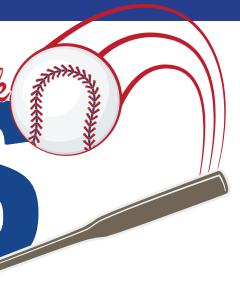




ROTARY NEWS

knocking it out of the park



COACHES CORNER

DISTRICT GOVERNOR
TINA SPENCER-MULHERN

As we enter our 8th month of this Rotary year, 20 of us will be traveling to Ensenada, Mexico to finish our District Project "Smiles without Borders". I am looking forward to updating you on our trip and sharing photos with you next month.

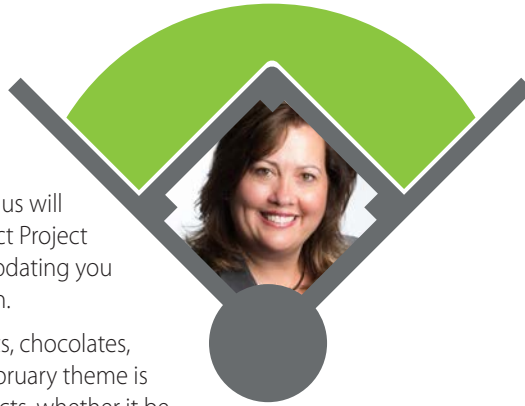
The month of February makes me think about hearts, chocolates, kindness and lots of red. In the Rotary world, our February theme is "World Understanding". When we can resolve conflicts, whether it be around the world, in our communities or even in our clubs, we then can have peace and understanding. Peace of mind, peace of heart and peace of soul. I have asked two of our past Peace Fellow Scholars, Aimal Zabit and Alex Plummer, to share their experiences with us. You will find their stories in this newsletter. Our Peace Fellow Scholar Chair, Craig Wesner, also has a nice article in this newsletter about the program that I hope you will enjoy.

Last month Brian and I attended a combined Area 8 & 9 Foundation dinner in Reno where the program was an overview of the "Smiles without Borders Project" and the overall need and benefits for the children in Ensenada, Mexico. The Program Chair, Barry Turner, shared how the project was put together and the phases that have been completed. Dr. Christopher Galea shared more about the stories of successful cleft palate surgeries when the right facilities are in place. Over the hill in Placerville we attended the Area 6 Foundation Dinner where each club highlighted projects in their respective communities as well as heard about the history of the Cameron Park Rotary Community Observatory. The Community Observatory was a Rotary Club of Cameron Park Centennial Project in recognition of the 100th anniversary of Rotary International. Their members raised all the funds and donated time and materials to build the Observatory on land owned by the El Dorado County Office of Education adjacent to the El Dorado Center of Folsom Lake College.

Of course, the month of January wasn't complete without some fun in the snow with our grandsons in Area 9 and a stop at one of my favorite wineries, Crystal Basin, in Area 6. :)

Registration for the Rotary 4way Fest already has 94 signed up. You can register on the District website: <https://district5190.org/>. To find more information about our speakers, breakout sessions and events, go to www.Rotary4wayfest.com

The discounted rate to attend the RI convention in Hamburg Germany ends March 31st. You can register for the convention at <http://www.riconvention.org/en>.



Rotary



BE THE INSPIRATION

IN THE BULLPEN

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"Every strike brings me closer to the next home run."

—Babe Ruth

Rotary



BE THE INSPIRATION



FROM THE DUGOUT AREA 10

Let's take a little road trip. Just for fun, let's say Rotary International has erected a Club Hall of Fame in Evanston in honor of DG Tina's baseball theme and this Assistant Coach is being sent to scout the Clubs of Area 10 for a nominee.

From the comfort of home one can visit E-Club of District 5190, chartered in 2016. This club is the Area's rookie club but the members are in no way new to Rotary. This club was chartered for those Rotarians that are not able to fulfill the meeting requirements of a typical club due to schedule, travel, relocation, or just life. Meetings are via email and members are able to serve wherever they may live, from Virginia to California. Two Wyoming members participated in Giving Rotary a Lift, raising over \$5,000 for Polio Plus by competing in a weight lifting competition. One member traveled to Mexico handing out school supplies and blankets. Toys were collected for the animals in a local shelter. Another member started an online newspaper in the Fallon area. These Members in Motion also partner with the Fallon Club preparing and serving for Fallon Daily Bread. Can't make weekly meetings and do not want to leave Rotary? This is the team for you!

On the road I go, my first stop, the Rotary Club of Yerington. Chartered in 1935, the members of this club are batting a thousand. From main street to the local parks, from the schools to local events, you will find this club's mark. Members have provided trash cans, planters, and an arch and clock on main street as well as playground equipment at one park. They planted trees at another park, built a hospital park, landscaped and more at the local Medical Center. They are not afraid to get their hands dirty, cleaning and raising headstones at the cemetery, painting the upstairs of the Theater of the Arts as well as cleaning up nearby Wilson Canyon. This "go to" club works Night in the Country, the Lyon County Fair, cooks for Taste of the Valley, and puts their aprons on whenever needed. Their annual events include a Super Bowl party, Spring Fling, and Christmas dinner for Seniors to name a few. The youth of the area are a major focus, as they send several students to RYLA and REGL, chartered an Interact club, honor high school students monthly, and award \$30,000 scholarships annually.

Next stop, the Rotary Club of Fallon. Chartered in 1924 this club knocks it out of the park. Twelve years ago, the club raised funds to begin Fallon Daily Bread and provided kitchen equipment for the facility. The members continue to prepare and serve meals on a monthly basis. The senior center has a commercial oven and the high school has a new scoreboard for the softball team, thanks to the club. Each year the community can look forward to the club's annual Crab Feed, and Bingo Night as well as a Golf Tournament and Christmas Drive for homebound seniors. The members also look forward to Burn's Night every year, honoring the Scottish Poet. Yes, kilts and scotch are aplenty. The club donated over \$1100 to the Rotary Club of Reno's International Project as well as renewed their agreement with their sister club in the Philippines. The bases stay loaded with their youth activities: they help sponsor Cub Scout Troup 38, handed out over 200 dictionaries, participate in the District Speech and Music Contests, and send students to REGL.

Onto the Rotary Club of Fernley. Chartered in 2012 this club, hits a home run with their Backpack program. During the school year 160 students receive backpacks containing food for the weekend. They don't stop there; the members prepare and serve a dinner each Thanksgiving so that no-one has to eat alone. Recently a member, along with his family visited Pakistan with suitcases filled with 2,000 pairs of flipflops and shoes to be distributed to the needy thanks to this amazing club. When the Paradise fire took place, this club teamed up with other community organizations to fill a truck with everyday items for the victims. Each year together they clean up the Fernley Swales, send students to REGL and RLYA, and award two seniors with scholarships. Membership had been their main focus this year, already adding members to the club's bench with more lining up!



