It’s Time to Celebrate and Begin Anew

It’s that magical time when families come together, friends share happy moments, children gleam with excitement, and everyone yearns for a little quiet, yet joyful time off. It’s a season normally enriched by crisp weather (although not so much this year), warm visits, and stimulating songs and smells and foods.

It’s also an opportunity to celebrate our spiritual beliefs. It’s a new season. It’s a reason for a new start.

I’m really happy we’ve had such a good Rotary year so far and I’m especially happy The Link is back—just in time for me to wish you all the best of the season and the most for the coming year. Let me say first, I’m not so happy to report why we were dark. Our editor, Susan Laird, has fallen ill. She has done a marvelous job for me, as she did last year for PDG Bob Deer- ing, and I tip this old newspaperman’s hat to Susan. Thanks! Our best wishes and prayers are with you. We hope you will be able to resume the good work soon.

In the meantime, our new DGND, Barbara Tracy, has agreed to continue publishing The Link. She stepped up in true Rotary fashion and I deeply appreciate it. Thanks, Barbara.

The season we celebrate is distinguished by giving; not just Santa giving, but the giving of food to the hungry, comfort to the homeless, hope and inspiration to those who need it, and hopefully peace to a needy world—the giving Rotarians are good for. Alma and I saw so much of that in our club visits. I’m really proud of what we do. Thanks to you all!

District 5180 is flush with community projects. And now look at some of our global grants recently approved and sent to RI for funding, truly samples of giving at its best!

Point West Rotarians are seeking grant money to repair dangerous conditions and send new desks, books, and blackboards to existing classrooms at Uyoba School in rural Zambia. The school started 10 years ago with 100 students under a tree. They

Continued on page 2
now have more than 670 students in four leaky classrooms in need of roofing, windows, and door security.

Mark Wolgar of Point West joins Algoa Bay Rotary Cub and several other partners in a $41,442 effort to place street children into a stable home environment, monitored, and with transportation to educational facilities in Port Elizabeth, South Africa. Long supported by the local Rotary Club, the home has been very successful in producing balanced children who are able to join the workforce and earn a living after some additional training.

Arden Arcade is providing assistance to a medical pilgrimage to Gandevi, India for prevention and treatment of cancer, coronary heart diseases and diabetes. A large group of doctors and other medical professionals from Northern Ohio plan early screening camps, life-saving surgeries, and vocational training for local medical professionals through a $65,000 Rotary grant.

Gridley’s water well and health grant now has partners from other clubs and District 9101 seeking $90,500 to send pumps, a drilling rig, a purifier, 3 vehicles, and a vocational training team to Liberia where the Sinkor Rotary Club will host installation of 80 new wells, rehabilitation of 20 old wells, and delivery of surplus medical equipment, clothing, and school books.

The season also marks a halfway point in our journey as leaders through the Rotary year. As such, we see a historic dip in energy, a slowdown, if you will. So our next job will be charging batteries. We plan to do that with a Midyear Retreat for Presidents, Presidents-elect, and Presidents-elect-elect on January 11.

Happy Bill

What is the Best “Club” for a Long Drive Challenge?

Some might say it is a “driver,” but the best club for the year-long Blood Drive Challenge is the Rotary Club.

Sign up friends, family, clients, church members, schoolmates, etc. to give to the District 5180 Blood Drive Challenge.

Designate a day or week for individuals to go to one of ten BloodSource locations near you and give for your Rotary Club.

Remember it does not cost you a thing except time and “it does save lives.”

See you there.

BloodSource®
Every summer, Districts 5180 and 5190 collaborate to hold three RYLA (Rotary Youth Leadership Awards) camps at Grizzly Creek Ranch four miles outside Portola in Northern Sierra Nevada. Students entering their senior year of high school come from all over Northern California and Nevada to learn how to be leaders, but first they must learn to lead themselves. RYLA week is spent building trust and learning through a variety of processes. Rotarians from both districts serve as counselors and participate in activities right along with the campers, and every year the adults return home just as energized as the campers. They’re tired but full of excitement about what went on at camp.

