May is important for three key reasons, each of which I would like to have a brief, one-way conversation about in this month’s message.

First, May is Youth Services Month for Rotary.

Having just completed the four regional Speech Contest finals, how can we all not be proud of our youth? Are you as inspired by their hard work, their talent and their courage as I am? These kids are amazing, and they are part of our future. We have 12 kids living abroad this year and 12 kids living here from countries all over the world. We give out scholarships and send 300 kids to our life changing RYLA camp from District 5180 and 5190. What else can we say about our new community based Rotaract club and our Teen Center based Interact club and all the Interact clubs who do great things in our local high schools.

Did you know this year we developed a new Youth Protection Policy to protect our kids and ourselves. We created a Youth Protection Committee bringing new voices from diverse perspectives.

How about the over 30,000 kids who were educated because of our Human Trafficking program? Our commitment to youth in our district is tremendous and something we should all be proud of!

May is also the month for our One Day District Conference and district project. We get to celebrate our achievements as Rotary clubs and understand at a deeper level how much we embraced our theme this year, “Be the Inspiration.”

Together we get to thank our club and district leaders and show our gratitude to each of them for leading us this past term. Our servant leaders this year did so with enthusiasm and love in their hearts, and I will remember them always as the best group of club presidents this district has ever had. Their contributions, along with each Rotarian in this district, should be celebrated, and we get the chance to do just that when we assemble as a Rotary district on May 18th in Citrus Heights.

Yours In Rotary,

Jack
HAVE YOU REGISTERED FOR THE DISTRICT CONFERENCE?
If Not— Register Now

BE INSPIRED
MAY 18, 2019
District 5180 Conference

ONE DAY
May 18th

LOCAL
Sacramento

AFFORDABLE
$55

INFORMATIVE & FUN!

Citrus Heights Community Center
6300 Fountain Square Drive

Click Below to Register

evtd=7ede9c46-6f7a-4141-ae70-853f9db59930
MAY 17th
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!
May is Youth Services Month
Every Rotarian is an Example To Youth

Youth Services projects take many forms around the world. Rotarians sponsor Boy Scout and Girl Scout troops, athletic teams, centers for disabled children, school safety programs, summer camps, recreation areas and student scholarships. We help children’s hospitals, we fight human trafficking, provide vocational counseling, drug/alcohol awareness, promote literacy education, distribute dictionaries and a multitude of other youth projects that are needed in our communities. Every club is ready to help our young people in any way we can.

They learn by watching us. In every instance, Rotarians have the opportunity to be role models and mentors for young people. We hope that as they grow into maturity they will grow into individuals who will help future generations in the ways they are being helped now.

Rotary youth activities are highlighted this month. There are specific youth programs that Rotary International encourages all clubs to support, and those are the programs you will read about in this issue of INSPIRE. The spotlight is on the incredible young people whose lives we have inspired and who have inspired our lives in return.

DISTRICT 5180 Programs for Youth

Rotary Youth Exchange
Interact
Rotaract
RYLA
Speech Contest
Youth Talent

Enjoy this celebration of our youth services
Charlotte (Charly) Ahrens, Germany

Charly’s introduction to the RYE was when she was in elementary school. At the time, her cousin had a RYE student from Bolivia staying at her home. She knew at that young age that she wanted to be a RYE student too.

She knew about Rotary because her grandfather was a founding member of the Rotary Club of Syke. She remembered growing up that he was always going to meetings. She admitted that for a long time, she thought Rotary club was a club for grandfathers.

Charly’s education about the U.S. began the day she arrived at her host family’s home. They took her to a farewell party for a friend’s daughter who was leaving for college. When they went inside the friend’s home, Charly was in awe of the massive amount of food being served. Not only was there a lot of food, it was all big, even the cupcakes. She added that everything looked like it was purchased at stores.

She noticed that people in America are very talkative. She said that everyone here says hi to each other, even if they don’t know one another. Charly chuckled that once a cashier said hello and called her sweetie. She said German people don’t talk as much.

Charly, like most teenagers, has a cell phone. She was surprised that the iPhone has dominated the market here. There is a company in Germany called, Huawei. That company as well as Samsung are prevalent cell phone brands there.

She said the laws for young people are stricter here. In Germany, they can drink beer and wine at 16 years of age and liquor at 18. (Side note...She’s doesn’t drink.)

