



NEWSLETTER



Upcoming Events

Check out www.rotarydistrict5190.org for more event details

- December: Disease Prevention and Treatment Month
- Dec 11-12: Assistant Governor Training, Reno NV
- Dec 15: Early registration discount ends for [RI Convention](#)
- Jan 15-16: Rotary World Peace Conference 2016, Ontario CA
- Jan 16: RLI I Session, Rotary Club House, Portola CA



Coach's Corner

Thank you for your Rotary hearts and service

Stepping Up

Presenting the District Governor Nominee Designate for 2018 -2019

In My Words

An interview with the first woman President of the Rotary Club of Alturas

RYE Letters from Abroad

Thus far, my experience has been all that I hoped for; I am forever grateful to Rotary

When Opportunity Knocks

Employer writes a check to Rotary in honor of an employee's outstanding efforts

THE ROTARY FOUNDATION CADRE OF TECHNICAL ADVISORS

GET HELP WITH YOUR TRF GRANT APPLICATION AT CADRE@ROTARY.ORG



VISIT WWW.RICONVENTION.ORG TO REGISTER FOR THE 2016 RI CONVENTION



VISIT THE 2015-2016 [PRESIDENTIAL CONFERENCES WEBSITE](#)

COACH'S CORNER



Welcome to December and Disease Prevention and Treatment Month. What a good time for us to remind ourselves of the progress being made in our Polio Plus efforts. There is a great update in this issue. As I wrote the last newsletter, clubs were just finishing up their celebrations to support World Polio Day on Oct.

24. Thank you to all District 5190 clubs who did something special to raise awareness in their communities about our commitment to end this deadly disease in our lifetime.

Dan and I attended several Area Foundation dinners with amazing speakers. In Placerville, for the Area 6 Foundation Dinner with a special Sports Attire theme, I had the pleasure of stepping in for Past RI General Secretary Ed Futa when his plane was delayed due to weather. What an honor! And then we got to share stories with Ed the next night at the Area 4 Foundation Dinner. There are still several opportunities to attend these inspiring events as other areas have their Foundation Dinners in the spring. Please consider joining in to celebrate the generosity of our amazing donors and to meet and hear the stories of those who have experienced the benefits the Our Foundation affords to those in need in our world.

For those planning on attending the Rotary International Convention in Seoul, Korea 28 May to 1 June 2016, remember that the early registration discount period ends 15 December! Dan and I will be trekking across the world for that and look forward to seeing many of you there. District 5190 currently has 13 registered for the Convention!

Several exciting events are occurring in our District this month as we enter our 6 month, or halfway mark of accomplishing our goals. A letter is going out to all former 5190 Rotarians inviting them to consider joining the District 5190 E-Club. As you talk to prospective Rotarians, please keep that option in mind. Also, District Conference 2016 registration will

be opening soon! We are trying out an earlier registration schedule to begin to generate excitement about the celebration that we will have in May to join together and congratulate our clubs on a fabulous year. This also signals a change in policy come May; there will be no walk in registrations at the Conference. This will allow our registration and Conference staff to be able to better enjoy the conference themselves. Please consider registering early as it makes it so much easier for us to provide an excellent experience for you and your families.

As we have traveled around the District to 50 clubs so far, the discussion of Membership has been at the top of the list. We have talked with clubs who are focusing on retaining our best customers: OUR MEMBERS and gaining new members with some of the flexibility that is being encouraged by RI and the District. We have an amazing District Membership team, so do not hesitate to contact them for assistance in designing a tailored approach for your club's Membership Committee.

I mentioned last month that we had a speaker at Zone 25/26 Institute who talked about social pain and those who feel isolated in our society. This is the time of year, while many of us are enjoying holiday celebrations with our families and friends, others will be experiencing sadness, depression, poverty, hunger, and other feelings and conditions that may be, fortunately, foreign to us. I know that many District 5190 clubs will be doing all that they can to alleviate many of these conditions, whether it be providing winter coats and clothes; food baskets; free dental and health clinics; shopping trips to children and families; assistance ringing the bell for the Salvation Army; and so much more. Dan and I thank each and every one of you for your Rotary hearts and service and pray that you and yours remain happy and healthy during the entire holiday season.

