Happy New Year!

January is Vocational Service Month. Instead of doing my regular column, this month I opted to interview Rita Gordon, our district chair and a passionate supporter of Vocational Service. Rita is a member of the Rotary Club of Point West, having recently transferred from the Rotary Club of Roseville because of a new work commitment. Here are her comments. Enjoy!

Q: Vocational Service is obviously a passion for you. How did this interest develop?
A: Upon moving to CA 5 years ago after living in CO for 30 years, I needed to quickly establish contacts and find a variety of resources. Rotary is comprised of leaders from all disciplines, making it very convenient to meet quality people with whom I want to do business and establish friendships. As I looked for providers of goods and services in my new community, it made sense to start with my fellow Rotarians. Vocational Service is often treated by many members as the least respected Avenue of Service, even though the origins of Rotary are deep-seated in Vocational Service. Rotary International recognizes that Vocational Service will need to become prominent again within our organization in order to continue growing our clubs. It’s exciting to be involved in something so important for the continuation of our well-established institution of Rotary!

Q: In 2015, you were asked to represent the district at the Zone 25/26 Institute in Hawaii where one of the topics of focus was Vocational Service. As you reflect on that experience, what stands out for you?
A: It was such an honor to be selected to attend the Zone Institute! Meeting others involved in Rotary leadership and experiencing their passion and genuine desire to help each other become better in their service to Rotary was very inspiring and memorable.

Q: What about that experience enhanced your interest in Vocational Service?
A: Learning more about the history of Vocational Service within Rotary was eye-opening. Rotary was started as a business networking group, and we have moved very far away from emphasizing Vocational Service within our organization. To learn we have the support of RI to bring prominence to Vocational Service again was very encouraging.

Q: Vocational Service is often said to be the “forgotten avenue of service.” What can we as Rotarians do to make sure this avenue doesn’t become lost among all the other service projects and activities we do?

(continued on next page)
A: We need to remember that without our vocations, most of our members would be unable to participate in Rotary. There should be no shaming or shunning when mentioning our professions, however playful our intentions may be. We need to acknowledge that younger members must multi-task to add another commitment to their overloaded plate of responsibilities; inclusion of business development while offering service alongside other professionals should be encouraged.

Q: Describe one simple vocational service project that clubs could do that is different from the typical vocational talk or presentation?

A: Ask all members to be on the lookout for others who are exceptional in their professions, especially non-Rotarians. This is simply a matter of paying attention to those with whom you interact. Acknowledge their outstanding performance by honoring them at a club meeting and invite them to bring a guest. Present them with a Certificate of Professional Excellence with verbiage stating they exemplify the Second Object of Rotary: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian’s occupation as an opportunity to serve society. This is also a recruiting opportunity! All avenues of service really affect member retention and recruitment, which is the lifeblood of Rotary. When your professional efforts are appreciated and recognized by a service organization that respects and honors you, it’s a pretty compelling reason to consider becoming a member!

**Newsletter Submission**

*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.
Yolo Food Bank has big plans
First, it needs more space... and a big donation

By Carol Bogart
Rotary Club of West Sacramento

In July of 2015, Sanchez asked Ramos and Campbell to serve on the Food Bank’s board of 10. Today, the two and others are raising funds for Yolo Food Bank’s planned $6-million move to a converted Woodland warehouse. Sanchez says, “We’re taking a raw warehouse and beefing it up.”

At the December 16 meeting of Rotary Club of West Sacramento, Sanchez explained the food bank’s needs through a slide presentation. Already, he said, the capital campaign has raised $3.8-million – $2.5-million just from the Yocha Dehe Wintun Nation (in Brooks, Yolo County). Time is short to raise the balance.

To have the building ready by the time the food bank’s lease runs out next fall (October) at its current location, the builder must begin in March. Sanchez says the added space and functionality will “change how food is distributed in this county.” Quoting Yolo County Supervisor Don Saylor, Sanchez calls the food bank’s capital campaign, “a targeted leveraged investment in ending food insecurity” in Yolo County.

Sanchez points out that Yolo is one of the highest food producing agricultural counties in the state. But, he adds, it also has one of the highest “food insecure” populations: adults and children who aren’t certain they’ll have something to eat when they are hungry.

