Thanks to You!

Congratulations, District 5180! In October, we put out a challenge to all of you. During the window between October 24 (World Polio Day) and February 23 (Rotary’s birthday), we promised to match all donations to PolioPlus up to $30,000 with DDF. Well, folks, those dollars have already been expended, and we are well on our way to making this year one of the top years in PolioPlus donations in District 5180 history. Thank you, District 5180!

But let’s make sure we don’t stop now. While the DDF is gone, other matches still multiply our dollars and help us continue vital immunization programs. As of December 2, 2016, there were 34 polio cases reported in the three endemic countries: Pakistan, Afghanistan, and Nigeria. As of the same date in 2015, there were 60 cases reported. While the going is getting tougher, we are making progress, and Rotary is committed to its goal of making our world polio-free.

Rotary also is involved in improving the lives of those whose mobility has been limited by polio. For example, in 2014, Jim and I visited St. Stephen’s Hospital in Delhi, India, where we toured the hospital wing dedicated to performing surgery and providing the treatment to improve the lives of those crippled by polio—established by Inner Wheel and supported by Rotary. While we hear a lot about polio, we don’t hear as much about Rotary’s other efforts to eradicate and treat disease.

In India again, the Jaipur Foot Factory, supported by Rotary, builds lower limb prostheses for the disabled poor. Other focused efforts, such as Rotoplast which provides corrective surgery for those afflicted with cleft lips and palates, exist throughout the world, and closer to home, many of our own club-initiated Rotary grants address Disease Prevention and Treatment, one of the six areas of focus and Rotary’s December theme. Several clubs within our district send Rotarians to Mexico regularly as part of the Flying Samaritans, and others have served on medical teams that have traveled to various countries to combat disease.

Clean Water and Sanitation, another area of focus, plays a major role in disease prevention. Worldwide, more than 748 million people live without access to clean water; at least 3,000 children die daily from diarrheal diseases caused by unsafe water. District 5180 Rotarians have written grants to drill clean-water wells in several countries in Africa. Not only do these wells improve the sanitation in villages, but they also cut down the distance villagers must carry heavy vessels, a back-breaking task.

I’ve just shared a few examples of what Rotary does to address these areas of focus. I could go on and on, but I’ve made my point. Let me close by encouraging all Rotarians to step up and get involved in at least one effort to prevent or treat disease, either financially or with “feet on the ground.” Not only will it change the lives of those you touch, it will change your life!
**Power Forward** is being produced to highlight some of the great projects and activities put together by the Rotary clubs and committees in District 5180. All clubs and committees are welcome to submit articles to the interim editor Jim Tracy at james.tracy09@comcast.net. The deadline for submission of articles is the 24th of the month preceding publication, and pictures that illustrate the article add interest and are always welcome. A limited number of flyers may be included at the end of each newsletter.
Breathe California Bike Trek
By Frank Woods, Rotary Club of Folsom

On September 16-18, 2016, the Rotary Cycling Team rode in the 30th Anniversary Bike Trek. The trek included camping at the Napa Fairgrounds in Calistoga and three days of riding out from the fairgrounds and back. Although the team had eight riders signed up, only six of us were on the ride this year. Rotarians from the Rotary Club of Folsom this year were Garry Parlier, Frank Woods and John Lindow. We were joined by District Governor Elect Sandra Sava from the Rotary Club of Sacramento Breakfast and non-Rotarians Susan Lindow and Bob Roehrs. Rotarians Barry Kalar from Rotary Club of West Sacramento and John Messner from Rotary Club of Folsom were not able to ride.

The Rotary Cycling Team did really well in fundraising this year. Five members on our team raised over $1,000 each, and we received the award for “Large Team with Highest Percentage in the Winner’s Circle.” Winner’s Circle trekkers raise a minimum of $1,000. Rotary received this award in 2005, 2006, 2007, 2008 and 2010. Thanks to Bob Roehrs on our team, who raised just over $10,500, Rotary also received the trophy for “Top Fundraising Team” and the trophy for “Team with the Highest Fundraising Average.” Rotary had the highest average in 2007. Our team raised just over $17,500 this year. The team received the trophies at the Breathe California Bike Trek Awards Dinner on October 27.