FROM THE DUGOUT AREA 10

Next stop, the Rotary Club of Tonopah. Chartered in 1924, they are always in the game. If it happens in Tonopah, you can bet there is a Rotarian involved. Each year, members direct various events held during Jim Butler Days, hold a Father's Day Fishing Derby, New Year's Bingo, and provide Christmas gift bags to seniors. The youth are a top priority for this club sending students to both RYLA and REGL and partnering with the local Elks providing breakfast to elementary students. They will soon sponsor a new program: Plentiful Produce providing produce and protein to the needy in their area. Over the years this club has been involved in many projects. One example is a grant that was written to fund a Century Plan to rehabilitate the business district. The program was so successful that the club was forced to create a separate non-profit. Tonopah is pretty isolated, and a federally designated, "Frontier America," so these members often go into extra innings, sometimes making an overnight trip to complete what they need. If you are in the area, listen for their 4 Way Test radio ad!



The last leg of the road trip is the Rotary Club of Smith Valley. Chartered in 1946, it also hits it out of the park in their community. What is now Dressler park, an expansive complex, once belonged to the club. Since giving it to the county, the members have participated in every part of its development. The club contributes to the Smith Valley Community Hall, helping with the kitchen upgrade and floor refurbishment. District Grants have been used to upgrade the handicap ramp at the hall, and at the school, supplement the new language arts adoption and contribute to an outdoor learning environment school. Long on tradition, the club holds an Easter Egg Hunt, Spring Brunch, Lamb Feed, Fun Days (50th year) and First Grade Christmas Party. The youth are not left on deck as four scholarships are awarded each year, they send students to REGL, and have been known to send close to half their juniors to RYLA. Like all rural clubs, the members are involved throughout their community.



A total of 464 miles later and 354 years of combined service these rural and "frontier clubs" have made major impacts in their communities and continue to do so.

Will they make that imaginary Hall of Fame?

Who knows?

In this Assistant Coach's book, they already have!





February is an interesting time for the Rotary Youth Exchange Program (RYE). We have selected our new Outbound class for the 2019-2020 exchange year and their first Outbound Orientation will be on February 9th. Our Inbound class for 2018-2019 is now pretty comfortable with their exchange and have moved from their first to their second host family. Our current Outbound class for 2018-2019 is also finding their halfway point in their exchange. And both the current inbound and outbound classes are feeling the end of their adventure looming as time seems to speed up for them.

Two major influences on both the inbound and outbound student are moving from the first to the second host family and homesickness about and the strangeness of how their new families engage the holidays. By the time we are at this halfway point for our current group of exchange students, they are well aware of the expectations of them by their schools, families, their hosting Rotary club and their friends. Depending on how adventurous they are, they will also have created some lasting relationships. What we find is that sometimes the most intense relationships they develop are with other exchange students from other countries sharing their city and schools.

We all know how fast time seems to fly and just as you in your life find yourself saying, "What happened to 2018?" our exchange students are encapsulated in a one-year window and it is racing towards its conclusion. As one outbound student shared: Tomorrow is my official 4 months here, which is just crazy to me. Time here is flying by, I was a little down during the holidays, but now I can't believe I only have 6 months left. I think my reflection for this month is best summed up by this quote: "Don't count the days, make the days count."

Each student is responsible for completing a monthly report called Reflections which gives us feedback and insight into their exchange. If the student is open and honest, we can see if a problem is developing that needs our intervention. Or more satisfyingly, it is a great opportunity for us to share their



exchange for which many of us will live vicariously.

Great comments like: When I think about it, I feel that I'm quite adjusted to the Swedish culture but then I learn a new thing every day. I feel that I learn a new thing about myself and grow as a person every day... Sometimes I think what it would be like to be home in Tahoe right now. Would it be better than where I'm at right now? But then I think that even if I had the worst exchange year, I would learn so much more about myself and about the world than just staying home.

Some Rotary clubs are more involved with their exchange student than others. For example: I love my club. They are super supportive and fun to be around. They also throw great Christmas parties. They will drive me to Tokyo in April to visit my family. They offered to pay for my train passes and asked if I needed any more money for Tokyo.

Then another outbound student reports: I've come to realize that my Rotary Club is not the best when it comes to exchange students. Now, that's not to say they all are excited to meet us and what not, but there really are very few people within the Rotary club invested in the exchange students (YEO, counselor, and a few others). I have good contact with these Rotarians (it could sometimes be better), but overall those involved with Rotary exchange students are amazing, whereas it seems the others could honestly really care less. This is the type of honest response we like to see. This student would probably appreciate his host Rotary club showing a greater interest in the RYE program, but still sees that there are those who are totally devoted to helping the program. If your club is involved in RYE, how

would you rate your club's involvement? Remember, not only are we watching out for our students but they are watching how we treat them as well.

There are great school experiences and not-so- great experiences. We often hear from our inbound students that it's difficult to make friends in the U.S. because the kids in school are more cliquish. Then we will have a student who is selected to be Prom Queen. We watch out for problems; but often it comes down to the students themselves as to how they are doing. But isn't that how life in general is for all of us? Regardless of the school/friend experience for both the inbounds and the outbounds, these young people go home from exchange stronger, more adaptable and better prepared for their future simply by adapting as necessary.

As stated before, one of the most difficult times for our students is when they change families. Here is a great example of how a student feels during the transition: I will be changing host families tomorrow morning, so I will have to report on how it goes next month. On the other hand, I've fostered a genuine relationship with my current host family, and never thought I would be this upset, but nevertheless excited to switch and continue my exchange.

And another student says: For me it has been an absolutely amazing 4 months and I am sad that I am going to be changing families. I know for sure I will like my next family because I already know them; but at the same time it hurts to have to leave a family I have grown to love and live with every day.

Students who are aware that not every connection in life will be perfect tend to be



the most adaptable. One of our students reports: My second host family is absolutely incredible. I already feel so welcomed and so much more at ease than my first host family. My first host family was kind but I connect a lot more with this one. We seem mutually content to have one another in the house.

We are always aware that the holidays for both the inbound and outbound students can be difficult. After all, most children create lifelong memories of their families around the shared holidays. But this time can also bring surprises as they have a different experience with a new family: Christmas! I never thought the holidays would be so different, but I love everything about the holidays in another country: the Christmas market, lights on the streets, New Year's fireworks, and celebrating and learning a new country's customs and culture. I'm sad the holidays have ended but looking forward to what's ahead.

