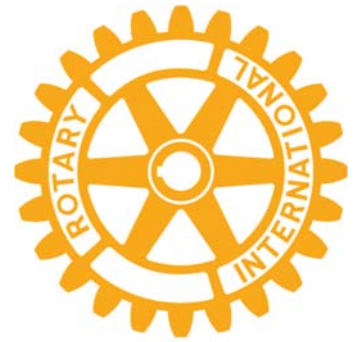


ROTARY DISTRICT 5390

January 2014
Rotary Awareness Month



2013-14 District Governor
John Stewart and Susan



Rotary

DISTRICT ROUNDUP

G'Day, Montana Rotarians

Another Year in the Books, right? – 2013 is done and gone, sort of.... On the calendar it may be a past year, but in the Rotary year it just heralds the start of the second half of our year of service together.

As we start anew in January I contemplate "What Do We Bring.?" to our Club, to our communities, to our District? Giving is not a natural act. Giving is not based on the size of your wallet, but on the size of your heart. Volunteers save your communities thousands of dollars every year. **And, did you know that people who are generous generally lead a happier and healthier life?**

As we start a new calendar year, I have been reviewing New Year's resolutions. I think about things that I could try to do to be a better leader, a better communicator, and a better team member. One communication tool we are working on is a District HELP!! E-mail site where you can ask and get responses from the great resource we have in Assistant Governors, Past District Governors and the current Executive Committee of District Officers. Like a Blog Site, only without the costs of another website hosting and master. We are testing it out upon and among the AG's this month and will be rolling it out next month to more users, Presidents and Club Officers, and in detail at PETS. Some other things we can resolve to do include, starting and ending meetings on time, fewer meetings, fewer and shorter e-mails and fewer people on the Cc: line, and countless other little things we can all do to be better, more considerate teammates. It is always worth thinking about one or a few small habits that you will endeavor to change this year.

However, as I contemplate some of the habits I intend to change, I am likewise realistic and I am drawn to the words of the great American writer and philosopher, Mark Twain, who had this to say to put New Year's resolutions in perspective:

"Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell (cont. pg. 6)

Special points of interest

- YE Students Announced
- Upcoming Club Events
- Using Social Media
- RYLA Reservations being taken

For information about key District Events, visit www.montanarotasy.org



Helena Rotary Club members help with usher duties during Carroll College basketball games. Not only is this a great opportunity to provide a needed service, the club has been able to introduce their inbound YE student to the great American sport.

OUTBOUND YOUTH EXCHANGE ANNOUNCED

Five Youth Exchange students from the Bozeman and Missoula areas are beginning their preparation for a year abroad. By August of this year, each will be heading to their Rotary host districts and meeting their host families in person for the first time.

Our outbound District 5390 student representatives and the country they will live in for a school year are: Carolina Garcia from Bozeman, France; Reed McEleya from Bozeman, Austria; Courtney Miranda from Bozeman, Brazil;

Nathan Dudden from Missoula, Taiwan; and, Sari Lerch from Missoula, Ecuador.

INBOUND HOST CLUBS/FAMILIES STILL NEEDED

With five outbound students, we will also be receiving five inbound. Three clubs (Missoula, Bozeman Sunrise, and Livingston) have stepped forward to host three. Two more clubs are needed to host for the coming school year. If your club is interested, please contact District YE Chair Daryl Hansen as soon as possible. Ω

“Rotary has satisfactorily demonstrated the fact that friendship can easily hurdle national and religious boundary lines.”
 – Paul Harris, *This Rotarian Age*, circa 1935

UPCOMING CLUB FUN

Looking for something to break up the winter? You may want to check out these club fundraisers:

February 7th, Whitehall
 Annual **Casino Night**. The theme this year will be a Speakeasy.



Don your flapper dress or pinstriped suit and enjoy a little legal gambling and maybe a drink or two. It'll be the cat's meow! Proceeds help the Whitehall Rotary Club and Whitehall Volunteer Fire Dept.

February 14th, Livingston

Sweet Night with Rotary. If you like chocolate and wine, head over the hill to Livingston and enjoy tempting desserts and perhaps win a prize in the wine raffle. Proceeds help with several local club projects.



CLUBS—HARNESS THE POWER OF SOCIAL MEDIA

Whether we like it or not, social media is here to stay and is becoming an ever increasing means of communicating quickly with others locally and around the globe. Here are a couple of simple tips that can boost the effectiveness of your club's site.