As RYLA chair for our district, I thought the membership might enjoy hearing from one of our counselors—someone who attended RYLA for the first time this year. Dave Clemens, whose wife Kathy is a member of the Roseville Club, stepped up at the last minute to fill in where someone had to cancel. In the interview below, Dave candidly shares his RYLA experience, one that went far beyond anything he expected.

Barbara Tracy

You stepped in to be a RYLA counselor at the last minute and only had a couple days to prepare. What was your first reaction when you learned that you were going to be a counselor?

“I got the request on Wednesday, June 5, did paperwork on Thursday, fingerprints on Friday, packed on Saturday, and arrived in camp at about 10 a.m. on Sunday. Given that whirlwind initiation, I really didn’t have much chance to worry about what RYLA would be like. Yet, I was welcomed with open arms by other counselors, especially the three others who also were ‘newbies.’

Although my wife and I have never had children of our own, I felt pretty comfortable with the idea of working with young people because of my sister’s girls, experience as a part-time summer intern survey team leader for the Forest Service, my professional experience as a public sector supervisor, and most recently, my work with teens at my part-time retail job. Was everything perfect? No, but the glitches were pretty minor, and the experience overall was absolutely wonderful! I must have done OK, because I was met warmly at i-PETS recently by nearly a dozen RYLA campers, whether I’d worked directly with them or not.”

Upon hearing that RYLA is a camp, some people see themselves in a sleeping bag in a tent. Wrong! Tell us about the camp and the accommodations.

“Grizzly Creek Ranch is 1,500 acres of yellow pine forest thoughtfully preserved with buildings and activity areas tucked quietly into the environment. The camp includes main meeting and dining buildings (The Lodge) and four clusters of three sleeping buildings and a restroom/small meeting room building. Each residence (sleeping/restroom) cluster is designated by color code; mine was Silver, others Green, Red, and Blue. The residence clusters surround a central green connected by paved paths to The Lodge. Each sleeping building has room for twelve with four bunk beds, two singles, and an alcove with two singles. RYLA counselor/cabin monitors can use the alcove with a cloth blind on the door. I had eight boys in Silver 1 and found the second bed in the alcove perfect for storing miscellaneous stuff. The Ranch has a swimming pool, pond with kayaking, and a small amphitheater.

“But, even cooler, the ranch has a fantastic ropes course where trained personnel lead RYLA campers in facing personal demons by scaling walls, being thrown skyward on a cable pulled by their team members, and learning to work together to build confidence and camaraderie. As a first class ‘scared-e-cat,’ the ropes course challenged me as much as the campers I was responsible for. We all survived and loved every terrifying minute of the exercise!”

See RYLA on page 6
Lincoln Rotary’s Books for Bikes
Builds Enthusiasm for Reading

Armed with an approved District Grant for $2,500, Lincoln Rotary finalized plans for its literacy project in meetings with the Deputy Superintendent of our Western Placer Unified School District. He was delighted to initiate our Bikes for Books program at ALL seven of its elementary schools.

Here’s how it works. Every student from second to fifth grade is assigned an Accelerated Reading (AR) goal. At the end of each trimester, the names of students who have attained their AR goal are included in a drawing for a brand new bicycle. Rotary delivered a bike to each school early in the school year along with a large banner to create excitement and encourage kids to reach their goal. The bikes were displayed in school cafeterias or libraries.

At the end of the first trimester, several
Rotary members went to the awards assembly at each of the seven schools and awarded a bike to the lucky student whose name was drawn. The kids were very excited and enthusiastic, and those that did not make their AR goal made it clear that they would the next trimester. The principal of First Street Elementary said he thought that once students saw a classmate win the first drawing they became even more interested. He has been very impressed with the program.

