

January 22, 2018  
Volume 60  
Issue 21 (meeting 22)

**2017-18 Rotary Leadership**  
**ROTARY INTERNATIONAL**

**Ian H.S. Riseley**  
*President*

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

**CLUB OFFICERS/**  
**DIRECTORS**

**Roland Wright**  
*President*

**Patrick Magnani**  
*President Elect*

**Dominic Mecklenburg**  
*Immediate Past  
President/Treasurer*

**Lee Wiggins**  
*Secretary*

**Maureen McBride**  
*Club Service*

**Open**  
*Community Service*

**Bob Meyer**  
*International Service*

**Bob Spears**  
*Vocational Service*

**Open**  
*Youth Services*

**Joe Kaiser**  
*Sergeant-at-Arms*

**Open**  
*VP/Program Chair*

**Marilee Monagan**  
*VP/Rotary Foundation*

# The Highlander

## THE ROTARY CLUB OF FOOTHILL-HIGHLANDS

Chartered March 12, 1959

serving the Greater Sacramento Area communities of Antelope, Elverta, Foothill Farms, McClellan, North Highlands and Rio Linda



### January is Human Trafficking Awareness Month !!!



**Sex trafficking.  
It's not just global.  
It's local.**

Get the facts at [TheUglyTruthSD.org](http://TheUglyTruthSD.org)



Human trafficking is the fastest growing crime in the world according to the FBI and is believed to be more than a \$150 billion industry. There are an estimated 20 million people enslaved globally, according to The International Labor Organization. The Greater Sacramento region is considered to be one of the hotbeds for human sex trafficking in the United States. Rotary District 5180 has been awarded a Global Grant to create a reproducible, large-scale project in the Greater Sacramento region to combat human trafficking. This prevention project includes a proven and approved education program that disseminates education and awareness information to children, healthcare workers, law enforcement, and educators, to prevent human trafficking. A provocative PR campaign is included to bring attention and promote changes to counteract sex trafficking. As shown below, we have partnered with leaders in these areas in order to bring these services to the region encompassed by our District 5180.

## CALL TO ORDER

**President Roland Wright** called the meeting to order at 12:15 p.m. and thanked **Richard Hansen** for serving as today's official greeter. Leading us in the pledge was **President Roland** and providing the invocation was **IPP Dominic Mecklenburg**. **Richard Hansen** served as the note taker.

## VISITING ROTARIANS AND GUESTS

The only guests today were our speakers **Chemane Rene'** Gerontology Specialist, Co-Founder and Director of Wellness & Advocacy for LifeMap and **Steve Fine** with LifeMap ~ Plan Your Story, Director, Wellness Program Development.

## ANNOUNCEMENTS

### Membership Meeting

PP **Maureen McBride** announced the next **Membership Development** meeting will be on **Tuesday, January 23rd** at 5:30 p.m. at Umpqua Bank.

PP **Maureen** attended The District 5180 Membership Seminar last Saturday and picked up some good information that will help our club.

### Club-Level District Speech Contest

The club-level District Speech Contest will be held on **Monday, February 12th**.

## Ink and Toner Cartridges Mini Fundraiser



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

IT'S SO EASY TO DO!

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 going strong with monthly pick-ups at Umpqua Bank. Large items are being picked up and stored at Hallsten Corp. until a scheduled E-waste pick up. **IPP Dominic** announced that Year to Date we have earned **\$121.91**.

Thanks to everyone for your continued support of this program.

**We meet Mondays at 12:15 p.m.**  
**Lions Gate Hotel and Suites**  
**McClellan Business Park**  
**3410 Westover Street**  
**North Highlands, CA 95632**

**Club Communications - Richard Hansen**  
**[rch6242@comcast.net](mailto:rch6242@comcast.net)** 916-332-7448  
 Rotary Club Address  
 P.O. Box 6 North Highlands, CA 95660- 0006

**CLUB WEBSITE:** [www.foothillhighlandsrotary.org/](http://www.foothillhighlandsrotary.org/) (Club Runner)

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

**R.I. OFFICIAL WEBSITE:** [www.rotary.org](http://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/>

## Thank You Letters

IPP **Dominic Mecklenburg** received a thank you letter from one of the schools that the club delivered Dictionary's too. There was also a package of letters from the students, that **Dominic** shared with the Rotarians.

