

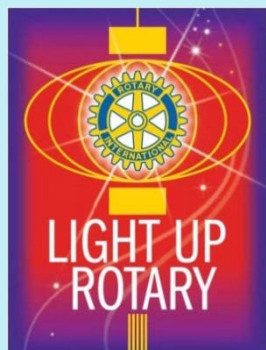


Rotary Club of Citrus Heights

www.chrotary.org

Service Above Self

August 27, 2014



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

R.I. DISTRICT 5180

Treasurer
Christi Woodards

Secretary
Bulletin Editor
Laura Powell

Club Foundation
Justin Whitsell

R.I. Foundation

Bob Churchill

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

Scholarships

John Blonskij

A WORD FROM OUR PRESIDENT

A warm Rotary welcome to our newest member **Carlos Verrett** and congratulations to his sponsor **Doyle Phelan**. It is exciting to see our club add new members because each new member brings so much to the club.



A great big thank you goes out to **Scott Nygard** and **Mel Turner** for facilitating such an entertaining fellowship exercise on Wednesday. Everyone enjoyed having a chance to brush up their skills for the upcoming golf tournament and winning the chance to be fine free next week.

The competitive demons came out full force when the cards were shuffled for the rounds of poker. I can't believe table One took the honors in both competitions. Way to go!!



Please email the El Tapatio fundraiser flier to all your neighbors, friends, and family. Remember you need to bring a copy of the flier with you to be attached to your check. The Ebola crisis is growing and all our help is needed now. This fundraiser is going to allow us to help out, and the size of our check will be commensurate with the effort we put into getting the word out. **NO SALES involved!!** Just spread the word.

[CLICK HERE](#) for the flyer.



President Jessica Mang

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

FELLOWSHIP WEEK

Scott and Mel put on two contests for everyone to get up and talking to each other.

Golf Time: Each person at a table would try to putt golf balls into a cup. The table with the highest number would get a “funny money” dollar that can be used instead of a real dollar when Scott is Finemaster next week.

Poker Time: Then each person at a table picked a card from a deck of cards. The table would then put forth the best two poker hands that can be made from the cards.



Thank You for a GREAT Fellowship Meeting!!!

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

- September 3, 2014 Meeting-New Generations
- September 10, 2014 Meeting-Rotact and Interact Clubs
- September 16, 2014 Evening Dance Performance at Mesa Verde High School – Camille Simonis, RYE Student will be dancing
- September 17, 2014 Meeting-Los Rios Community College Chancellor
- September 19, 2014 Golf Tournament
- September 24, 2014 Meeting Fellowship
- October 1, 2014 Meeting

To Register-[Click Here](#)

Quote For The Day

“Success is not final, failure is not fatal: it is the courage to continue that counts.”

Winston Churchill

Rotary Club of Citrus Heights

WEEKLY REPORT

- No visiting Rotarians today.
- **Visiting guests:** **Larry Alver** of the Parkinson's Association of Northern California, **Conor Hiltz** (son of Laura Powell), **Kristy Hernandez** of Hernandez Law Group, **Codi Stauffer** (sister of Sawyer Stauffer, our outgoing RYE student), **Camille Simonis**, our RYE student from Belgium, **Kathleen Shafer**, **Hayley Stordahl**, **Coree Stahr**, **Akil Prince**, **Rich Wheaton**, **Carlos Verrett**, **Stephane Verhulst**, the club's incoming RYE student from Belgium many years ago.
- **Club Foundation Minute (Justin Whitsell):** Remember there are two types of grants available to help the Citrus Heights community in some way: an open amount grant and the mini-grant, up to \$250. Applications are online.
- **Membership minute (Ray Riehle):** Ray asked the guests why they came to the lunch today, and they said they were invited. **Carlos Verrett**, who will be inducted later, said it was because he likes Doyle (his sponsor). Ray challenged everyone to ask someone "Why aren't you a Rotarian?" and invite them to have lunch with us.
- **Jessica** reminded us to sell those golf ball drop tickets!
- **John Blonskij** presented Hayley Stordahl with a \$500 check for the first part of the \$1000 scholarship. Hayley recently graduated from Mesa Verde High School.
- **President Jessica Mang** presented **Laura Powell** with the Rotarian of the Month award for her work on the newsletter (with assistance from Gail Moxley!)



