

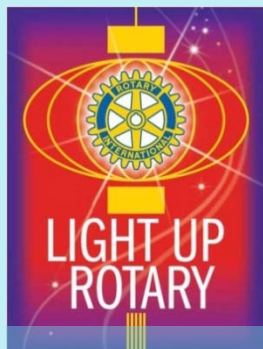


Rotary Club of Citrus Heights

www.chrotary.org

Service Above Self

October 1, 2014



Administration &

Scholarship

John Blonskij

Public Relations

Alex Turcotte

Membership

Diane Riehle

Vocational Service

Mark Cimino

Club Service

Rich Hale

Community Service

Jeff Slowey

International Service

Joe Gillis

Youth Service

Charlie McCommish

Incoming RYE Counselor & Catering

Debbie Scott

Outgoing RYE Counselor

Lucia Hernandez

Greeter

Vincent Jenkins

FOUNDED 1964

R.I. President

Gary C.K. Huang

District Governor

Fred Teichert

Assistant Governor

Area 8

Fred Rowe

CLUB ID 522

Club President

Jessica Mang

President-Elect

Web Master/Bulletin Editor

Gail Moxley

Treasurer

Christi Woodard's

R.I. DISTRICT 5180

Secretary

Bulletin Editor

Laura Powell

Club Foundation

Justin Whitsell

R.I. Foundation

Bob Churchill

A WORD FROM OUR PRESIDENT



October is Vocational month. We started with a program on workplace violence prevention and have plans for a Club Assembly, an exciting adventure to Atlas Disposals' digester plant, and a Mystery Tour!



President
Jessica Mang

Vocational month is all about "encouraging and fostering":

- High ethical standards in business and professions
- The recognition of the worthiness of all useful occupations
- The dignifying of each Rotarian's occupation as an opportunity to serve society

As a Rotarian, how can you put these ideals into action? Consider these suggestions:

- Talk about your vocation in your club, and take time to learn about fellow members' vocations.
- Use your professional skills to serve a community.
- Practice your profession with integrity, and inspire others to behave ethically through your own words and actions.
- Help a young person achieve his or her career aspirations.
- Guide and encourage others in their professional development.

If you do any of these things, you are performing vocational service. And if vocational service motivates and energizes you, then you're in the right place, because vocational service is the very essence of Rotary. It is what sets Rotary apart from other service organizations.

Now get out there and encourage and foster!



THE FOUR-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 & BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

Rotary Club of Citrus Heights

SPEAKER OF THE WEEK

WORKPLACE VIOLENCE

October is Vocational Month, and Hector Alvarez is here to speak on workplace violence. He has a Facebook page—Violence Prevention Academy.

He discussed the three things that all criminals want:

- They want to take something from you that you don't want to give (person, property, ideology, etc)
- They want it to be easy.
- They want to get away.

Anything you can do to disrupt those three things will protect you from being a victim. Eg. Lock doors, lighting, alarms, etc.

Be alert to one's mindset—decide to survive and don't look like a victim (eg walk with head up, shoulders back, have keys ready if heading to car, don't stand around staring at your phone) Also, use your voice "No!" with conviction.

Use your intuition (knowing without knowing why). Too many people are too quick to dismiss thoughts such as "that person is acting suspicious" or want to be helpful/seen as nice. Listen to your intuition and don't be afraid to speak up! He gave the example of a store manager at the Folsom Outlets who saw two men walking past her store multiple times. They looked suspicious and she even thought to herself "They are going to rob me" but she never called security.

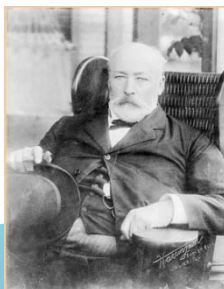
Have situational awareness. This is not just being aware of one's environment—it is also "what is different than normal?"