At the Awards Dinner, the Folsom Rotarians presented a Paul Harris Fellow to Bob Roehrs. Bob has cycled in all 30 treks and raised the most money this year as an individual trekker.

Bob is 88, and for the past few years, his rider number has been the same as his age. His donations this year will establish the Bob Roehrs COPD Fund, allowing Breathe California to rename and expand the “Asthma Collaborative” to the “Lung Health Collaborative” and to offer the community COPD programs for the first time ever.

We would like to have more riders join us next year. The Rotary Cycling Team used to number 25 or more trekkers. If you cycle and would like to join us, please contact Frank Woods at (916) 337-0769 or via email at fcwoods@sbcglobal.net. Also, please invite your non-Rotarian friends to join us. In addition to cycling, we have a great time partying over the weekend. For more information on Breathe California, check out their website at www.sacbreathe.org/index.html.
DAY 1:
October 7th was the day we, the exchange students, were all waiting for. We were going to San Francisco! It was so great to see everyone again! We were the 13 exchange students from District 5180 and six students from District 5190.

When we arrived at the station in Sacramento, we took the train to go to the bay. We were really lucky; the weather was beautiful. Moreover, during the whole weekend, the Blue Angels, who are airplane pilots, were doing impressive figures in the sky! Of course, as exchange students, we took thousands of pictures of them and of us. It was the first time I saw skyscrapers, and I felt so small next to those buildings! It was such an amazing feeling.

In Alcatraz we had only a short visit, so we went fast in the prison. Being where all those criminals lived, and seeing how the prison guards were living helped understand how life could be there. When we went out, some of us bought pins for our jacket, and then we took the boat back to have some free time on Pier 39.

We went for dinner to the Rotary Club in Chinatown. This place doesn’t seem to be in the USA. Everything is different; people don’t speak English in the street, and even the spotlights are different!

It was the first time I had real Chinese food. It is sooooo good! During the dinner, two of the exchange students did a little show. First, Nicolas from Brazil danced to a Michael Jackson song, and then Riko from Japan danced a traditional dance from her country. They were both really good.

DAY 2:
All of us woke up super excited; we were going to cross the Golden Gate Bridge on a bike! The bikes are comfortable, everyone had a helmet, and we went! We did our first stop before the bridge on a green spot, where people usually take their pictures. It was crazy to be there; we were like in a postal card! I think I had never taken so many pictures: all the students together, by district, by country, with whoever we wanted. Of course, we all had our flags in the pictures!
Village Well Survey

Our next stop was at the foot of the Golden Gate Bridge, where we ate lunch. It seemed even bigger from there!!! It was so hot when we crossed the bridge. Hopefully, it would be windy over there. It was so beautiful. I think I could cross it a thousand times without ever being bored. We rode for a while before stopping in Sausalito.

Everyone got an ice cream there, and we also met an amazing guy. He was a singer, who was really interested in us, and he wanted to sing with us and for us. He sang about traveling and politics, but we also sang all together songs like “Don’t Worry, Be Happy,” “We Are The World” and “Imagine”. Everyone around us was smiling; it was a really great meeting!

We took the boat to go back to San Francisco. After we returned our bikes, we went to Ghiradelli Square, but everyone was so tired that we went back to the hostel. Because it was Pierre’s birthday the next weekend, I surprised him by decorating his bed and the living room.

During dinner, we talked about the words we found hard to say in English, and Johanna, a student from Sweden, mentioned “squirrel” and we all liked it. Then all the students called each other “Squirrel.” So after the dinner, everyone sang “Happy Birthday” in his/her native language, and we ate a delicious cake.

After that, we played a game of boys vs. girls, and the boys lost. The hardest part of the day was to enter in the sleeping room because of the smell of feet floating in the air. We ended this second day by playing Werewolf that Elli from Germany taught us.