7 months to go to achieve our Rotary year goals and dreams! Go Team Virus!

Virus



Be a gift to the world

STEPPING UP . . . AND WALKING THE EXTRA MILE

The District Nominating Committee, lead by PDG Alan Cain, recently made their selection for the District Governor for 2018-2019.

Please join with other District 5190 Rotarians in congratulating Tina Spencer-Mulhern of the Rotary Club of Sparks Centennial Sunrise, as our District Governor Nominee Designate (DGND).



PDG Alan Cain announces the nomination of Tina Spencer-Mulhern as DGND during Tina's home club meeting



A joint program of RI and TRF to highlight Rotary's areas of focus

Rotary's [areas of focus](#) encompass some of the world's most critical and widespread humanitarian needs. Our members and partners around the world have rolled up their sleeves to promote peace, fight disease, provide clean water and sanitation, save mothers and children, support basic education and literacy, and grow local economies. We are proud to say that Rotary has become a global leader in advancing these vital goals.

It is our privilege to convene a series of presidential conferences in 2015-16 highlighting our areas of focus. Between January and March 2016, five conferences will be held around the world, each focusing on one of these areas:

- 15-16 January | Ontario, California, USA | Peace and Conflict Prevention/Resolution
- 19-20 February | Cannes, France | Disease Prevention & Treatment

- 27 February | Cape Town, South Africa | Economic Development
- 12-13 March | Kolkata, India | Literacy and Water, Sanitation, Hygiene (WASH) in Schools
- 18-19 March | Pasay City, Manila, Philippines | WASH in Schools

All of the conferences are being led by local Rotary districts and are open to Rotary members and non-members. The conferences will feature engaging speakers, informative plenary sessions, and hands-on workshops. Attendees will have the opportunity to network with fellow leaders and take away new ideas and strategies to put into action. Visit the [conference websites](#) to learn more about each of the programs and register to attend.

If you are working to improve your community through these areas, or would like to learn how to do so, you will not want to miss this unique opportunity to join fellow leaders, exchange ideas, and take action. We hope to see you there!

K.R. Ravindran
President, Rotary International, 2015-16

Ray Klingensmith
Chair, The Rotary Foundation Trustees, 2015-16

In My Words

An interview with Leta Bethel, the first woman president of the Rotary Club of Alturas:

What motivated you to join Rotary in 1996, nearly 20 years ago? I had always heard a lot of good things about Rotary. I knew this club got things done. They were all about the kids, trying to help and make things better for them – in all areas, not only fun but health and education too.



I was invited by Joe Coffin. When he became busy with being the District Governor he asked Fritz to escort me to the meetings to see if I would be interested. I was forewarned about some harassing because some of the old-timers didn't want any women in a previously all-male club. I balked, saying I didn't want to be any place I wasn't wanted. They both assured me it was just a handful of disgruntled members and that not all members shared their feelings, and that they were told by the head office that women would be welcomed as members. I wanted to know who the

disgruntled people were so I'd know who to look out for. They were not going to tell me so I said fine, I wasn't going to walk into a hornet's nest unless I knew who was going to come after me. So they did tell me. How I counteracted this was I chose to sit next to the ringleader. I thought if he was going to come after me he wouldn't have too far to go to get me. I made it a point to arrive early so I could be sure to get a seat next to him at each meeting. I did become a member in 1996, the same year as Alan Cain and Dave Mason.

How long were you a member before your election as president? I was president during 2003-2004, the first woman to serve in that capacity, seven years after becoming a member.

What prompted the members to nominate and elect a woman for club president? Because I was willing to work. Every member had already served as president – sometimes twice. I wanted to be a working member, not just someplace to go for lunch.