BIRTHDAYS & ANNIVERSARIES

Birthdays

Alex Turcotte 9/16

Anniversaries

Guillermo & Judith Vergara 9/3

Debbie & Allen Scott 9/15

Mel & Connie Turner 9/24

Rotary Anniversaries

Doyle Phelan 29yrs

Alex Turcotte 1yr

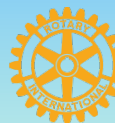
Debbie Scott 2 yrs

Guillermo Vergara 1 yr

Mark Cimino 15yrs



- The fundraiser at El Tapatia restaurant to buy supplies for Ebola virus clinics in Africa is September 9th from 4:00-9:00 pm. Bring a flyer and 25% of proceeds will be set aside for us to send to Africa. **See Page 7 & 8**
- Sign-up sheets went around for volunteering for a Senior Gleaners work day or a Support for Soldiers work day.
- Cupcakes to celebrate birthdays, anniversaries, and Rotary anniversaries for the month of August were handed out.
- **Jessica** read a thank you note from **Olga P.**, one of our scholarship winners



Rotary Club of Citrus Heights

EVERY
ROTARIAN
EVERY
YEAR

Why the Rotary year begins 1 July

The international convention initially played a key role in determining the start date of our fiscal and administrative year.

Rotary's first fiscal year began the day after the first convention ended, on 18 August 1910. The 1911-12 fiscal year also related to the convention, beginning with the first day of the 1911 convention on 21 August.

At its August 1912 meeting, the Board of Directors ordered an audit of the International Association of Rotary Clubs' finances. The auditors recommended that the organization end its fiscal year on 30 June to give the secretary and treasurer time to prepare a financial statement for the convention and board, and determine the proper number of club delegates to the convention. *Continued on pg 5*



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



NEW GENERATIONS
INTERACT - ROTARACT - RYLA

Youth Program

We are still in need of a "New Generations" Chair. Please see Jessica for additional information. Come to next weeks meeting and see what New Generations is all about.



ROTARIAN PROFILE

Rotarian: Mark J. Cimino

Children: Mark Jr., Andre, and Jadon

Pets: 2 Dogs

What do you like best about being a Rotarian? The long term relationships with GREAT people

Who invited you to join rotary? Jeannie Bruins

If you could do only do one thing to change the world, what would it be? Figure out how to do away with conflict .



Favorite TV Show? The Waltons

Favorite TV Show? Secretariat

First Job? Legal Runner for a law firm

Business: *CiminoCare*. Providing senior care options throughout Northern California, including senior living and in home support.

[CLICK HERE](#) for CiminoCare.



Rotary



Rotary Club of Citrus Heights

OPPORTUNITY DRAWING



Jackpot is \$150

Joe Gillis- Ace

Guest- Ace

Both put money
back in the pot!



Rotary Year Continued...

The executive committee concurred, and at its April 1913 meeting, designated 30 June as the end of the fiscal year. This also allowed for changes to the schedule for reporting club membership and payments. Even The Rotarian changed its volume numbering system to correspond to the fiscal year (beginning with vol. 5, July 1914).

Rotary continued to hold its annual conventions in July or August until 1917. Delegates to the 1916 event in Cincinnati, Ohio, USA, approved a resolution to hold future conventions in June, mainly because of the heat in cities where most of them occurred. The next one was held 17-21 June in Atlanta, Georgia.

The term "Rotary year" has been used to signify Rotary's annual administrative period since at least 1913. An article in The Rotarian that July noted, "The Rotary year that is rapidly drawing to a close has been signaled by several highly successful joint meetings of Clubs that are so situated as to assemble together easily and conveniently."

Since the executive committee's decision in 1913, the end of the Rotary year has remained 30 June.



The first four Rotarians: (from left) Gustavus Loehr, Silvester Schiele, Hiram Shorey, and Paul P. Harris. Courtesy of Rotary Images

FINES

Fine Master (Doug Loehrer)



I did not hear the
first 2 fines...

\$1 for anyone who
came in later than Doug

Mel Turner \$1 for his very casual outfit

John Blonskij \$1 for not introducing a
guest



WHEEL SPINS



John Blonskij spun \$9 for
the international
competition for getting
healthy next month (see
John if you want details)

Jeanie Bruins spun
\$12 for the 30th
anniversary of moving
to Citrus Heights

Dean Henricks spun
\$9 for his "Belgian
son" visiting (even
though he has not
gone to visit him yet!)