DAY 3:
After preparing ourselves, packing our lunches, and cleaning our beds, we met in the mini movie theater room in the hostel to talk with our chaperones about our lives as exchange student’s. It was so comforting to see that everyone has more or less the same little problems. We helped each other and found solutions.

We went first to Lombard Street, where we took a lot of pictures, like anywhere we go. It was so beautiful and amazing to see this curved street in the middle of the straight streets!

We met the young Rotary people from Chinatown in Little Italy to take part in the parade that was over there. We had to choose a flag with which we were going to parade. Everyone tried to have the one from his country, but it was not always possible! We screamed during the whole time, we laughed, and it was fun!

(continued on next page)
We ended the evening eating jellybeans and playing Werewolf again. Thanks to Elli who was still serving as narrator and Fabio who did it once, it was really funny! It was still stinking super bad in the room, but everyone was so happy. Nothing could have changed our good mood!

**DAY 4:**
For the first time the weather was not really good. We went down to take the cable car where we took more pictures, ate, and sang. The cable car took us to Union Square.

It was already time to take the bus and the train back, but we had fun the whole ride. We planned our next trips and we talked, we sang (again), we took pictures (again), and we ate (again). The way in the train was pretty sad because no one wanted to leave the group. We had met some of our group only four days earlier, but we had become a family, a crazy family of squirrels. This weekend was the best since I am here!

Thank you to Sherie, who planned this incredible trip for us; thank you to all the chaperones who were there with us and had fun with us; thank you to all the students who were there that made this weekend so perfect; and thank you to Rotary, who let us live our dream!

Article submitted by Jeannine Sparks, Youth Exchange Officer, Rotary Club of Laguna Sunrise
Kudos to Sherie Tobin, District RYE Chair
Meet JR Springer

JR Springer can’t make a decision—a decision, that is, about his favorite Rotary experience. His first response brought forth his year as club president, but after a little thought, he claimed he couldn’t decide because he is now thoroughly enjoying his role as Assistant Governor. JR adds that working at the district level has been fun. He has met a lot of great people and been able to visit a number of clubs—all different. He really appreciates the differences in clubs as well as the variety of service projects he has seen. JR, however, jumped into district service full steam. He currently also serves as the Rotarian at Work Day Chair, is working with the committee looking for ways to bring more young professionals into Rotary, and is serving on the 2017 district conference committee.

Backtracking, JR joined Rotary in 2007. At the time, he wanted to get involved in the community, especially in South Sacramento where he had grown up. Invited by a former member, JR just happened to attend on one of the days when dictionaries were delivered, which he says was “perfect for him.” At the time, JR worked for the Y (aka YMCA) where his job often found him interacting with children. Once in the club, JR became involved quickly, but he says that South Sacramento’s annual work project with Paint the Town is probably his favorite. This project takes club members to Oak Park where they spend the day painting, landscaping, and general clean up designed to improve the looks and condition of a home. JR remembers one particular year when the owner of a home the club had worked on the year before came back to help with another home.

After 10 years at the Y, JR took a new job as the Associate Director of Development at the UC Davis Medical Center in September, 2016. He says his time with the Y, where he last served as development director, prepared him well for his new role, and he is enjoying this new experience.

When asked what he enjoyed doing when he wasn’t working at his job or on Rotary tasks, JR started with his family. He and his wife Leslie have a four-and-a-half-year-old daughter Lyla and are expecting another girl on February 1. Two dogs—a mutt and a chocolate lab—round out the family. JR is a sports fan, both as a spectator and a participant. He plays golf, basketball, and softball. He is finishing up coaching Lyla’s soccer team and will be coaching her basketball team shortly. He and Leslie live on a cul-de-sac where there are about 10 other kids so he spends a lot of time playing with them.

JR is also an Oakland A’s fan and takes a lot of ribbing from his Giants’ fan friends. He also cheers for the San Francisco 49ers (even though there hasn’t been much to cheer about this year) and the Sacramento Kings. In fact, he and some friends split a season ticket among them.

