



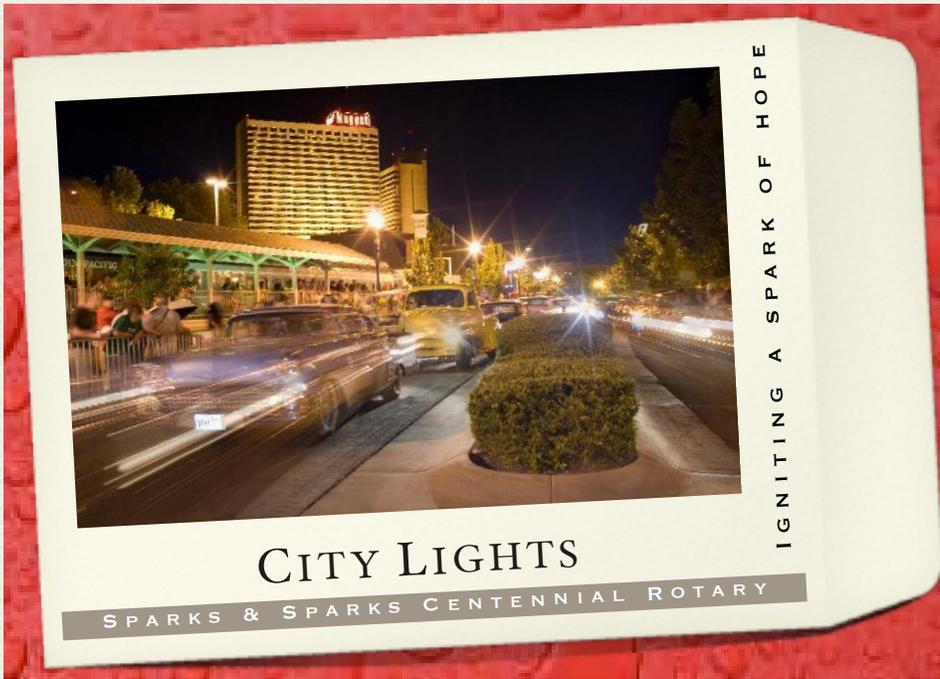
# Rotary

# DISTRICT 5190

FEBRUARY 2014

DISTRICT GOVERNOR VICKI PULIZ

ISSUE 8



## UPCOMING EVENTS

CHECK OUT [WWW.ROTARYDISTRICT5190.ORG](http://WWW.ROTARYDISTRICT5190.ORG) FOR MORE EVENT DETAILS

- Feb 8: RYE Inbound Orientation #2 & RYE Outbound #1
- Feb 8: PrePETS, Harrah's, Reno, NV
- Feb 23: Rotary International's 109<sup>th</sup> Birthday
- Mar 30: Dinner with RI President Ron D. Burton, Sacramento California
- Mar 31: Last day to submit 2013-14 Presidential Citation
- Apr 5: District Training Assembly, Atlantis in Reno, Nevada
- Apr 25: Last day to submit 2013-14 Share Our Success!
- May 15-18: District Conference, John Ascuaga's Nugget in Sparks, Nevada
- Jun 1-4: Rotary International Convention in Sydney, Australia



### DG Message

*Leave it to Rotarians to think they can change the world*

### Focus on the Stars



*It was never a question IF I was going to be a Rotarian*

### Rotary on Record

*Strengthen Rotary's image, advocate for a polio-free world, and celebrate Rotary's successes*

### Rotary Foundation

*District 5190 Foundation giving - \$10 million and going strong*

### Membership Tip

*New Membership Blog: <http://membershipd5190.blogspot.com/>*

### Consider IT Done

*Protecting your computer files*

**TELL ROTARY'S STORY**  
Voice and Visual Identity Guidelines

[ROTARY BRAND CENTER](#)

Director Steve Snyder invites you to a Dinner with Rotary International President Ron D. Burton

[REGISTER FOR DINNER WITH RI PRESIDENT](#)

**District 5190**

[HELP UPDATE D5190 YOUTH SERVICE & LITERACY MANUAL](#)

Dear Fellow Rotarians

World peace and understanding. A pretty lofty goal wouldn't you say? Leave it to Rotarians to believe we can change the world!