January 11, 2018

Eve Hogerheide

Creative Connections Arts Academy  
7201 Arutas Drive  
North Highlands, CA 95660

Dominic Mecklenburg

Dear Rotary Club and Mr. Mecklenburg,  
Thank you so much for your donation of dictionaries to the third grade classrooms at Creative Connections Arts Academy in December. My colleague, Mr. Brooks and I are so grateful that you continue to give dictionaries to our classes. We have 56 students in our classes and they were so excited to receive these dictionaries! They have referenced their new dictionaries many times since they got to take them home. We really appreciate the Rotary Club's interest in our school and generosity towards our students.

Sincerely,



Eve Hogerheid  
Third Grade Teacher  
Creative Connections Arts Academy North  
Highlands

## WEEKLY ASSIGNMENTS

MONDAY, JANUARY 29, 2018

GREETER: **GORDON LIPP**

PLEDGE: **JOHN HALLSTEN**

INVOCATION: **BOB SPEARS**

NOTE TAKER: **RICHARD HANSEN**

## CALENDAR OF EVENTS

### UPCOMING PROGRAMS AND EVENTS

January is Vocational Service Month

#### CLUB CALENDAR:

JAN. 29	JIM TEASLEY/CHANGING LIVES ONE CARD AT A TIME
FEB. 5	CLUB ASSEMBLY
FEB 12	CLUB-LEVEL DISTRICT SPEECH CONTEST
FEB 13	BOARD MEETING
FEB. 19	<b>DARK / PRESIDENTS' DAY</b>
FEB. 26	OPEN

#### DISTRICT 5180 CALENDAR:

APRIL 7	DISTRICT 5180 LEADERSHIP ASSEMBLY
MAY 11-13	DISTRICT CONFERENCE AT HYATT REGENCY HOTEL, SPA AND CASINO AT INCLINE VILLAGE

## Car Program

IPP **Dominic Mecklenburg** announced there has been a change in the Car Program, to arrange for a pickup call



**Dominic's** cell **916-995-4006** and he will make the arrangements.

## RECOGNITIONS

Fine Master **Joe Kaiser** began by asking if there any happy thoughts, **President Roland** had one he was proud to have finished the sheet rock in his new home with his wife. He spun the wheel for \$3.

PP **Bob Spears** was happy the Philadelphia Eagles were heading to the Super Bowl. He spun the wheel for \$7.

**Mary Mecklenburg** did not know that **Dominic** was her buddy, she spun the wheel for \$7.

Then Fine Master **Joe** called on the members to answer some weird questions about teeth.

**Gordon Lipp** was first, he answered wrong and spun the wheel for \$4.

Richard Hansen was next, how many teeth do alligator's have he did not know, he spun the wheel for \$7.

**John Hallsten** was last, **Joe** asked which state had the most ? **John** did not know, he spun the wheel for \$4.



### February Board Meeting

The February 2018 Board Meeting will be held tomorrow

(Tuesday, Feb. 13) at 5:30 p.m. at Umpqua Bank in Antelope.

**Just a reminder:** All members are invited to attend.



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

In the new year, we will continue to donate items to Women's Empowerment. If you have items to donate, please bring them to



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?



## 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 still one of Rotary's top priorities. The Bill & Melinda Gates Foundation have extended their partnership with Rotary 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. We collected **\$6.54** at today's Rotary meeting. YTD is **\$691.53** or **69.51% of this year's goal**.

### 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 fourth year in a row.

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

### BELL RINGERS, GONG BONGERS PAUL HARRIS FELLOWS

Sonja Cameron	(GRIF)	PHF
John Hallsten	(B)(GRIF)	PHF+ 5
Richard Hansen	(B)(GRIF) (GRIF Polo Plus)	PHF+ 7
Joe Kaiser	(GRIF x2)	PHF+ 8
Gordon Lipp	(B)	PHF+ 4
Patrick Magnani	(GRIF)	PHF+1
Dr. Steven Martinez		
Maureen McBride	(GRIF)	PHF+ 8
Dominic Mecklenburg	(GRIF)	PHF+ 8
Mary Mecklenburg		PHF
Bob Meyer	(GRIF)	PHF+ 5
Marilee Monagan	(GRIF) (GRIF Polo Plus)	PHF+ 2
Sam Morgan	(B)(GRIF)	PHF+ 6
Gerred Popejoy		PHF
Bob Spears	(B)(GRIF)	PHF+ 3
David Stone		PHF+ 8
Lee Wiggins	(B)(GRIF)	PHF+ 4
Roland Wright	(B)(GRIF) (GRIF Polo Plus x2)	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.**

## ROTARY FOUNDATION BENEFACTORS

NAME

Hallsten, John  
Hansen, Richard  
Kaiser, Joe  
Lipp, Gordon  
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.