As reported earlier in the exchange year, I feel these students are courageous to undertake this adventure. As one of our student reports: I spent Christmas with my current host family in the center of France and the week after we went to the Alps and spent time for a week there before returning to Alsace. While we were still in the center of France, I got to see the Chateau de Chambord with my host dad and we ate at a café right after and talked all day in the car and for me that made me full of emotion and I felt connected to him.

With the new year coming and entering into a new family, I will have to adapt to a different life again like when I first arrived, though a change that will be less difficult. I'll continue to take things as they come and double down on improving my language and conversational skills as I see that as the next big hurdle since I am now a lot more familiar with the culture.

We on the District Rotary Exchange Committee want you all to know your support of this program is an essential part



of our inbound and outbound students' success. We thank you and are very grateful for your involvement. If your club is not involved with RYE at this time, there is still time. We are looking for four more Rotary clubs in the District to sponsor an outbound student and host an inbound student for the exchange year 2019-2020. You won't regret the modest amount of work it takes to enjoy these students throughout their exchange.

Correction: Last month Luiz G. Almeida de Oliveira was reported as being the inbound student hosted by Reno Central Club. But, in fact, Luiz was hosted by the Rotary Club of Reno Centennial Sunrise and his counselor was Jim Van Winkle. That was my mistake and I apologize for the error. Frankly, Luiz visited many of our clubs and he became quite popular with many of the clubs in the area. Thanks for pointing this out, I'll try not to make this mistake again.

For more information: Inbound Coordinator and Host Family Coordinator:
Chesa Keane, chesa5190@gmail.com or (775) 691-2700.



WHO WOULD ENJOY RLI?... EVERYBODY!!

- **Spouses...** increase understanding and support for Rotary
- **Prospective Members...** "A Fireside Chat on steroids" - recruitment tool
- **New Members...** expose them to the exciting world of Rotary - retention tool
- **Current Club leadership...** build a stronger, more connected team
- **Future Club leaders...** better prepared for future roles
- **Tenured members...** their input is invaluable, and they come away "Rotary rejuvenated"

RLI is FUN!! Come join us!

Area 2:

RLI 1 - February 16th, 2019 (Portola)
RLI 2 - April 13th, 2019 (Portola)

Area 3:

RLI 1 - February, 2019 - date TBA (Truckee)
RLI 2 - April, 2019 - date TBA (Truckee)

Areas 4 and 5:

Joint RLI 2 - April 20th, 2019 (Auburn)

Area 9:

RLI 2 - March 30th OR May 4th
(Carson City)

Contact Area Assistant Governor for more information.



MEMBERSHIP

	Official Start	Growth		YTD Giving Data		
		Current #	Percentage	Annual	Restricted	Combined
	7/1/18	Members	Growth	Giving YTD	Giving YTD	Ave/Member
Alturas	27	28	3.70%	\$2,714	\$2,420	\$183
Alturas Sunrise	22	22	0.00%	\$2,455	\$1,300	\$171
Amador Upcountry	21	21	0.00%	\$3,408	\$700	\$196
Auburn	93	97	4.30%	\$9,725	\$1,885	\$120
Auburn Gold Country	27	29	7.41%	\$1,610	\$1,370	\$103
Auburn Sunset	21	21	0.00%	\$850	\$740	\$76
Bishop	27	24	-11.11%	\$6,880	\$1,833	\$363
Bishop Sunrise	32	31	-3.13%	\$945	\$1,240	\$70
Cameron Park	45	48	6.67%	\$4,645	\$2,660	\$152
Carson City	66	69	4.55%	\$7,920	\$7,195	\$219
Carson City - Passport	9	5	-44.44%	\$695	\$0	\$139
Chester	16	16	0.00%	\$0	\$0	\$0
E-Club of District 5190	23	24	4.35%	\$1,000	\$375	\$57
Elko	61	57	-6.56%	\$1,788	\$1,726	\$62
Elko Desert Sunrise	26	22	-15.38%	\$2,380	\$2,071	\$202
Ely	28	27	-3.57%	\$0	\$900	\$33
Fallon	38	39	2.63%	\$1,920	\$550	\$63
Fernley	26	29	11.54%	\$2,322	\$594	\$101
Georgetown Divide	38	38	0.00%	\$0	\$0	\$0
Grass Valley	66	70	6.06%	\$15,920	\$4,155	\$287
Grass Valley South	35	31	-11.43%	\$7,428	\$3,000	\$336
Greenville	14	15	7.14%	\$1,500	\$500	\$133
Incline Village	25	26	4.00%	\$1,085	\$850	\$74
Ione	33	34	3.03%	\$2,305	\$1,485	\$111
Jackson	51	51	0.00%	\$14,916	\$16,855	\$623
Loyalton	12	12	0.00%	\$595	\$525	\$93
Mammoth Lakes	25	21	-16.00%	\$2,400	\$1,237	\$173
Minden	32	35	9.38%	\$1,930	\$1,350	\$94
Nevada City	33	34	3.03%	\$2,898	\$272	\$93
Nevada City 49 Breakfast	80	82	2.50%	\$19,112	\$4,532	\$288
Passport to Amador	34	31	-8.82%	\$1,670	\$0	\$54
Penn Valley	30	36	20.00%	\$3,698	\$1,179	\$135
Placerville	31	29	-6.45%	\$1,591	\$2,823	\$152
Plymouth-Foothills	37	36	-2.70%	\$5,164	\$600	\$160
Pollock Pines-Camino	21	24	14.29%	\$425	\$0	\$18
Portola	27	26	-3.70%	\$3,435	\$3,551	\$269
Quincy CA	47	50	6.38%	\$2,085	\$2,776	\$97
Reno	155	149	-3.87%	\$23,930	\$6,620	\$205
Reno Centennial Sunset	34	36	5.88%	\$2,360	\$0	\$66
Reno Central	72	71	-1.39%	\$6,260	\$1,370	\$107
Reno Midtown	27	30	11.11%	\$443	\$5,053	\$183
Reno South	51	51	0.00%	\$4,420	\$2,840	\$142
Reno Sunrise	46	47	2.17%	\$4,440	\$885	\$113
Sierra Passport	23	20	-13.04%	\$11,000	\$0	\$550
Smith Valley	32	35	9.38%	\$1,775	\$1,435	\$92
South Lake Tahoe	23	24	4.35%	\$1,225	\$1,275	\$104
Sparks	100	97	-3.00%	\$13,918	\$893	\$153
Sparks Centennial Sunrise	25	28	12.00%	\$7,330	\$110	\$266
Susanville	53	52	-1.89%	\$535	\$1,514	\$39
Susanville Sunrise	29	30	3.45%	\$1,570	\$2,855	\$148
Tahoe City	33	33	0.00%	\$1,150	\$0	\$35
Tahoe-Douglas	53	57	7.55%	\$3,283	\$3,050	\$111
Tahoe-Incline	52	55	5.77%	\$8,855	\$1,700	\$192
Tonopah	15	16	6.67%	\$175	\$1,370	\$97
Truckee	89	89	0.00%	\$4,695	\$1,595	\$71
Truckee Sunrise	11	13	18.18%	\$1,122	\$2,013	\$241
Winnemucca	46	38	-17.39%	\$845	\$0	\$22
Yerington	43	43	0.00%	\$1,150	\$1,301	\$57
TOTALS	2291	2304	0.57%	\$239,895	\$109,128	\$151

ROTARY *DOING GOOD IN THE WORLD*



HARNESS THE POWER OF VIRTUAL REALITY TO SHARE OUR STORY!