As Rotarians, we are currently changing the world with our determination to end polio, working with our partners which include the World Health Organization, Unicef, Centers for Disease Control, Governments of the World, and the Bill and Melinda Gates Foundation.

Our fight against polio has been long and hard, and this final battle is proving to be the most difficult yet. Rotarians and clubs in our District demonstrate commitment and generosity in continuing to raise money and awareness. Thank you! We need to stay strong to the end, which is predicted to be 2018, and to help build awareness and appreciation of what this monumental accomplishment means.

India was officially declared polio free on January 13, 2014 with no cases in three years. It is expected that Nigeria will be the next country to eradicate polio, followed by Afghanistan. Pakistan remains a very troubled spot in the world, where even polio workers delivering lifesaving vaccine are not safe.

How else are Rotarians changing the world?

We change the world through our very existence. Our Rotary organization has been called the intersection of commerce and cause—bringing these two opportunities together in a unique way. And, Rotary is both local and global at the same time—with our 1.2 million Rotarian “boots on the ground” all around the world.

As Rotarians, we have the chance to make a difference in our community and the world, and to build relationships that benefit our business and our lives.

My Rotary journey has given me friends that I would not have known any other way—including friends in my own town, exchange students who are now part of my family, friends on the other side of the mountain and on the other side of the world. It has also provided me with personal growth experiences such as being able to speak in public, and enhanced business connections in many areas.

How has Rotary changed your world?

Each of us knows another person who would benefit from becoming a Rotarian. Share your Rotary story with that person and invite them to join us. They will thank you.

Engage Rotary, Change Lives.

District Governor Vicki Puliz

## FOCUS ON A STAR

Why am I a Rotarian?

It is August 5<sup>th</sup> 1987, a tall ( 6'1" ) skinny (120 lbs.) 18 year old kid from Hicksville, Ohio (actual name) is about to hop on a plane and leave the country for the first time in his life. He is about to spend a year in Germany as a Rotary exchange student. This is a year that would change how he sees and experiences the world forever.

When I signed up to become a Rotary exchange student, I had no idea how it was going to affect me. I actually only did it because I didn't know what I wanted to major in at college. After spending a year overseas, learning a new language and experiencing a new culture, I was a different person. I came back home and was active in my father's Rotary club like I had been before, helping with fundraisers and service projects, but this time it was different. This time though, I did this with the realization that Rotary had given me a gift that I could never fully repay.

As I went through my life, it was never a question of *IF* I was going to be a Rotarian. It was a question of when can I officially join a club! I am lucky in that I experienced, first-hand, the gift of Rotary. I wanted fervently to be able to be a small part of passing that gift on to others. Some people are in Rotary for years before they actually become Rotarians. I feel that I was lucky enough to have been given the knowledge of what a Rotarian was one before I officially became one.

Rotary changes lives. Just like this year's theme says "Engage Rotary, Change Lives". Whether it is a small town kid being sponsored to be an exchange student and changing his life path forever or a child in India that avoids getting polio through Rotary vaccines. Rotary is something that I wanted to be part of.



Plus, where else can you dye your beard green for a fundraiser and be looked up too?

YIR,  
Todd Poth  
Tahoe Douglas Rotary Club

## ROTARY ON RECORD

Rotary launched new sites to help you strengthen Rotary's image, advocate for a polio-free world, and celebrate the successes of Rotary's 2012-13 fiscal year:

- [Brand Center](#) -- Find everything you need to create club and district communications that reflect Rotary's new look and feel at [www.rotary.org/brandcenter](http://www.rotary.org/brandcenter). The site is home to Rotary logos, templates, ads, images, videos, and more. Sign in to your My Rotary account and start exploring today.
- [End Polio Now](#) -- It's easier than ever to add your name to a petition, sign up for polio eradication updates, and join the World's Biggest Commercial on the updated [endpolionow.org](http://endpolionow.org). You can also read stories from supporters across the globe, or share your own!
- [Annual Report](#) -- See highlights of Rotary's 2012-13 fiscal year, including our progress on eradicating polio and new grant activity at [www.rotary.org/annualreport](http://www.rotary.org/annualreport). You'll also find financial reports and graphs that show how our funding is helping to create positive change around the world.