Was there any backlash from members? If so, did it last long? My first meeting on my own as a member we went to the scout hall with sack lunches. The ringleader asked me if I would mind staying after everyone left and tidy up a bit, like sweep the floor, etc. During this process I noticed him looking over his shoulder to see if his audience was watching – and they were. So I said sure, only on

one condition – I was going to use him for my broom! Never had another thing happen. His followers said that ought to hold you for a while! Other women were soon to follow into membership and, I'm sure, not without incidents.

Who was the president prior to your term? I believe Alan Cain was the president before me and Jim Cavasso followed me. Somewhere in there was Phil Smith and I'm not sure about Dave.

What other club positions did you hold? I held the positions of sunshine person, Paul Harris trivia, very short-term with cards (I didn't know my cards!) and multiple terms as treasurer.

What else will members want to know about you and about your time in Rotary? I think Rotary is the best organization I've ever belonged to. The people are all first class and they all care about other people and the community in which they live. Can't beat that!

Leta – we all hope you realize how much you have enhanced and contributed to the Rotary Club of Alturas for these nearly 20 years. You are what Rotary is all about. Thank you for agreeing to this interview.

Interview conducted by Carol Sharp
Public Image, Rotary Club of Alturas

OUTBOUND TO ARGENTINA

A little over a year ago, I recall making my final decision to embark on this life-changing experience. I had been mulling over the possibility of an exchange for several years, after hosting students and watching my sister go and come back from her year with RYE in Spain. I remember on specific evening last September 2014, my sister and I were sitting in our favorite café in my hometown, talking about what going on an exchange would mean for me. I realized in that moment that this would be a year that could shape the rest of my life, and I had to take the opportunity in front of me, no matter how hard it would be to leave behind everything I knew and loved.

A year and two months have gone by since then, and I am certain that this was one of the best decisions I have made. Last year was one full with applications and orientations, all of us 5190 Outbounds preparing for our departures. My approaching exchange never felt quite real until two months ago on September 5th, when I boarded my plane, not even trying to hold back the tears as I waved goodbye to my parents. A day later, I arrived in Buenos Aires, Argentina, my new home. For now, the sadness of leaving was gone and I was overwhelmed with excitement for the year to come.

Thus far, my experience has been all that I could have hoped for. My host mother, Delia, welcomed me into her home like her own daughter. I feel so lucky to be a part of this family for four months. The first week was a blur of meeting new people, trying desperately to understand Spanish, and generally feeling confused, but happy none the less. After that, I began to settle into this new life. I started school the following week. My school, a private Catholic institute, has never had exchange students before, so the first week I was constantly surrounded by peers and bombarded with question after question. To my relief, this began to wear off after a while and now I have had some time to get to know my classmates better. Much of the material in my classes is

beyond my Spanish ability, but the teachers are very understanding and I am doing what I can academically. My school is a technical institute, and for this I go to school from 7:30 to 5:45 pm on most days, sometimes with enough time to go home for lunch.

All this school occupies most of my waking hours, but I am filling my free time with trips into the city and spending time with new friends. The people are so kind and are always inviting me along, but like any teenager moving schools or towns, it can be hard to break into groups established over 10 years of being together in school. Despite this, I'm already sure that many of the relationships I build this year will last long after my exchange.

There are so many things I love about my host country, Argentina. I could go on and on about my host mom's wonderful cooking. I love this city and all it has to offer. The culture here is so lively, they love to go out dancing, listen to music, eat together with the entire extended family, and in general, LIVE!

Overall, these past two months have been full of immense growth and learning for me. Living here has opened my eyes to how differently so many people live in the world. I am discovering so many things about myself that I was oblivious to before.

I am so happy that I am here, participating in the Rotary Youth Exchange.

I am so thankful that this fantastic program exists for teenagers around the world to break out of our comfort zones into the unknown and experience something new.

I am only two months into my exchange, but I am certain that this is where I am meant to be, and every day I am excited to be immersing myself in the culture of Argentina.

