

The Highlander

THE ROTARY CLUB OF FOOTHILL- HIGHLANDS

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2014-15 Rotary Leadership ROTARY INTERNATIONAL

Gary C.K. Huang
International President

**Rotary Club of
Taipei, Taiwan
DISTRICT 5180**

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District Governor

Fred Rowe
Assistant Governor
Area 8

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Vice President

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Treasurer

Roland Wright
Club Administration

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Community Service

Robert G. Meyer
International Service

Gene Long
Youth Services

Bob Spears
Vocational Service

David Stone
Sergeant at Arms

Joe Kaiser
Membership Development

Rotary Club of Foothill-Highlands

Estate Sale

Friday, May 15th 11am until 7pm

Saturday, May 16th 8:00am to 6:00pm

Rotary

Club of Foothill-Highlands



Furniture, household items, and much more!

Hosted by the Rotary Club of Foothill-Highlands

Proceeds go to fund local community service projects

3501 Walnut Ave. in Carmichael

**Cross streets - Walnut Ave and Whitney Ave
(NW corner)**



We will accept VISA and MasterCard



CALL TO ORDER

President **Rich Ryan** began the meeting promptly at 12:15 p.m. Our official greeter was PP **Marilee Monagan**. Leading us in the pledge was **Jeff Donlevy** and IPP **Patrick Magnani** provided the invocation. **Richard Hansen** was the note taker.

VISITING ROTARIANS AND GUESTS

The only visitor today was our speaker **Karen Penfold** from Albie Aware Breast Cancer Foundation.

ANNOUNCEMENTS

**NO MEETINGS
MONDAY, MAY 18th
after the Estate Sale
and
MONDAY, MAY 25th
Memorial Day**

May Board of Directors Meeting

The May board of directors' meeting is scheduled for **Tuesday, May 12th** at **5:30 p.m.** at President **Rich Ryan's** office, 3820 Auburn Blvd., Suite #100, Sacramento, 95821.

E-Waste4Good Program

PP **Dominic Mecklenburg** announced that the last pickup this quarter will be next week. You can bring anything, anytime to Umpqua Bank or he 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.

Balloon Poops from NATM

PP **Dominic Mecklenburg** announced he had three Balloon Pops left over from the Night at the Museum. He sold them to PP **Maureen McBride**, PP **Joe Kaiser** and PE **Gene Long** for \$20 each. They were items valued at \$37.

NATM

PP **David Stone** gave **Dominic** three additional checks from sponsors of the Night at the Museum.

Club Communications - Richard Hansen

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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/>

Estate Sale

Our annual Estate Sale is scheduled for this weekend, **Friday, May 15th** from **11 a.m.** until **7 p.m.** and **Saturday, May 16th** from **8:00 a.m.** to **6:00 p.m.** The event will be held at Lee Wiggins' Dental Office parking lot, 3501 Walnut Avenue in Carmichael (cross streets are Walnut Ave. and Whitney Ave. — NW corner).

Anyone with a pick up truck who can help transport items from the storage unit in North Highlands to Lee's office is asked to contact PP **Roland Wright**. We will be loading at the storage at 8:00 am on Friday.

President Rich circulated a signup sheet for volunteers to help throughout the sale. If you were not at today's meeting and can help, please contact **President Rich** A.S.A.P.

Estate Sale revenue via the bank lobby remains strong at \$487.00 fiscal YTD.

Museum Tour

The Foothill-Highlands Rotarians met for lunch at the new **Coffee Hangar Café** at McClellan Park on **Tuesday, May 5, 2015**. Following lunch they proceeded to the **California Statewide Museum Collections Center**, 4940 Lang Avenue, McClellan Park for a 1:30 p.m. tour.

The tour was arranged by PP **Marilee Monagan**. Attendees included **John Hallsten, Gordon and Polly Lipp, IPP Patrick Magnani, President Rich Ryan, PE Gene Long, PP Roland Wright** and **Gary Monk**.



WEEKLY ASSIGNMENTS

MONDAY, JUNE 1, 2015

GREETER: **ERIK NOOREN**

PLEDGE: **RICHARD HANSEN**

INVOCATION: **DOMINIC MECKLENBURG**

NOTE TAKER: **RICHARD HANSEN**





Drive change.
Donate a vehicle today.

**Click here to
donate now**

Program Powered by the IAA Donation Division.
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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. Today yielded \$21.08. Our total now from the banks is \$425.09 plus another \$475 from those Rotarians contributing \$25 or more. Our total for Polio Giving YTD is \$900.09 — **just \$99.91 short of \$1,000.**

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

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.



JOKES

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

CALENDAR OF EVENTS

UPCOMING PROGRAMS AND EVENTS JUNE IS ROTARY FELLOWSHIP MONTH

CLUB CALENDAR:

MAY 12	MAY BOARD MEETING
MAY 15-16	ESTATE SALE
MAY 18	DARK- AFTER ESTATE SALE
MAY 25	DARK-MEMORIAL DAY OBSERVED
JUNE 1	TBA
JUNE 8	TBA
JUNE 15	TBA
JUNE 22	TBA
JUNE 29	DEMOTION DINNER

DIST. 5180 CALENDAR:

JUNE 7	ROTARY DAY AT THE RIVER CATS
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FINES AND RECOGNITIONS

Fine Master **David Stone** asked if anyone had any May birthdays or anniversaries they would like to share.

PP **Maureen McBride** was first to announce she has a birthday later this month. She bonged the gong for \$100 to the Rotary Foundation.

IPP **Patrick Magnani** also has a birthday later this month. He spun the wheel for \$6.

PP **Joe Kaiser** will celebrate 28 years in Rotary on May 18th. He spun the wheel for \$14.