## District Conference Keynote Speaker

Amanda Wirtz is a Chicago native who studied in Stockholm, Sweden for a year as a Rotary Exchange Student. After high school, she graduated from the Center for Information Dominance, earning the highest recognition as top graduate before serving for six years as a Cryptologic Analyst for Naval Intelligence. She supported military, counter-narcotics and search and rescue operations in Florida, Spain, Canada, and Washington D.C. In addition, she served twice in combat in both Iraq and Yugoslavia.



During the years that followed, she faced seemingly insurmountable health challenges. Resolved to fight for her own future, she began building hope for herself and others. The crux of her journey began by asking 'the right question'.

Amanda completed her B.S. in Community Health at the University of Illinois in Urbana-Champaign earning the highest University honors: the Bronze Tablet. She completed her Masters in Public Health in Health Promotion and Behavioral Science from San Diego State University and was recognized as 'Top Graduate

Student' within the College of Health and Human Services.

Her passion for building a hope and a future resulted in countless community outreach projects within the US and abroad. In addition, Amanda chartered and served as the first President of United Services Rotary: the first Facebook-based Rotary Club in the world to unite the world's militaries in peace through service. She also serves on the Advisory Committee for the Trauma Resource Institute.

### PLAN TO ATTEND OUR DISTRICT CONFERENCE AND LISTEN TO AMANDA SPEAK ABOUT ASKING "THE RIGHT QUESTION"

Amanda has played the violin for 27 years and has worked as a studio musician and live performer in the US and Canada. She now performs predominantly to support charities and humanitarian efforts.

She continues to share her story of hope, inspiring others to ask 'the right question'; her outreach to the world continues to be her greatest passion.

Amanda has received numerous awards including: Community Health Leadership Award, Aurelio Florio Award, James Scholar, and 1st Place Epidemiology Research Award. In addition, Amanda was selected as the 2011 California State Assembly Veteran of the Year for the 76th District.

## Membership Tip

### Engage your new members

Engagement is the key to developing and retaining great Rotary members. Engagement shows them you care, and helps them build a habit of participation with you and your club. It really is the glue of retention!

There is a new tool that DG Vicki has put together for your use on our website. There are a total of 12 letters all written and ready for you to fill in the blanks and customize. The letters are intended to engage and help orient new members. They are designed to be mailed to a new member weekly (or whatever interval you decide) to help inform and welcome them to your Rotary club, based on the belief that new Rotarians benefit from understanding the basic tenants of Rotary, as well as specific information about your club. This is a fabulous tool! Imagine how your recently inducted member will feel about your club after receiving these letters. You can get your club secretary involved to help you, or appoint a member of your committee to accomplish this important task.

For more tips and information on membership, go to our new Membership Blog: "District 5190 Membership Tips" at:

<http://membershpd5190.blogspot.com/>

Six Months to go. Let's get 'er done!

## Consider IT Done

### Hard drives are mechanical devices that eventually fail

To prevent the loss of your files, including photographs, back your files up daily to an external drive or to the Cloud. While hard drives typically make soft clicking noises, if you hear loud clicking turn your computer off immediately and get it serviced. Your hard drive is dead or dying and continued use makes it worst.

## OFFERING HOPE

### District 5190 Rotarians surpass \$10,000,000 in all time giving to Our Rotary Foundation!

Rotarians and Rotary Clubs within District 5190 are some of the most generous and caring people on the face of the planet!. It's amazing to think that since 1957, (when the Paul Harris Fellow program began), a total of 5,164 Rotarians, family members, friends and fellow business associates within District 5190 have since been recognized as a Paul Harris Fellow as of February 1, 2014. At \$1,000 per PHF, these generous contributions to our Foundation represents \$5,164,000 in the form of funding life changing programs for countless thousands of people for whom I'm sure you may never meet. I believe this is truly a selfless act of compassion on the part of all D-5190 Rotarians.

What's even more staggering is that Rotarians in our District continue to support the various programs of The Rotary Foundation by contributing what they can each and every Rotary year to our Annual Programs Fund (APF), Polio Plus, Rotary Foundation funded projects or to our Foundation's Endowment Fund which is quickly approaching \$1 Billion in total value. These additional contributions total \$5,492,708.74! As of February 1, 2014, D-5190 Rotarians all time cash contributions comes to \$10,656,708.74. Now that's something to be proud of!