To address that, Sanchez has been adding programs that maximize the food bank’s access to Yolo’s agricultural output: “hundreds of varieties of crops” Sanchez says. He describes the food bank’s “Shared Harvest” project: 45 Yolo County farms now donate to the food bank unmarketable produce from their fields. The donated produce is used in various food bank programs. In future, the food bank will preserve some donated produce at its new site and use it for such things as soups and stews.

Sanchez applauds Yolo farmers who are offering to grow crops specifically for the food bank on available land. Already, he says, seed companies have offered to grow food for the Yolo Food Bank on their land. Yolo Food Bank decides which crops after choosing from a “menu” of available seeds.

Nationally, Sanchez says, one in five children is food insecure. The Yolo Food Bank program Sanchez calls his “baby” is Kids Farmers Market, an after school program now active in West Sacramento at Westfield Elementary. At the start of a Kids Farmers Market 30 week run, students typically are consuming one fruit or vegetable a week. With the food bank’s strong emphasis on good nutrition, kids conclude the program eating fruit, a vegetable or both once a day.

During the 30 weeks, using play money, the children “buy” produce provided, in part, by one of West Sac’s pop-up farms. Once weekly at the Kids Farmers Market, each child fills his or her bag with 7-10 pounds of produce to take home. Some weeks these small shoppers can “buy” honey. Other weeks, they learn about olive oil. Sanchez says, “They receive nutrition education in a fun, interactive way.”
Yolo Food Bank operates lean, with just five percent of its revenue spent on overhead. Eighty percent of the new distribution center’s energy needs will be supplied by solar. The new center will have 5,000 square feet of cold storage space with four temperature zones. It will also have a state of the art kitchen, allowing it to prepare and freeze complete ready-to-eat meals, as well as process and preserve produce to create value-added products at a later date.

When Sanchez first came on board at the food bank, some donated food was being turned away at the Woodland facility because, he says, “there was nowhere to put it.” The facility continues to have limitations, such as how many volunteer bag fillers it can accommodate at one time. Now, the maximum number the “clean room” can handle is 12. At the new facility, it will be 30. Sanchez says, “We’re in 11,000 square feet now. We’re wall to wall.”

**FAST FACTS:**

**Yolo County Food Bank Distribution**

In West Sac:
- 679,832 pounds of food per month (FY 2015-16)

In Clarksburg:
- 57,489 pounds per month (FY 2015-16)

Countywide:
- 1.2 million pounds (FY 2008-09)
- 4.2 million pounds (FY 2015-16): a 324% increase in seven years

To learn more about Yolo Food Bank’s End Hunger Yolo initiative, go to [www.endhungeryolo.org](http://www.endhungeryolo.org). Want to donate to the capital campaign? Contact Sanchez at kevin@yolofoodbank.org, or call 1-(530)-668-0690 ext.101 (Woodland).

PHOTO BY GRACE PARK
West Sacramento residents choose fresh produce supplied by the Yolo Food Bank. The weekly food distribution takes place at the former Bryte Elementary across from Bryte Park in Broderick. The food giveaway, Eat Well Yolo, is organized by the Yolo County Children’s Alliance.

PHOTO COURTESY OF KEVIN SANCHEZ
Volunteers from West Sacramento-based Bayer Crop Science bag rice for the Yolo Food Bank in the food bank’s current “clean room” in Woodland.

PHOTO COURTESY OF KEVIN SANCHEZ
Yolo County agricultural interests that partner with the Yolo Food Bank include Capay Organic (Farm Fresh to You). Farm Fresh to You operates a large cold storage warehouse in West Sacramento.
Meet Jack Arney

For Jack Arney, his family is Number One. He cherishes the time he can spend with family members, and his track record demonstrates that. He coached his son Reagan’s junior football program for the past two years and plans to stay involved in some way with his football as he enters Del Oro High School as a freshman next year. The two of them also enjoy working out together in their Crossfit program. Swimming is daughter Isabela’s focus, and Jack has helped at meets and supports her wherever he can. A junior at Del Oro High School, Isabela played volleyball during her first two years so you can probably guess where dad Jack was! Isabela is keeping the Rotary commitment going in her family as she serves as the Interact president at her high school.

Jack says that he and his wife Maureen grab time with each other whenever possible, but at present, their family time is focused on their kids’ sports and academics, an area very important to Jack since he is the first one in his family to have a college degree. They plan two trips each year: one at Thanksgiving to Oregon to visit family and the other sometime during the summer to get away as a family.