Rotary's newest virtual reality film, *Two Drops of Patience*, tells the story of Rotaractor Patience Asimwe's participation in a polio vaccination effort in the remote mountain community of Tapac.

Excerpts from *Climb Every Mountain* by Rotaractor Patience Asimwe

Health workers must have a lot of passion. They face so many challenges to reach every child with the polio vaccine.

I found that out when I traveled to a mountain community on the border of Uganda and Kenya, 200 miles from my home in Kampala, to join a vaccination team. Just getting to the homes was a challenge, let alone persuading the parents to let us in. We had to park the cars, carry our coolers with the polio vaccine safely tucked inside between ice packs, and move on our own two feet, just walking and walking. It's a bit of a trick – using your hands to steady yourself while you climb, yet still having to carry this heavy cooler. There were lots of streams and rivers, and at times we had to jump across or walk through the water.

... I met a man in Tapac who had been crippled by polio. He can't run. He can't walk. He can only crawl. When it rains, the water rushes down the mountain carrying rocks and mud. He tries to get out of the way as fast as possible. But he gets stuck. Imagine being an adult and being pelted with rocks and mud. When I met him, I realized that wheelchairs don't help in a place like this. Wheelchairs won't get you up the mountain. You need your legs....

We would sometimes walk for 30 minutes before we would see a home, because they're not so close to one another. It was lonely and scary, walking through the trees and rocks. The challenge was getting as far as we could, keeping in mind how long the journey back would take. If we walked three hours to get to a home, we needed to be sure we had three hours to get back before dark. And all that with the possibility of not finding a child at home and having to return another day.

At one point I just sat down. My feet ached. I was sunburned – and until this trip, I didn't think black people could get sunburned.

But we had to keep going to save someone's life.....

Read the rest of Patience's story here.

Source: Rotary International (<https://www.rotary.org/en/go-journey-polio-vaccinator-uganda>)

We, too, must keep going! Today our clubs have raised \$106,840 with all but 8 clubs contributing. Thank you!!



ROTARY *DOING GOOD IN THE WORLD*

CELEBRATE ROTARY'S 114TH ANNIVERSARY FEBRUARY 23RD WITH A VIRTUAL REALITY EVENT!

Share the inspiring work of Rotary and our Rotary Foundation – and grow Membership! – hold a Virtual Reality Event! Virtual Reality films offer a 360-degree simulation that places you in the midst of what you are viewing. You are There! It is a powerful experience!

Rotary has three Virtual Reality Films: Two Drops of Patience, I Dream of an Empty Ward and One Small Act. Rotary plans to produce additional VR films highlighting our areas of focus.

A VR Event is a new and exciting way to share our story and the impact of our work through The Rotary Foundation! **What better way to celebrate our 114th Anniversary?**

To view Virtual Reality (VR) films, all you need is a Viewer, a Smart Phone with the Rotary VR app downloaded, and basic earbuds or noise-cancelling headphones.

Resources from Rotary International:

Planning a VR Event: Learn what equipment you need, how your space should be set up, and how to promote your event.

Download the Event Planning Guide

How to involve viewers: After your guests view the VR film, invite them to get involved with your club — as a donor, volunteer, or maybe even a new member. These talking points can help.

Download VR Talking Points

Virtual reality safety: Review this safety sheet and make it available to guests before they view a VR film.

Download the safety guidelines

More information: See our VR page Source: Rotary International.

If you plan an event, please let us all know!



QUALIFY YOUR CLUB TO DO GOOD IN THE WORLD 2019-20

Club Presidents 2019-20 and Club Presidents Elect 2019-20 need to be current with Grant management Training in order for your Club to be qualified for both District and Global Grants. If you are planning to be the primary sponsor of a global grant, you also need to be current with GMT. Additionally, if your club has an ongoing Global Grant, your club must maintain Qualification with both the President and President Elect (currently President Elect and President Nominee) current with GMT. To complete qualification, Club officers must sign and execute the Club Memorandum of Understanding and D5190 Addendum and ensure the Club is in good standing to receive grant funds.

Grant Management Training Opportunities:

- February 2, 2019
1:15- 4:45 pm at the Sparks Nugget; sign up on the District Website
- April 5, 2019
1:15- 4:45 pm at the Sparks Nugget; sign up on the District Website
- ONLINE – 4 successive Monday evenings, 5:00-5:45 pm; dates still TBD; sign up via the District Website using a GoToWebinar link.



Lone District Grant Project 2017-18

Welcome to Lone

ROTARY *DOING GOOD IN THE WORLD*

OUR GOAL THIS YEAR IS FOR 100% SUSTAINING MEMBER CLUBS!

Our goal this year is for 100% Sustaining Member Clubs - And we have our first one! Congratulations to the Rotary Club of Amador Upcountry, our second 100% Sustaining Member Club.

Sustaining Members are those who give \$100 to the Annual Fund of The Rotary Foundation. Using Rotary Direct, that is just \$25 per quarter or \$10 per month.

Congratulations to our top 5 Clubs as of January 28th!

- **Jackson – 100 % Sustaining Members**
- **Amador Upcountry – 100% Sustaining Members**
- Sparks Centennial Sunrise – 88% Sustaining Members
- Grass Valley -76.3 % Sustaining Members
- Carson City – 73.8% Sustaining Members



32.3%
DISTRICT-WIDE
SUSTAINING
MEMBERS



100% Every Rotarian Every Year Club

(every member gives \$25 or more to the Annual Fund)

- Rotary Club of Amador Upcountry
- Rotary Club of Jackson
- Rotary Club of Susanville Sunrise

100% TRF Giving Club

(every member gives \$25 or more to any Foundation designation)

- Rotary Club of Amador Upcountry
- Rotary Club of Elko Desert Sunrise
- Rotary Club of Jackson
- Rotary Club of Reno South
- Rotary Club of Susanville Sunrise
- Rotary Club of Tahoe City

NEW GRANT DOCUMENTS FOR 2019-20!