When asked about his most embarrassing moment, JR had to think for a while, but he eventually went back to his high school years. A student at Kennedy High School in South Sacramento, JR says he wasn’t much of a student, and although he says he was never really worried, he adds that his parents were concerned that he wouldn’t graduate.

He did make it easily, he added, and he walked the stage. The surprise came when after the ceremony, he went downstairs to get his diploma only to find a slip of paper waiting for him instead. It seems that JR owed money for a missing library book. Needless to say, his parents weren’t too happy, but they took care of the bill and JR received his diploma...about six weeks later!
 Clubs Meet District Match in 25 days!

Less than a month after the announcement of an available District match for Polio Plus, nearly $30,000 was raised thanks to the generosity of 23 clubs which had made donations between World Polio Day on October 24 and November 18, when the available amount of $29,240 for matching was reached. The top five club donations are Folsom, Fair Oaks, Elk Grove, Laguna Sunrise and Oroville.

 Clubs Now Push Toward 100K!

Only twice since the turn of the century has our District topped $100,000 in Polio Plus donations. We are well on our way to reach that amount. Make your year-end non-profit donation to Polio Plus and help the Rotary Clubs of District 5180 reach 100K in 2016-17. Our year-to-date Polio Plus donations total $57,764.13 as of November 20. The Top Three Clubs are Folsom $25,412.10, Yuba City $10,448.40 and Fair Oaks $3,736.23.

 World Polio Day Highlights

Once again, Rotarians and Rotary partners gathered for World Polio Day with inspiring presenters, inspirational stories, incredible insight and more on our eradication efforts worldwide. Among the presenters were U.S. Paralympian Dennis Ogbe, Time Magazine Editor-at-Large Jeffrey Kluger, CDC Director Dr. Tom Frieden and Rotary International President John Germ. If you missed the live webcast, you can still enjoy much of the day’s festivities at www.endpolio.org

World Polio Stats

**World Polio Statistics as of 12/2/16**

- Total WPD Polio Cases to date in 2016 - 34
- Total WPD Polio Cases to date in 2015 - 60

Of special note is the decline in circulating vaccine derived poliovirus cases (cVDPV). The 2015 total cases = 32. To date this year there have only been three with the last reported case of cVDPV reported on January 10, 2016.

Links and Resources

End Polio Now [http://www.endpolio.org](http://www.endpolio.org)
Global Polio Eradication Initiative [http://www.polioeradication.org](http://www.polioeradication.org)
District Polio Plus Chair: Bill Tobin billandsherietobin@gmail.com
Providing Clean Water in Cambodia for 20+ Years

By Past Presidents Lee Wiggins and Maureen McBride, Rotary Club of Foothill-Highlands

In the early 1990’s, Lee Wiggins, DDS, a member of the Rotary Club of Foothill-Highlands, took his first trip to Cambodia with Health Teams International. At that time Phnom Penh, the capital, was in a desperate state. About one-third of the buildings were uninhabitable, either burned out or bombed out. At night, a large percentage of the population slept on the streets, and basic needs such as food and water were in scarce supply. In the countryside, where the health team was volunteering to provide medical and dental care, it was worse. Disease was rampant. Many of the sick were suffering from water-borne diseases. Each night as the team members settled into their guest house, they would pull out their Katadyn ceramic water filter and pump water for the next day. It struck them that the people they were treating didn’t have that ability. These people got their water from ditches and drainage canals.

Upon returning to the United States, Lee inquired of his Rotary Club, if they would be interested in raising funds to help dig deep-water drinking wells in Cambodia. Lee had met and worked with an American missionary working in Phnom Penh. His name was Kris Young and he was anxious to help us provide these people with desperately needed clean water. The Rotary Club of Foothill-Highlands stepped up to the need, and they have been providing the funds to dig three to five wells per year ever since. Lee has returned to Cambodia numerous times since that first trip. The capital city is now thriving. However, the rural villages are still very primitive; and access to clean water is still a huge issue. On these return trips, it has been very gratifying for Lee to go into the villages where the club has built wells over these past 20+ years and see first-hand their positive impact. The Cambodian villagers are so appreciative of the fact they have access to clean water and can now pump it whenever they need it.