Jack adds that Rotary has provided the opportunity for Jack and Maureen to get away together. A member of the Rotary Club of Roseville, Jack served as its president in 2012-13 and is currently serving as the Assistant Governor for Area 5, the 2017 District Conference Chair, and the District Governor Nominee. He says his upward movement in Rotary really started with the seafood dinner, the annual and largest fundraiser put on by the Roseville Club. His involvement began as a co-chair, and after three years, he found himself serving as chair. It was from that role that he moved into the presidency and followed that year with one as club membership chair. At the district level, he has been part of the Foundation Committee and chaired the Annual Fund and EREY.

When asked about his favorite Rotary memories, Jack first mentioned the time when his club awarded him its Service Above Self award. He added that it was a total surprise because Rotarians don’t serve to be recognized. “So much of Rotary is herding cats,” he said and added, “that it was nice to know that my efforts did not go unnoticed.” Another fond Rotary memory involved his mother-in-law. A polio survivor, his mother-in-law was presented with a Paul Harris by his club, a very meaningful gesture. Jack added that Maureen is a huge supporter of Rotary’s polio eradication efforts because of her personal experience.

Slightly embarrassed, Jack also remembers his presidential “debunking.” At the time, Jack was very involved in cycling, specifically racing. As a competitor, Jack shaved his legs so the club decided that for his demotion, Jack should ride a bike but wear a women’s pink tennis outfit with a short skirt. He also was made to ride a pink girl’s bike with pink streamers.

In his world of work, Jack has been a licensed mortgage broker for the past 13 years. He has two loan officers who work for him, and he recently celebrated his best month ever. Before that, this mechanical engineer by degree worked in the high tech software business. He lived and worked in the Silicon Valley in the “.com” era in management and later in sales.

While he hasn’t had much time for hobbies recently, he says he still cycles, but just for fun. He also enjoys tinkering in the garage and reading, especially the classics.

As Jack reflected on his life experiences, a couple stood out. The first, as a cyclist, was meeting Greg LeMond. According to Jack, this actually happened twice, once on an airplane and once in a nightclub in San Francisco. The other experience also involved cycling. Jack went to Belgium and rode the 160 miles Gran Fondo on the Tour of Flanders Course. This experience was especially memorable because he rode about 20% of the course over cobblestones and finished the last 15 miles in the snow!

Well, Jack, we are sure there are many more memorable experiences right around the corner. As you move closer to your time as District Governor, may you fully enjoy all the opportunities that await you and the relationships that you will build!
On Saturday, November 19, 2016, five District 5180 Rotarians cycled on the Rotary Team in the El Tour de Tucson for the “Ride to End Polio.” Garry Parlier, Ken Stuart, John Messner and Frank Woods of the Rotary Club of Folsom and Desirée Wilson, president of the Rotary Club of Point West - Sacramento pedaled to victory with the winner being Polio Plus! John, Garry and Desirée rode the full 106 miles braving severe headwinds for much of the first third of the ride; Ken and Frank selected the 54 miles option.

There were approximately 120 Rotarians on the Rotary team, including Rotary International General Secretary John Hewko and several other employees from RI headquarters. Altogether, over $11 million was raised by Rotarians for Polio Plus, including the district and Gates Foundation matches!

Held annually the Saturday before Thanksgiving, the El Tour de Tucson is a fun adventure ride attracting over 9,000 cyclists of all ages and abilities from throughout the United States and the world, consisting of novice, advanced and professional cyclists. The race/ride raises money for about 45 charity organizations, most of which are in the Tucson area.

At the starting line on the morning of the ride, the announcer stated that over $8 million dollars had been raised for all charities (as of that moment in time), of which about $6.9 million was for Polio Plus. Although Rotary’s team of 120 riders represented only approximately 1.4% of the total riders, the Rotarians raised over 86% of the total funds as of the start of the ride!

Rotarians enjoyed a Rotary pre-ride dinner on Friday night and had the opportunity to hear from RI President-elect Ian Riseley, who quickly proclaimed he would not be participating in the ride…this year or next! But he was there to cheer everyone on!