With the new year, we have updated Grants Policies, timelines, spending plans and other details for 2019-20. One very exciting change is **Bonus District Designated Funds**. Clubs will receive Bonus District Grant funds based on their Annual Fund giving three years ago. All of our District Service Grant Funds come from our Annual Fund giving three years ago; this new program will allow our Clubs to see a direct connection to and tangible benefit from their Annual Fund Giving. Check our District Website for all the details: Grants.

(<https://www.district5190.org/sitepage/grants>)

For more information, please contact District Rotary Foundation Chair Wyn Spiller wyn.spiller@gmail.com or District Grants Chair Ramona Delmas radelmas@gmail.com.

CALL FOR COUNSELORS FOR RYLA SUMMER 2019!

It's time to start thinking about our Rotary Youth Leadership Awakening (RYLA) sessions for 2019! We are now recruiting counselors for this summer.

There are three sessions, as follows:

Session A: June 16-21

(counselors arrive on the 15th)

Session B: June 23-28

(counselors arrive on the 22nd)

Session C: July 7-12

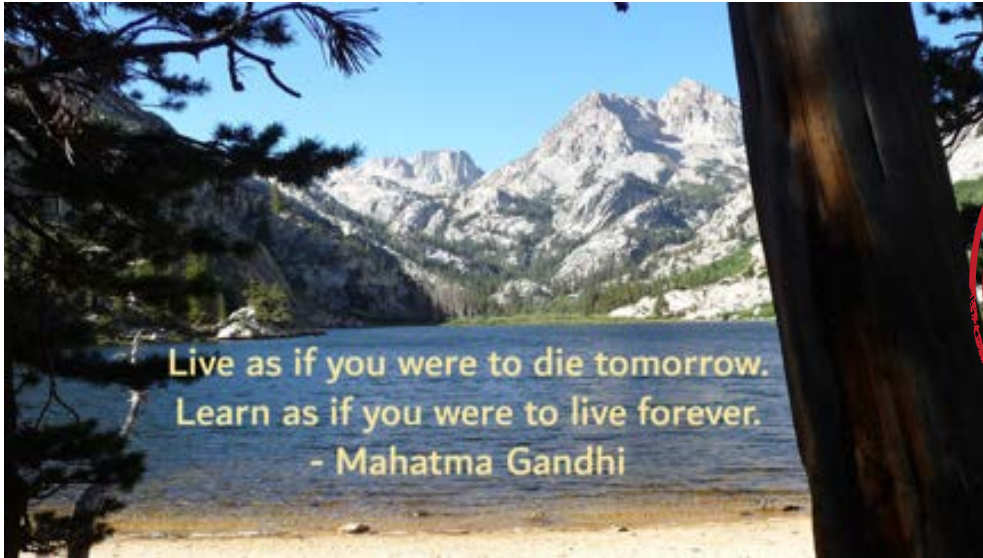
(counselors arrive on the 6th)

The program starts on a Sunday when the campers arrive, with the counselors coming in a day earlier on Saturday.

Please follow this link for more information and to apply: <http://www.camp-ryla.org/Counselor>, filling out both the Application and Background Check Permission Form.

If you have any questions, you can e-mail Amy Abatemarco at amyabatemarco@gmail.com.

“SPRING TRAINING ALL YEAR ROUND” D5190 EDUCATION



It is said that continuous learning is one of the keys to happiness. Perhaps that is why Mahatma Gandhi said: “Live as if you were to die tomorrow. Learn as if you were to live forever.” Learning refreshes our thoughts, stimulates our brain, and provides new insights to the world around us.

Taking advantage of LEARNING opportunities within our district and in our Zone is definitely a way to increase your understanding of the scope of Rotary, and develop your own leadership skills. District 5190 offers ongoing learning and educational opportunities from which both new Rotarians and seasoned ones can benefit.

Continuous learning can lead to continuous improvement within our clubs, which can lead to greater accomplishments, which can lead to ongoing inspiration and motivation. And just perhaps, to happiness.

SOMETHING NEW ONLINE: TechEasy Webinars!

In January, we piloted three TechEasy Webinars to understand how to navigate around our District 5190 website and the Rotary International website – both the outer public pages and the members only sections. Each webinar is between 45-60 minutes long. Now we are offering it to YOU!

PRESIDENTS ELECT: These are targeted for you! In February and March, we are offering these TechEasy Webinars again, with our primary audience expected to be our Club Presidents Elect.

- 2/13 and 3/13 - Navigating the public side of our District 5190 & Rotary International websites
- 2/20 and 3/20 - Exploring the Members Only sections of district5190.org / District Clubrunner with a focus on entering/ changing Membership and Club Executive information, attendance, and District Grants
- 2/27 and 3/27 - Exploring the Members Only sections of my.rotary.org with a focus on Rotary Club Central, the Brand Center, entering/updating/viewing Club Goals, pulling club reports, personal donation history, and global grants – and much more!

ALL PRESIDENTS ELECT ARE ENCOURAGED to attend the TechEasy classes to be better prepared for your year ahead. More details will be coming out and will be posted on the district calendar. They will be offered live in February before PETS, and in March before CLA. The recorded versions are also available for viewing on the District Website. Go to the For Members Tab, In the dropdown menu, hover over/select Training, then select District Webinars from that dropdown menu. You will see TechEasy Parts 1 through 3. Watch at your leisure. For more information, please contact DGN Berta Pickett at pickettcoaching@gmail.com.

Club Leadership Assembly - CLA – April 6, 2019

Club Leadership Assembly will be held 4/6 at The Nugget, in Sparks, NV. Every club's leadership team plus new members and all other interested club members should sign up to see next year's vision and to start building the plan for your club's 2019-20 year. Registration on the district website. Contact Robin Milam for more info at robin@the-milams.com.

“SPRING TRAINING ALL YEAR ROUND” D5190 EDUCATION

Rotary Leadership Institute (RLI)

RLI is being offered in multiple places across our district between now and the end of 2018-19. You can attend in your area OR ANYPLACE ELSE. It might be fun to meet some fellow District 5190 Rotarians from another area!

Here are the dates and locations of the upcoming trainings. Contact your AG if you want to attend.

