



**ROTARY:
MAKING A
DIFFERENCE**

The Highlander

THE ROTARY CLUB OF FOOTHILL-HIGHLANDS

Chartered March 12, 1959



2017-18 Rotary Leadership ROTARY INTERNATIONAL

Ian H.S. Riseley

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Rotary Club of Sandringham
Victoria, Australia

DISTRICT 5180

Sandi Sava

District Governor

Rotary Club of Sacramento Breakfast

David Veden

AG Area 5

Rotary Club of Natomas

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*Immediate Past
President/Treasurer*

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Club Service

Jordan Backhaus

Community Service

Bob Meyer

International Service

Bob Spears

Vocational Service

Gene Long, Jr.

Youth Services

Joe Kaiser

Sergeant-at-Arms

David Stone

VP/Program Chair

Marilee Monagan

VP/Rotary Foundation

Rotary



2017 Scholarship Recipients

August 21, 2017

Volume 60, Issue 6



President Roland presented scholarships to five of this year's recipients. They were **David Shermet** from **Heritage Peak Charter School**, **Kyla Campbell** from **Center High School**, **Yuliya Senina** from **Rio Linda High School**, **Hannah Escue** from **Rio Linda High School** and **Micah Lagge** from **Rio Linda High School**.

Congratulations to these fine young students. We wish them the best of luck in their future endeavors.

CALL TO ORDER

President Roland Wright began the meeting promptly at 12:15 p.m. **Gordon Lipp** served as today's official greeter. Leading us in the pledge was **Richard Hansen** and PP **Bob Spears** provided the invocation. **Richard Hansen** served as the note taker.

VISITING ROTARIANS AND GUESTS

We had a full house today. Guests included our speaker Rotarian and Past President **Randy Alston** from the Rotary Club of Davis-Noon. Scholarship recipients **Kyla Campbell** from **Center High School** and her parents **Cindy** and **Joe**; **Hannah Escue** from **Rio Linda High School** and her mother **Natalie**; **Micah Lagge** from **Rio Linda High School** and her mother **Rebecca** and sister **Yanni**; **David Shermet** from **Heritage Peak Charter School** and **Yuliya Senina** from **Rio Linda High School** who was accompanied by a friend, **Victor Kamyshin**.

Also joining us for the meeting were guests of **President Roland—Rev. Dr. Carieta Cain Grizzell**, Pastor and **Damaris Canton** of the Murph-Emmanuel African Methodist Episcopal Church and **Ralsta Herrera**, President of the Sacramento State Rotaract Club.

.ANNOUNCEMENTS

Back-to-School Backpack Project



Immediate Past President Dominic Mecklenburg is spearheading our annual **Back-to-School Backpack Project**.

We began accepting donations at today's meeting and will continue through the end of August.

Following today's meeting PP **Marilee Monagan** donated two backpacks to the cause. Thanks to **Marilee** for her donation!

In the end, **Dominic** will donate the backpacks to underserved students in our service area.

Club Communications - Richard Hansen
rch6242@comcast.net 916-332-7448
Rotary Club Address
P.O. Box 6 North Highlands, CA 95660-0006

CLUB WEBSITE: www.foothillhighlandsrotary.org/ (Club Runner)

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

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



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/>

District 5180 Family Picnic

District 5180 will be holding its second annual **District Family Picnic** on **Sunday, August 27th from 11 a.m. to 3 p.m.** at Discovery Park.



Thus far, no club members signed up to attend. If you find your weekend plans change and would like to attend, just show up at Discovery Park on

Sunday. There will be plenty of signage directing you to the picnic site.

See attached flyer for additional details.

Foundation Seminar

PPs **Marilee Monagan** and **Dominic Mecklenburg** attended the District Rotary Foundation Seminar led by the Zone on **Saturday, August 19th** at the **Citrus Heights Community Center**.

Dominic pre-paid for a table of eight for the upcoming **District Foundation Dinner** on **Saturday, October 28th**.