By the end of May, Lincoln Rotary will have donated 21 bikes. One of the benefits, beyond the literacy goal, has been the number of hits on the Lincoln Rotary Facebook page; it exceeds anything we’ve seen in the past. Lincoln Rotary has gained new credibility in the area and the appreciation of several hundred parents and grandparents, since we posted photos from each school on the Lincoln Neighborhood Facebook page, which is viewed by several thousand Lincoln residents. This, in turn, has increased the traffic on our Facebook page and resulted in numerous favorable comments.
Point West: It’s All About Family

For Point West Rotary, celebrating the holiday season is all about family. Attended by over 150 Rotarians, family members, and friends, the 2013 event was held in one of the banquet rooms at the Doubletree Hotel. Point West’s Fun Committee—Tony Park, Craig Heiser, Dwight Chambers, and Joan Thompson—put together the energetic and entertaining evening which included visits with Santa Claus for children and adults alike, a surprise Paul Harris Fellow presentation, an ugly sweater contest, and a prize drawing. In addition, attendees got to know each other better through a fun mixer. Equipped with a strip of paper with one line from a Christmas song, each person was challenged to find all the other lines from the song and to “sing” it for everyone else!

This fun event was not without its service component however. For over 20 years, Point West Rotary has supported Christmas Promise at this time of the year. Longtime Christmas Promise Board Member Gary Wendell reminded the group of the impact the program has on unsuspecting families as Santa knocks on their doors and provides gifts and needed supplies to get them through the holidays. During the evening, members donated over $4,000 to this year’s effort.

The Fun Committee appreciated the efforts of Craig Evans, who used his professional photography skills to provide every attendee with a picture with Santa and his helper. They also extended thanks to Capital City Catering, owned by member Steve Ziegler, which provided the food, and to Barry Miller and the DoubleTree for working with the club to host this special event. All who attended left with smiles on their faces and in the holiday spirit.

(left) Santa and His Helper Greeted Both Children and Adults.

(below) PP Jennifer Curtsinger and Her Canine Companion Visiting with Santa

Pictures by Craig Evans

(above) 2013-14 President Gary Pevey Shows Santa His Ugly Sweater.

Have something to share with other 5180 Rotarians?

If your club or committee would like to share a project or an activity with other Rotarians in District 5180, put it in writing and send it along with any pictures you might have to Barbara Tracy at bjtracy@comcast.net by the 25th of the month. You’re all doing such great things. Let’s share a few of them!
Was RYLA what you thought it would be? If not, how did it differ from your expectations?

“Before leaving, Rotarians assured me RYLA would ‘transform your life.’ Other than expecting to enjoy the experience, I never expected my life to truly be turned on its head. In my mind, the campers were the ones expected to have the ‘aha’ moments.”

RYLA is often described as a “life-changing” experience. Counselors often add that while the camp is designed for high school seniors that it had a positive impact on their lives as well. Describe any “aha” moments you had during the week.

“I saw myself stepping up to become a surrogate parent when one of my team members accidentally stabbed her finger while making a costume. After her being triaged by the on-site EMT, I was asked to drive her and her best friend to the local ER for stitches. Even though she was on the phone with her parents just before and immediately after, it was my hand she wanted to squeeze during the procedure—a HUGE ‘I trust you’ for a two-day old relationship.

“Second, I had a late ‘aha’ moment where I realized that I was no longer happy with my day-to-day life. In fact, I looked back and realized the happiest times for me as a person were when I was ‘knee deep in alligators’ rebuilding Livermore City Hall and building their new library building. Following retirement, four years were spent building my model railroad and enjoying every day in order to have the railroad open for national convention modelers to visit (5 straight days of visitors, 10-hours per day). With the railroad largely done and the crush of the convention now behind, the ‘air came out of the balloon’ and I was no longer having fun with life. It took RYLA to rekindle the search for new energy in my life.

“In addition to the personal ‘ahas,’ the most compelling ‘aha’ came as I realized the only difference between these 97 RYLA campers and us, the counselors, and the motivational speakers was 20, 30, or 40 years of life experience. These young people learned they need not fear, there is no anxiety, and that there is no mountain they could not climb. The campers learned to just ask for their team’s support, lean into the wind, and move forward. The reward is in the journey, not just the destination.