*Continued on
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Quote For The Day

*Nothing is too small to know,
and
Nothing is too big to attempt.
- William Van Horne*



OBJECT OF ROTARY

- **FIRST**-The development of acquaintance as an opportunity for service.
- **SECOND**-High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society.
- **THIRD**-The application of the ideal of service in each Rotarian's personal, business, and community life.
- **FOURTH**-The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

UPCOMING MEETINGS/EVENTS

- October 8, 2014 Meeting
- October 15, 2014 Meeting
- October 21, 2014 Board Meeting
- October 22, 2014 No Lunch Meeting – 4:45pm Mystery Dinner Instead
- October 29, 2014 Meeting
- November 5, 2014 Meeting
- November 12, 2014 Meeting
- November 14, 2014 BBQ & Brews
- November 19, 2014 Meeting
- November 26, 2014 – NO MEETING

To Register-[Click Here](#)

Rotary Club of Citrus Heights

WEEKLY REPORT

- Visiting Rotarians: **Mike Bollington** from the Sacramento Club and **Aaron Spencer** from the Historic Folsom Club
- Guests: **Hector Alvarez** and wife (speaker for today), **Charla Barringer** (manager of **Mark Cimino's** Auburn Oaks facility), **Camille Simonis** (RYE student from Belgium), and **Rich** (from Advanced Pest)
- **Justin Whitsell** is home sick today, so no Club Foundation update.
- **Ray Riehle** reminded us that people who want to volunteer are around us all the time: bankers, hairdressers, etc). They are just waiting for someone to give them an opportunity, so ask them to join us today! October 16th is the next Fireside Chat for new and prospective members.
- **Bob Churchill** said our club is slow to make progress for our goal of \$5000 donated to the International Foundation this year. The club currently has 19 Paul Harris Fellows, 20 members who have started toward their first Paul Harris, and 4 new members need to start.
- Vocational Minute with **Jack Duncan**: **Jack** was born in California as a "poor, white, Okie". His early jobs were in a soda shop, a movie theater, and a grocery store. He moved with his father to Humboldt County with the eventual goal of moving to Alaska, but he never made it to Alaska. He eventually made it into the car wrecking business and managed some yards before buying his own. (His grandparents owned one in Roseville during the 1920s and 1930s). He, his wife **Jean**, and son **Mark Duncan** have built the business into the largest Jeep wreckers in the world. (More on that next week as **Mark** gives a vocational minute speech.) When they bought J & W Auto Wreckers, it stood for James & Wegge, and they kept the name. **Jack** said now it is known as "Jack & Wife" or the secret name, which **Doyle Phelan** www.jwjeep.com for more details on services provided.



BIRTHDAYS & ANNIVERSARIES

Birthdays

Bob Churchill 10/16
Laura Powell 10/18
Carlos Verrett 10/27

Rotary Anniversaries

Charlie & Tobi McComish 45yrs
Jack & Jean Duncan 60yrs
Dean & Kathy Henricks 44yrs

Anniversaries

Tony David 14yrs
Carlos Hernandez 1yr
Lucia Hernandez 1yr
Christi Woodards 5yrs



Mystery Dinner

MYSTERY DINNER ARE YOU ATTENDING???

Tina Shaw said that it is \$25 per person, and there will be good food, desserts, games, and prizes! Every day casual dress is appropriate. Meet at 4:45 in the Community Center parking lot on October 22nd. Remember, there will be no luncheon that day.

www.chrotary.org

Rotary



Rotary Club of Citrus Heights

EVERY
ROTARIAN
EVERY
YEAR

VOCATIONAL SERVICE

Rotarian Action Group helps countries grow indigenous crops

Australian Bruce French has been eating locally for 35 years– long before it became a culinary trend. Now he's working with Rotary members to help countries struggling with food security do the same.

French founded the not-for-profit Food Plants International, which maintains a database of 25,000 edible plants that includes descriptions, lists of countries and climates where they grow, photos and drawings, and cooking methods.

Continued on page 6

Bruce French at a market in the Solomon Islands, where Learn Grow launched a local foods project.



Need to Make-Up a Meeting-[CLICK HERE](#)

District 5180 Website-[CLICK HERE](#)

Rotary International Website-[CLICK HERE](#)

www.chrotary.org

NEXT WEEK'S SPEAKER

October 8, 2014

Get up to date information about the Citrus Heights Rotary Club.