Charly is “Super Happy” to be in our area, because we are 2 hours from the beach and the mountains.

**Charly is sponsored by the Rotary Club of Fair Oaks.**
Luana’s parents heard about our RYE program from their friends who are Rotarians. They felt it was a fabulous opportunity for their daughter, and Luana agreed.

Luana said she always thought her town of 37,000 people was a big city. After arriving in the Roseville/Sacramento area she realized it’s not quite as big as she thought.

She said she went to the Golden One Arena to watch a King’s game with Roseville Rotarian Roger Linn. She was in awe of the size of the building, the number of spectators and the game of basketball that is not a popular sport in Switzerland. Roger said they all had a great time. He also said Luana and his daughter were dancing in the aisle trying to get on the Dance-Cam. Unfortunately, the Dance-Cam people didn’t notice.

Luana attends Roseville High School where she has participated in water polo and is currently on the school’s swim team. This is especially fun for her because in Switzerland they do not have sports in the schools. The school schedule is all academics. The students go to school from 8:00 am to noon, then everyone goes home for 2 hours to have lunch, and school resumes from 2:00 pm to 5:00 pm. She said schools are much harder in her country.

The favorite part of her trip has been meeting the other RYE students.

Teenagers in her town don’t have cars like so many United States teens do. Public transportation is easy to access, and Luana and her friends often ride their bikes when they need to go places.

The musical artists she likes the best are Adele and Ed Sheeran. Most of the TV shows she watches are German.

There aren’t many fast food drive-throughs in her town. Most people eat meals at home and rarely go to restaurants.
Aimy Carillon, France

Aimy has a friend who was an exchange student to Mexico. Aimy put in an application with the same club and was selected to come here.

She has enjoyed seeing many places in California on trips arranged by the district. She went to San Francisco, Santa Cruz and Lake Tahoe (which she thought was beautiful). She also went to Los Angeles with her host family and went surfing for the first time. She said she didn’t fall off the board too many times.

Aimy has been taking dance lessons in France for the past ten years, so she was excited when she came to California and found we have dance as a elective in high school. She had a recital at school where she did hip-hop, modern jazz and swing dance. She is also on the swim team.

Schools in France go from 8:00 am to 5:00 pm, and Aimy said they are all academic classes. She said she has classes here she would never have in France. She takes theater, ceramics, fashion, cooking and dancing. Needless to say…she thinks schools are easier in the U.S.

She likes a variety of different food including sushi, Japanese food, Indian food, Thai food and mac & cheese:) (BTW…yes, they eat French Fries in France).

Aimy went to Thailand last summer. While she was there she volunteered in a Retirement Elephant park. She took mud baths with the elephants; fed them and helped them with cleaning.

Teens do not have as many cars in France as they do here, but she did say she will be able to get a driver’s license when she gets home.

Aimy is sponsored by the Rotary Club of West Sacramento.
Anita learned about RYE from her mom who is a Rotarian. Two years ago Anita’s sister was an exchange student to Orland, Florida. She had such a great time that Anita wanted to do it too.

She said the houses here are pretty and look like houses in movies. Many houses have swimming pools, which she loves. Anita comes from a city with many tall buildings, and she lives in an apartment. She said there are many people in Taiwan.

Anita goes to El Camino High School. She loves it there, because she is in three bands. They have the symphonic band where she plays chimes and bells, the jazz band where she plays cymbals and the beginner’s band where she plays the cello. Being able to play in the bands is one of the favorite things about her trip. At home Anita plays the piano.

Schools in Taiwan don’t have music, but Anita said they do have boxing, archery and baseball. She said baseball is very popular in her country.

She has enjoyed the trips the district has coordinated with her RYE friends. She liked Lake Tahoe where she saw snow for the first time and she likes the Redwood Forest near Yosemite. She is very excited about her upcoming trip to the East Coast. It is a Rotary International trip for RYE students. The trip will be June 15-29, and she will see New York, Boston and Washington DC (as well as other stops along the way).

Anita is sponsored by the Rotary Club of Sacramento.
Sven’s father is a Rotarian, and sister was an RYE student in 2016-2017 (placed in Lake Tahoe), so he was very familiar with the program when he submitted his application.

He comes from a small town in Switzerland, and his first impression of the US was that “everything is big.” He said we have huge houses, big cars, big roads and we eat big meals. Sven thinks our country is supersized.