SHOW what is happening! Post photos that have action—people who are doing a project; people who were helped by a project.

Include a caption that explains the photos and will help spark interest. Before posting, though, make sure the identifiable people in the photo do not mind. If children are in project photos, check with their parents or guardian for permission to use the photo on-line.



SHARE often. Posting each week can be easy when you borrow content from other sources, like Rotary International's Facebook, Twitter and YouTube sites. Include posts about new members, fundraising activities, social events, community projects and the club's weekly program speakers.

Social media can be a great avenue for increased fundraising and project awareness beyond your club. Encourage your members to share posts from your club accounts to their personal pages. When Rotarian D. Harris from Las Vegas shared news on her Facebook page about a club project called Santa Clothes, her personal network donated close to \$1100 within only a few hours. Ω



What does your club's web site say about your club? If you were interested in joining Rotary or were a visiting Rotarian, would the web site make you want to attend the next meeting or keep looking for a more current and interesting group? Keeping the site up to date, posting photos of projects, having a link to your Facebook page and information about current and future speakers all combine to help make the site interesting and provides an incentive for members to check back on a regular basis to see what has changed.

MISSOULA ROTARY CLUBS ANNOUNCE EVENTS

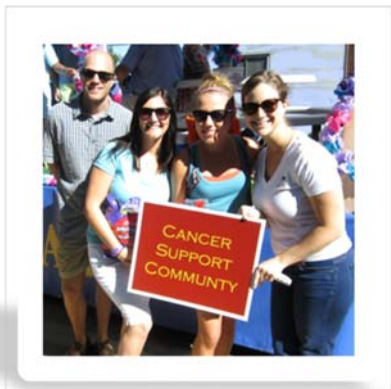
January 25—Missoula Noon will have a booth at the annual Missoula Business-women's Symposium being held on the UM campus.

February 6—Missoula Sunrise is holding their annual **Ethics Seminar** from 8 AM to Noon at the Holiday Inn Downtown. Community leaders, business professionals, and students will have the opportunity to discuss ethical decision-making and how to apply the Rotary 4-Way Test in everyday

situations. Visit the club web site at www.MissoulaSunriseRotary.org for more information.

February 7—Missoula Noon has a fellowship event for **End Polio Now** at the Zoo-town Brew Coffee Shop from 6 to 9 PM. The event will feature young local musicians and two popular local visual artists. Donations will be taken at the door. Adult "brew" is free with a donation.

Ω



WHO ARE THEY??

This club started (or refreshed) in January 2012. They help with community cleanup, staffing a concession stand built by a local Rotary club; and, meet twice each month. The local charity they chose to help this year is Cancer Support Community.

POLIO -THE AFTERMATH

While the focus for decades now has been on polio eradication, we must not forget that polio is still having a major, often unseen, impact here in the US. In the 1940s and 50s, polio was killing and/or crippling more than 35,000 each year in just the U.S. Some who contracted polio recovered relatively unscathed. Today, worldwide, it is estimated that there are anywhere from 10 to 20 million polio survivors and many have or will develop Post Polio Syndrome (PPS). It tends to come on slowly with progressive weakness in the same muscles that were originally affected by polio.

A new treatment is providing hope for PPS patients. Transcranial Direct Current Stimulation (tDCS) has been used for other conditions, like fibromyalgia, that involve fatigue and muscle weakness. Researchers in Italy decided to investigate if it could help PPS patients. Participants in the study included 32 people who had polio in early childhood and, after having stable health for an average of 55 years, had developed PPS. Symptoms improved in many areas for nearly all of the group, including the test group who received a "fake" treatment; but, the tDCS patients showed significantly more improvement, especially in sleep quality.



DECEMBER CLUB MEMBERSHIP AND
 FOUNDATION GIVING (from November reports). Foundation \$ is for APF giving only.

