilities (substance use, mental health issues, exposure to violence, low self esteem)
- Work with our youth to develop a strong safety network of friends and family
- Support changes in the laws which focus on the supply and demand for sex trafficking and which protect our youth
- Call if you suspect a youth is being recruited or trafficked, call the hotline at 1-888-373-788 or cyber tip line at 800-843-5678 and local law enforcement

UPCOMING EVENTS

Nevada County Speech Tournament: Calvary Bible Church	March 13
Nevada County Speech Tournament Finals: Nevada Theater	March 16
Area 4 Music Contest: NU Band Rm @ 2	March 21
Area 4 Speech Contest: GVSD Board Rm @ 4	March 24
Area 4 Foundation Celebration: Alta Sierra CC @ 5:30	March 27
District 5190 Conference	May 1-3
Gold Country Challenge	June 6
Rotary International Convention	June 13-17

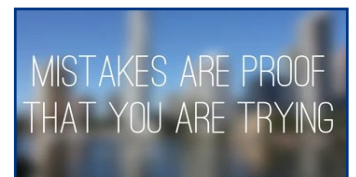
UPCOMING PROJECTS - People of Action

Union Hill School Meal Project – 2 (Volunteers needed)	March 16-17 or 23-24
Union Hill School Meal Project – 3 (Volunteers needed)	April 20-21 or 27-28
Plastic Recycling Project	Ongoing
Alzheimer's Garden and Litton Trail: Upkeep and Maintenance	Ongoing
Rotary Magazines in Professional and Business Waiting Rooms	Ongoing
Chicago Park Middle School: Goodie Bag Project	Ongoing
Interfaith Food Ministries: Saturdays 2 to 4 times a year	TBD
Kare Crisis Nursery: Help Repairing a Fence	TBD
Grass Valley Charter School: Sign Repair	TBD
Wolf Creek Trail - Glenn Jones Park : Signage and Maintenance	TBD
Salvation Army: Build Planter Boxes and Chicken Coop	TBD
Western Sierra Medical Clinic: Planter Boxes	TBD

IMPORTANT MEMBER DATES IN MARCH

Birthdays		Rotary Anniversaries	
John Peplowski	Mar 14	Gina Will	3 Yrs
Stephanie Fischer	Mar 18	James Delcours	4 Yrs
Alex Zalasky	Mar 20	Sandra Barrington	12 Yrs
James Delcours	Mar 23	Bobbie Swanson	24 Yrs
		Kathleen Egenes	28 Yrs
		Lee Osnas	42 Yrs

THOUGHT OF THE DAY



Rotary Club of Grass Valley

P.O. Box 1213
Grass Valley, CA 95945

Meets @ the [Wild Eye Pub](#) on the 1st, 2nd, and 3rd Mon at 12:15 pm

Area 4 Rotary Clubs

[Penn Valley Rotary](#) meets @ [Players Pizza](#) at 12 pm on every other Tues

[Grass Valley South](#) meets @ the [Litton Bldg, Rm 300](#) at 7am on Tuesday

[Nevada City Rotary](#) meets the 1st and 3rd Thursdays at 5:30pm for our Social meetings [Contact](#) them for the location that week On the 1st and 3rd Thurs, meeting is 5:30 pm at [Round Table Pizza](#)

[49er Rotary Breakfast Club](#) meets @ the [Miners Foundry](#) on Wed at 7 - 8 am





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Plastic Recycling Project

Commercial Plastic Wrap is picked-up at the following locations:

- ◆ Nevada County Food Bank
- ◆ AJA Electronics
- ◆ Hills Flat Lumber

The plastic is then recycled and made into [TREX Benches](#)

Next bench will be dedicated to Larry Allen at WSMC Glasson!

Please contact [Bob](#) for more info!



Last year we collected just over 3,000 lbs of plastic. Let's exceed that number this year!

Good Luck, Rotarians!





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49er Breakfast
Rotary
of Nevada City



MUSIC CONTEST

2 PM, March 21st

We invite **YOU** to compete in our Rotary music contest for your chance to win!

1ST PLACE: \$500
2ND PLACE: \$250
3RD PLACE: \$125

@ NEVADA UNION HIGH SCHOOL IN
MUSIC ROOM (L2)



SCAN ME!

Contact Liam Apple at (530) 798-8322 for assistance!



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Rotary  Clubs of Western
District 5190 Nevada County

Rotary District 5190 Area 4 Speech Contest



SPEECH CONTEST

2025-26 Theme

**“Unite For Good:
Together We Make
Dreams Come True”**

Tuesday, March 24, 2026
4:00 PM

Grass Valley School District Office
10840 Gilmore Way, Grass Valley, CA

5 – 7 Minute Speech on this Year’s Theme
Open to Students Grades 9-12

No Displays, Props or Prompting Allowed

Winner Must Be Available to Compete at the
District 5190 Conference

May 2, 2026 at Grand Sierra Resort, Reno, NV

Local Prizes: 1st Place \$500, 2nd Place \$200,
3rd Place, \$100

District Prizes: 1st Place \$1,000, 2nd Place \$750,
3rd Place \$500, 4th Place \$50

REGISTER NOW!