Sven goes to Elk Grove High School where he is in the jazz band. He has played the saxophone since the fourth grade, but they don’t have a jazz band at his school in Switzerland. The music program for students there is mostly classical orchestras. He added that schools in Switzerland are harder than ours and last more hours each day. He has to complete two more years of high school before he can go to college.

Sven saw his first professional baseball game recently when he attended an Oakland A’s game.

Sven plans to see *The Avengers Endgame* in the next few days. The series is as popular in Switzerland as it is here.

He said his trip to Hawaii with other RYE students was amazing. He thought Hawaii was beautiful, but it was being with his friends that was the best part of the trip. Sven said it didn’t matter where the trip was as long as he was with his RYE friends.

*Sven is sponsored by the Rotary Club of Elk Grove.*
Signe Jaspersen, Denmark

Signe always wanted to be an exchange student. Her mother’s boss is a Rotarian, and he told them about the RYE program.

Signe was surprised at how big everything is in the United States. Our cities have so many people.

Signe said she loves Lincoln High School. She attends all the sports games (football, basketball, baseball), and she is part of the leadership team. Her first two classes of the day are leadership classes. The group boosts school spirit by many planning different activities. They also put up posters around the school to advertise events.

She said at high schools here the students move to different classes all day. In Denmark they stay in the same class and the teachers move.

She has enjoyed the district RYE trips, and she has gone on trips with her host families. One family took her to Seattle, to Truckee to see the snow and San Francisco a couple of times. One family took her to Disneyland where she loved the “Guardians of the Galaxy” ride.

Signe’s discovered fast food restaurants in the United States. She loves “In and Out Burger”, “Chick-fill-A”, and many other drive through places. She said her town in Denmark does not have one fast food place.

She likes country music and rap music. Her favorite Netflix shows are “Friends,” “The Office” and “Family Guy.”

Signe is sponsored by the Rotary Club of Lincoln.
Leo’s older brother was an exchange student a few years ago. Leo said he idolizes his older brother, so he decided to apply for the RYE program too.

Leo attends Laguna Creek High School, and he loves it. He said everyone there is so nice to him. He played on their football team (wide receiver), and it was a great experience for him. He wanted to play on the basketball team, but he couldn’t because he had too much homework. He was on the volleyball team, but had to quit so he could concentrate on his studies.

Leo has gone on school trips. Leo saw snow for the first time on one of those trips. He went down the hills on a snow board, which he says is harder than skiing. He fell so many times he lost count, and the following day he couldn’t walk. Next week there is a school trip to Oakland to see the A’s.

Leo kept expressing how much he likes his school, and they must feel the same way about him. Leo is a junior, but the school is letting him graduate on stage with the seniors. Plus, they are paying all the expenses for him. He is really excited about that.

Peru has the same music we have here, and Leo doesn’t have a favorite artist. Country western music is new to him, and he “kind of” likes it.

Leo wants to see the Avengers Endgame. He has seen the other Avenger movies in Peru. He likes to play video games, and his favorite TV show is “The Ellen DeGeneres Show.” He tapes it every day so he won’t miss any episodes.

Leo is sponsored by the Rotary Club of Laguna Sunrise.
Matias found out about Rotary Youth Exchange from his cousin who went to Belgium. He told him about the great time he had which inspired Matias to apply for RYE too. Matias goes to Oak Ridge High School where he played on the tennis team. He used to play tennis in Bolivia, but he quit 3 years ago. His game came back to him when he joined the Oak Ridge team. He said Roger Federer is his favorite tennis player.

Matias said the schedule at his school here is about the same as his country. The biggest difference is that Bolivia schools go from 7:30 to 1:20, however, they don’t have a 45 minute lunch break like we do. They only have a few 15 minute breaks during the day. He also said there are electives in his school here (like photography) that students can select. In his country the school picks the schedules for the students.

Matias thinks it’s cool kids get to drive at 16 years old here. The law is 18 years old to get a driver’s license in Bolivia. Another difference he mentioned about his country and the US is that our big meal here is dinner. At home their biggest meal is lunch.

Michael Jackson is the singer Matias likes the best. He also like American movies and is anxious to see the Avengers Endgame. He has seen the previous Avenger movies at home.

His favorite TV shows are “That 70’s Show” and “Friends.” Matias has really enjoyed the trips he has gone on with other RYE students. He liked San Francisco, Santa Cruz and Hawaii.
Lucia’s mother’s best friend is a Rotarian, and her daughter was an RYE student. After meeting the student Lucia thought “Why Not?” So, she applied for the program too.