At the moment, the table is full. However, if you would like to attend, please contact **Marilee** so she can put you on a waiting list or if there is enough additional interest, perhaps we can reserve a second table.

Paul A. Netzel, Chairman of the Rotary Foundation Trustees, **is the keynote speaker** and has a reputation as an outstanding speaker.

WEEKLY ASSIGNMENTS

MONDAY, AUG 28, 2017

GREETER: GENE LONG

PLEDGE: JOE KAISER

INVOCATION: GERRED POPEJOY

NOTE TAKER: RICHARD HANSEN

CALENDAR OF EVENTS

UPCOMING PROGRAMS AND EVENTS AUGUST IS MEMBERSHIP AND NEW CLUB DEVELOPMENT MONTH

AUG 28 **GEORGE MIHAL—ONLINE MUSEUM
DEDICATED TO THE PRESERVATION OF
VINTAGE FILM AND PHOTOGRAPHS**

SEPTEMBER IS BASIC EDUCATION AND LITERACY

SEPT 4 **DARK — LABOR DAY**

SEPT 11 **TBA**

SEPT 16 **SAC BREW FEST 9 AM - 6 PM
POINT WEST ROTARY CLUB - TEETER-
TOTTER JOINT PROJECT WITH SAC STATE
ROTARACT CLUB**

SEPT 16 **COMMUNITY HEALTH FAIR —
(SEE SEPARATE ARTICLE IN BULLETIN FOR DETAILS)**

SEPT 18 **TBA**

SEPT 25 **TOUR OF THE GOLDEN ONE CENTER
(SEE SEPARATE ARTICLE IN BULLETIN FOR DETAILS)**

DISTRICT 5180 CALENDAR:

AUG 27 **DISTRICT FAMILY PICNIC**

OCT 28 **DISTRICT FOUNDATION DINNER**

MAY 11-13, 2018

**DISTRICT CONFERENCE AT HYATT REGENCY
HOTEL, SPA AND CASINO**



**Not been to the new Golden 1 Center yet!!
Now's your chance.**

President Roland has arranged for a VIP walking tour of the new facility on **Monday, September 25th** from **11 a.m. to 1 p.m.** He is circulating a sign-up sheet for those interested in participating in this unique experience.

This is a rare opportunity to explore and learn about the building's architecture, technology, culture, art and food and see what makes the Golden 1 Center Sacramento's World-Class Entertainment and Sports facility.

The cost is \$15 per person.

Family and friends are welcome.

If interested, contact **President Roland** to reserve your VIP space.

Ink and Toner Cartridges Mini Fundraiser



IPP Dominic is continuing to collect spent ink and toner cartridges as a mini-fundraiser for the club.

Keep a plastic or paper bag by your printer; and as you replace the ink or toner cartridge, put the old ones in the bag and bring them to Rotary.

E-Waste4Good Program

Our E-Waste Program is still going strong with monthly pick-ups at Umpqua Bank. Large items are being stored at Hallsten Corp.

We have been issued a check for a past donation; but due to the P.O. Box snafu, the check was returned to the coordinators of the program. We are awaiting a re-delivery of the check and will update our YTD proceeds as soon as available.

Thanks to everyone for your continued support of this program, esp. PPs **Dominic** and **Roland**.



Community Health Fair

Damaris Canton and **Rev. Dr. Carieta Cain Grizzell**, Pastor of the Murph-Emmanuel African Methodist Episcopal Church Murph-Emmanuel AME Church invited our club to participate in their upcoming Community Health Fair. The goal is to increase health awareness through screening and education and to promote a healthy mind, body, and soul.

Date: **Saturday, September 16, 2017**

Time: **10:00 am to 4:00 pm**

Location: **4151 Don Julio Blvd., North Highlands, CA**

If interested in helping, contact **Damaris Canton** at Damaris.Canton@gmail.com or 916-912-5879

Women's Empowerment

Club members are supporting Women's Empowerment by donating clothing to the women they serve. They need items in good condition (both casual and professional) such as: coats/jackets, dresses, suits, pants, tops, skirts, jeans, sweats/activewear and accessories, i.e. scarves, knit hats, gloves, belts, shoes, etc.