Scott Nygard spun \$10
in honor of both his
sons getting bucks
while deer hunting.
They also had the
special experience of
using their grand-
father's rifle to do it!

Mel Turner spun \$20
in honor of his upcom-
ing 10 day backpacking
trip to his "happy place
which is not hitting the
20 on the wheel.

Steve Bruce spun \$14 in honor of his
32nd wedding anniversary with Julie.

Laura Powell spun \$12 to demonstrate
her confidence that her husband John's surgery
the next day will go well.



Rotary



Rotary Club of Citrus Heights



Tina Shaw announced that on **Wednesday, October 22nd**, the club will be dark for lunch because we are having a mystery dinner instead!

Meet at the community center at 4:45 pm, and transportation to and from the mystery location will be provided.

A flyer will be ready for next week's meeting that will give us more information (but not all!) on the Mystery Dinner. This may include suggestions for attire (princess or otherwise). Tina is trying to keep the costs down.

Vocational Minute: Jeanie Bruins

Jeanie is currently a Legal Documents Assistant, which means she will prepare legal documents for people, but she cannot provide legal advice. Her focus is on estate planning documents, but she does other things (i.e. adoption, name change) as well. She is bonded and registered. And, oh yeah, she also is a member of the City Council.



*the
affordable
alternative*

Induction of New Members:

Ray Riehle presented **Darlene Spurgeon** with her membership plaque and packet.

Ray also inducted **Carlos Verrett**, who was sponsored by Doyle Phelan. Ray emphasized that the district is down in membership, and it is important to have new members to continue to do the good works that the club does. Carlos said he is originally from Louisiana, is 50 years old, and has two children. He spent 23 years in the US Air Force, and he is currently a musician/music producer. He was searching for a way to make a difference when he met Doyle while swimming. **Welcome Aboard Carlos!**



Citrus Heights Rotary Club 37th Annual Golf

Tournament Christi Woodards needs everyone's help in making our golf tournament a success!

Find a foursome, become a sponsor, or bring in a raffle item! September 19, 2014 – 8 AM Shotgun Morgan Creek Golf Club, Roseville, CA [Details](#) 4-Player Scramble Shotgun Start at 8a.m.

Lunch/Raffle/Awards at 1:30p.m. Foursome: \$600; Single: \$125 [Sponsorship Opportunities](#) Eagle Sponsor: \$900 Birdie Sponsor: \$750 Bogie Sponsor: \$350 Tee Box Sponsor: \$200 Contact Christi Woodards, Golf Chair: 916-728-1916 or Christi.woodards@steadfastmgmt.com. Click [HERE](#) for more info.

Eskaton is sponsoring a seminar on Saturday, September 6th for Veterans and their spouses living in Assisted living facilities. This seminar will provide information on federal benefits available to Veterans and spouses that may go toward facility expenses. **See Page 9 for more information.**

www.chrotary.org



Larry Alver wanted to announce that the Parkinson's Association of Northern California will be having its annual seminar from 8:00am-2:00pm on October 25th at the Crowne Plaza Hotel on Date Avenue. Several movement disorder specialists will be on hand to provide information for people diagnosed with Parkinson's. The cost is \$15.00 and includes lunch. **See Page 9 for more information.**

Rotary



Rotary Club of Citrus Heights

REF: Request to Fight Ebola - Friends of Liberia Urgent Help Needed

President **Jessica Mang** announced this urgent need that the Rotary Club of Gridley, CA is participating in. We would like to help. Please take a moment to read this information and think about helping. We are having a fundraiser to help raise money for this worthy cause. **See page 8 for more information.**

We write to ask for support in the fight against Ebola in Liberia. The situation in Liberia and the region is now being described by experts as the worse ever in the Virus attack. Currently, our government and partners are striving to provide support to fight the Ebola Virus. Due to resource constrains, the Government and partners are focusing in counties that are consider high infected counties and leaving out those that have connectivity with those very highly infected counties like Bong County for example. At present, we got informed over the weekend that there was a suspected Ebola patient that died at the Phebe Hospital in Bong County and just a single suspected/confirmed case is capable of destroying the entire population in a location if the right steps are not taken.

