A Message From
District Governor Jack Arney

Rotarians,

As I sit here and think about what I want to share this month, the sound of water rushing down my gutters cannot be ignored. A poem that I knew as I child comes to mind:

April showers bring May flowers
That is what they say,
But if all the showers turned to flowers
We’d have quite a colorful day.

Or, how about the Al Jolson song “April Showers” that was made popular by Bing Crosby. (I used to watch old movies with my Nanny (Grandmother), so I remember the old tunes from back in the day.)

We have had a lot of rain, but we should all be grateful for the extra water and look forward to the elongated Spring and early Summer of amazing color that is already evident.

From a Rotary perspective, our focus this month is on Maternal and Child Health. Rotary does so much to support mother and children around the world. One of the many things we do is to train nurses to help babies. We promote maternal health in Tanzania, Kenya and Uganda by providing scholarships for women to attend nursing school. We help bring pre and post natal care to mothers in those countries and in rural Haiti by providing mosquito nets and vaccines. We also help train mothers to understand the importance of proper sanitation and the effects bacteria has on their babies health.

Of course, every clean water project we undertake makes a huge impact on both mother’s and baby’s health not to mention the millions we have saved from contracting polio.

Our commitment to mothers and children everywhere is inspiring and has a massive impact on their health, but we still have a lot to do. Our world has 1.1 billion people in developing countries who have inadequate access to clean water and 2.6 billion lack basic sanitation.

As you plan out projects for next year, consider doing something that will improve the health of moms and their children. If you give to the Foundation you can be assured some of you generous donation goes to help their health all over the world.

Be the Inspiration!

Yours In Rotary,

DG Jack

P.S. Join me for fun, fellowship and frivolity at the One Day District Conference!
HAVE YOU REGISTERED FOR THE DISTRICT CONFERENCE?
If Not— Register Now

ONE DAY
May 18th
LOCAL
Sacramento
AFFORDABLE
$55
INFORMATIVE & FUN!

BE INSPIRED
MAY 18, 2019
District 5180 Conference

Click Below to Register

Texas Hold’em to Feed’em
Our District Fundraiser

This is the only district fundraiser of DG Jack’s term. We are doing it to raise money for our Rotary-at-Work-Day on May 17th when we will pack meals for Rise Against Hunger.

It is important that each club support Texas Hold’em by sponsoring a table, donated prizes and buying tickets and attending this fun event.

April 27th
5:00 pm to 10:00 pm

INSPIRE

April 27, 2019
TEXAS HOLD’EM TO FEED’EM

Rise Against Hunger

FOOTHILL COMMUNITY CENTER
5510 DIABLO DRIVE, SACRAMENTO

Join us on April 27th, for our District wide fundraiser to raise funds for our food packing event to benefit Rise Against Hunger.
INSPIRE

TEXAS HOLD-EM TO FEED-EM
Our Only District Fundraiser in DG Jack’s Term

APRIL 27th
5:00 to 10:00 pm

$50 Buy-In

Your Club Can Be a Sponsor

Sponsorship Opportunities

$1,000 TABLE SPONSOR:
8 Admissions + $4000 Extra Chips per player
Reserved Seating
Logo/Name or Ad on Event PowerPoint
Logo/Name displayed prominently on the Reserved Tables
Logo/Name displayed via Social Media during Pre/Post Event Promotions
Logo/Name or Ad in Event Program-Preferred Placement

$500 TABLE SPONSOR:
4 Admissions + $2000 Extra Chips per player
Reserved Seating
Logo/Name or Ad on Event PowerPoint
Logo/Name displayed prominently on the Reserved Tables
Logo/Name displayed via Social Media during Pre/Post Event Promotions
Logo/Name or Ad in Event Program

$250 TABLE SPONSOR:
2 Admissions + $1000 Extra Chips per player
Logo/Name or Ad on Event PowerPoint
Logo/Name displayed prominently on the Reserved Tables
Logo/Name displayed via Social Media during Pre/Post Event Promotions
Logo/Name or Ad in Event Program
Join The Pre-Conference Work Day
Rise Against Hunger Meal Packing

Rotary District 5180
Conference Service Project

Collaborating to End Hunger

Meal Packing Event

May 17th Friday
1:00 PM to 7:00 PM
5:00 PM Food and Games!
Rusch Park Community Center
7801 Auburn Blvd, Citrus Heights

http://events.riseagainsthunger.org/Rotary5180conference

Join the fun and help us pack 80,000 meals!
Maternal and child care is one of Rotary’s six areas of focus. At least 7 million children under the age of five dies every year due to malnutrition, poor health care and inadequate sanitation. To help reduce this rate, Rotary International provides immunization and antibiotics to babies, improves access to essential medical services and supports trained health care providers for mothers and their children. RI projects ensure sustainability by empowering local communities to take ownership of health care training programs.