Service Projects?
Grants?
International Project?
AND MORE!!!!



ROTARIAN PROFILE

Rotarian: Gail Moxley

Spouse: Aaron Moxley

Children: Rachel-23, Amanda-20,
Emily-15, Camille-17 RYE



Pets: Mia-my other child



What do you like best about being a Rotarian?

The service we provide to our community and the underserved.

Who invited you to join rotary? Bill VanDuker

If you could do only do one thing to change the world, what would it be? Stop Sex trafficking



Favorite TV Show? MASH

Favorite Movie? Any good chick flick

First Job? McDonalds




Dignity Health.
Mercy San Juan Medical Center
Hello humankindness.

Business: Administrative Analyst for Dignity Health- Mercy San Juan Medical Center

Rotary



Rotary Club of Citrus Heights

OPPORTUNITY DRAWING



Jackpot is \$300

Mel Turner drew
the 6 of hearts

Jack Duncan drew
the queen of
hearts



FOOTBALL POOL

Football pool!



Doug Loehrer won the first 2
quarters, Bill Van Duker won a
quarter (leading Doyle Phelan
to feel somewhat vindicated
that it is not a scam), and

Diane Riehle won the final score. (Ray graciously
accepted her payment.)

BBQ & BREWS

Citrus Heights First BBQ Competition

Rotary

COME JOIN US
NOV. 14
@ THE CITRUS HEIGHTS
COMMUNITY CENTER
DOORS OPEN @ 6PM | ENDS AT 10PM

TICKETS: \$40/PER

Early savings of beer, samples of local beer and other treats including the competitive fundraising this

NET EM - CHRISTIANBILLYEVENTBRITE.COM

1ST PLACE
\$500
IN CASH & PRIZES

COMPLETE:
Chicken | Pork | Beef
\$50 TEAM
PER MEAT

Contact to: Al
citrusheightsrotary@gmail.com
for more information

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BBQ & Brews - November 14th at the Community
Center. Tickets are \$35, and you can register at
Eventbrite or send the name, email, phone number and a
check to **Justin** if one prefers to not use Eventbrite.

CHRISTMAS PARTY

SAVE THE DATE
FRIDAY
DECEMBER 12TH
STONES CASINO

FINES

Fine Master (Rich Hale)

- **Ray Riehle** \$1 for being late
- **Rob Deatsch** \$1 for being late
- **Doug Loehrer** for not
introducing **Aaron Spencer**
(there was some dispute as to
Mr. Spencer's location when
introductions were solicited by
the president)
- **Joe Gillis** \$1 for something
- **Rob Deatsch** \$1 for not remembering Evan Jacobs' name earlier



- **Bob Churchill** \$1 for
trying to jump in on the
dictionary project
- **Mel Turner** \$2 for
something about his
campaign
- Anyone not wearing
badge/pin \$1

WHEEL SPINS

Spin The Wheel



Scott Nygard spun \$16 for
winning the golf ball drop
and for attending his high
school reunion.

Joe Gillis spun \$12 for
paying for an iron railing to
be installed 4 years ago, and
the job finally got done!



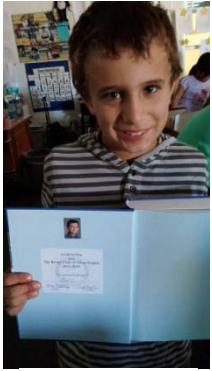
We still need to find an
outbound exchange student.
He or she needs to be 15-17
years old.

The Rotary Youth Exchange
Program



Rotary Club of Citrus Heights

Gail Moxley was presented with the Rotarian of the Month award by **Jessica Mang** for her work with the website, email blasts, and jazzing up the newsletter from the write-ups by **Laura Powell**. As **Jessica** stated, a lot of the work **Gail** does is not very visible, but it is necessary to keep the club running! Thanks, **Gail**!