Bring the items to our weekly meetings and **Mo** will take them at the end of each month to Women's Empowerment.

The first donation was delivered week before last. Items included clothing and an assortment of accessories. Volunteers at the Center were extremely appreciative of the donation and thanked us for our support of their program.

Rotarians and our guests enjoying lunch and fellowship



SPECIAL PRESENTATION



President Roland presented scholarships to five of this year's recipients. As he called each recipient, in no particular order, to

come forward and accept their check, **Roland** asked them to introduce themselves, state from which school they graduated and to share their future plans.



Micah Lagge from
Rio Linda High School



Kyla Campbell from **Center High School**
will be attending ARC



David Shermet from
Heritage Peak Charter School
will be attending ARC



Hannah Escue from
Rio Linda High School
will be attending Sacramento State



Yuliya Senina from
Rio Linda High School
will be attending Sacramento State

FOUNDATION NEWS

END POLIO NOW CAMPAIGN



EVERYONE BRING YOUR POCKET CHANGE — TO AFFECT CHANGE BY ENDING POLIO THROUGHOUT THE WORLD.

The **END POLIO NOW** campaign is again 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 our contributions are matched two for one—\$25 becomes \$75.

Foundation Chair **Marilee Monagan** announced this year's goal is to raise \$1,000. Please save your loose change and deposit it in the *Change for Change* banks on the tables at our weekly meetings. This week we collected **\$16.82**.

YTD is **\$285.41** or **28.54%** of this year's goal.

ROTARY FOUNDATION BENEFACTORS

NAME

Backhaus, Jordan
Hallsten, John
Hansen, Richard
Kaiser, Joe
Lipp, Gordon
Long, Gene
Magnani, Patrick
McBride, Maureen
Mecklenburg, Dominic
Meyer, Bob
Monagan, Marilee
Morgan, Cheryl (Sam)
Spears, Robert B.
Stone, David M.
Wiggins, Lee N.
Wright, Roland

A Benefactor is someone who has contributed \$1,000 to the Permanent Fund or made provisions in their will of at least \$1,000 benefiting The RI Foundation.

ANNUAL GIVING/PAUL HARRIS SUSTAINING FELLOWS

We continue our goal to have **Every Rotarian** contribute at least **\$100** to **The Rotary Foundation** and strive to achieve the status of 100% Paul Harris Sustaining Fellows for the forth year in a row.

For those who donate \$100 or more, **Marilee** will be presenting them with a special sticker for their badge.

EREY (Every Rotarian/Every Year) Club

For clubs that achieve a minimum Annual Fund contribution of \$100 per capita during the Rotary year and every dues-paying member must personally contribute at least \$25 to the Annual Fund during the year.



BELL RINGERS, GONG BONGERS PAUL HARRIS FELLOWS

Jordan Backhaus		PHF
Sonja Cameron		PHF
John Hallsten	(GRIF)	PHF+ 5
Richard Hansen	(B)(GRIF) (GRIF Polo Plus)	PHF+ 7
Joe Kaiser	(GRIF)	PHF+ 8
Gordon Lipp		PHF+ 4
Gene Long		PHF+1
Patrick Magnani	(GRIF)	PHF+1
Dr. Steven Martinez		
Maureen McBride		PHF+ 8
Dominic Mecklenburg	(GRIF)	PHF+ 8
Bob Meyer		PHF+ 4
Marilee Monagan		PHF+ 2
Sam Morgan		PHF+ 6
Gerred Popejoy		PHF
Bob Spears	(GRIF)	PHF+ 3
David Stone		PHF+ 8
Lee Wiggins	(B)	PHF+ 4
Roland Wright	(B)(GRIF) (GRIF Polo Plus)	PHF+ 8

Bell Ringer & Gong Codes:

(B) = Bell Ringer chi\$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.