You Can Learn More About Maternal and Child Health from the following:

- Training nurses to save mothers and babies in East
- Empowering mothers by preventing injuries
- Health camp reaches mothers and children
- Find a project

Click to see a Video
Rotary Supports Mothers and Babies

https://www.youtube.com/watch?time_continue=95&v=6CqI1LhKiVI
Rebuilding a community after a devastation like the Camp Fire is an ongoing process. The Rotary Clubs in Oroville and Gridley have been a tremendous help in that effort. They have been working since Day 1, and their relief and recovery work goes on. DG Jack reported that so far, the clubs have been given $50,000 each of the $130,000 we raised in our district.

The support of our Rotary clubs has not gone unnoticed. Several community leaders an the Salvation Army have given accolades to Rotary.

**Brian Flicker PE and Committee chair provided this update:** Oroville Club has formed a committee of nine members who have interviewed many candidates to date. 25 have said they do not need assistance and to give the money to “someone who needs it.” 17 are on the follow-up list to contact once they have been cleared by FEMA to reoccupy their property. The club has provided direct assistance to 7 survivors to date as follows:

- Replaced an RV refrigerator
- Repaired a vehicle damaged in the fire
- Provided water storage tanks to 5 survivors
President Dean Gurr gave the following summary:

The committee established by the Rotary Club of Oroville has done a great job with it’s outreach. We continue to find those with needs that aren’t being met and get the word out (without broadcasting) that we have funds available. Between that and the application process we have in place, we feel that the funds spent thus far have gone to appropriate uses. Immediate needs are being met, and the emphasis in on needs that will arise as the recovery and rebuilding process begins. This could take several months to a couple of years. Repopulation and rebuilding may be quicker in the affected areas outside the township of Paradise as the town has municipality issues that first must be rectified.

The more remote areas of Concow and Yankee Hill (the first two of a few remote communities to be inundated by the inferno) have residents working on their basic infrastructure. A functioning well and storage system are part of that. There is a great need for water storage tanks in the area, so we made an investment to have those on hand and give to residents as the need arises. Clean water and accessible water is one of Rotary’s areas of focus—right? This fits right in. We shall continue, assessing needs and commit these financial resources responsibly.

Thank you for your support in the rebuilding efforts and please let me know if I can be of further help or information.

With gratitude,

Yours In Rotary,

Dean
**Question:**
“What do you get when you combine two good Rotary Clubs?”

**Answer:** “One Great Rotary Club.”

On July 1, 2017, the Rotary Clubs of Rocklin-Loomis Basin and Roseville Sunrise merged. The result is the Rotary Club of Placer Valley Sunrise. It’s been almost two years since they teamed up, and, according to club member and next year’s AG, Mary Jo Edmondson, most members can’t remember a time when they were separate clubs.

The concept of smaller clubs uniting forces is becoming a necessary way to address the issue of declining membership in Rotary. Smaller clubs cannot accomplish many projects without the same members consistently doing all the work. Some clubs have been forced to have “rotating” club officers where members will serve as president multiple times.

Of course, not all members in the two clubs liked the idea of losing their club’s identity, and some people resigned because of it. However, the members who stayed have bonded with one another, and the Placer Valley Sunrise Club has already posted an impressive list of activities the group has accomplished.

Placer Valley Sunrise is proud of the programs they do that focus on helping youth. They send two students to RYLA; they sponsor two Interact clubs; they are hosting an RYE student in 2019-2020 and they offer multiple scholarship to high school seniors.

One of their fundraising successes is auctioning a wine refrigerator stocked with top notched bottles of wine. They have netted as much as $3000 on this one effort.