Zoe Brownwood
 Rotary Youth Exchange
 Sponsored by the Rotary Club of Grass Valley

THE MOMENTS OF EXCHANGE THAT LAST A LIFETIME

There is a saying among us exchange students that “exchange isn’t a year in your life, but a life in a year”. This is all so true, at least in my personal experience. The experience of living with families I do not know, in countries where my language ability is at first all but nonexistent, the new school, friends, traditions etc. become more than just a trip. What happens in a year of exchange does in fact become a life. One that ends all too soon (as I am sure any rebounds would attest to) but which influences their lives for years to come. I personally know I have changed immensely since I first went on exchange in the August of 2014 to France. I fell so in love with the process of learning and living abroad with rotary I reapplied and am writing this from an old farmhouse lost in the Swedish countryside.

I know for a fact that many people think of exchange as a vacation or a glorified and extended trip. It is not. It is life and that is what makes it beautiful. I have had the opportunity to travel and see amazing things and iconic cities (Rome, Paris, Prague etc.) but the experiences that stand out the most for me are the things that can ONLY happen while living with people. One of my dearest memories from last year was the weekly ritual of Thursday lunches with the grandparents in my first family. The feeling of really being a part of their family – people I had only known for a few months – was and is extraordinary. Here one of my favorite things is the evening ritual of cooking dinner with my host father. It is there that I have learned a large portion of my Swedish and there that I feel most like a part of this family.

So to me, this is what makes RYE so incredible. It is not the trips, it is not the cities or the touristic experiences. It is the family life. The small moments which say “hey these people may have grown up thousands of miles

from me in a different culture, but they are really not that different, and even if they are what does it matter, they’re family.”

I wrote to my first French host mother last week reminding her about a misadventure we had with a chocolate cake her aunt had given us. It was last year about this time and we had vacation, so my host sister, host mother, host grandparents and I went to visit some relatives and also went to see the Caves of Lascaux. We had a picnic and for the picnic my host mother’s aunt gave us what was likely the driest chocolate cake ever. Having no intention to eat it we tried feeding it to the birds but they weren’t interested. So it went back in the backpack. Next day my host mom and I went to flea market, on the way we tried to throw it out in the trash bin in the yard but her aunt came outside and we couldn’t without offending her. So there we were later, emptying it into a rubbish bin in a parking garage. The chocolate crumbs stuck around for a week or so and we had a great laugh! These are the moments of exchange that stand out the most for me. Exchange is a strange wonderful adventure and I am forever grateful to Rotary for the experiences!



“Oh and I just want to add that the photograph-able moments such as these - are not the ones I wrote about because the ones I wrote about cannot be captured by photography...that's part of what makes them special.” ~ Rebecca Singer

Rebecca Singer
Rotary Youth Exchange
Sponsored by the Rotary Club of Yerington

MEMBERSHIP TIP

Creating the Right First Impression

Any club member can do a great service for membership development in their club by focusing on how they treat guests at their club meetings. Remember, they are not only visitors, but potential new members as well. ***They are going to form a first impression of your club no matter what:***

- Their **eyes** will see your meeting room and everything in it ... *what will they see?*
- Their **ears** will hear what is (or is not) said to them, and what is (or is not) said to others, before and during the meeting ... *what will they hear?*
- Their **hand** will (or will not) shake the hands of members and other guests ... *who will they meet?*
- Their **mouth** will (or will not) speak to members and others in the room ... *who will they talk to?*

Any member can have a tremendous positive impact on a guest's first impression by treating them like the special people they are. You should show them how glad you are that they came, and express that to them. You should be interested in learning more about them: their name, vocation, do they have a family, how long have they been in the area, etc.

How do you feel when you walk into a room full of strangers, and few people even acknowledge that you are present? Has that ever happened? It happens all too often. When it does, we miss a great opportunity.

Alternately, how do you feel when entering the same room and people approach you with a smile on their faces, and their hand outstretched, letting you know how glad they are that you could take some time out of your day to come and visit. How would it make you feel to be invited to sit with them at their table?



Remember, we don't get a second chance at first impressions. By going out of your way to give your guests special treatment, you will expand your own circle of friends, make someone else's day, and perhaps, just perhaps, help your club build its membership!