There was unfortunately a mishap on drive down to Tucson for the Folsom foursome. Frank’s bike, which was the fourth one on the rear bike rack, came off between Blythe and Phoenix on Interstate 10 at 78 miles an hour. Needless to say, it was damaged too much to be ridden on Saturday. When they arrived in Tucson to pick up their registrations, they looked into rental bikes but none were available.

They did manage to find a Good Samaritan to help them out; Greg Nesypor, the owner of the Trek Store in Tucson, made his personal bike available to Frank at no cost. On Friday afternoon Frank picked up the bike Friday, which Greg had adjusted to fit him, and he was able to ride on Saturday. Greg even picked up the bike at the hotel after the ride. Everyone agreed that he performed “Service Above Self” by saving the weekend for Frank!
Virginia School Christmas Party with Marysville Rotary

By Larry Michel, President, Rotary Club of Marysville

For the past 36 or so years, the Rotary Club of Marysville has hosted the annual Virginia School Christmas Party. The party honors all the educationally challenged students in Yuba County. Originally the party was just for the Virginia School children, but about five years ago it was expanded to include all the educationally challenged students in the county. The students who attend are from five to 22 years old. They come from 17 programs at various sites in Yuba County. This year Marysville Rotary hosted 146 students.

Every year the members of the Rotary Club of Marysville select a gift for each student. The students themselves and the school staff help out with hints, and a first and second choice for the gift are listed. Rotary members select the gifts at Walmart for each student. In almost every case, the gift is one the student asked for. Walmart is very supportive of the program. They provide both a discount and a gift card. The Rotary Club members then wrap the individual gifts during a “gift wrapping” program.

The spaghetti luncheon is held at the Elks Lodge in Marysville. The Elks provide the space free of charge. It is the perfect place to host the event. The lunch is cooked and provided by Recology. It was coordinated by Frank Tamayo, a member of our Rotary Club. The lunch is served by the Rotary Club members. In addition to the individual gift, each student receives a stocking filled with fruit.

John Weiler has coordinated the event for the past 30 years. He comments: “There is one moment when, at the cue of jingle bells, Santa enters the rooms. The place just goes completely electric bananas. It gives me goose bumps just thinking about it. If PG&E could harness the energy of that moment, they could power the entire community for a few days. I just wish there was one thing in my life that would give me as much joy as these kids experience in that one moment seeing Santa. That moment is pretty good for me as well but not quite like it is for them.”

Santa Claus is our own Rotary member, Frank Sorgea. Frank has a real beard and does a large number of community events as Santa Claus.

Every Rotarian in the Marysville Club is proud and thankful that we have been able to put smiles on the faces of so many kids. That is our real reward. That is the reason we have continued to do the Virginia School Christmas party for so many years.
From mid-November to mid-December, our goal was to collect 100 blankets. Thanks to the “warm” generosity of our community, we were delighted to collect over 170 new or gently used blankets. As Sacramento’s temperature drops to near freezing every winter, desiring to provide a little warmth and comfort for certain residents within our community, on December 15th and 16th, we distributed the blankets to My Sister’s House and Moral Values Program’s Outreach for the Homeless. The reaction was priceless. Very big smiles! With the holiday season approaching, it was perfect timing for giving. Next year, we look forward to collecting and distributing over 200 blankets.

We want to express our sincere gratitude to the following local businesses and civic leaders for their tremendous support in helping make our 1st Annual Blanket Drive a successful one:

For donating the collection boxes (they were huge):

Zajic Appliance

For authorizing donation boxes placed in their lobby:

Vice Mayor Rick Jennings and Staff at the New City Hall
Lori Gay, Fire Department at the Public Safety Center Headquarters
Trey Bonetti, Cook Realty
Tracy Wilson, Pacific Workplaces
Linda Revilla and Virginia Wieneke, ACC Senior Service

For letting us use her spacious office to make blankets:

Elizabeth Gaylor, Montgomery & Associates

For making the Blanket Drive flyer:

Andrew Smith, Designer

We couldn’t have done it without everyone’s amazing support! We look forward to fulfilling this worthy cause every year as our blanket drive grows in support annually throughout our community!
Man in line for a blanket at the Moral Values Program blanket distribution

Pocket/Greenhaven Rotarians
On the 10th of December, all us exchange students came together for our second orientation. Between talking about the District Conference, the future trips and how we are feeling, we laughed a lot and it was good to finally see everyone again.