Lucia has been to the United States twice before on vacations. She visited Chicago and spent a summer in Wisconsin. She said she is still in awe of how big this country is. We are 18 times bigger than Spain.

Lucia goes to Folsom High School. She was surprised and pleased at the diversity in the school as well as in the community. She said we are a mix of many different cultures.

Lucia said a big difference between her school and Folsom is that her school is all academics. They don’t have sports or school pride and rallies. Her school schedule in Spain has eleven subjects with no electives. She was able to play on Folsom’s tennis team which was fun. She said she bonded with the other players on the team.

The driving age is 18 in Spain, but she doesn’t mind it isn’t 16 like here, because the public transportation is easy to access and is safe. Teenagers need to drive earlier here or they wouldn’t be able to go many places unless people would give them rides.

Lucia has had four host families this year which has necessitated more moving than the other students. She hasn’t minded the extra packing and unpacking, because all the families have been different, and she has enjoyed being a part of their homes. She said one of her host families liked country music, so she is used to it now.

**Lucia is sponsored by the Rotary Club of Folsom.**
Lorena’s Grandmother and Grandfather are both Rotarians in Brazil, and they encouraged her to see another country as an RYE student. She like that idea, and here she is.

She said the greatest memories of her trip to America will be the close friends she has made with the other RYE teenagers. She has loved the activities and trips the district has organized for them throughout the year. She said the group trip to Hawaii was the best week of her life.

Lorena goes to school at Rocklin High. The biggest difference she has noticed between Rocklin and her school in Brazil is that here the students move to different classroom for different classes all day. In Brazil, the students stay in the same room and the teachers move. She prefers to stay in the same room with her classmates all day.

School in Brazil goes from 7:00 am to 12:30 pm. Their summer break is in December, and their winter break is in July. She has six months of high school to complete when she gets home before she can go to college.

She said the driving age in her country is 18, but most teenagers walk or take public transportation wherever they need to go.

Lorena dances in the Jazz class which she loves because schools in Brazil are all academic classes. She is also in the choir at Rocklin High.

She said her Rotary club is amazing with so many nice people. She likes going to the meetings and volunteering for their projects. She thinks Rotarians are super. She also enjoys the trips and activities the district plans for the RYE students.

Lorena loves hamburgers, pizza, Bruno Mars and “Gray’s Anatomy” on Netflix.

Lorena is sponsored by South Placer Rotary.
Anthony (Anthon) Verpoten, Belgium

Anthon discovered RYE from a friend who wanted to be an exchange student to Argentina. Anthon researched the program and found it was something he wanted to do as well. In 2017, he submitted his application that was accepted in September of that year. He said he has family members who are Rotarians, but no one mentioned RYE to him. Anthon can’t pick one event that has been the most enjoyable since he has been here, because everything he has done with the Rotary clubs has been fun. He added that he has developed close friendships with his host families.

He attends Kennedy High School and likes that they have sports teams for students. He also commented on the school spirit the students exhibit and the rallies they have to support school events.

Anthon was on the swim team at Kennedy. He admitted he was never on a team before and wasn’t that great of a swimmer when the season started. He is proud that he worked hard and followed his coaches advice, and by the end of the season he was posting incredible times. He received high praise from his coach.

Anthon said he wasn’t expecting to become such close friends with the other RYE students. The group has formed life-long friendships with one another.

Last month Anthon went to Hawaii with 52 RYE students and experienced the best week of his life. Hawaii is beautiful with many exciting things to do, but more important than the island were the incredible RYE students he met. Anthon said country music is new to him, and he doesn’t really like it. He likes other music though.

Anthon is sponsored by the Rotary Club of Pocket/Greenhaven
Guilherme knew about RYE from many friends who had been exchange students. After hearing them talk about their experiences, he decided he wanted to be in the RYE program as well.

Guilherme attends Delta High School in Clarksburg. He feels American schools have more homework than schools in Brazil, and they assign long essays he isn’t used to writing. In Brazil they have no homework, but they spend time studying for tests that are harder than tests here.

He thinks Delta High is nice and peaceful, but it is far away from his friends. If he wants to hang-out or go out to dinner and movies with buddies, he needs people to give him rides. In his country he is closer to friends and public transportation is easy to access.