Bill Van Duker spoke about handing out 84 dictionaries to the 3rd graders of Kingswood Elementary. **Bill** said he asked if anyone knows Miss Gloria at the Sayonara Center, and many raised their hands. **Bill** told them about the Rotary involvement with the bus for the center. **Bill** encourages anyone who has not participated in the dictionary project to tag along on a trip to a school to see how rewarding this project is.



Jessica reported that 8 teens from the Interact Club at Mesa Verde HS helped set up at the Sunday Fun Day, and she would really like to give them the support they need from our club.

WORKPLACE VIOLENCE continued Many times crimes have pre-incident indicators. For instance, investigators found that there were 27 indicators that went unreported for the Virginia Tech shooter. If any of those had been reported, then perhaps the series of events that led up to the tragedy could have been interrupted. Again, don't break down when trying to protect oneself. We are too nice—will you fight as hard for yourself as you would a baby about to be harmed? Practice saying "No! Leave me alone!" until you can mean it. The body can't follow if the brain does not believe it.

Rob Deatsch asked if using wasp spray was better than pepper spray like he has heard some people say. **Hector** agreed that it can be very effective, but he also warned that anyone who wants to use it should practice because people go to their lowest level of training when in an actual event. (Like my poor friend who forgot the number to 911 when his wife's c-section stitches broke—a true story!) **Mark Cimino** asked if it is better to throw your wallet at a robber or try to stand up to him, and **Hector** said every situation is different and so there is no one best answer.

VOCATIONAL SERVICE CONTINUED "There are thousands of nutritious plants, but people don't have any information about them," says Buz Green, an agriculturalist and member of the Rotary Club of Devonport North in Australia. "We're trying to bridge some of the gaps." Green launched the Learn Grow project with French in 2007 to help people in developing countries grow local food that suits their nutritional needs. The project receives support from the Devonport North club and Rotary District 9830. Early last year, the RI Board recognized the Food Plant Solutions Rotarian Action Group, whose 195 members are helping support Learn Grow efforts. Past RI Director John Thorne chairs the group.

"Rotarian teams in developing countries inevitably identify hunger, malnutrition, and food security as critical issues," Green explains. "They tend to look to Western solutions to address food production issues." The problem, he says, is that Western crops don't have the right nutritional profile for people in the developing world, whose diets often have little variety. Indigenous crops can allow them to eat more nutritiously and are already adapted to local pests, diseases, and climatic conditions. "Virtually every woman in the tropical world is anemic," French adds. "We go there with cabbages and make the situation 10 times worse."

In 2010 Learn Grow launched a pilot project in the Solomon Islands, producing a compendium of local edible plants, field guides for growers, and a book on crops for schools and community groups. Local organizations provide support and distribute information while a qualified agriculturalist serves as a technical support specialist. The project team has received inquiries from 20 developing countries; another effort is underway in North Korea where a Canadian Rotary member will serve as the specialist. The principles of eating locally are gaining momentum in the Western world, French says. "My children and lots of other people thought I was eccentric for 35 years. Now I've become fairly trendy in my old age."



Rotary Club of Citrus Heights

Just Say Hello

It's not the years in your life that count, it's the life in your years. – Abraham Lincoln

More than anything, Sam wanted to become the president of the university's student body. He learned early on that the secret to campus leadership required the simplest act: Speak to those coming down the sidewalk before they even see you.

Sam did it all the time. Whether he was carrying books, papers, or merely taking a stroll, he would keep one eye on the person coming toward him. If he knew the person's name, he would call it out. If not, he'd still speak to them. Before long, he knew more students than anyone in the university, and many recognized him and considered him a friend.

He not only became president of the student body, but president of the senior men's honor society, an officer in his fraternity, and president of the senior class.

An article in his fraternity newspaper described, "Sam is one of those rare people who knows every janitor by name, passes plates in church, and loves to join organizations."

Indeed, his secret weapon was simply being friendly, and it's one that carried Sam Walton far, if not to the top of the business world.

- Norman Rockwell Picture
- Text by Margaret Feinberg

And whatever you do, do it with kindness and love.
THE BOOK OF FIRST CORINTHIANS

