

The Highlander

THE ROTARY CLUB OF FOOTHILL- HIGHLANDS

Chartered March 12, 1959



April 27, 2015

Volume 57, Issue 33

Rotaractors from Sacramento State who helped at the 2015 Night at the Museum Fundraiser



April Olson, Angelina Burkley, Lianne Woo, Christine Chen, Vanessa Martinez, Alexander Rose, Deborah Wright, Stephanie Castillo, Anthony Tisdale, Graciela Sanchez, Brian Tolentino, April Agan, Andrew Noble with District Rotaract Chair Roland Wright



2014-15 Rotary Leadership ROTARY INTERNATIONAL

Gary C.K. Huang
International President

Rotary Club of
Taipei, Taiwan
DISTRICT 5180

Fred Teichert
District Governor

Fred Rowe
Assistant Governor
Area 8

CLUB OFFICERS/ DIRECTORS

Rich Ryan
President

Patrick Magnani
Immediate Past President

Gene Long
President Elect

Maureen McBride
Vice President

Rotary Foundation
Marilee Monagan

Secretary

Dominic Mecklenburg
Treasurer

Roland Wright
Club Administration

Jeff Donlevy
Community Service

Robert G. Meyer
International Service

Gene Long
Youth Services

Bob Spears
Vocational Service

David Stone
Sergeant at Arms

Joe Kaiser
Membership Development

CALL TO ORDER

President Rich Ryan began the meeting promptly at 12:15 p.m. Leading us in the pledge was PP **Roland Wright** and PP **Joe Kaiser** provided the invocation. **Richard Hansen** was the note taker.

VISITING ROTARIANS AND GUESTS

The only visitor today was our speaker Rotarian **Gopal Kapur** from the Rotary Club of Roseville.

ANNOUNCEMENTS

**NO MEETING
MONDAY, MAY 4th**

TOUR ON TUESDAY, MAY 5th

Special Lunch and Tour Next Tuesday, May 5th

Past President **Marilee Monagan** has arranged a special lunch and tour for the Foothill-Highlands Rotary Club on **Tuesday, May 5th** in lieu of our regular Monday meeting. We will meet at **12:30 PM** at the new **Coffee Hangar Café**, 5411 Luce Avenue. Following lunch, we will proceed to the **California Statewide Museum Collections Center**, 4940 Lang Avenue

for a 1:30 pm tour. Both locations are on the premises of McClellan Business Park.

A sign-up sheet and map were circulated at today's meeting. You are welcome to invite guests. However, **Marilee** will need to give the Museum staff a headcount later in the week so please call her A.S.A.P. if you plan to attend. The tour will take approximately 1 1/2 hours and requires walking on concrete floors through cool storage areas. Comfortable shoes and a sweater are recommended.

If you have any questions, please contact, **Marilee**.

E-Waste4Good Program

You can bring anything, anytime to Umpqua Bank or PP **Dominic Mecklenburg** is happy to collect your "electronic junk" on Mondays at our regular meetings. If you would like to schedule a pickup at your home or office location, just let him know!

Total E-waste revenue fiscal YTD is \$594.28.

Estate Sale Estate Sale revenue via the bank lobby remains strong at \$432.00 fiscal YTD. Our actual Estate Sale is scheduled for the weekend of May 15-16.

Club Communications - Richard Hansen

[rch6242@comcast.net](mailto:rhc6242@comcast.net) 916-332-7448

Rotary Club Address

P.O. Box 6 North Highlands, CA 95660- 0006

CLUB WEBSITE: www.foothillhighlandsrotary.org/ (ClubRunner)

DISTRICT 5180 WEBSITE: <http://rotary5180.com>

R.I. OFFICIAL WEBSITE: www.rotary.org



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DONATE TO HELP OUR ROTARY CLUB SUPPORT LOCAL CHARITABLE AND NONPROFIT CAUSES.

Foothill-Highlands Rotary Club Foundation is a non-profit 501(c)(3) organization.

EIN 68-0392810, PayPal link on Club Website: <http://www.foothillhighlandsrotary.org/>



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Foundation News:

END POLIO NOW

We are in the final stages of eradicating Polio throughout the world; and in an effort to further the cause, **Mo** is asking everyone to save their spare change and deposit it in the **END POLIO NOW** banks on the tables at our weekly meetings.

The **END POLIO NOW** campaign is one of Rotary International's top priorities this year. Rotary and the Bill & Melinda Gates Foundation have extended their partnership during the critical endgame phase of the Global Polio Eradication Initiative. Thanks to this partnership your contribution of \$25 becomes \$75.