RECOGNITIONS

Fine Master **Joe Kaiser** drove into the parking lot at the Lions Gate this morning and wondered who was parked next to him. It was **Richard Hansen** but **Joe** didn't recognize him because **Richard** was driving a brand new Buick Regal. **Joe** asked **Richard** how he's like to celebrate his new purchase. Because he is already a bell ringer and bong gonger, **Richard** spun the wheel for \$14.

The next recognition was PP **Maureen McBride**. **Mo** began by saying people remember special dates in their lives like birthdays, wedding anniversaries and Rotary anniversaries. For **Mo**, August 24th is a very special date for her—***she will celebrate 25 years as a Rotarian.*** According to **Mo**, it was one of the best and most important decisions she ever made. In honor of her anniversary, **Mo** will contribute \$250 to The Rotary Foundation with \$100 going to the End Polio Now Campaign and \$150 going to the Annual Fund.

Editorial Note: Thanks to everyone who has made this an incredible ride.

DISTRICT NEWS

2018 District Conference

The 2018 District Conference will be held at the **Hyatt Regency Hotel, Spa and Casino** at **Incline Village** in **Lake Tahoe, May 11-13, 2018.**

Early registration began at the District Conference in Santa Clara and continued until the end of May. The registration fee increased to \$50 effective June 1st and will be increased again in November. If you are thinking about

attending the Conference, now is the time to register.

Hotel reservations should be available on the District Website shortly. As soon as that happens, we will notify you. In the meantime, you can register for the Conference on the District 5180 website. The link is on the first page.

If you have any questions, call **Mo**.

HIGHLIGHTS OF THIS WEEK'S PROGRAM

PP **Maureen McBride** was asked to introduce today's speaker. Our speaker was born in Toronto, Canada and moved to Sacramento in 1984. He joined Rotary in March 1987 as a member of the Rotary Club of Davis, Noon and served as its President during the 2016-2017 Rotary year.

It was Archery that brought him to the United States.

In 1983, he was invited to be a judge at our National Championships. That year the event was held in Long Beach, CA in preparation for the 1984 Olympics. He met a woman there who would eventually become his wife.

He is an instructor and coach certified by the U.S. National Archery Association.

A few years ago, the Rotary Club of Davis-Noon partnered with a Rotary Club in New Mexico to apply for a grant to build bridges in Bolivia. In August of 2015, our speaker travelled to Bolivia to inspect the finished product. He was so impressed by the impact

the project had on the local inhabitants that he decided to take it upon himself to raise \$30,000 to fund additional bridges. The project needs 60 bridges; and to date, 21 have been completed.

He's here today to share his expertise in Archery; but time permitting, perhaps he'll give us an update on the "Bridges Project."

Mo asked that we give a warm Foothill-Highlands welcome to **Randy Alston**.

Randy began his presentation by giving a brief history of archery and talking about the different types of bows and arrows. He then demonstrated two types of bows.



Randy Alston demonstrating a recurve bow

A recurve bow is a bow with limbs that curve away from the archer when unstrung. A recurve bow stores more energy and delivers energy more efficiently than the equivalent straight-limbed bow, giving a greater amount of energy and speed to the arrow. A recurve

bow will permit a shorter bow than the simple straight-limb bow for any given arrow energy. This form was often preferred by archers in environments where long weapons could be cumbersome; such as, in brush and forest terrain or on horseback.

Recurved limbs also put greater strain on the materials used to make the bow and they may make more noise with the shot. Extreme recurves make the bow unstable when being strung.

A compound bow is a bow that uses a levering system, usually of cables and pulleys, to bend the limbs. The pulley/cam system grants the user a mechanical advantage, and so the limbs of a compound bow are much stiffer than those of a recurve bow or longbow. This rigidity makes the compound bow more energy-efficient than other bows, as less energy is dissipated in limb movement. The higher-rigidity, higher-technology construction also improves accuracy by reducing the bow's sensitivity to changes in temperature and humidity.