- Feb. 16th: RLI 1 in Portola
- April 13th: RLI 2 in Portola
- Date TBA: RLI 2 in Auburn
- March 30th: RLI 2 in Carson City
- Dates TBA: RLI 1 and 2 in Truckee
- May 17th: RLI 3 in conjunction with the Dist. Conference

RLI is a powerful, interactive learning experience for all Rotarians – emerging leaders, soon-to-be officers, new members, and even partners and prospective members. Everyone can learn something!

RLI -1 FOCUS ON YOU, THE ROTARIAN. To understand the amazing organization that is Rotary, and how to tap into its power to make a profound difference in your life, your community, the world

RLI -2: FOCUS ON YOUR CLUB. To investigate how best to help your club to make a real difference. Work on team building, communication, attracting new members, and more.

REL-3: FOCUS ON YOUR ROTARY JOURNEY. To explore how to get the most out of YOUR Rotary Journey, with diverse Rotary opportunities for personal, community and professional growth and development, and how to support your fellow Rotarians on their journeys.



Visioning for Clubs

Visioning is taking off. What is Visioning? This is the opportunity for your club to identify what it wants to do and where it wants to go over the next three years. Visioning is a powerful and fun approach to identifying and documenting your club members' interests and ideas. The Visioning Team will facilitate the process. Karen McDonald is leading the charge. Contact her at karenmcdon@aol.com. Congratulations to all the clubs who are scheduled or have already gone through it or are repeating the process!

Grants Management Training (GMT)

The next in person GMT will be offered prior to PrePETS on February 1st. Register on the District website. If your club wants to apply for a district grant next year, the club president (who is now PE), the president elect (who is now PEN), and at least one other club member must be current in their training. Once you have taken GMT, it is good for three years.

PETS

Presidents Elect Training, better known as PETS, is just around the corner, in San Jose, the weekend of March 8-10. Any Presidents Elect who have questions should contact DGE Randy VanTassell at rvt5190@gmail.com

Rotary Academy

Don't forget about Rotary Academy! This training is all about Rotary, from A to Z. It is a self-paced, online learning that is perfect for new Rotarians AND for presidents elect. Contact our chair, Karen Grosz at kgrosz@gmail.com for more information. Take the time to really learn about ALL aspects of Rotary. It's well worth your time.

OPPORTUNITY TO PARTICIPATE IN A GLOBAL GRANT

ROTARY GLOBAL GRANT (GG 1756421)

Centro Medico Filadelfia Hospital and Clinics, are located in Baja, Tijuana, Ejido district of Matamoros. This surgical hospital and clinic provides health services to an under-served population of thousands and is available 24 hours every day. The Clinic provides a range of services, from major surgeries to newborn deliveries to preventative consultations. Under the expert care of the Doctors and staff, hundreds of sick and indigent people receive medical treatment each month at Hospital Filadelfia in Tijuana.

Centro Medico Clinica Filadelfia II is owned by Real Life Ministries, a U.S. and Mexican non-profit corporation. Over the past 20 years, Luke Medical Foundation helped establish their surgical program and dental facilities, providing equipment and training as well as funding for development and also funding for surgical treatment of the indigent. This facility supports the specialty and extended care needs to not only the local community in this poor region but also the surrounding communities where the staff and volunteers conduct outreach clinics.

Contact Dan Bibelheimer ncdan1223@earthlink.net 530-713-4269



SPECIALIZED SURGICAL EQUIPMENT TO MEET THE NEEDS

Focused Area Of Need: Hospital and Dental Equipment

We are pursuing a **Global Grant** from The Rotary Foundation that is currently estimated to be around \$200,652 USD. Nevada City 49er Breakfast Rotary is partnering with Host Club, Tijuana Oeste of District 4100 to raise \$58,000. There are currently several clubs committed to this project in Mexico and the USA. We are half way there at \$28,000. **We are looking for others to join with us in this effort to move the hospital and the outreach equipment into the 21st century.**

Priorities to help build sustainability

Aging equipment needs upgrade to maintain certifications

- Surgical table and accessories, instruments, & cautery
- Surgical operatory lights
- Anesthesia equipment & IV infusion pumps
- Pre-natal and neo-natal resuscitation tables/incubators
- Oxygen monitors
- AED defibrillators in surgery and clinic
- Portable Ultrasound for pre-natal and surgical use
- Transport gurney

Add new equipment and instruments to expand services

Update and replace dental equipment

Digital Dental panoramic x-ray

Dental clinic alternate power supply.

Support for hospital, outpatient clinic, dental clinic and mobile clinics

Questions? ... or to schedule a visit to your Rotary Club

Contact Dan Bibelheimer ncdan1223@earthlink.net 530-713-4269



The equipment at Filadelfia Hospital was some of the best available in 1950. Needless to say there is a great need to modernize the re-equip the surgery suite.

A CALL TO ACTION: FINDING DISTRICT 5190'S NEXT PEACE FELLOW

As we enter February, the month of "World Understanding", it is time to focus on identifying the District's next Peace Fellow. I am your District Peace Fellow Chair this year and I am excited to send out this Call To Action.

Every year, The Rotary Foundation awards 50 fellowships for a Master's degree and 50 for a Certificate Studies at premier universities around the world. The Master's degree program lasts 15 to 24 months and requires a practical internship of two to three months during the academic break. The professional development Certificate program last three months with two to three weeks of field study.



copyright Rotary International Monika Lozinska

The purpose of this program is to advance peace around the world, and as Rotarians we have the opportunity to share this valuable gift with a deserving individual. This is all in the line of promoting peace and conflict resolution.

Through academic training, practice, and global networking opportunities, the Rotary Peace Centers program develops leaders who become catalysts for peace and conflict prevention and resolution. These fellowships cover tuition and fees, room and board, round-trip transportation, and all internship and field-study expenses.

In just over a decade, the Rotary Peace Centers have trained more than 1,000 Fellows for careers in peacebuilding. Many of them are now serving as leaders at international organizations or have started their own foundations.



copyright Rotary International Alyce Henson

Rotary Clubs are the foot soldiers of Rotary and we are reaching out to you to find our 2020-21 peace Peace Fellow candidate. We are looking for an individual that meets the following requirements that have been established by Rotary International:

- Proficient in English, a Second Language is strongly recommended
- Demonstrated commitment to international understanding and peace
- Excellent leadership skills
- Master's degree applicants: minimum three years of related full-time work or volunteer experience, Bachelor's degree
- Certificate applicants: minimum five years of related full-time work or volunteer experience, strong academic background
- Candidates cannot be Rotarians or immediate family member of a Rotarian



This is a call to service to the Clubs. How do we recruit a Peace Scholar? Well, I'm glad you asked, here are a few tips to recruiting and supporting a global scholar.