## 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.**

Conference and hotel reservations are now available on the District Website.

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

# Rotary

**HIGHLIGHTS OF THIS WEEK'S PROGRAM**

PP **Maureen McBride** introduced **Chemane Rene'** Gerontology Specialist, Co-Founder and Director of Wellness & Advocacy for LifeMap, Plan Your Story. **Chemane** will share key findings from her evidence-based research on the effects of family challenges and its impact on employee productivity and the bottom line. Her work with the University of Nevada Sanford Center for Aging along with the Northern Nevada Regional Planning Committee ensures her wellbeing experiences are rooted in the most relevant scientific evidence and best practices.

Our goal is to create an environment to support the personal, professional and business needs of an employee facing the responsibilities of caring for another adult. LifeMap will help you and your family make informed & empowered decisions for years to come.

There comes a time in life when we need to lay our cards on the table, so to speak. To communicate thoughts and feelings honestly and to know that we are heard. Thoughts about work life and feelings about personal life. But for some, that's hard to do. This is where we come in.

Leadership begins with a passion. LifeMap can be many things to many people; but one thing is for sure, it is not a healthcare provider. Rather, LifeMap is a facilitator running interference when life changes not only for us but also for our loved ones.

Employers are challenged to explore elder care benefits that can not only reduce the losses below, but boost employee loyalty, morale and retention. Of course, in a time when businesses are struggling with health care benefits, elder care benefits may be the furthest thing from the minds of company leaders.

We can't always predict, but we can prepare.

Of the 44 million people who care for aging parents or elderly relatives, 70% of them work full- or part-time. The stresses and demands on these working caregivers are overwhelming. They are often late to work, early to leave and distracted throughout the workday.

Torn between family obligations and duties at work, there is rarely a balance for these over-taxed caregivers. According to a study by the National Alliance for Caregiving and AARP, 11 percent of these workers will take a leave of absence and 10 percent ultimately will quit their jobs.

#### BOTTOM LINE FACTS

According to the U.S. Bureau of Labor Statistics, the impact is substantial:

American businesses lose an average of 2.8 million work days each year due to unplanned absences and presenteeism.

Those absences cost employers nearly \$74 billion annually.

Work day interruptions due to care giving of adults cost employers around \$3 billion;

Absenteeism due to care giving alone costs employers nearly \$5 million a year

It is extremely important that human resources experts learn how to effectively measure presenteeism within their workforce.

In 1994, Professor Cary Cooper, a psychologist specializing in organizational management, coined the term 'presenteeism' to describe workers who remain on the job but who are not as productive as usual due to illness, stress or any other type of distraction.

The causes of presenteeism cover a broad spectrum—from health-related issues like allergies, depression, diabetes and even the common cold to non-health-related issues like financial troubles, family issues and workplace conditions.

Presenteeism can include:

Additional time on tasks

Decreased quality of work

Impaired executive functions (i.e., initiative)

Lowered capacity of peak performance

Decreased quantity of work completed

Impaired social functioning with co-workers

Decreased motivation

One of the reasons employers have been more cognizant of absenteeism vs. presenteeism is that they can account for actual costs associated with sick pay, salary continuation, workers' compensation, short- and long-term disability and family/medical leave. Essentially it's right there in front of them. While absenteeism is important, researchers now say presenteeism can be more costly to businesses.

LifeMap ~ Plan Your Story for more information:

[www.LifeMap.info](http://www.LifeMap.info)



**President Roland and Chemane Rene'**

As is our usual custom, **President Roland** presented today's speaker with a Rotary gift in gratitude for her informative presentation.