“RYLA may be focused on the campers, but the experience touches all who come anywhere near. I’m so stoked by my experience that I want to go back…again and again!”

As you look back on your RYLA experience, what one activity stands out and why?

“All week I’d heard that Thursday Night was the night of the week. My mind was saying ‘yeah, sure.’ Boy, was I wrong. Each camper was told to create a Super Hero costume and prepare to defeat their fears and anxieties. After a round of preparation, each RYLA camper was instructed to tell his/her team their biggest fears and concerns. Then two team members were told to verbally hammer home those fears, feelings of inadequacy, and limitations while two other team members standing behind turned the fears into positive statements. ‘I’m not pretty enough’ became ‘you are beautiful, stunning, incredible.’ After 30-seconds of being pounded by negatives and positives, the team switched positions until everyone had been in the middle.

“What touched me most emphatically was that the campers responsible to be the bad guys were as full of tears as the camper at the center of the storm. The entire process tore the scab off of each participant’s greatest fears and biggest worries. The evening closed with campers one by one speaking to the entire camp—facing their peers and expressing their pains, sorrows, and yes, the realization that they were not alone. The flood of tears, the boxes of tissues consumed, and the group hugs seemingly out of nowhere were simply amazing.

“I’d followed one of the members of my work group with considerable trepidation until Thursday. She stood, straightened her shoulders, and through the tears it was clear she was better, stronger, prettier, more composed, and more capable than she ever thought she could be. It doesn’t get much better than to see that level of growth.”

You were involved in the camp that ran from June 10-15. What connec-
RYLA - Continued from page 7

tions have you had with RYLA partic-

"In addition to following Facebook
posts virtually every day, I recently had
the wonderful experience of meeting
nearly a dozen RYLA campers at iPETS.
Goodness, there was only one from my
cabin and one from my work group, yet
every RYLA camper expressed deep
appreciation for my being in camp. It
doesn't get much better than being
complimented by participants you simply
met, or saw, or spoke with only in pass-
ing over the week. As I said earlier,
AWESOME!"

Some Rotarians have said that being a
counselor sounded like fun but that they
had reservations because of age, lack
of recent experience with youth, etc.
What would you say to someone who
expresses these concerns?

"Get over it. When I walked into Griz-
zy Creek Ranch, I was convinced I
wouldn’t get off the ground literally and
figuratively. In the end, I did virtually
everything the campers did—from eat-
ing, talking, climbing, thinking, listen-
ing, to crying my heart out. There is no way
to describe what happens at RYLA. You
have to experience the full scope, and
you can only do so if you face your fears
and accept that you may fall short, but
then you will pick yourself up, ask for
your work group’s support, and move on.
Every Rotarian should go at least once.
If that happened, we would always have
a waiting list of future counselors and
camp directors."

To follow up, please note that Dave has already applied to be a counselor
at next year’s RYLA. Would you like to join him? The application
is now available on the District website under “Youth Programs” and “RYLA.”

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Rotary and the Kings
Support PolioPlus

Rotary Day with the Kings is
Sunday, January 12th! Every ticket
sold will provide $5-9
to support Rotary’s
PolioPlus efforts! Here’s
how you can reserve
your seats for the Kings
vs. Cleveland game and
Rotary Day!

To place your order, just return
the order form attached to this
newsletter with your payment to your
Club organizer or chair Tom Cicchini.
Make checks payable to Rotary District
5180 and mail it to:

Tom Cicchini
2200 Douglas Blvd., Suite 150B
Roseville, CA 95661

For more information, contact Tom Cic-
chini at (916) 858-1638 or tom.cicchini@
raymondjames.com.

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The 2014
DISTRICT 5180 CONFERENCE
MAY 2-4, 2014
at the
SILVER LEGACY
RENO

Have you
registered yet?

You’ll say
WOW!
about this conference!

Please note that if you turn your form in
to Tom after January 6th, your tickets will
be at Will Call under the name provided
on the form.
Support Rotary’s END POLIO NOW campaign and watch the Sacramento Kings take on the Cleveland Cavaliers!