Guilherme enjoys the other RYE students and has made lasting friendships with them. He enjoyed a festival they had earlier in the year. His favorite experience has been going to Hawaii with 7 districts of RYE students. He thought Diamond Head was beautiful and loved Oahu where he went hiking and surf boarding. He attended luaus and relaxed on the many beaches on the island.

Guilherme likes to play volleyball, but Delta does not have a team. He also likes to run but not as a team sport.

He said they watch American movies in Brazil as well as Netflix where his favorite is the series “Stranger Things.” His favorite singer is Post Malone. He also said that, just like in America, all the teens have cell phones.

Guilherme is sponsored by the Rotary Club of Clarksburg.
During the second half of their exchange year, the students had to select, plan and execute a group service project. Each student researched possible recipients for their project and decided on the Kids Helping Kids Sacramento. The organization supports youth in a variety of ways. Our students focused on their College Bound program that provides laptops to teens that are in foster care or are low income and have been accepted to colleges.

The students created a power point presentation and a flyer. Their advisors were Jeannine Sparks (Laguna Sunrise) and Angie del Castillo (Point West Rotary). Jeannine said the students got a list of Rotary clubs and club member from Mary Lyn Kagan (Point West Rotary). They scheduled visits to the clubs to present their project and ask for donations. They ended up visiting 10 clubs and collected a total of $2,500 in donations. They presented their check on April 30th, although there are still a few clubs they are yet to visit. The students are proud of what they have achieved by working together as a team.
Consider Hosting an RYE Student

If the 13 articles about our RYE students haven’t made you want to be a host family, go back and read them again. These incredible young people are experiencing a year that they will remember for a lifetime, and the same thing will happen to you if you open your home to them. The Rotary Youth Exchange program was started in 1959. That adds up to 60 years the program has been fostering cultural understanding that has impacted the lives of thousands of young people.

The student will live in your home for 3-4 months and will attend a local high school. You aren’t in this alone. The district, your club and club members will help by arranging trips and activities for the students. The students are all thoroughly screened and arrive with spending money and insurance. Also, they are provided a monthly stipend from the district. Host families are responsible for the basics—room, board and school lunches and transportation.

If you still aren’t convinced, call a few families who have hosted students in the past, and ask them about their experience. They will tell you that in a mere 3 month, a young person came into their homes and their hearts. Contact our RYE chair, Mary Lyn Kagan (kagan1228@gmail.com), and be a part of something that matters.
Youth Protection and Rotary Programs

*Rotary International strives to create and maintain a safe environment for all youth who participate in Rotary activities. To the best of their ability, Rotarians, Rotarians spouses and partners, and other volunteers must safeguard the children and young people they come in contact with and protect them from physical, sexual and emotional abuse.*

 Adopted by RI Board of Directors in November 2002; amended in 2006

Any club with a youth program, or activity in which adults are in a supervisory or one to one relationship with a minor, is required to be certified.

Club Youth Program Certification, RYE certification and RYLA certification all have separate requirements with RYE being the most stringent.

**Rotary Youth Exchange RYE**

Districts that participate in the RYE program need to adopt the following minimum requirements for youth protection and exchange program operations:

- Adopt a Statement of Conduct for working with youth and develop a youth protection policy
- Establish the district Youth Exchange program as part of an incorporated entity
- Obtain adequate general liability insurance with coverage and limits appropriate for the district’s geographic location.

**Club Member’s RYE Regulations**

The basic rule for any Rotarian who takes a RYE student on an outing is that there can never be a one-on-one situation where the adult is alone with the teenager.

For example: If a club member takes an RYE student to a baseball game, there has to be two adults present at all times.

It is acceptable for an adult to have two students on an outing, but it is not OK when the adult is taking the students home to drop off one at her house and then second student at his house. They both have to leave the adult at the same time.

Also, club Rotarians can never take RYE students on an overnight trip unless they have passed the RYE background check.

To review more information about the district’s Youth Protection policies go to the following links:
District Youth Volunteer Protection form and the Abuse & Harassment Prevention Manual
INSPIRE

Rotary Interact Clubs

The Official Definition:
Interact is Rotary International’s service club for young people ages 12 to 18. Interact clubs are sponsored by individual Rotary clubs, which provide support and guidance, but they are self-governing and self-supporting. Each year, Interact clubs complete at least two community service projects, one which furthers international understanding and goodwill. There are more than 13,500 clubs in over 100 countries with over 310,000 young people involved.