Over the years, Kris Young has visited the Rotary Club of Foothill-Highlands several times and keeps the club updated with emails and pictures of the villagers standing in front of the wells. Our most recent contribution of $500 is being used to drill three wells in Svay Rieng Province near the Vietnam border. Kris has been a real hero in this venture doing all the leg work to make this project a success. There are a lot of villages which still need wells dug, and the wells that we have provided need annual maintenance to keep them flowing. The Rotary Club of Foothill-Highlands is poised to send additional funds during this Rotary year and into the foreseeable future.

This is an ongoing story of a Rotarian experiencing a need first-hand and taking the initiative to bring the need to the attention of his fellow Rotarians and a Rotary Club’s commitment to making the lives of people, literally a world away, infinitely better. It makes one feel very proud to be a Rotarian in knowing we’re making a significant difference in the lives of people we most likely will never meet face to face. This is truly Rotary Serving Humanity.
Certified wine judge and wine educator Brian Moore – and District 5180 PDG – wowed the crowd at the October 7 meeting of Rotary Club of West Sacramento. Clarksburg winery owners and others listened intently to Moore’s audience-engaging presentation: “WINE SMARTS – An Entertaining Presentation on Wine.”

Among his wealth of wine tips, Moore cautions, “First of all, don’t make the mistake of thinking you need to spend a lot of money for a good bottle of wine. The wineries know the majority of the buying public purchases wine in the price range of $12 to $20. There is a rather large selection of some very good wines in our area at those prices.”

Moore explained that California law requires that a wine label display the following information: vintage (year), wine maker/producer, wine variety, appellation (area where wine grapes were grown, such as the Clarksburg Appellation) and, lastly, percent alcohol.

Annually at the California State Fair, Moore is one of 72 wine judges. His presentation included what he looks for when judging a wine, and what you should look for when ordering wine in a restaurant.

First, look at the label to see whether the vintage year is the year the server told you you’d be getting. Then, check to see if the cork is crumbly. Smell it if you want to, he said, but added, “Only 1 in 5,000 people can recognize ‘cork taint.’”

Next, check the color and clarity. You don’t want anything floating in the wine. You also want to make sure the wine comes only to the top of the bottle’s “shoulder” – otherwise, it hasn’t had room to “breathe.” (TIP: Let red wine breathe. Chill white wine.) Finally, swirl the wine in the glass (either counterclockwise or clockwise, it doesn’t matter, Moore responded to a member question) and then taste it. If it’s not what you expected or you just don’t like it, he said, “Send it back.”

As for whether to order red wine or white, Moore’s slide show included with a cartoon of two bears sitting at a campfire. One nods in agreement as the other says, “Red with bear hunter. White with angler.” While “red (wine) with beef, white with seafood” is standard thinking, Moore told club members, “Drink what you like.”

Moore said the #1 red wine in California at this year’s State Fair judging (and also his current favorite) is a Spanish wine produced by a Lodi winery: St. Amant’s 2014 Tempranillo. Made from grapes grown in Amador County, the wine has a “fruit forward” flavor, Moore said.

Love various wines and wish you had a wine cellar? Moore says, “Sunlight and temperature fluctuations are some of wine’s worst enemies,” so construct or choose a space without windows and no exterior walls.
And you don’t have to have enough space for a walk-in cellar. “Some people I know store their wines beneath the stairs inside their home,” he said, “resulting in no windows and very little temperature fluctuation.”

FAST WINE FACTS:
Information courtesy of Brian Moore:

- # of vineyards in California: 3,800 – 1,700 added since 2002 (up 124 percent)
- # of vineyards in the Clarksburg Appellation: 107, ranging in size from 150 acres to 3-million
- Grape varieties: 10,000 worldwide; 110 grown in California
- Bottles of wine per acre of grapes: 4,000 (400 vines per acre)
- Grown where: Napa Valley 4 percent; Central Valley 75 percent
- Bubbles in a fifth of Champagne: 47-million
- Wine consumption: 2.54 gallons per capita annually (vs. 33 gallons of water); 18.5 gallons per capita in Vatican City. Ninety percent of wines produced worldwide are consumed in one year.