Even due to the Ebola cases increase in the Country and with the four deaths now at Phebe Hospital, health workers are beginning to refuse patients attending hospital even if they have other sicknesses on grounds that the Ebola virus has multiple signs and symptoms that behave like other existing diseases in Liberia and the region. We had a face-to-face encounter with the fear of health workers refusal to intake patients especially those going as emergency patients when our vehicle was used to take a patient who is living by my Dad's Residence that rushed at the house for help to take him to the hospital when he came under a serious asthmatic attack. Upon my driver's arrival at the hospital with the patient, they were denied admittance and all nurses on-call ran away and refused to take the patients out of my car even though he was almost at the point of death. Cecelia had to make several calls before they could take him from the vehicle. The behavior of the health workers was due to serious fear and low knowledge in the management and also lack of supplies to save them from dying as many health workers in the affected areas have died of the virus.

In this light, we are asking for very serious help from our friends and love ones to be a part of saving lives in Bong County and Liberia in general. Things that are needed include but not limited to:

- Transportation to cover travels to 13 districts (Vehicle rental, Gasoline, Motor bikes, etc)
- Printing of flyers already designed by Ministry of Health but need printing for Distribution in areas
- PA system (4 pieces for teams to take to various locations)
- Generators (4 pieces) and gasoline to support PA System
- Gloves for health workers
- Chlorine/Clorox/bleach for health facilities (to disinfect health center areas)
- Buckets

This plan is to be an intensive one month activity all over the county/Districts/Clans/Towns/Villages, etc. The estimated cost for this mission is US\$8,850.00 for the period (one month). Any Contribution towards this Urgent plan will really SAVE THOUSANDS OF LIVES. Please see some links that speak to the EVD:

<http://www.usatoday.com/story/news/world/2014/06/28/ebola-west-africa-outbreak/11615045/>, <http://www.cdc.gov/vhf/ebola/outbreaks/guinea/>, <http://andrewazzopardi.org/2014/07/03/africa-battles-to-stop-deadly-spread-of-ebola-skynews/>, <http://afkinsider.com/63142/ebola-outbreak-we-cant-do-it-alone/>

Please share this within your network for any help each member can give to help us save lives across Bong County and Liberia.

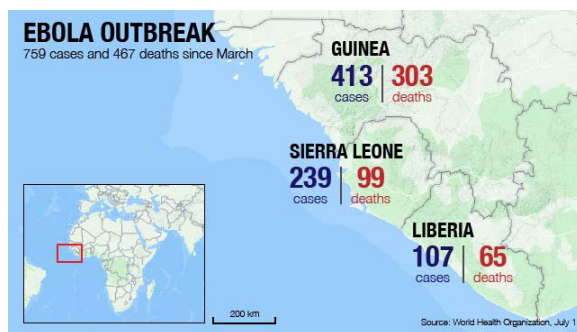
May God continue to bless your family. Thanks,

Gus Augustus J. Flomo (Gus)
Past President Sinkor Rotary,
Monrovia Liberia Cell # +231886527159

David W. Pittman
Past President Rotary of Oroville
PO Box 6227
Oroville California 95966
530-990-4191

pittmandw5@comcast.net

www.chrotary.org



Rotary



Rotary Club of Citrus Heights

Help Stop Ebola in Africa!



Rotary Club of Citrus Heights is
having a fundraiser dinner
Sept 9th from 4:00 PM – 9:00 PM


EL TAPATIO
MEXICAN RESTAURANT

5637 Sunrise Blvd

Come enjoy delicious Mexican
food and 25% of the dinner
proceeds will go directly to the
clinics in Africa that are fighting

**Ebola. Call your friends, family, and all your neighbors! Post
at your work stations too!**

You can RSVP to Jessicaemang@gmail.com or just show up.

**Please remember to bring this flier! It must be attached to your
dining check to get credit for your meal for the fundraiser**

The Rotary International Foundation is able to do amazing things through its grant process, but every now and then a crisis arises without warning and we are left scrambling to do something swiftly in order to give help. Just such a crisis has come to our attention with the outbreak of Ebola in Africa. The Rotary Club of Gridley CA has a few members that have been to Africa and helped to start a clinic. They are home now but asking for our help in the looming crisis. Help fight Ebola in Liberia by donating money &/or rubber gloves (ideally dish washing type with cotton liner), plastic buckets, Clorox. There are 26 clinics and the 2 hospitals in Bong County. None of them have ANY protection gear but they are to receive patients at 70/day, screen them and send the Ebola patients to one of the 4 official isolation facilities in Liberia.