There are 17 Rotary clubs in our district who have fostered a total of 21 Interact clubs. They are all formed in high schools except for Laguna Sunrise that has a community based club run by their local teen center. The clubs do a multitude of projects in their schools and in the community. They meet after school once a week. All the clubs are included in some of their sponsoring clubs projects, and although the definition above says they are self-supporting, the clubs manage to “pass the hat” at some of their fundraisers to give money to the Interact kids. They hold club socials throughout the year. Each Interact club has a dedicated volunteer counselor, and without them the clubs could not exist.
Our new community based Rotaract club that was chartered a few months ago has had an impressive start. They meet on Tuesday evenings twice a month with the first meeting covering club business and the second meeting a social. They have had a project assisting RUFF plant trees, and they have helped Rotary clubs in our district with their fundraisers. They are planning a project of their own which will be to grant a child’s Make-A-Wish request.

There are 20 members in the club between the ages of 18 to 30. It is currently the only Rotaract club in the district, although the Sacramento club is exploring starting another one.
RYLA is more than a week long camp for youth. It is a worldwide program that impacts thousands of young people each year. Rotary International officially adopted RYLA in 1971. It has become one of the most significant and fastest growing programs of Rotary service. Our district partners with district 5190 to conduct RYLA at Grizzly Camp Creek in Portola, CA. Participants are selected to attend by local clubs in each district to. Our district accepts high school juniors, and the clubs pay the cost of the camp for the kids (total cost $800)

Jeff McAlpin (Passport One Rotary) has been an avid supporter of RYLA for years. He said it is important to remember that RYLA is not a social camp. The students have a rigid schedule every day that creates a learning environment for them.

Every RYLA training program includes the following topics:
- Fundamentals of leadership
- Ethics of positive leadership
- Importance of communicative skills in effective leadership
- Problem solving and conflict management
- Rotary’s purpose and services to the community
- Building self confidence and self esteem
- Elements of community and global citizenship

The RYLA students have a series of challenges at camp, and some of the challenges are physical, like rope climbing and zip lining. They also have problem solving exercises where teams are formed of kids who don’t know each other.

One of the keys to the success of the program is that cell phones and iPads are not allowed.
Dave Clemens (Rotary Club of Roseville) was a counselor at RYLA camp from 2013 through 2015. The first time he went was because the club president at the time said they needed a few more adults. He had no idea the experience would change his life. Dave said the group dynamics is something he didn’t expect. The whole week is uplifting. Dave said that all Rotarians should go to RYLA, even for a day, if it is humanly and physically possible to do so. That’s how important he thinks it is.

Comments from the kids who attended RYLA:
“I will never forget my week at RYLA. I would go back right now if I could.”
“I have never felt so connected to a group of people, and I will seek to extend this feeling to everyone that I can.”
“I have learned who I truly am. Thank you for sending me.”

Most of the students begin the week with trepidation, but by the time the week is over, there are many tears shed as they board their buses to go home. During their time at RYLA they have bonded with each other and learned to accept themselves as they are. They realize we are all different, but we need to work together. One challenge they have to do is to climb over a wall. They call it “smack the wall.” They climb over it because they are taught walls will appear throughout their lives, and they have to confront them. There are many more life lessons that are learned during their time at RYLA.

Comments from parents:
I remember the day I picked my son up from the bus. I asked him “SO, how was it?” He replied, “Mom it was LIFE CHANGING.” From the bottom of my heart, I thank you so much.
My daughter said she walked out of RYLA with a new a improved perception of herself. Thank you
Thank you Rotary for the wonderful week you gave my child. She can’t stop talking about the other kids and her counselors.
District Speech Contest

If you ask most people if they like speaking in public they will probably say no, since fear of public speaking is quite common. Sometimes people avoid speaking in public because they are shy, introverted or lack self-confidence. These are all reasons why our annual district speech contest is such an important experience to offer young people in our community. It is an opportunity to practice a skill that will benefit them throughout their lives.

Can you imagine what must be going through the minds of high school students when they stand in front of a club of Rotarians and talk for 5 to 8 minutes? The fact that they volunteer to do it, whether they win or not, shows they are willing to take on a challenge so many adults would never do.