During the Q&A period after his presentation, Moore agreed that organizing a couple of buses of Rotarians from “both sides of the river” to tour Clarksburg vineyards and sample Clarksburg wines at the Old Sugar Mill “sounds like a fine idea.”

West Sacramento Rotarians in the Clarksburg Wine Growers & Vintners Association:

D & G Merwin (vines): Gary Merwin and his sadly missed Rotarian father Darrell. Gary Merwin: gmerwin1981@gmail.com

Heringer Estates Vineyards and Winery: Steve Heringer
info@heringerestates.com | http://www.heringerestates.com

Reamer Farms Inc. (vines): Jamie Reamer
jamesreamer@reamerfarms.com

Wilson Farms (vines, orchards and wines): Ken Wilson and his retired Rotarian father Dave
kenneth@wilsonvineyards.com | grapeinfo@wilsonvineyards.com
www.wilsonvineyards.com

For more information about the Clarksburg Wine Growers & Vintners Association, email info@clarksburgwinecountry.com, call (916) 744-1234, or go to http://www.clarksburgwinecountry.com/growers. To reach wine expert Brian L. Moore, call (916) 718-8185, email winemoor@unlimited.net, or go to www.winesmarts.wine.
What makes a good leader? “If I want to become a leader at school and in life... how do I get there?” “How do I decide what to do when I'm faced with a difficult decision?” These questions and more were answered at the fifth annual “Partners in Leadership” youth leadership conference sponsored by the Rotary Club of Point West – Sacramento. On November 5, 2016, the one-day conference brought students from Encina High School together with Rotarian business leaders/mentors to discuss leadership and ethics, in the classroom, in business and in life.

The purpose of the conference, held at the Sacramento State Student Union, is to provide small interactive group settings where students and business leaders focus on the qualities of leadership and how to make good choices when faced with ethical situations. The 4-Way Test was woven throughout the discussions, sharing with the students the same tool that guides Rotarians through difficult decisions.

A variety of ethical situations were discussed along with ideas for how to resolve the issues using both the 4-Way Test and the leadership skills that the participants had worked on earlier in the session. At the end of the day, each of the student groups presented a skit involving a difficult situation and how they used their newly-learned skills to resolve it. The outcomes for the students include: the opportunity to interact with business leaders and learn how to communicate and work with them in a positive setting; learning to express themselves, their ideas and thoughts in a group setting; and learning leadership skills that will assist them in being successful at school and after graduation.

(continued on next page)
Actual comments taken from the student’s evaluations after this year’s conference included:

- “I loved this leadership conference so much! The discussions gave me better insight on leadership skills.”
- “I liked how I can openly talk to the business leaders in my group.”
- “It made me realize my leadership potential and will help mold me into a better leader.”
- “I liked how I could openly talk to all of the business leaders in my group.”
- “Thank you for taking time out of your day to do this for us…I loved it!”

Due to the extremely positive responses by the students, the Rotary Club of Point West - Sacramento developed a forum for ongoing discussions with the students at monthly leadership roundtable sessions. Each month, both club members and students who participated in the conference meet at Encina High to continue discussing the concepts learned at the conference. The students appreciate the attention and sharing by the Rotarians and have an opportunity to gain more insight into what it takes to be a leader and how to deal with ethical dilemmas. Communication and listening skills as well as interviewing techniques are also discussed.
We end 2016 with great appreciation for our Rotary partners who help with a critical public health need – a safe and plentiful blood supply. Blood and blood components are essential gifts to help people enjoy many holiday seasons still to come.

By donating whole blood, platelets, plasma (transfusable or source), or red blood cells, Rotarians – and their friends and family members – give priceless gifts. Thank you for your support throughout the year and best wishes for a healthy and prosperous 2017.