After the orientation we made our way to the International Youth Hostel in Sacramento and unloaded our luggage from the cars and got introduced to our chaperone, John. Shortly, our group started their way towards the State Capitol to take a look inside and get an idea about California's politics. John showed us interesting things inside the Capitol like a wrong tile embedded in the floor and the different styles of portraits of the past governors.

As we left the Capitol the weather decided to be a little windy and rainy, but this couldn’t dampen our spirit, of course. Our next stop was Old Sacramento, where we explored some of the shops and went to Fanny Ann’s to have dinner - burgers, sandwiches and fries for the Squirrels (our group name from the San Francisco trip).

Then, our international group moved on the next stop on our schedule: the Polar Express train ride. As we got onto the train it felt like being in the movie. All the younger children were in their pajamas, and Christmas lights were dangling from the window frames. Matching the movie, the chefs on the train came into each wagon and handed out hot chocolate and cookies. To make it even more authentic, they also performed the hot chocolate dance from the movie, it was such a great and fun performance to watch! As we arrived at the North Pole, we were able to see Santa through the windows, and general excitement was filling the train. When the train started to drive back, Santa came into each wagon, giving bells from his sled to everyone. Well, only people who were on the nice list got them, but exchange students are always nice.

The minute all of us got off the train, the Christmas light show in Old Sac started, which was so much fun to watch, especially because we had never seen this many lights on one street before.

On our way back to the hostel we sang Christmas songs, since our trip was the Sacramento Christmas Trip, and we stopped at the ice skating rank to skate for a little while. We taught each other how to ice skate and it was so much fun. We have grown into a great family!

Day 2:

After breakfast we were all gathering around the table seeing gifts sitting on the table with each of our names on them. As we unwrapped them, they turned out to be T-shirts with a picture of us from our awesome San Francisco trip! The activity we did after receiving the gifts made the shirts even more special; everyone signed everybody’s shirt! Such a great memory of our exchange year to have! Every time I look at my shirt I have to laugh, and it just makes me happy.
Early in the day we went to get some secret Santa gifts to play white elephant later, and everyone was successful shopping for an item. Back at the hostel we started to play white elephant, which was a lot of fun. Then we started the actual Christmas party. We ate and received another present from District Governor Barbara Tracy. Then we just hung out and had fun with our chaperones Vicki and John.

Soon everyone got picked up and it was sad to leave everyone again, but we all know that we will see each other soon. I know that the friendship between all of us Squirrels grows each time we hang out.

Thanks to the Rotary Club of Sacramento for helping to sponsor this awesome trip and to all the trip organizers and our chaperones Vicki Bencken and John McIntyre and the District 5180 committee for pulling all these trips together, especially to Mary Lyn Kagan and Sherie Tobin.

The Rotary Club of South Sacramento Foundation Presents

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Dinner starts at 7 p.m.

$55 per person advance tickets. ($60 after Jan. 13 and at the door)
$10 corkage fee charged at the door

TICKETS AVAILABLE ONLINE
at www.edhcrabfeed.org

OR IN PERSON AT
Face in a Book - 4359 Town Center Blvd #113
California Welcome Center - 205 Vine St. #105
Fire Station 85 (Wilson Way @ EDH Blvd.)
RESOLVE TO SAVE LIVES IN 2017!
EXTRAORDINARY GIFTS ARE YOURS TO GIVE IN THE NEW YEAR

**HAPPY NEW YEAR!** The beginning of a new year brims with hope!

For patients in need, each blood transfusion also brings hope...for good health, for celebrations of birthdays and graduations, Mother’s Days and Father’s Days, and quite simply, for ‘normal’ days.

Normal as in waking up and falling asleep in their own beds! Normal as in “What’s for breakfast today?” or “Where do you want to stop to eat?” Normal as in being healthy and able to go about typical days at home, school, or work.

**Rotary Resolve** shows itself in many ways. Support for blood donation is displayed through donating regularly, encouraging and educating others and giving what’s needed. Rotarians are here to help with a precious gift of a return to ordinary...which at times is truly extraordinary. Continue the journey of hope by resolving to save lives in 2017. Just look what you can do!

Visit bloodsource.org or call 866.822.5663.

Be sure to give your Rotary Club name so that your donation can be noted in the District 5180 Blood Drive Challenge.