Our Club goal for 2014-15 was \$500 which we have exceeded. Our total from the banks is \$404.01 plus another \$475 from those Rotarians contributing \$25 or more. Our total for Polio Giving YTD is \$879.01 — **just \$120.99 short of \$1,000.**

Remember: For those donating \$25 or more, you will receive a special End Polio Now label pin.

It costs .60 to immunize a child against polio for his or her entire life. Let's make history and eradicate polio from the earth by the target date of 2018.

EREY (Every Rotarian/Every Year)

President Rich Ryan and the board of directors wanted to achieve 100% participation in the EREY Program during this year. EREY means that every active member of our club would give some amount of money to The Rotary Foundation with \$100 per capita being the overall goal.

Sustaining Fellows

A second goal for Foundation Giving this year was to have **all** members donate \$100 toward their Paul Harris Fellow accounts.

Mo announced earlier this month that our club has achieved the designation of both 100% EREY and 100% Sustaining Members. A B I G thanks to everyone for their contributions and helping our club attain its goal.

WEEKLY ASSIGNMENTS

MONDAY, MAY 11, 2015

GREETER: MARILEE MONAGAN

PLEDGE: JEFF DONLEVY

INVOCATION: PAT MAGNANI

NOTE TAKER: RICHARD HANSEN

JOKES

PP David Stone told the only joke today. He succeeded in earning himself a fine-free pass.

CALENDAR OF EVENTS

UPCOMING PROGRAMS AND EVENTS

CLUB CALENDAR:

MAY 4	NO MEETING
MAY 5	SPECIAL LUNCH AND TOUR (SEE ANNOUNCEMENTS FOR DETAILS)
MAY 11	TBA
MAY 12	MAY BOARD MEETING
MAY 15-16	ESTATE SALE
MAY 18	TBA
MAY 25	DARK-MEMORIAL DAY OBSERVED
JUNE 29	DEMOTION DINNER

DIST. 5180 CALENDAR:

MAY 1	CHARTER NIGHT-PASSPORT CLUB
JUNE 7	ROTARY DAY AT THE RIVER CATS

FINES AND RECOGNITIONS

Fine Master **David Stone** asked if anyone had any good news they would like to share.

Jeff Donlevy was first. He shared with us that last Friday he played golf with the current Miss America. He spun the wheel for 00 = \$10.

Our speaker, **Gopal Kapur**, was next. He received news from Scotland that they have a sponsor for their hunger program there. He spun the wheel for \$9.

PP **Roland Wright's** son, **Robert** ran the 1600 meter for his personal best time of 4.33 and made it into the finales. **Roland** spun the wheel for \$6.

PP **Bob Meyer** donated his 100th pint of blood. He spun the wheel for 2. All Rotarians donated \$2.

PP **Lee Wiggins** spun the wheel for \$8. He said he probably received 20% of the blood **Bob** donated.

BELL RINGERS, GONG BONGERS PAUL HARRIS FELLOWS

Jordan Backhaus	(GRIF)	
Sonja Cameron	(GRIF)	PHF
Warren Coffeen	(GRIF)	PHF+ 1
Jeff Donlevy	(B)(GRIF)	PHF
John Hallsten	(B)(GRIF)	PHF+ 5
Richard Hansen	(B)(GRIF) (\$100 Polio +)	PHF+ 6
Joe Kaiser	(GRIFx3)	PHF+ 7
Gordon Lipp	(B)(GRIF)	PHF+ 2
Gene Long	(B)(GRIF)	PHF
Patrick Magnani	(B)(GRIFx2)	PHF
Maureen McBride	(B)(GRIF) (\$25 Polio+)	PHF+ 8 +
Dominic Mecklenburg	(GRIFx2) (\$25 Polio +)	PHF+ 4
Bob Meyer	(GRIF) (\$25 Polio+)	PHF+ 4
Marilee Monagan	(B)(GRIF) (\$50 Polio +)	PHF+ 2
Gary Monk	(B) (GRIF) (\$100 Polio+)	
Sam Morgan	(B)(GRIF)	PHF+ 4
Erik Nooren	(RIF)(GRIF)	PHF+ 7
Richard Ryan	(B)(GRIF x3)	PHF
Bob Spears	(B)(GRIF)	PHF+ 2
David Stone	(B)(GRIF)	PHF+ 5
Lee Wiggins	(B)(GRIF)	PHF+ 4
Roland Wright	(B)(GRIF x3) (\$100 Polio+)	PHF+ 5

Bell Ringer & Gong Codes:

(B) = Bell Ringer hi\$100 to Club

(GFHF) = Gonger \$100 to Club Foundation

(GRIF) = Gonger \$100 to RI Foundation

(RIF) = \$100 to Rotary Foundation

A Paul Harris Fellow is an individual who contributes \$1,000 to the Rotary International Annual Program Fund or other approved programs. Each additional \$1,000 contribution is recognized with a plus and the number.