The simplest solution is to raise *funds* to send to the
Gridley club for the African clinic...



Rotary Club of Citrus Heights

ESKATON.
Transforming the Aging Experience
eskaton.org

Eskaton Lodge Gold River
Assisted Living and Memory Care
11390 Coloma Road
Gold River, CA 95670
916-852-7900
License # 347001241



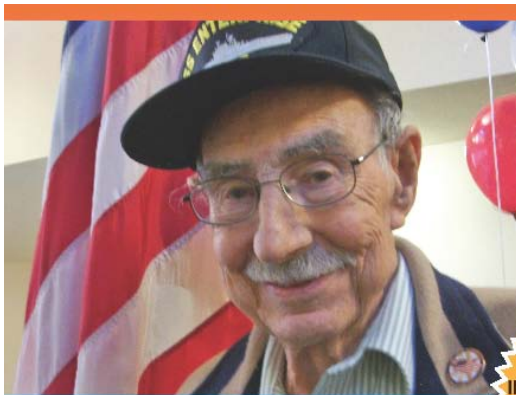
Last year, an estimated 1.9 million veterans qualified but did not know about the benefit, or did not know how to file a claim. With 60% of the seniors in the United States being veterans or spouses of veterans, this pension can be a lifeline to receive the care you need and deserve.

Come listen to how U.S. Senior Vets can help guide you through what can be a complex (but rewarding) process.

Saturday, September 6, 2014
2:00 pm

For more information or to respond,
call 916-852-7900.

Eskaton presents this material as a public service to our residents and the community, but does not endorse any speaker or the topics discussed. This event is not sponsored by, or affiliated with, the United States Department of Veterans Affairs, the California Department of Veterans Affairs, or any other congressionally chartered or recognized organization of honorably discharged members of the Armed Forces of the United States, or any of their auxiliaries. None of the insurance products at this sales event are endorsed by those organizations, all of which offer free advice about how to qualify and apply for benefits.



Are you a veteran or surviving spouse?

The U.S. Department of Veterans Affairs offers a little known tax-free pension available to help qualified veterans, spouses and surviving spouses pay for assisted living.

You are invited to learn more.

Come to an INFORMATIONAL SEMINAR
Saturday, Sept. 6 at 2 pm

ESKATON.
Transforming the Aging Experience
A California Nonprofit Corporation

Eskaton Lodge Gold River
Assisted Living and Memory Care

"Living Well With Parkinson's – 2014"

SATURDAY, OCTOBER 25TH, 2014 • 9:30 AM - 2:00 PM (DOORS OPEN AT 8:00 A.M.)

CROWNE PLAZA HOTEL - 5321 DATE AVE., SACRAMENTO • CA 95841

\$15.00 PER PERSON (LUNCH IS INCLUDED)

PANEL DISCUSSION



NUTRITION - Darlene Chu Isbell, Certified Nutritionist, Registered Dietitian —>
& Certified Educator w/Masters in Public Education Woodland Healthcare, Woodland



← **EXERCISE AS MEDICINE - PHYS THERAPY**
Erin Vestal, PT, DPT, NCS - Kaiser, Roseville
Christine Shade, PT, DPT, NCS - Kaiser, Roseville



HOLISTIC APPROACH TO TREATMENT OF PARKINSON'S —>
Soham Jhaveri, D.O., Palo Alto Medical Foundation



← **MEDICAL APPROACH TO PARKINSON TREATMENT**
Nicklesh Thakur, D.O., Sutter Medical Foundation



WHAT IS NEW IN PARKINSON RESEARCH, MEDICATIONS, AND TREATMENT —>
Norika Mahado-Chang, M.D., Assistant Professor, U.C. Davis Health System

To sign up, call Parkinson Association of Northern California office at 916-534-7279 or send check with names of attendees to: PANC, 7840 Madison Ave., Suite 107, Fair Oaks, CA 95628
For more information go to www.parkinsonsacramento.org • Visa and MasterCard accepted