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

**SAVE THE DATE!!!**

# District 5180 Leadership Assembly

**April 7, 2018  
8:00 a.m. Start**

**Inderkum High School  
2500 New Market Drive  
Sacramento, CA 95835**

**Come be inspired with Rotary fellowship and gain valuable information, such as....**

- How to create a more inclusive environment for your club
- Our brand
- Communicating our service and value to the community
- Rotary Global Rewards
- Technology in our Clubs

***And much, much more!***



**District 5180**

**Register online at:**

**[www.district5180assembly.eventbrite.com](http://www.district5180assembly.eventbrite.com)**



# Time of Your Life!



Join us for  
**Fun in Tahoe**

**Rotary District 5180 Conference  
May 11-13, 2018**

**Hyatt Regency Lake Tahoe Resort,  
Spa and Casino, Incline Village**

You're invited to [register for the Rotary 5180 District Conference](#), May 11-13, 2018 in Incline. And you can now [book your room at the Hyatt Regency Lake Tahoe Resort!](#)

**Speakers:**

***Rotary International Convention Speaker Minda Dentler  
Leadership and Fitness Expert Sara Kooperman***

**Friday Night Beach Party  
Speech Contest Finals  
Activities on the Hotel Property  
Fun and Fellowship**

Rotary 

# Ready. Set. Save Lives!

## *Rotary District 5180 Blood Drive Challenge*



For more than 60 years, Rotarians, their families, friends and coworkers have teamed up with BloodSource® to ensure that our community's blood supply is safe and plentiful for patients in need. Rotarians are a generous group, but to inspire even more lifesaving, BloodSource® has an annual challenge for us – give whole blood or platelets/plasma/source plasma and receive rewards!

### Challenge, Accepted!

Donate (and encourage friends, family and coworkers too!) from **April 16, 2017** through **April 15, 2018** and make it count by mentioning **your** Rotary Club when donating. Results will be announced at the 2018 District Conference!

**Awards By Category** | Club Categories: Small, Medium & Large

✓ **Most Donors**

✓ **Percentage of Club Membership**

*Clubs in each category will also be recognized for participation percentage based on total membership.*

### Saving Lives is (even more) Rewarding

In addition to MyBloodSource Rewards to redeem online for merchandise you'll also earn the following:

<i>You Give</i>	<b>Whole Blood</b>	<b>Automated Donation (platelets/plasma)</b>
<i>You Receive</i>	(1) Rotary Point	(2) Rotary Points

### Questions?

For Blood Drive Challenge information or to schedule a speaker for your club program, contact:

**Angelina Pillet** (Folsom Lake Rotary Club)

916.453.3741

[APillet@bloodsystems.org](mailto:APillet@bloodsystems.org)



Schedule your donation at [my.bloodsource.org](http://my.bloodsource.org) or call 866.822.5663 – and make it count by telling them it's for your Rotary Club!





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

**Rotary** 

**free**  
**e-waste**  
**pickup**  
**fundraiser**

**PLEASE**  
**HELP**  
**SUPPORT**

**FOOTHILL HIGHLANDS**  
**ROTARY CLUB**

Schedule your **FREE** pick up by visiting  
**[www.eWaste4good.com](http://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**



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

**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](http://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. Call Dominic at 916-995-4006 or visit us online at [foothillhighlandsrotary.org](http://foothillhighlandsrotary.org). Better yet, towing is free and scheduled for your convenience.

**Call Dominic at 916-995-4006**

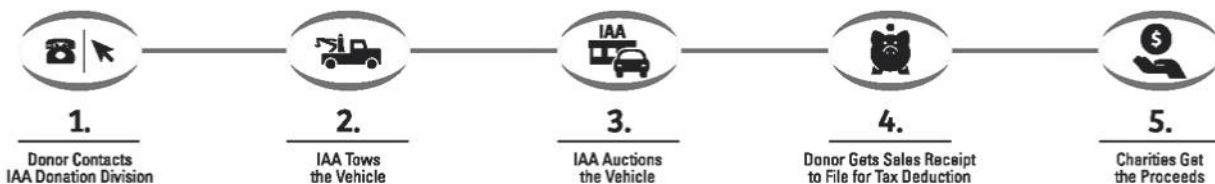
### Not every "vehicle" is a car, but every donation helps!

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:**



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

**Donate today!**

800

[foothillhighlandsrotary.org](http://foothillhighlandsrotary.org)

*Program Powered by the IAA Donation Division.*

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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!