Rotary Day at the River Cats



PP **Maureen McBride** announced the date has been set for the next **Rotary Day at the River Cats**. The game, between the River Cats (now a Triple-A Affiliate of the World Champion S.F. Giants) and the Tacoma Rainiers, has been scheduled for **Sunday, June 7th at 1:05 P.M.** Ticket prices are \$22 with \$6 going to Polio Plus and \$15 with \$3 going to Polio Plus. If anyone would like to donate tickets for disadvantaged kids, the price is \$10 with \$2 going to Polio.

F.Y.I the seats reserved for Rotary are on the third base side in the shade.

Anyone interested can contact **Tom Cicchini** at 773-1938 or tomcicchini@ramondjames.com.

**2015**
ROTARY DAY

**TRIPLE-A
AFFILIATE**



Sunday, June 7 at 1:05 p.m.
Sacramento River Cats vs. Tacoma Rainiers
Triple-A Affiliate of the Seattle Mariners

ENJOY THESE EXCITING BENEFITS!

Excellent Rotarian Seating Options - Senate & Assembly

\$22 Senate Seating (\$6 to End Polio Now), \$15 Assembly Seating (\$3 to End Polio Now), & \$10 501c3 Donation Seating (\$2 to End Polio Now)

Seat selection based on best seats available at time of payment (yes, early birds get the third base side)

Can't make it, but you still want to support Rotary Night with the River Cats? Your ticket(s) can be exchanged at Raley Field's Round Table Pizza Ticket Office for any Sunday - Thursday regular season game!

ROTARY DAY - June 7
DEADLINE FOR ORDERS: June 1, 2015

Please make checks payable to "Rotary District 5180"

**2200 B Douglas Blvd., Suite
150 Roseville, CA 95661**

For questions, please contact: Tom Cicchini at (916) 773-1938 or tom.cicchini@raymondjames.com

HIGHLIGHTS OF THIS WEEK'S PROGRAM

Gary Monk introduced **Gopal Kapur**, a member of the Rotary Club of Roseville.

Though he started his working life as a civil engineer and then morphed into a management consultant, his hobby and 'off screen' focus has been on developing recipes for foods that are nutritious, delicious, and tasty; considered to be a dichotomy by many.

Starting in 2009, with the economy taking a deep hit, the nation faced a new dilemma — widespread hunger and poor nutrition in the underserved community; and on the other end of the scale, the nation's obesity rates were in a steep upturn. This led **Gopal** to wondering how he could use his professional experience to advance the cause of fighting hunger and live a more green and empathetic life which is mindful of the needs of others. The result is the FamilyGreenSurvival® with a mission to fight hunger and to deliver a program of healthy nutritional practices to combat the ever growing problem of obesity. He also strives to build a deep commitment to green living and to develop knowledge and empathy for the world's underserved population. According to the U.S. Department of Agriculture, one in seven Americans face hunger. During any given month, millions of families will be out of food and forced to miss meals. Hunger in America! Not acceptable.

Another problem is that the most convenient, most advertised, and most familiar foods are not nourishing; they promote obesity. Add to this the massive quantities of highly processed foods distributed to the people in need and you have an avalanche of Type 2 diabetes, high blood pressure and heart disease. The BagOfLife® Program developed under the nutrition guidance of Sutter Health and Kaiser Permanente includes four nutritious, tasty and easy to prepare meals:

GrandHotCereal, SoupOfLife
LeanMeanBeanProtein, NuttyQuinoaPilaf.
The meals are distributed free of cost to underserved communities through regional food banks, public service organizations, and college/university food pantries. The four meals have been taste-tested with a number of families — many children came back for second and third servings; parents were surprised and pleased with their children's reaction. BagOfLife® meals are designed to provide high quality protein, healthy fats, complex carbohydrates and natural dietary fiber. To prepare any of the meals, simply boil water, add package contents and cook. Another key component of the program is to provide effective nutrition education to help improve shopping, cooking, and eating habits.