PP **David Stone** will also celebrate a Club Anniversary — tomorrow marks his 18th year in Rotary. He spun the wheel for \$7.

David then asked if any Rotarians forgot to wear their Rotary pins. **President Rich**, PP **Roland Wright** and PE **Gene Long** each paid \$1.

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)(GRIFx2) (\$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

PP **Marilee Monagan** introduced **Karen Penfold**. **Karen** was the Executive Director of eWomen Network, a women's business organization in Elk Grove and Stockton from 2006-2012. The organization helps women small business owners and entrepreneurs. A two-time breast cancer survivor since November 2009, Karen joined the Albie Aware Board of Directors in 2011. In 2012, **Karen** campaigned for Survivor of the Year, winning the title after raising \$25,000. In 2013, **Karen** volunteered as the Mammography Clinic Coordinator. In January 2014, she was hired as the Administrative Assistant to the Executive Director where she serves performing administrative duties as well as program coordination. **Karen** lives with her husband in the Elk Grove area and has two adult sons.

Albie Aware Breast Cancer Foundation began over 10 years ago. In 2004 Doug Carson created the local 501 (c) 3 non-profit in memory of his late wife Alberta (Albie) Carson, who lost her battle with breast cancer on July 4, 2002. She left behind two wonderful sons, a devoted husband and loving Sacramento community.

Albie was a 50-year resident of Sacramento where she attended school, raised a family, and made a career in the real estate community. She developed strong ties to the area and was well known and loved by her peers and clients alike. It is only fitting that her legacy continues to be one of selfless giving.

Tragically, Albie lost her battle to breast cancer because she was not made AWARE of all the

available technology to detect a recurrence of her breast cancer.

After being treated for breast cancer in 2001, she followed up with her doctor every six months for a standard blood test and exam. This provided a false sense of security. Just three weeks after receiving a clean bill of health, Albie saw a doctor for seemingly unrelated symptoms. She then received the news that her cancer had spread to her brain and that she was terminal. Albie died six weeks after being told she was in remission. The cancer had returned and spread to her bones and brain—something the standard tests did not detect. However, a PET (Positive Emission Tomography) scan could have detected the cancer and given Albie's medical team important information to treat the returning cancer and provide Albie a chance to fight and experience more time with her family.

Awareness:

"Albie Aware" sounds like "I'll be aware" and that's our purpose: To make people aware of cancer PREVENTION methods, to encourage self-examination and annual mammograms beginning at age 40 (earlier if you have a strong family history) for EARLY DETECTION, to be aware of the diagnostic tests available to determine the best TREATMENT for breast cancer and the early detection of a recurrence, and to provide financial assistance as well as advocacy when these tests are not covered by the insurance provider.

In honor of Albie, it is our goal to raise money to help others in the community who are facing a breast cancer diagnosis.

Every year 250,000 new cases of breast cancer are detected in the United States and the lifetime risk for women is 1 in 8. Annually, 2,500 men are diagnosed with breast cancer. The greater Sacramento region will see 1,200 new cases of breast cancer every year.

REACTing to the Need in Our Community.

Albie Aware was founded to fill a gap in our medical system. Paying for diagnostic breast cancer testing, Albie Aware meets a need that is not covered by other local or national organizations. Due to a variety of reasons, far too many people are uninsured or under-insured. Many people are at risk for breast cancer and are not able to afford the services of a doctor for screening and testing.

Our services include:

Resources:

Albie Aware provides referrals to detect, treat and support someone dealing with a breast cancer diagnosis.

Education:

Albie Aware provides free breast health classes and participates in community health fairs educating thousands of local residents with preventative breast health information and the importance of early detection.

Advocacy:

At our clients' request, Albie Aware will attend their medical appointments with them to offer support and help navigate a very complex system.

Co-Pay Assistance:

Breast cancer is expensive. Many of our clients find themselves with high deductibles and other unexpected medical co-pays. Our Co-Pay assistance program offers some relief to our clients' mounting medical bills.

Testing:

Whether it's a 3-D mammogram screening or a MRI, Albie Aware will pay for screenings and diagnostic testing for clients who are uninsured, under-insured or otherwise cannot afford the test.

Screening mammogram

Diagnostic mammogram

Ultrasound

Whole Breast Ultrasound

MRI

PET Scan

Breast Biopsies



For more information go to:

<http://albieaware.org>



Karen Penfold and President Rich

As is the usual custom, **President Rich** presented **Karen** with a gift in gratitude for her 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.



EWASTE 4 GOOD
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

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**



EWASTE 4 GOOD
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 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.

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!

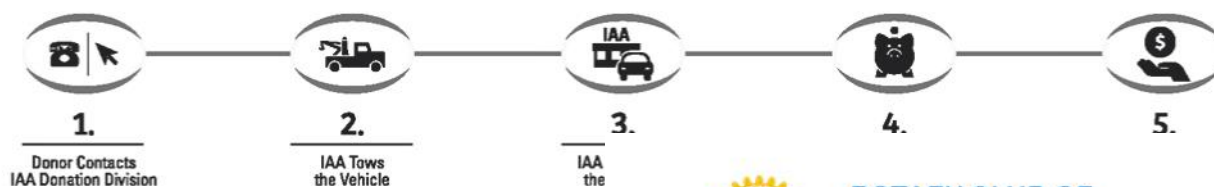
Not every "vehicle" is a car - but every vehicle, in any condition, can be donated!

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:



Call 800-240-0160



**ROTARY CLUB OF
FOOTHILL-HIGHLANDS**

- Tax deductible
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- Any vehicle, any condition

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Donate a vehicle today.

Click here to donate now

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