Randy Alston demonstrating a compound bow



President Roland and
Rotarian **Randy Alston**

As is our usual custom, **President Roland** presented our speaker with a gift in gratitude for his informative presentation.

President Roland then asked the group to stand, raise their glasses and join him in a toast to *Rotary Around the World*.

The meeting was then adjourned.



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 and BETTER FRIENDSHIPS?**
- 4. Will it be BENEFICIAL to all concerned?**



August 27, 2017

11:00 am - 3:00 pm



District 5180
FAMILY PICNIC

Bring Your Own Picnic Food

Grills, Plates, Cups & Utensils will be provided
Soda, Beer & Wine available for purchase

MUSIC • FUN • FELLOWSHIP

Invite Your Family, Friends & Neighbors

\$7 per Person, \$5 Parking

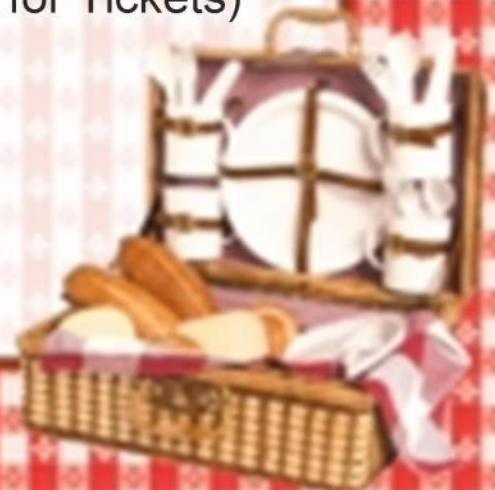
Kids 7 & under - Free

(contact your Club President for Tickets)

Discovery Park-Redbud Group
200 Jibboom Street, Sacramento

Questions?

Email JoAnne@JoAnneTanner.com





Rotary 



**free
e-waste
pickup
fundraiser**

**PLEASE
HELP
SUPPORT**

**FOOTHILL HIGHLANDS
ROTARY CLUB**

Schedule your FREE pick up by visiting
www.eWaste4good.com

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**



Items we pickup, working or not:

- All Televisions
- Computer Monitors
- Fax Machines
- Desktop Copiers
- Telephones
- Vacuum Cleaners
- Keyboards
- Mice
- Networking Equipment
- Misc Wires and Cords
- Household Phones
- Medical Equipment
- Video Games
- Computers
- Calculators
- Cell Phones
- Printers
- Speakers
- 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
US!!**



E-WASTE RECYCLING IS HERE!

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!

THIS IS AN ONGOING PROJECT. CONTACT DOMINIC FOR MORE INFORMATION.

You can also call eWaste-4good at 800-317-3112 and tell them proceeds are to go to The Rotary Club of Foothill-Highlands.

Drive change. Donate a vehicle today.

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!

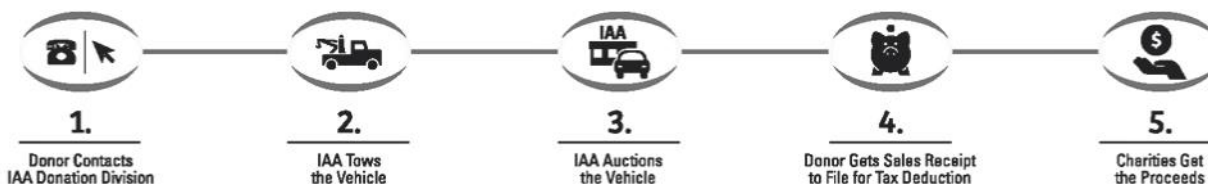
Not every "vehicle" is a car - but every vehicle, in any condition, can be donated!

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:



ROTARY CLUB OF
FOOTHILL-HIGHLANDS

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

Program Powered by the IAA Donation Division.

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Drive change.
Donate a vehicle today.

Click here to donate now

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