For more Information Select:
<http://familygreensurvival.com/>

**Select Photo to watch a
Video news program on
Fox 40 about Bag of Life**

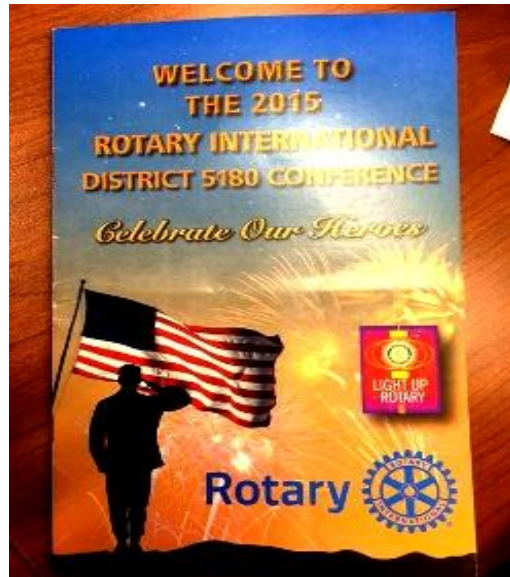


Gopal Kapur and President Rich

As is the usual custom, **President Rich** presented **Gopal** with a gift in gratitude for his informative presentation.

Then, **President Rich** asked us to raise our glasses and join him in a toast to *Rotary Around the World*. The meeting was adjourned.

**District 5180 Conference in Sonoma County
Doubletree Hotel and The Charles Schultz Museum
April 24-26, 2015**



Roland and Diane Wright



**Mary, Snoopy and Dominic
Mecklenburg**



Diane Wright and Linus



Diane and Mary with Snoopy



**Roland, Dominic, Charlie Brown,
Mary and Diane**



Dominic, Charlie Brown and Mary



The Rotary Club of Foothill-Highlands received the Governor's Citation Award



**District Rotaract Chair Roland Wright and
Sacramento State Rotaractors**



Rotaract Presentation



**Diane and Roland Wright
at Dinner**



Doubletree Hotel



**Diane and Roland Wright
Getting Down on the Dance Floor**

**PP Dominic Mecklenburg
served on the
District Conference
Committee
As the Chair of the
Memorial Service
Held on Sunday Morning**

Conference Committee	
Chair Barbara Tracy South Sacramento	AV Mike Reinero Roseville
DG Fred Teichert Sacramento	Stage Managers Judy Foote Pocket-Greenhaven Walter Dahl Sacramento
Advisor Clarence Parkins Rancho Cordova	Military Connection Thom Gilbert Sacramento Dave Harris Orangevale
Registrars Kathy & Dave Clemens Roseville Sunrise	Displays Millie Brink Elk Grove
Youth Programs JR Springer South Sacramento Richie Fernandez East Sacramento	Photographer Craig Evans Point West Sacramento
Sergeants-at-Arms Jim Tracy South Sacramento	Inner Wheel Barbara Harris Inner Wheel
Facilities Brian Moore Natomas	Raffle Jennifer Curtsinger Point West Sacramento
Signage & Program Lee Holmes Point West Sacramento	Golf Tournament Mike Cendro Point West Sacramento
Awards Fred Teichert Sacramento Jack Taylor Orville Sunrise	RI President Rep's Aides Bob & Chris Deering East Sacramento
Memorial Dominic Mecklenburg Foothill Highlands	Web Liaison Ray Ward Fair Oaks
Decorations Diane Ebbitt Riehle Citrus Heights	Vendors Jack Arney Roseville



**Mary and Dominic Mecklenburg
with Japanese RYE Student
Ryotara Kita**



**Dominic and Roland
with former
Foothill-Highlands Rotary Club
member and PP Randy
Burton.
He says hi to his old friends.**



**Dominic with the R.I. President's
Representative Samuel Fontanilla**



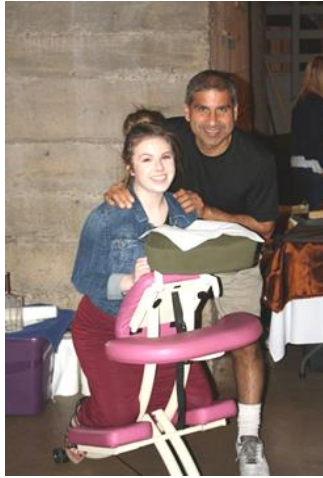
**President Rich Ryan and
Dominic
at Saturday night dinner**