On behalf of the countless individual lives you have personally touched over the years because of your continued support of our Rotary Foundation, I simply say *thank you* for all your past, current and future support of your Foundation, my Foundation, OUR Foundation, **our legacy of hope!**

PDG Steve Lewis  
District 5190 Rotary Foundation Chair

### District Conference Needs You CALL FOR SERGEANT-AT-ARMS VOLUNTEERS

Rotarians, you may know how valuable and helpful our Sergeant-at-Arms (SAA) can be at the District Conference and Training Assembly.

When you are wondering around an unfamiliar hotel, looking for a specific training room, or reception, who do you ask for directions?

When you need help with a presentation, who do you ask?

A Rotary Sergeant-at-Arms, that's who!

Please consider volunteering to work an hour or 2 (or more) as a SAA at the District Training Assembly or Conference.

Contact me at [larie@trippet2.com](mailto:larie@trippet2.com) to get added to my SAA database and I will keep you informed of the details.

Thank you!

Larie Trippet  
District 5190 SAA Chair



Do you have a literacy program that rocks the house??? Do you want a literacy program for your club that goes beyond giving out dictionaries??

Our District has a wealth of knowledge to share and now we have a blog link to do it on....if you have a gmail account, simply go to <http://rotary5190literacy.blogspot.com/> and post information about your literacy program or project so that we can share



districtwide...List literacy projects that have worked well for your club and we'll feature them in the March District Newsletter....Read on!!!

Lindy Beatie / [lindybeatie@gmail.com](mailto:lindybeatie@gmail.com)  
District 5190 Literacy Chair

**5TH ANNUAL  
POLIO PURPLE PINKIE\*  
TRAIL RUN & WALK**

**APRIL 6, 2014**  
At Washoe County's **Rancho San Rafael Park**

**ROTARY CLUB** **ONLINE REGISTRATION**  
**RenoRotaract.org**

**9:00AM RUN STARTS**  
**8:00AM SIGN IN**

**PRE-REGISTRATION**  
**5K \$25 - 10K \$35 04/4/2014**  
Packet pick: 4/5/14 9am-Noon at Rancho

**REGISTRATION**  
**5K \$30 - 10K \$40**

**10K & 5K RUN / WALK**

All proceeds go to the Rotary Foundation's Polio Plus Fund.  
\*Throughout the world, every time a Rotary volunteer administers a polio vaccine, a child's pinkie is colored purple.

Technical shirts with registration, state of the art timing system service, instant results via text message, refreshments, local business exhibits, professional photography, and a fun time!

## 5, 4, 3, 2, 1... Another Great Reason to Attend the District Conference

COUNTDOWN CONTINUES – three months to go before **ROTARY GOES HOLLYWOOD** !!!! Remember the dates of May 15 through May 18, 2014.

We know that all of you study the Manual of Procedures for Rotary. All you President – want-a-be's - 2013 Manual of Procedure, Section 1, page 4 item # 4 – Qualifications for a Club President "have attended at least one District Conference or International Convention"



Registration is almost ready to go so keep checking [RotaryDistrict5190.org](http://RotaryDistrict5190.org).

Golfers are you ready/ Washoe Golf Course is waiting for you.

Start thinking about your most favorite Hollywood movie – how are you going to dress for Saturday night?

If you enjoy wonderful local talent (singing, dancing, magic, great music), Saturday night is the place to be at John Ascuaga's Nugget in Sparks.

Your Conference Planning Committee is getting ready, are you?

Any questions, please feel free in calling Dick or Carol Hatch, Conference Co-chairs at 775-473-5217.

## Leaders Learning to Know, Go and Show the Way

Have you ever sat in a meeting and wondered how you might get more involved in a committee or how you might be chosen to participate in the leadership of your club? But then you think, I really don't know enough about Rotary yet, and besides, I don't know if I can actually lead.



L to R: Oliver Grosz, Bill Tiffany, Dianne Bass, Elizabeth Cavasso

Well, District 5190 and your club has just the opportunity for you. Your District Governor, Vicki Puliz, adopted a great program that was developed by other districts, formed a committee and started offering the Rotary Leadership Institute. The district now has several trained faculty that have been traveling throughout the district and offering this training to members selected by their clubs to participate in a one day workshop on leadership and how the many programs of Rotary can be strengthened and enhanced by your involvement.