For more membership tips visit <http://membershipd5190.blogspot.com/>

That's All!

Sam "Woody" Wilbanks
Chair, D5190 Membership



POLIO THIS WEEK

As of 2 December 2015

	WPV	cVDPV
Year-to-date 2105:	60	21
Year-to-date 2014:	315	50
Total in 2014:	359	56

WPV = Wild poliovirus

cVDPV = Circulating vaccine-derived poliovirus

[Read more](#) about how Afghanistan is strengthening its polio eradication program to aid health workers reach every last child.

BREAKING NEWS

HAPPY HOLIDAYS

“As we enter this season of giving, let us multiply the gifts we have been given by sharing with others. Through acts of caring, kindness, and generosity, in our clubs and through our Foundation, we become and remain a gift to the world.”

K.R. “Ravi” Ravindran
President, Rotary International

TEAM ROSTER: October 2015

	Offical Start Number	Current # Members	Attendance	Annual Giving YTD	Restricted Giving YTD
Alturas	27	28	82.00%	\$2,660	\$4,310
Alturas Sunrise	29	NR	NR	\$844	\$2,500
Amador Upcountry	20	21	78.00%	\$1,410	\$285
Auburn	112	112	91.15%	\$8,959	\$2,200
Auburn Daybreak	12	11	100.00%	\$1,201	\$0
Auburn Gold Country	39	36	83.51%	\$1,980	\$1,500
Auburn Sunset	24	NR	%	\$0	\$0
Bishop	33	35	42.96%	\$1,915	\$210
Bishop Sunrise	27	27	61.11%	\$940	\$100
Cameron Park	59	57	74.60%	\$2,340	\$1,930
Carson City	68	76	65.54%	\$6,130	\$0
Carson City - Sunset	16	16	53.33%	\$340	\$100
Chester	21	18	nr	\$1,600	\$100
Elko	75	74	57.84%	\$3,230	\$406
Elko Desert Sunrise	32	33	61.88%	\$2,880	\$2,080
Ely	30	30	nr	\$0	\$0
Fallon	45	40	58.00%	\$986	\$168
Fernley	27	28	nr	\$110	\$0
Georgetown Divide	35	33	nr	\$70	\$0
Grass Valley	63	62	77.10%	\$1,340	\$100
Grass Valley South	19	21	NR	\$2,000	\$1,000
Greenville	7	7	NR	\$680	\$0
Incline Village	30	30	nr	\$0	\$0
Ione	30	28	73.53%	\$3,350	\$0
Jackson	62	60	57.65%	\$4,400	\$950
Loyalton	20	19	80.00%	\$1,205	\$225
Mammoth Lakes Noon	47	38	40.57%	\$450	\$0
Mammoth Lakes Sunrise	12	11	90.00%	\$0	\$0
Minden	32	31	nr	\$840	\$250
Nevada City	40	40	82.50%	\$3,338	\$398
Nevada City 49 Breakfast	90	92	78.72%	\$6,800	\$250
Penn Valley	34	36	61.05%	\$6,873	\$2,275
Placerville	35	33	35.00%	\$1,527	\$0
Plymouth-Foothills	35	39	70.00%	\$1,084	\$10,660
Pollock Pines-Camino	17	17	nr	\$90	\$0
Portola	22	26	nr	\$140	\$0
Quincy CA	47	46	84.62%	\$1,467	\$475
Reno	192	196	64.76%	\$12,300	\$4,190
Reno Centennial Sunset	28	33	78.46%	\$4,190	\$665
Reno Central	74	73	%	\$450	\$0
Reno Midtown	23	23	%	\$50	\$0
Reno South	56	59	77.90%	\$4,994	\$920
Reno Sunrise	47	49	nr	\$3,113	\$2,060
Smith Valley	32	34	81.76%	\$1,487	\$200
South Lake Tahoe	42	40	nr	\$3,683	\$115
Sparks	118	121	87.15%	\$6,781	\$3,813
Sparks Centennial Sunrise	33	33	67.88%	\$8,704	\$350
Surprise Valley	17	17	68.00%	\$0	\$400
Susanville	60	60	nr	\$800	\$60
Susanville Sunrise	31	32	59.24%	\$4,620	\$0
Tahoe City	38	32	66.13%	\$720	\$0
Tahoe-Douglas	76	76	nr	\$23,270	\$0
Tahoe-Incline	45	45	nr	\$3,500	\$8,080
Tonopah	16	18	59.72%	\$50	\$0
Truckee	83	83	nr%	\$5,926	\$0
Truckee Sunrise	16	16	50.00%	\$0	\$0
Westwood-Lake Almanor	16	13	nr	\$0	\$0
Winnemucca	40	40	40.25%	\$1,241	\$30
Yerington	56	53	69.90%	\$1,500	\$60
TOTALS	2,512	2,457		\$160,558	\$53,415
NR - No Attendance Report Filed Last Known Member count used					