- Appoint a Subcommittee Chair in your Club to champion the recruiting effort.
- Use your network: Project partners and local organizations such as local universities, colleges, or community colleges may be able to refer candidates from their staff or their networks.
- Talk with candidates about their experience and motivations, and be honest about their fit for the program: How will they handle being away from family and friends? How will they cope with the stresses of living in a different culture?
- Help potential candidates with their application, ensure that the candidates incorporate information in their essays about goals and why they Rotary Peace Fellowship is right for them.
- Contact the District Peace Fellow Chair when you have a potential candidate, we are ready and able to help you through this process.
- Share this video with a potential applicant <https://vimeo.com/rotary/rotary-peace-fellow-application-checklist>

Nominations for Peace Fellows for the 2020-21 academic year are due to District

**APPLYING FOR A
ROTARY PEACE FELLOWSHIP?**

on 31 May, 2019. At that point, the candidate(s) will be interviewed by the District Committee, and if endorsed their application will be sent to RI by July 1, 2019. Once the application is transmitted to RI, they will make the final selections and RI will administer the grant. The Club has no financial or time commitments other than maintaining contact with their Peace Fellow.

This is a wonderful opportunity to share the gift of Rotary and move the bar forward for World Peace and Understanding. To find more about Rotary Peace Fellows, please go to MyRotary.com or contact me at cwesner@lumosinc.com

Craig Wesner
Rotary Club of Reno
District 5190 Peace Fellow Chair 2018-19

ROTARY PEACE FELLOW

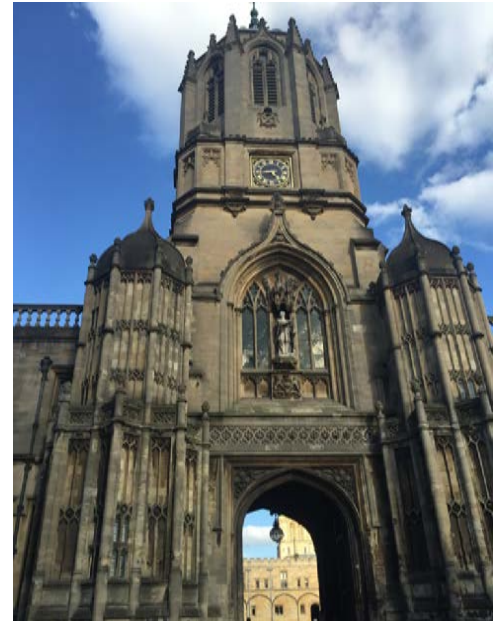
In September, 2015, I was selected as a World Rotary Peace Fellow to pursue my master degree in conflict and peace studies in Bradford, England. Thanks to the unwavering support of Rotary District 5190 and the Rotary club of Reno, I was able to complete my studies in December 2016. Rotary peace fellowship gave me a lifetime opportunity and experiences that I will never forget.

The diverse body of students and the depth of knowledge and expertise of my professors at Bradford University were extraordinary. Due to my work with US military in Afghanistan, I knew the practical side of the war, but in Bradford, I learned the different theories and analysis of conflict that breaks the cycle of conflict and poverty. Through lectures, seminars and weekly workshops, I learned the necessary tools that break the cycles of violence, poverty and extremism.

Besides the regular courses, peace fellows were also required to complete a three months AFE (Applied Field Experience) to do research on a topic and write a senior level thesis in order to complete the fellowship and earn a master's degree. For my AFE, I chose Washington DC where I closely worked with IPSI (International Peace and Security Institute) and with the Afghan Embassy. My thesis was based on the relationship between Taliban and Pakistan and its impact on Afghanistan's stability and peace.

Aside from books, and theories what I really got from my fellowship was that most people from all corners of the world are the same. They want to live in peace and provide for their families. And the most common factor of nearly all conflicts is the lack of understanding and mutual respect between people that leads to more misunderstanding and eventually to conflict. Interaction and mutual respect and understanding are the keys to preventing conflict and wars.

After the completion my degree, I returned back to Reno where I am currently working as an Associate Advisor with a local Investment firm, named Frist WallStreet Financial Advisors. My wife, Asma and I are also involved in helping the refugee families in Reno. We volunteer helping these families training them with necessary knowledge on how to be successful in America. From speaking English to going to good schools, integrating into the society and becoming a vital part of the community is our main message to these new families in Reno. They are doing well, and it is a special joy and feeling to be able to interact with them, and be part of their success and journey in America. We have been so blessed in this country, and we make it our mission to pay it forward and make a positive impact on others people's lives.



ROTARY PEACE FELLOW

Just over two years ago I began to embark on my first ever journey with Rotary—one that I now know will not be the last. From the very beginning I was supported as a Rotary Peace Fellow and encouraged to create meaningful research in the space of Peace and Conflict Resolution. Two and a half years on and I can attest that it was nothing short of transformative. I want to share with you what this experience has meant for me, what I got from it and what I am doing now. It is a critical program of Rotary's and I hope to see it blossom and gain more traction.

I am from the U.K but grew up in South Africa during Apartheid, it was a time of great divide and I knew even as a child that this felt incredibly unjust-- I think this spurred my connection to community action and my career unfolded somewhat naturally. My career has been based mainly in Asia for the last decade, with my main focus on community level development with education and communication as main drivers. Before I was accepted to the program I was managing in a small NGO focused on improving livelihoods and education in rural areas of Siem Reap, Cambodia. We ran clean water programs and this is where I first came acquainted with the crucial work of Rotary.

The Rotary Peace Fellowship enabled me to build on my existing practical field work, and to find new ways to envisage peace in practice. Rotary kindly supports a field work experience anywhere in the world over the summer called an Applied Field Experience (AFE). For my AFE field work I did an extended research, training and intern experience!

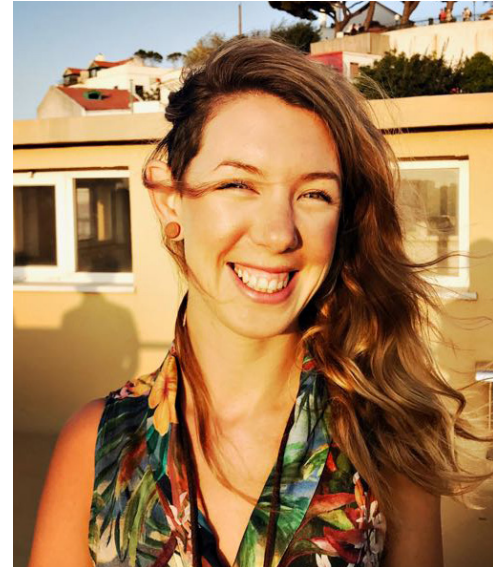
This is such a valuable and important part of the fellowship. I worked with an academic research institute called DITSL and then worked in Tanzania with them on a German government run food security project with small-hold farmers, to improve food security in rural areas. I ran video workshops & participatory monitoring and evaluation for the end stages of their 5 year program, which the data was used for my thesis. As well as this I got to attend a workshop in Austria on Peace Education. I am so grateful to Rotary for the opportunity, it was such an informative learning experience.