A club favorite is an event at Skipolini’s restaurant that serves as a fundraiser and a social. The restaurant prepares a four course menu with wine for those who purchase tickets to attend.

This year will be their second shred event to raise funds to support the community. It will be held on May 4th in the parking lot of the old K Mart store on Pacific Street in Rocklin. They do the shred in conjunction with the City of Rocklin. The charge is $5.00 for each banker’s box with the first box being free to Rocklin residents.

After two years, the members of PVS are a Rotary family. Mary Jo summed it up when she said they are a great group of Rotarians and they have fun.

It seems the decision to combine the two clubs was a good one. Visit one of their meeting (Thursdays, 7:00 am at the Window Box in Rocklin) and see for yourself.
RANDY SEEVERS (Rotary Club of Sacramento) and his family founded “Runnin’ for RHETT” in memory of their son, Rhett, who passed away in 2004 at the age of 7 due to complications from cerebral palsy. The organization’s formation was gradual and started with Randy’s wife, Beth, running a half marathon on the first anniversary of Rhett’s death. The following year, 35 people joined her. In 2007, there were 125 people who participated, and it was during that year that both Randy and Beth Seevers co-founded Runnin’ for RHETT, a non-profit foundation dedicated to encouraging people to lead healthier lives. In particular, they focus on helping young children develop physical fitness and nutrition habits through its Youth Fitness Program.

The free program offers activities for students ranging from elementary through high school. Randy says their motto, Move Into Life, is not only an encouragement to be active and healthy, but also to be an active participant in the community.

In 2010, the first fitness program began with 104 students at 2 Sacramento area schools. In 2018, the program was implemented in 63 schools and reached 2,800 students.

**Training Curriculum** consists of two seven week sessions in the Fall (October-December) and the Spring (February-April), both of which end in a 5K race. Training focuses on conditioning through running and circuit training exercises as well as nutritional education. Training sessions can be scheduled after school or incorporated in the pre-existing physical education curriculum. Accommodations are made for students with disabilities.

The coaches for the program are given the tools required for training students and making participation almost effortless.

**School Participation** is arranged after someone at the school (or a parent) confirms with the school administration that they want to apply for the program. They fill out the grant application and then are awarded a grant into the program.

**The Program is Free.** Money is raised through the adult training program, fundraising events and donations. The supporters provide enough money to fund more than 6000 kids every year.

**Sacramento Running Association became a partner in 2017.** They help train a total of 3000 kids in 66 schools for the California International Marathon’s maraFUNrun 5K every December. For more information go to [www.runninforrhett.org](http://www.runninforrhett.org) or call Lisa O’Shea 916-812-7996.
Paul Harris’ 151st Birthday
Is April 19th

What Do You Buy For A Guy Who Had Everything?
How about a contribution to the Rotary Foundation!

Let’s have every District 5180 Rotarian donate $25 to the Rotary Foundation as a 141st birthday gift to Paul Harris. Are you in?
HELLO SPRING
Our blood drive for this year ends on April 15th. You have two weeks to donate blood and get credit for your club. Of course, our blood drive contest is not the reason you should donate blood. We need to maintain a plentiful blood supply in our community to save the lives. Please don’t stop your donations after our contest ends.

Now...back to the contest: Four clubs will receive financial sponsorships that will be awarded at the district conference with one winner selected in each of the following categories: highest percentage of club membership and most points attained for a small, medium and large club. It’s your choice to use the financial sponsorship for events, special projects or in any way your Rotary club impacts our community.

Schedule your donation at my.bloodsource.org or call 866-822-5663. Make sure you tell them it’s for your Rotary club.

Questions?
For Blood Drive information, contact: Angelina Pillet (Folsom Lake Rotary Club) at 916-453-3741 or email APillet@bloodsystems.org

OK...One More:
You have two ways to give blood or make a choice.
Whenever we hear the words, “Public Image,” everyone thinks social media! We go into panic mode to be sure our club has a Facebook page, an Instagram presence, snap chat, blogs, pod casts, Twitter, Tumblr, Zoosk (forget that one—I think it’s a dating site).