The Rotary Leadership Institute (RLI) is a multi layered training and curriculum. We are currently offering Part I this Rotary year and will expand to Parts II & III next year. The response has been overwhelmingly positive from both the participants and the clubs that have participated. So far we have had 21 clubs sponsor 81 future leaders. We have another one scheduled in Carson City on February 15<sup>th</sup>.

The curriculum provides:

- An exposure to the characteristics of leadership, motivational techniques and leadership styles
- An understanding of the purpose and structure of Rotary
- How we do good in our communities and the world through our Foundation
- How Vocational Service and ethics give us an opportunity to serve on the highest levels
- How to encourage members to have fun, make friends and effectively serve
- How by utilizing this information we meet the needs of our community and world through well thought out projects

One of the Assistant Governors close to you will set up a venue and date and work with the club presidents to find folks who show potential and have a strong interest in Rotary. Registration is then done through the District 5190 web site. The district chair for this program is PDG Dave Bianchi and he can be reached at [david.bianchi@nm.com](mailto:david.bianchi@nm.com)



## UNDERSTANDING OUR WORLD

The Rotary Theme for the Month of February is "World Understanding." The following is an excerpt from The ABC's of Rotary. This booklet originated as articles written by RI President Cliff Dochterman (1992-1993) for the weekly bulletin of his Rotary Club.

"The month of February is very special in the Rotary calendar since it is designated World Understanding Month. The month also includes the anniversary of the first meeting of Rotary held on February 23, 1905, now designated World Understanding and Peace Day... World Understanding Month is a chance for every club to pause, plan and promote the Fourth Avenue of Service-Rotary's continued quest for goodwill, peace and understanding among people of the world."



Painting by Rosa Branson



## Polio This Week

**As of 22 January 2014**

Year-to-date 2014: 4

Year-to-date 2013: 0

Total in 2013: 389

[Read more](#) about the UN agencies in the Global Polio Eradication Initiative sign open letter calling on all parties to the Syrian conflict to allow aid to reach children.

## Changing Lives Through Giving

During the week of 23 February, Rotarians world wide will be raising money for polio eradication by taking part in **The World's Greatest Meal to Help End Polio**.

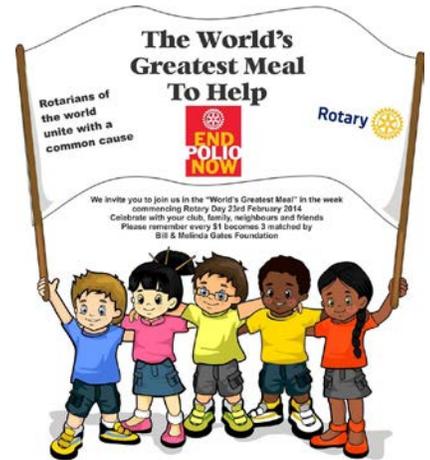
The idea is to hold a meal and at the same time raise funds for the **End Polio Now** campaign. It may be a frugal meal in place of a full meal with the difference in cost being donated. It could be a Club meal where donations collected or a meal where people meet and raise money for End Polio Now.

You can sign up and share your event on Facebook by going to [Rotary The World's Greatest Meal to Help End Polio](#).

Remember that every US\$1 raised will be matched with US\$2 by the Bill and Melinda Gates Foundation.

The World's Greatest Meal was the brainchild of two Rotarians from either side of the globe - Mukesh Malhotra of the Rotary club of Hounslow and Susanne Rea of the Rotary Club of Cairns Sunrise in Australia. The idea was launched on Facebook just before Christmas and has already attracted almost three thousand members from Rotary clubs spanning five continents.