The speech contest begins at the club level. This year we had 29 clubs participating in the contest with a deadline of March 22nd for all competitions to be completed. The next phase is the semi-finals. The winners of the clubs compete against winners of other clubs determined by the club’s area. Areas 1 & 8 compete in the North semi-finals; Areas 2 & 6 in the Mid semis; Areas 5 & 7 in the Sacramento group and Areas 3 & 4 in the South semi-finals.

The semis are completed by April 26th, and the final round is always held at the District Conference which will be May 18th this year. (BTW...if you haven’t registered for the conference, do it now on page 3 of this newsletter—it’s going to be a great day!) The criteria the judges use is shown on the scoresheet to the left. Other contest rules are that the same speech must be used at all levels; the speech must be between 5 to 8 minutes, and they cannot use displays or props of any kind. They are allowed to use notes at the club level only.

Awards for those who make it to the district finals are:
- $1000 for first place
- $700 for second place
- $400 for third place
- $200 for fourth place

Be sure to watch the finals – you will be impressed!
Has your body stopped tingling yet? You were listening to the beautiful voice of Carly Rhoades. Carly was the 2019 winner of The Teen Idol contest in Elk Grove. She is a student at Elk Grove High School. It is hard to believe that someone so young could have such a powerful voice. As long as you are already on YouTube, listen to Carly sing Lady Gaga’s song “Shallow.” The only thing missing from the song is Bradley.

The Teen Idol contest is held every Spring and is sponsored by the Rotary Club of Laguna Sunrise, the City of Elk Grove and ARTSbeat.

Comments on YouTube from Carly’s classmates:
“Girl, you have always been amazing!!”
“That was absolutely amazing”
“That was amazing and breath taking”
“Sounds amazing, Carly”
“That’s My Girl!”
“Really good”
“Absolutely amazing”
“You are such an incredible singer. Amazing cover of this song”
“Yeeeeahh! Best I’ve ever heard. OMG is that you”
“Amazing work. Keep up the great work”
“This was better than the original. I cried OMG”
“You are amazing Carly”
“Amazing. Keep it up”
(I guess they think she is amazing)
Many Thanks to Our District Rotarians who Chair and Serve on Committees Helping Our Youth

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Svcs Director</td>
<td>Joann Hilton</td>
<td>Lincoln</td>
</tr>
<tr>
<td>RYE Chair</td>
<td>Mary Lyn Kagan</td>
<td>Point West</td>
</tr>
<tr>
<td>RYE Inbound</td>
<td>Jeannine Sparks</td>
<td>Laguna Sunrise</td>
</tr>
<tr>
<td>RYE Outbound Chair</td>
<td>Vicky Bencken</td>
<td>Folsom</td>
</tr>
<tr>
<td>RYLA Chair</td>
<td>Angela Spease</td>
<td>Laguna Sunrise</td>
</tr>
<tr>
<td>Interact Chair</td>
<td>Donald Rodes</td>
<td>Point West</td>
</tr>
<tr>
<td>Rotaract Chair</td>
<td>Roland Wright</td>
<td>Foothill Highlands</td>
</tr>
<tr>
<td>Scholarships Chair</td>
<td>Steve Greene</td>
<td>No. Sacramento</td>
</tr>
<tr>
<td>Speech Contest Chair</td>
<td>Ravie Aujla</td>
<td>Gridley</td>
</tr>
<tr>
<td>Youth Protection Officer Committee Head</td>
<td>Mike Garcia</td>
<td>Point West</td>
</tr>
<tr>
<td>Youth Protection Officer Committee Member</td>
<td>Rob Baquera</td>
<td>Roseville</td>
</tr>
<tr>
<td>Youth Protection Officer Committee Member</td>
<td>Karen Cendro</td>
<td>Laguna Sunrise</td>
</tr>
<tr>
<td>Youth Protection Officer Committee Member</td>
<td>Paul Bonaventure</td>
<td>Folsom</td>
</tr>
</tbody>
</table>
**PDG & District Foundation Advisory Chair Glenn Fong’s Monthly Update on Foundation Contributions**

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 April (2018 - 2019)

(All figures in U.S. Dollars)