In the mad race to get the right social hot spots, we can’t forget the most important way we promote Rotary’s public image happens everyday in the real world. We carry the image of Rotary with us. The way to grow Rotary is not through how many likes we get on our Facebook page, but through how many people actually like us when we meet them.

The projects we do and the people we touch says who we are. The friendships we share and the socials we have make our clubs strong. We bring our friends to Rotary so they can join our friends.

Rotary is unique in the age range of our members. We have those who need multiple apps to get through their day and those who use paper and a pencil to chart their course.

The fact is that social media is a good information source to let the public know what we are doing, but the responsibility of promoting Rotary’s public image lies within each of us, not on the internet.
Wine’d Up For Youth is a wine and food tasting event happening on May 11th. The goal is to raise money to support our RYE kids. The Rotary Youth Exchange program has been a life changing experience for both in and outbound students. We will also raise funds for the 3Strands Global Project (Human Trafficking) and other local youth programs.

This is an opportunity for Rotarians and their families and friends to have a wonderful evening tasting excellent wine while helping causes that are supporting youth programs in our district.

Get Your Advanced Tickets at a Reduced Price Today.

http://www.winedupforyouth.com/

ADVANCED TICKET PRICE

$50

Buy Your Tickets now! The goes up to $65 after April 15th

Wine & Food Tasting
Silent / Live Auction

Benefiting Rotary Youth Exchange, 3Strands Global (Human Trafficking) & other Local Youth Programs

Saturday, May 11th, 2019
6:30-9:30pm
California Automobile Museum
2200 Front Street Sacramento

Tickets and Information:
WinedUpForYouth.com
Winery, Restaurant & Sponsorship Opportunities
**Play Golf to Support Kids**  
**Sign Up Now**

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**Oroville Sunrise Rotary & Oroville YMCA**  
**SUPPORT OUR KIDS GOLF TOURNAMENT**  
**SATURDAY, JUNE 1, 2019**  
**8AM SHOTGUN START, 12 NOON LUNCH**

**GOLF SPONSORSHIP LEVELS**
- **GOLD** $1,000
- **FOURSOME** $300
- **TMGC MEMBER** $65
- **SILVER** $500
- **INDIVIDUAL** $85

**NON-GOLF SPONSORSHIPS**
- **LUNCH SPONSOR** $800 (includes sponsor banner)
- **CART SPONSORSHIP** $500 (Company name on every cart)
- **Tee & Green Sign** $250 (Name on two signs - 1 green & tee)
- **Tee Sign** $100 (Name on 1 Tee sign)

**SPONSOR NAME:** ________________________________

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<th>Hcp.</th>
<th>Name of golfers:</th>
<th>Hcp.</th>
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<tr>
<td>2)_______________</td>
<td>_____</td>
<td>4)_______________</td>
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All golf sponsorships include BBQ Lunch, Golf Cart*, Green Fees, Tee Gift Bag and After Golf Appetizers.  
*TMGC Member Rate Does Not Include Golf Cart.

**Return to:**  
Oroville YMCA – 1684 Robinson St, Oroville CA 95965

Checks can be made out to Oroville YMCA or Oroville Sunrise Rotary. Any questions contact Ed Gredvig at (530) 533-9622 ext 110 or at egredvig@ymcasuperiorcal.org.
INSPIRE

Rotary Grand Germany Tour
in conjunction with the International Rotary Convention — Hamburg Germany, June 1-5, 2019
May 24 — June 4, 2019

Join the Rotary Club of Sacramento’s President, Diane Woodruff & fellow Rotarians on a tour to Germany.

Register today!
www.ehregister.com/rotary

The Best of Germany Tour
May 24 – June 4, 2019 — $5,699
Munich, Salzburg, Berlin, Dresden and Hamburg

Program Itinerary:
- May 24: Arrive Munich. Welcome Cocktail Party
- May 25: Tour to Neuschwanstein Castle; Dinner at Hofbrauhaus
- May 26: Half-Day Munich City Tour
- May 27: Tour to Salzburg & Berchtesgaden
- May 28: Train from Munich to Berlin, Berlin City Tour
- May 29: Berlin - Full Day at Leisure
- May 30: Tour to Dresden
- May 31: Berlin: Museum Island & Half-Day Tour to Potsdam
- June 1: Train from Berlin to Hamburg
- June 2: Half-Day Special Harbor Tour
- June 3: Hamburg: Full Day at Leisure, Farewell Dinner
- June 4: Depart for USA