Being in Japan, which is one of 5 Rotary Peace Centers was absolutely phenomenal. The country is fascinating and their dedication to peace, marked by their not so long ago turmoil is an interesting space to study the subject. I was welcomed with open arms by my Japan hosts and also felt supported throughout by every part of Rotary, including District 5190. I continue to feel very lucky to have made it through the application process and be supported by Rotary Club of Truckee and District 5190.

I have recently moved to Lisbon, Portugal as my mother lives nearby and after 10+ years abroad I want to be closer to family. I am currently building my own consultancy which I would not have felt brave enough to embark on if it was not for this Fellowship. I feel I am armed with the right tools, support and motivation to make this happen and with this I am deeply grateful to Rotary. My consulting efforts support charities and organizations on strengthening local level impact, though effective collaboration and participation, strategic development and monitoring & evaluation. I am focused on improving communication streams and educating donors in ways to chose projects and ensure impact. I will also collaborate with Rotary on this, especially considering how Rotary has such big ideas and heart, there is always room to create further impact from global to local. Wanting to give in service is a beautiful thing, but giving in service that reaches impact is even better and Rotary is a good model for this. If you want to learn more or feel there is room for collaboration please contact me on aplum.consultancy@gmail.com

Thanks again to Rotary for allowing me enjoy this incredibly special and important journey, and to my hosts in Japan, the Club of Truckee and District 5190 for welcoming me and supporting me throughout. Please keep in touch,

Alex





UPCOMING EVENTS



FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 2019-2020 AG Retreat Grant Management Training	2 PrePETS 2019 Casino Night "Woodstock - Again!" (Grass Valley Rotary)
3	4	5	6	7	8	9 RYE Inbound Orientation #3 RYE Outbound Orientation #1 Visioning-Nevada City 49er Bishop Sunrise International Feast
10	11	12	13 TechEasy-1: Navigating district5190.org/rotary	14 	15	16 Area 2 Rotary Leadership Institute Session 1
17	18	19	20 TechEasy-2:- Inside district5190.org	21	22 Area 7 Foundation Dinner	23 Mardi Gras Party (Carson City) Visioning - Jackson Club
24	25	26	27 TechEasy-3: Navigating Inside my.rotary.org	28		

28TH ANNUAL CASINO NIGHT

ROTARY CLUB OF GRASS VALLEY

SATURDAY FEB. 2 2019
6:30 pm - 10

WOODSTOCK AGAIN

NEVADA CO. FAIRGROUNDS
11228 McCOURTNEY RD. G.V.

\$25 DONATION

NO HOST FOOD & BAR • SILENT AUCTION
DRAWING & RAFFLE • GAMES • MUSIC
THEME COSTUMES ENCOURAGED
(BUT NOT REQUIRED) FOR A CHANCE
TO WIN THE PEOPLES' CHOICE AWARD!

PROCEEDS TO BENEFIT PROGRAMS FOR THE YOUTH & SENIORS OF NEVADA CO.

Tahoe-Douglas Rotary's St. Patrick's Celebration

Silent Auction & Fun-draiser ShinDig!

6-10 pm Friday, March 15 2019
Harrahs' Tahoe

Come to Tahoe for Fun & Frolic.
Shake off the Winter Doldrums with fellow Rotarians

Get Your Irish On!
Irish Buffet Dinner • Hosted Wine Tasting & Beer Bar
Huge Silent Auction • Live Band & Dancing

EXCLUSIVE OFFER FOR DISTRICT 5190 ROTARIANS:

Event Tickets and Hotel Accommodations
Package from \$130*. pp/dbl.ocp.

For Tickets & Room Package Info
5190pak@TDRotary.com

Latest Updates
[Facebook.com/TDRotary](https://www.facebook.com/TDRotary)

Event Info & Silent Auction
[501auctions.com/TDRotary](https://www.501auctions.com/TDRotary)

*Package quote does not include any resort fee or local taxes.
Offer valid through 3/1/19

ROTARY CLUB OF RENO PRESENTS

MARDI GRAS

SAVE THE DATE

FAT TUESDAY
March 5, 2019 | 5:30PM - 9:30PM

Reno Ballroom, 401 N Center St., Reno, NV

FOR TICKETS AND MORE INFORMATION VISIT
MARDIGRASRENO.COM

Mardi-Gras Food, Wine & Spirits

Rotary 4-Way Fest

Meet Rotarians from Northern California and Northern Nevada!
Exchange Ideas! Celebrate Your Success!

Districts 5130, 5150, 5160, 5190

May 17-19, 2019

PEPPERMILL
RESORT • SPA • CASINO • RENO

Register at RotaryDistrict5190.org

BE THE INSPIRATION



ROTARY LINE UP

ROTARY & DISTRICT OFFICERS 2018-2019

Rotary International

President – Barry Rassin

President-Elect – Mark Maloney

Vice President – John Matthews

Treasurer – Peter Iblher

Director – John Matthews

Rotary District 5190 Advisory Board

District Governor – Tina Spencer-Mulhern

Immediate Past District Governor – Doug McDonald

District Governor Elect – Randy Van Tassell

District Governor Nominee – Roberta Pickett – Non Voting

District Governor Nominee Designee – Anita Daniels – Non Voting

Treasurer – Dave Kary

Secretary – Larry Harvey

District Executive Assistant – Ginny Lewis – Non Voting

Administration – Doug McDonald

Service – Chris Pierce

Foundation – Wyn Spiller

Membership – Steve Mestre

Youth Service – Lindy & Gordon Beatie

Club Administration – Judy Clark

Communications – Dave Zybert

Public Image – Randy Rascati

District Conference Chair – Bill Boon – Non Voting

Assistant Governors

Area 1: Terry Johnson

Area 2: Pete Hochrein

Area 3: Sherilyn Laughlin

Area 4: Anita Daniels

Area 5: Stacy Graham

Area 6: Vickie Christensen-Mclain

Area 7: Richard Forster

Area 8: Bill Boon & Bret Meich

Area 9: Bill Kirby

Area 10: Lorie McMahon

Area 11: Helen Hankins

Area 12: Elizabeth Cavasso & Jim Cavasso

Area 13: Jeff Gabriel