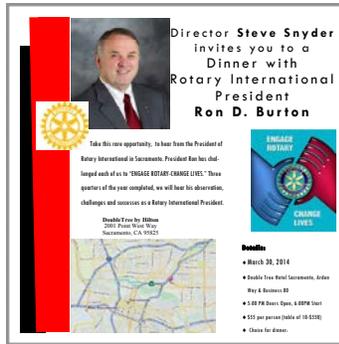
Brian Moore  
Zone 25 'End Polio Now' Chair



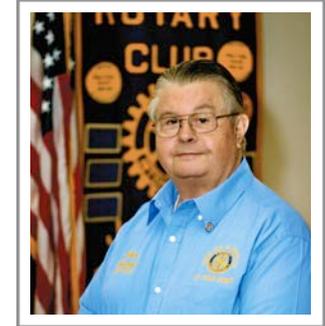
## December 2013 Attendance - John Sullivan

	Planning Guide Goal	Current # Members	Attendance	Annual Giving YTD	Restricted Giving YTD		Planning Guide Goal	Current # Members	Attendance	Annual Giving YTD	Restricted Giving YTD
Alturas	29	31	86.00%	\$6,442	\$4,400	Nevada County South	32	29	96.00%	\$4,200	\$600
Alturas Sunrise	31	30	100.00%	\$1,145	\$3,212	Penn Valley	37	33	76.00%	\$3,826	\$1,738
Amador Upcountry (Pioneer)	31	25	68.00%	\$2,510	\$1,215	Placerville	43	40	40.00%	\$3,555	\$821
Auburn	110	109	84.82%	\$14,680	\$2,250	Plymouth-Foothills	32	29	66.00%	\$2,997	\$975
Auburn Daybreak	25	13	100.00%	\$2,260	\$924	Pollock Pines-Camino	20	16	76.09%	\$100	\$432
Auburn Gold Country	45	44	87.14%	\$2,705	\$1,000	Portola	29	26	95.24%	\$1,078	\$600
Bishop	52	40	65.29%	\$3,280	\$70	Quincy	48	48	81.28%	\$1,970	\$3,013
Bishop Sunrise	32	27	60.49%	\$2,240	\$100	Reno	210	179	41.58%	\$8,000	\$36,050
Cameron Park	70	63	74.50%	\$6,040	\$1,444	Reno Centennial Sunset	39	32	82.80%	\$1,522	\$2,525
Carson City	79	84	50.89%	\$8,205	\$2,960	Reno Central*	65	66	0.00%	\$6,986	\$4,120
Carson City - Sunset*	30	19	0.00%	\$0	\$500	Reno Midtown*	62	21	0.00%	\$1,525	\$0
Chester	18	18	50.00%	\$2,200	\$400	Reno South	61	53	79.10%	\$3,790	\$6,065
Elko	77	74	39.73%	\$4,934	\$2,225	Reno Sunrise	23	51	80.26%	\$3,081	\$4,643
Elko Desert Sunrise	29	28	67.86%	\$7,303	\$3,727	Smith Valley	33	28	71.43%	\$0	\$0
Ely	30	31	51.00%	\$390	\$1,023	South Lake Tahoe	50	43	64.96%	\$1,775	\$2,000
Fallon	64	44	65.09%	\$8,255	\$1,300	Sparks	130	117	83.33%	\$11,905	\$1,515
Fernley	26	21	100.00%	\$1,220	\$160	Sparks Centennial Sunrise	33	29	81.48%	\$4,598	\$2,573
Georgetown Divide	35	36	47.30%	\$0	\$0	Surprise Valley*	21	18	0.00%	\$200	\$100
Grass Valley	73	66	87.70%	\$6,010	\$1,705	Susanville Rotary Club*	65	62	0.00%	\$2,000	\$0
Greenville	12	11	55.00%	\$2,690	\$900	Susanville Sunrise	31	33	65.35%	\$3,880	\$285
Incline Village*	24	27	0.00%	\$0	\$0	Tahoe City	40	38	74.00%	\$4,675	\$300
Ione	30	27	83.33%	\$5,705	\$0	Tahoe-Douglas*	60	54	0.00%	\$13,069	\$3,501
Jackson*	49	53	0.00%	\$5,394	\$1,963	Tahoe-Incline	45	47	65.63%	\$7,691	\$5,372
Loyalton	26	22	91.00%	\$2,978	\$424	Tonopah	23	20	68.00%	\$340	\$0
Mammoth Lakes Noon	53	42	36.22%	\$950	\$200	Truckee	92	91	90.59%	\$4,900	\$3,560
Mammoth Lakes Sunrise	41	21	53.00%	\$100	\$160	Truckee Sunrise	33	20	75.00%	\$2,882	\$1,527
Minden	43	35	63.73%	\$70	\$750	Westwood-Lake Almanor	15	13	67.00%	\$0	\$0
Nevada City	48	44	74.00%	\$3,025	\$319	Winemucca*	41	36	0.00%	\$2,950	\$0
Nevada City 49er Breakfast	91	92	85.05%	\$18,022	\$4,150	Yerington	51	48	61.94%	\$777	\$255
* No Attendance report made. Last known member count used.						<b>TOTALS</b>	2767	2497		\$223,024	\$120,051