- A portion of ticket proceeds will be donated to the END POLIO NOW Campaign ($5-$9 per ticket sold)

- The Sacramento Kings will MATCH any upper level corner/baseline child donation ticket purchased with an equal number of tickets for donation to non-profit organizations

# of tickets____@ $50.00 Lower Level, Corner ($9 TO END POLIO NOW)
# of tickets____@ $25.00 Upper Level, Sideline ($5 TO END POLIO NOW)
# of tickets____@ $15.00 Upper Level, Baseline ($5 TO END POLIO NOW)
Total # of tickets______ Total = $_________

NAME ____________________________________________________

ROTARY CLUB OF____________________ MEMBER ID #____________

ADDRESS ______________________________________________________

CITY ______________________________________________________

STATE ______ ZIP________ PHONE ______________________

EMAIL ______________________________________________________

PAYMENT OPTION
CASH TOTAL = $ ______________
CHECK # ______________ DATE______________

All tickets are subject to availability.
District 5180

Fireside Social
For Rotary’s newest members

Open to all Rotarians and guests!

- Community Service
- Rotary Networking
- End Polio

CHOOSE FROM THREE LOCATIONS!

Same Time - Same Night

Iron Steaks
2422 13th Street Sacramento, CA

Sheepherder Bar and Grille
11275 Folsom Blvd Rancho Cordova, CA

Monday Club
2385 Montgomery St Oroville, CA

JANUARY 29, 2014
6:00pm

$15 Hors d’oeuvres served

RSVP: www.District5180Social.com

Fun & Prizes!
Look forward to these special events!

- Night at the National Auto Museum
- Country Western Night and Barbecue
- Music by the Cottonwood Band
- Kids’ Program
- Shop ‘til You Drop Adventure
- 3-District Golf Tournament on May 1
- Wine Tasting with Ferrari Carano

You don’t want to miss this Conference!

Registration, meal, and hotel information will be available starting in the fall 2013 on the District 5180 website. Questions? Call Jo Ann Lemmon at (916) 925-2787 or jlemmon@lawtml.com.
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</tr>
<tr>
<td>Rancho Murieta</td>
<td>10</td>
<td>$520</td>
<td>$275</td>
<td>$27.50</td>
<td>53%</td>
<td>$0</td>
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<td>Rocklin/Loomis Basin</td>
<td>29</td>
<td>$7,000</td>
<td>$410</td>
<td>$12.81</td>
<td>6%</td>
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<td>$172</td>
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<tr>
<td>Roseville</td>
<td>97</td>
<td>$13,000</td>
<td>$8,344</td>
<td>$86.92</td>
<td>64%</td>
<td>$2,382</td>
<td>$100</td>
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<td>$10,826</td>
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<tr>
<td>Roseville Sunrise</td>
<td>15</td>
<td>$2,200</td>
<td>$2,268</td>
<td>$151.20</td>
<td>103%</td>
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<tr>
<td>Sacramento</td>
<td>315</td>
<td>$35,000</td>
<td>$5,394</td>
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<td>Sacramento Breakfest</td>
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<td>$2,394</td>
<td>$4,230</td>
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<td>177%</td>
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<tr>
<td>South Placer</td>
<td>36</td>
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<td>$1,800</td>
<td>$56.25</td>
<td>53%</td>
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<td>26</td>
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<tr>
<td>South Yuba Co Sunrise</td>
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<td>$750</td>
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<td>Walnut Grove</td>
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<td>$440</td>
<td>$10.23</td>
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<tr>
<td>West Sacramento</td>
<td>67</td>
<td>$8,550</td>
<td>$1,590</td>
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<tr>
<td>West Sacramento Centennial</td>
<td>19</td>
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<td>$6,609</td>
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<tr>
<td>Yuba City</td>
<td>87</td>
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<td>$4,370</td>
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<td>$3,771</td>
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<tr>
<td>Totals</td>
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<td>$274,955</td>
<td>$154,479</td>
<td>$83.10</td>
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<td>$8,334</td>
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