Scan me

Or

Click [HERE](#)



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The Rotary Club of Grass Valley South

INVITES YOU TO ATTEND

Annual Foundation Dinner

FRIDAY, MARCH 27TH

ALTA SIERRA COUNTRY CLUB

NO-HOST COCKTAILS 5:30PM | BUFFET DINNER 6:30PM



KEYNOTE SPEAKER

WYN SPILLER

ROTARY INTERNATIONAL DIRECTOR 2025-2027



AND SPECIAL GUEST LARRY HARVEY

2025-26 DISTRICT GOVERNOR

\$50 PER TICKET

RSVP TO YOUR CLUB TREASURER BY MARCH 20TH

COCKTAIL ATTIRE





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**UNITE
FOR
GOOD**



Far West Fest

May 1-3, 2026 - Grand Sierra Resort
Reno, Nevada

Welcome Rotarians
District 5130 - District 5170 - District 5190
District 5220 - District 5230



[REGISTRATION PAGE](#)

Far West Fest - 2026 Conference Registration

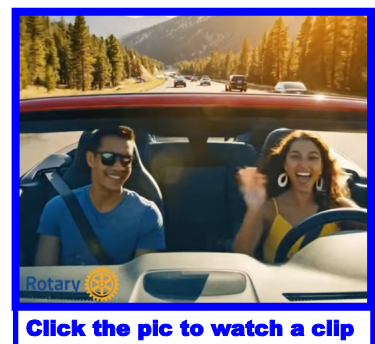
May 01, 2026 - May 03, 2026 [Pacific Daylight Time](#) 🗓️

Friday, May 1, 2026

- 2:00 PM - Registration Opens
- 5:00 PM - Poolside Welcome Reception and Conference Kick-Off
- Dinner on own at Grand Sierra Resort
- 8:00 PM - Showtime Grand Sierra - Tickets/Pricing TBD - Note: This is not an event organized by the District Conference Committee. Please check the information boards at the hotel to see if there is a show that you would like to see.)
- 9:00 PM - Strike Out Polio Bowling

Saturday, May 2, 2025

- Mega House of Friendship and Project Fair
- **BREAKOUT/WORKSHOP SESSIONS**
 - D5190 Speech Contest - morning session starting at 9am (All are welcome to attend)
 - D5190 Music Contest - afternoon session (All are welcome to attend)
 - Burners Without Borders - Christopher Breedlove
 - One Degree of Separation - Brad Bonar Jr.
 - Human Trafficking- Awakening
 - Peace Building - Soldiers Song - DG Kristine Redko
 - Empowering Leadership - Barry Posner
- District Breakouts
- Major Donor Reception
- **SATURDAY LUNCH**
 - RYE Students Parade of Flags
 - D5190 Speech Contest Winner
 - D5230 Speech Contest Winner
 - Keynote Speaker Barry Posner - Empowering Leadership
- **SATURDAY DINNER**
 - D5190 Music Contest Winner
 - RYE Parade of Flags
 - Current Presidents & AG parade
 - Keynote Speaker - Brad Bonar Jr. - One Degree of Separation
- After Dinner: District Hospitality Suites



[Click the pic to watch a clip](#)

Sunday, May 3, 2026

- Interfaith Service
- Gin Fizz/Bloody Mary Mingle - Breakfast
- Mega House of Friendship and Project Fair
- **SUNDAY BRUNCH**
 - President Elects & AG Parade
 - Keynote Speaker - Christopher Breedlove - Burners Without Borders
 - Passing of the DG Line pins/badges - all 5 Districts
- 12:00 PM - Conference Ends



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June 6th

Ride the beautiful and historic back country of Nevada County.

Nevada County was the heart of California's gold rush. Surrounding the charming mining era towns of Grass Valley and Nevada City, you'll ride through some of the most beautiful landscape California has to offer.

Discover why the [Amgen](#) has selected to ride through Nevada County on multiple occasions.

Benefits youth programs supported in part by the [Rotary Club of Grass Valley](#) and [Bright Futures for Youth](#).

Train here for the [Death Ride](#) on July 11th.

Visit www.rotarygoldcountrychallenge.com

Rides will be supported and well-marked

Rides will begin/end at Gate 1 of the Nevada County Fairgrounds





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Program Overview

- General Sessions will take place Sunday-Wednesday, 14-17 June 2026
- Breakout Sessions will take place Monday-Wednesday, 15-17 June 2026
- The House of Friendship will be open Saturday-Wednesday, 13-17 June 2026



Click [HERE](#) for more info