Phil Mahoney
Secretary, District 5190

Seizing an Opportunity

WHEN OPPORTUNITY KNOCKS, OPEN THE DOOR

Past President Shelley Johnson presents a check to President Duane Upton of the Rotary Club of Reno Centennial Sunset for \$500.00



Shelley is an employee of RBC Wealth Management that offers employees who go the extra mile for the company, the opportunity to apply for grants to be given to the Charitable Organization

of their choice. RBC Wealth Management made a check out to our Rotary Club for \$500.00.

District 5190 Rotarians may want to see if their employers have similar generous programs.

Carol M. Hannigan
Bulletin Editor, Rotary Club of Reno Centennial Sunset

FOUNDATION TIP

Are you in need of help with your Rotary Foundation grant application?

Gradually, clubs and districts are discovering that by contacting the Rotary Foundation Cadre of Technical Advisors at cadre@rotary.org, they can receive assistance from skilled and experienced Rotarians in designing or modifying their Rotary Foundation grant applications.

The cadre is composed of volunteer Rotarians from around the world who are familiar with the grant program and who also have technical and professional expertise in one or more of Rotary's six areas of focus.

If you are interested in becoming a Foundation Technical Advisor, email cadre@rotary.org for more information.



Rotary Officers 2015-16

Rotary International

President: K.R. "Ravi" Ravindran
President-elect: John F. Germ
Vice President: Greg E. Podd
Treasurer: Per Hoyen
Director Zones 25/26: Bradford R. Howard

Rotary District 5190 Advisory Board

District Governor: Gail "Virus" Ellingwood
Immediate Past President: Joe Zarachoff
District Governor Elect: John Sullivan
District Treasurer: Cheryl Zarachoff
District Secretary: Phil Mahoney
District Administration: Wyn Spiller
Service: Lindy Beatie
Foundation: Vic Slaughter
Membership: Sam Wilbanks
Youth Service: Bill Boon
Club Administration: Larry Harvey
Technology: Oliver Grosz
Public Image: Dave Zybert

Non-Voting Advisory Board Members

District Governor Nominee: Doug Mc Donald
District Governor Nominee Designate: Tina Spencer-Mulhern
District Conference Chairs: Dick and Carol Hatch
District Executive Assistant: Ginny Lewis

Assistant Governors

Area 1: Fred Autenrieb
Area 2: Ralph Taylor
Area 3: Jim O'Brien
Area 4: Dennis Geare
Area 5: Jim Greenlee
Area 6: Donna Mullens
Area 7: Roberta Pickett
Area 8: Joel Muller / Tina Spencer-Mulhern
Area 9: Bob Conner
Area 10: Mel Foremaster
Area 11: Anita Franzoia
Area 12: Edie Asrow
Area 13: Ramona Delmas

The Rotary District 5190 newsletter is published monthly by District Governor Gail "Virus" Ellingwood. Submit stories and photographs (300 dpi resolution digital images only) to Editor Elizabeth Cavasso at ecavasso@gmail.com by the 20th of the month.