Rotarians from 5190 who are registered for the dinner with RI President Ron D. Burton can contact Gail "Virus" Ellingwood [gale5190@gmail.com](mailto:gale5190@gmail.com) and she will coordinate getting 5190 Rotarians seated together. It is a great, and infrequent, opportunity to meet the RI President and support our RI Director Steve Snyder.



The District Nominating Committee met on Saturday, November 23, and made their selection for the District Governor for 2016-2017. The committee unanimously selected John Sullivan of the Rotary Club of Jackson, as the District Governor Nominate Designate (DGND). John has served as District Secretary since July 2009 and, in addition, is currently Technology Committee Chair.



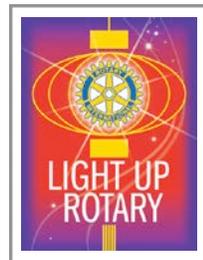
We look forward to John leading our District with passion and enthusiasm in 2016-17.

**Congratulations John!**



The benefit for Harvey Gonzalez, club president in Tonopah on January 25 was an amazing community event attended by 500 people, organized by Tonopah Rotarians. Over \$40,000 was raised to help Harvey and his family as he battles cancer and fights for his life. Thank you to all the Rotarians who made the trip to Tonopah and for all the support. Please keep Harvey in your thoughts and prayers.

RI President-elect Gary C.K. Huang chose *Light Up Rotary* as his theme for 2014-15. Huang is urging club members to *Light Up Rotary* by hosting a Rotary Day in their community, continuing our fight against polio, and increasing club membership. "*Light Up Rotary* is more than our theme. It is how we make a difference -- every day, in every club, and every country we serve."



District Youth Service Chair, Steve Mestre, is working on an update of the Youth Service and Literacy Manual. If you have projects or information you would like to have considered for inclusion in the manual, please contact Steve at [stevemestre@charter.net](mailto:stevemestre@charter.net). The current manual is found on our District website, under Avenues of Service, Youth Service.

## Rotary Officers 2013-14

### Rotary International

RI President: Ron D. Burton  
 RI President-elect: Gary C.K. Huang  
 RI Vice President: Anne L. Matthews  
 RI Director Zones 25/26: Steven A. Snyder

### Rotary District 5190

District Governor: Vicki Puliz  
 District Governor Elect: Joe Zarachoff  
 District Governor Nominee: Gail Ellingwood  
 District Secretary: John Sullivan  
 District Treasurer: Charlie Litton  
 District Executive Assistant: Ginny Lewis

### Assistant Governors

Area 1: Penny Artz  
 Area 2: Ralph Taylor  
 Area 3: Jim O'Brien  
 Area 4: Doug McDonald  
 Area 5: Barbara Besana  
 Area 6: Chuck LePere  
 Area 7: PJ Karnaze  
 Area 8: Gary MacDonald  
 Area 9: Bob Conner  
 Area 10: Jay Recanzone  
 Area 11: Anita Franzoia  
 Area 12: David Mason  
 Area 13: Randy Van Tassell

### Board of Directors

District Administration: Wyn Spiller  
 Service: Lindy Beatie  
 Foundation: Steve Lewis  
 Membership: Sam Wilbanks  
 Youth Service: Steve Mestre  
 Club Administration: Larry Harvey  
 Technology: John Sullivan  
 Public Image: Tom Hardy

The Rotary District 5190 newsletter is published monthly by District Governor Vicki Puliz. Submit stories and photographs (300 dpi resolution digital images only) to Editor Elizabeth Cavasso at [ecavasso@gmail.com](mailto:ecavasso@gmail.com) by the 20th of the month.