Club	No. Members	% Attendance	Found. Goal	\$ Given APF
Anaconda	23	77	\$1200	0
Bigfork	33	67	Not Listed	0
Big Sandy	NR	NR	Not Listed	0
Big Sky	NR	NR	\$4600	0
Billings	197	65	Not Listed	\$610
Billings West	81	53.5	Not Listed	0
Bozeman	NR	NR	Not Listed	\$450
Bozeman Sunrise	NR	NR	\$11750	\$100
Butte	NR	NR	\$775	\$1000
Columbia Falls	16	65	Not Listed	0
Deer Lodge	NR	NR	Not Listed	\$120
Dillon	20	60	\$680	0
Evergreen	16	87	\$2000	0
Glendive	NR	NR	\$1008	0
Great Falls	114	26	Not Listed	\$100
Hamilton	27	63	Not Listed	0
Havre	NR	NR	Not Listed	0
Helena	NR	NR	Not Listed	\$1325
Helena Sunrise	16	77	Not listed	0
Kalispell	113	87	\$13500	\$1050
Kalispell Daybreak	72	78	\$8800	\$3625
Kootenai Valley (Libby/Troy)	NR	NR	\$6000	\$500
Laurel	NR	NR	Not Listed	0
Lewistown	NR	NR	Not Listed	0
Livingston	NR	NR	\$2500	\$382
Malta	NR	NR	Not Listed	0
Manhattan	NR	NR	Not Listed	\$125
Miles City	NR	NR	\$1980	0
Missoula	123	37	\$6500	\$5855
Missoula Centennial	NR	NR	Not Listed	\$400
Missoula Sunrise	42	62	Not Listed	\$2450
Philipsburg	NR	NR	Not Listed	\$100
Polson	75	36	Not Listed	\$1100
Red Lodge	35	63	Not Listed	\$218
Roundup	NR	NR	Not Listed	0
Townsend	50	36	Not Listed	\$848
Twin Bridges	NR	NR	\$750	0
Whitefish	59	62	\$5000	\$740
Whitehall	NR	NR	\$1900	\$275
White Sulphur Springs	NR	NR	Not listed	0

GOVERNOR JOHN'S JANUARY LETTER, continued from page 1

THE 4-WAY TEST

Of the things we think, say,
or do (everyday):

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOODWILL
and better FRIENDSHIPS?

Will it be BENEFICIAL to all
concerned?

with them as usual. Yesterday, everybody smoked his last cigar, took his last drink, and swore his last oath. Today, we are a pious and exemplary community. Thirty days from now, we shall have cast our reformation to the winds and gone to cutting our ancient shortcomings considerably shorter than ever. We shall also reflect pleasantly upon how we did the same old thing last year about this time. However, go in community. New Year's is a harmless annual institution, of no particular use to anybody save as a scapegoat for promiscuous drunks, and friendly calls, and humbug resolutions, and we wish you to enjoy it with a looseness suited to the greatness of the occasion."

Have a great New Year Rotarians,

John Stewart

DG 2013-14

Learn more about Rotary at www.rotary.org and www.montanarotary.org



RYLA - CLUB RESERVATIONS ON LINE ONLY FOR 2014

For RYLA 2014, clubs will be making their camper reservations on-line. The club RYLA chair can find the registration link on the district web site by clicking on RYLA under District Events. Each club is allowed up to two initial reservations. Payment for these spots is due by March 30th to hold them. On March 2nd, the reservations remaining will be available on a first-come, first-served basis and the camper limit will be raised to 110. Clubs who register late CAN ask to have a student put on the wait list. If another

club cancels, wait listed clubs will be informed

RYLA 2014 will be held July 15 to the 19th at Luccock Park Camp south of Livingston. While we are hopeful that the kitchen improvement project can be funded and completed by May, if financial support can not be found, beginning in 2015 RYLA registration cost will have to be raised annually and the total number of campers will need to be reduced by at least 25%.

FIRST DISTRICT SCHOLARSHIP RECIPIENT TAKES TIME TO VOLUNTEER

Todd Wojtanowicz is keeping very busy with medical school in Chicago. Our district scholarship is helping him achieve his dream of helping others by providing medical care. Todd will be giving more detailed information for the February newsletter. He summarized his first semester as "I have been extremely busy with school, work and volunteer activities and have been having a blast. While I've yet

to visit the local Rotary up in Evanston (though I plan to), I have had the opportunity to get involved in the community here at volunteer student clinics which has been extremely rewarding. School has been very fast paced and balancing it with work, marriage, family and friends is quite the juggling act."



Hamilton sponsored Corvallis High School Interact club regularly has members visit Hamilton Rotary Club noon meetings. A key part of keeping Interact active and involved is regular contact with their host Rotary club. Does your club sponsor an Interact Club? If so, when was the last time members of your club visited during an Interact meeting? When did Interact members last attend a Rotary club meeting?