Travel Services:
- 11-nights accommodations (2 persons sharing)
  - Munich: 4-nights - Sofitel Munich Bayerpost
  - Berlin: 4-nights - Hotel am Steinplaz, Autograph Collection
  - Hamburg: 3-nights - InterCityHotel Hamburg Dammtor-Messe
- Daily breakfast, 4 lunches, 2 dinners and a Welcome Cocktail Party
- All tours, entrance fees, service charges, taxes as noted in the itinerary
- High-Speed Train: Munich/Berlin & Berlin/Hamburg
- Gratuities for local guide & driver
- Luggage Assistance & Portage at the Hotel
- Travel Documents includes:
  - Travel Wallet, Luggage Tags & Personalized Itinerary Booklet
  - English Speaking guide and private transportation per itinerary
  - Travel Escort to accompany the group

Pre-Tour Option
May 22 – 24, 2019 — $1,399
Frankfurt, Rhine River Cruise & The Romantic Road

Program Itinerary:
- May 22: Arrive Frankfurt. Welcome Cocktail Party
- May 23: Rhine River Cruise along the UNESCO Middle Rhine River with lunch
- May 24: Transfer to Munich along the Romantic Road

Travel Services:
- Frankfurt: 2-nights - Le Meridien Frankfurt Hotel (2 persons sharing)
- English Speaking guide and private transportation per itinerary
- Daily breakfast, 1 lunch and a Welcome Cocktail Party
- All tours, entrance fees, service charges, taxes as noted in the itinerary
- Gratuities for local guide & driver
- Luggage Assistance & Portage at the Hotel
- Travel Documents includes:
  - Travel Wallet, Luggage Tags & Personalized Itinerary Booklet
  - English Speaking guide and private transportation per itinerary
  - Travel Escort to accompany the group

Map of Germany

Image of landmarks in Germany

Image of a train on the Rhine River

Image of a castle in Germany
These are not awards or pins. You see 25,000 Polio vaccines—or wells—or toilets—or midwives—or student desks—or books—or HIV medications—or . . . . .

### Rotary MONTHLY CONTRIBUTION REPORT

**Interim Results For July through March (2018 - 2019)**

(In US Dollars)

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<th>Club No.</th>
<th>Name</th>
<th>Number of Members</th>
<th>Annual Fund Goal Amount</th>
<th>Goal % Achieved</th>
<th>AF Per Capita</th>
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**INSPIRE**

PDG & District Foundation Advisory Chair Glenn Fong’s Monthly Update on Foundation Contributions
# Monthly Update on Foundation Contributions

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<th>Location</th>
<th>Amount</th>
<th>%</th>
<th>Contributions</th>
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<td>Loomis, CA, United States</td>
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<td>North Sacramento, CA, United States</td>
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</table>

**Total: $180,000.00**
INSPIRE

BOARD OF DIRECTORS

District Governor
Jack Arney
Rotary Club of Roseville

Secretary
Mary Lyn Kagan
Point West Rotary

Chief of Staff

District Governor Elect
Ray Ward
Rotary Club of Fair Oaks

Treasurer
Russell Trumm
Rotary Club of Roseville

Membership Chair
Charlie Harrison
Rotary Club of Roseville

Public Image
Rita Gordon
Point West Rotary

GOVERNORS

District Governor
Jack Arney
Rotary Club of Roseville

District Governor Elect
Ray Ward
Rotary Club of Fair Oaks

District Governor Nominee
Brent Hastey
Rotary Club of South Yuba County

Assistant Governors

Area One
Shelton Enoch
Rotary Club of Oroville

Area Two
Justin Whitsell
Rotary Club of Citrus Heights

Area Three
Megan Ham
Rotary Club of Passport One

Area Four
Angela Spease
Rotary Club of Laguna Sunrise

Area Five
Dave Veden
Rotary Club of Natomas (Sacramento)

Area Six
Joe Scheimer
Rotary Club of Fair Oaks

Area Seven
Brian Gladden
Rotary Club of Roseville

Area Eight
Desiree Wilson
Point West Rotary