2015 Night at the Museum

Photo galleries by **Roland Wright (Rotaract)**, **Sharon Bias**, **Gary Monk**, **Mary Mecklenburg**,
Nick Mecklenburg and **Patrick Magnani**

For more Photos go to: www.night-at-the-museum-rotary.org







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Rotary 

free
e-waste
pickup
fundraiser

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HELP
SUPPORT

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ROTARY CLUB

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Fill in your information and within a few days a dispatcher will contact you to schedule an at home or office pickup date. Then, your electronics will be picked up, recycled and the proceeds will be donated to the organization of choice. You can also call **eWaste4good at 800-317-3112**



GOOD 4 PEOPLE - GOOD 4 EARTH - GOOD 4 YOU
Powered by Tri Valley Recycling

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- Desktop Copiers
- Telephones
- Vacuum Cleaners
- Keyboards
- Mice
- Networking Equipment
- Misc Wires and Cords
- Household Phones
- Medical Equipment
- Video Games
- Computers
- Calculators
- Cell Phones
- Printers
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- Scanners
- Laptops
- Power Tools
- Small Appliances
- Stereo Systems
- And Much More!

All electronics are recycled locally in California.

We also do free business and residential pickups throughout Northern California.

Please visit
www.eWaste4good.com
to schedule.



thank you
FOR HELPING
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THIS IS A GREAT OPPORTUNITY FOR YOU TO GET RID OF SOME UNWANTED CLUTTER AND HELP OUR CLUB RAISE SOME MONEY. THEY WILL ACCEPT ANY PIECE OF ELECTRONICS INCLUDING TV'S, COMPUTERS, APPLIANCES, CORDS, KEYBOARDS, MICE AND EVEN POWER TOOLS. THE HEAVIER THE BETTER (WE GET PAID BY THE WEIGHT!) ANYTHING WITH A CORD IS ACCEPTABLE, AND THEY TAKE THE CORDS TOO. THEY SEPARATE AND RECYCLE THE PLASTIC, METAL...EVERYTHING! IF YOU HAVE ITEMS TO DONATE, GIVE ME A CALL TO COORDINATE THE PICKUP. SOME ITEMS I CAN COLLECT AT OUR WEEKLY MEETINGS TOO! IF YOU HAVE FRIENDS OR RELATIVES THAT HAVE SOME E-WASTE, I CAN ARRANGE FOR A FREE PICKUP FOR THEM TOO!

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It will be sold at auction, and we will get the proceeds.

Your donated vehicle will provide critical funding to our charity and further our mission while supporting our goals. Even better, by donating your vehicle - you could also earn a tax deduction.

We have a partnership with the IAA Donation Division to process and sell the vehicles donated to us. They provide us with a simple solution to turn donated vehicles into much needed dollars.

The process of donating your vehicle is quick and easy - simply call 800-240-0160 or visit us online at foothillhighlandsrotary.org. Better yet, towing is free and scheduled for your convenience.



Your donation has another great benefit - it is good for the environment. We share your commitment to a cleaner, greener environment - and donating your car ensures it is recycled via many different channels!

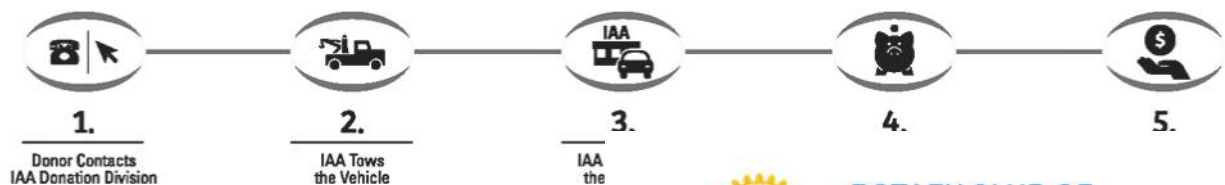
Not every "vehicle" is a car - but every vehicle, in any condition, can be donated!

Not every "vehicle" is a car, but every donation helps!

We accept every type of vehicle, including:

- Cars
- Trucks
- Boats
- Motorcycles
- Snowmobiles
- Personal watercraft
- Heavy equipment

The process is easy.
Here's how it works:



Call 800-240-0160



**ROTARY CLUB OF
FOOTHILL-HIGHLANDS**

- Tax deductible
- Free towing
- Any vehicle, any condition

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Drive change.
Donate a vehicle today.

Click here to donate now

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