<table>
<thead>
<tr>
<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>
<th>— Annual Fund —</th>
<th>— Other Funds —</th>
<th>— Endowment Fund —</th>
<th>— Total —</th>
</tr>
</thead>
<tbody>
<tr>
<td>5180</td>
<td>District 5180</td>
<td>0</td>
<td>$0.00</td>
<td>0%</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$50.00</td>
<td>$1,462.48</td>
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<tr>
<td>518</td>
<td>Arden-Arcade</td>
<td>51</td>
<td>$0.00</td>
<td>0%</td>
<td>$17.20</td>
<td>$25.00</td>
<td>$775.00</td>
<td>$100.00</td>
<td>$225.00</td>
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<tr>
<td>521</td>
<td>Carmichael, CA, United States</td>
<td>33</td>
<td>$8,000.00</td>
<td>41%</td>
<td>$98.48</td>
<td>$1,270.00</td>
<td>$3,250.00</td>
<td>$100.00</td>
<td>$1,640.00</td>
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<tr>
<td>522</td>
<td>Citrus Heights, CA, United States</td>
<td>33</td>
<td>$10,900.00</td>
<td>10%</td>
<td>$329.55</td>
<td>$115.00</td>
<td>$10,875.00</td>
<td>$10.00</td>
<td>$1,340.00</td>
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<tr>
<td>88311</td>
<td>Clarksville, CA, United States</td>
<td>33</td>
<td>$5,000.00</td>
<td>-22%</td>
<td>($20.12)</td>
<td>($664.00)</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$275.00</td>
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<tr>
<td>525</td>
<td>East Sacramento, CA, United States</td>
<td>41</td>
<td>$15,000.00</td>
<td>24%</td>
<td>$894.37</td>
<td>$1,400.00</td>
<td>$36,689.00</td>
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<td>$7,590.00</td>
</tr>
<tr>
<td>27396</td>
<td>El Dorado Hills, CA, United States</td>
<td>34</td>
<td>$5,500.00</td>
<td>34%</td>
<td>$37.29</td>
<td>$115.00</td>
<td>$520.00</td>
<td>$0.00</td>
<td>$125.00</td>
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<tr>
<td>524</td>
<td>Elk Grove, CA, United States</td>
<td>61</td>
<td>$25,000.00</td>
<td>78%</td>
<td>$521.70</td>
<td>$2,036.00</td>
<td>$19,624.00</td>
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<td>$16,300.00</td>
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<tr>
<td>525</td>
<td>Fair Oaks, CA, United States</td>
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<td>$20,000.00</td>
<td>47%</td>
<td>$315.90</td>
<td>$805.00</td>
<td>$9,840.00</td>
<td>$8,091.00</td>
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<tr>
<td>526</td>
<td>Folsom, CA, United States</td>
<td>93</td>
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<td>0%</td>
<td>$661.57</td>
<td>$512.00</td>
<td>$61,880.00</td>
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<td>$95,900.00</td>
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<tr>
<td>83374</td>
<td>Folsom Lake (Folsom), CA, United States</td>
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<td>$0.00</td>
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<td>$206.80</td>
<td>$4,120.00</td>
<td>$4,345.00</td>
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</tr>
<tr>
<td>527</td>
<td>Foothill Highlands, CA, United States</td>
<td>13</td>
<td>$1,250.00</td>
<td>20%</td>
<td>$23.08</td>
<td>$0.00</td>
<td>$300.00</td>
<td>$0.00</td>
<td>$790.00</td>
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<tr>
<td>21345</td>
<td>Granite Bay, CA, United States</td>
<td>32</td>
<td>$5,000.00</td>
<td>313%</td>
<td>$489.11</td>
<td>$175.00</td>
<td>$3,565.00</td>
<td>$110.00</td>
<td>$3,396.00</td>
</tr>
<tr>
<td>86257</td>
<td>Greater Sacramento Passport Oasis, CA, United States</td>
<td>54</td>
<td>$2,500.00</td>
<td>301%</td>
<td>$313.35</td>
<td>$225.00</td>
<td>$7,525.00</td>
<td>$85.00</td>
<td>$3,250.00</td>
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<tr>
<td>531</td>
<td>Gridley, CA, United States</td>
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<td>$3,500.00</td>
<td>0%</td>
<td>$0.00</td>
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<tr>
<td>65500</td>
<td>Historic Folsom, CA, United States</td>
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<td>0%</td>
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<td>$510.00</td>
<td>$3,700.00</td>
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<tr>
<td>21717</td>
<td>Laguna Niguel (Elk Grove), CA, United States</td>
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<td>54%</td>
<td>$607.11</td>
<td>$385.00</td>
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<td>$2,754.00</td>
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<td>533</td>
<td>Lincoln, CA, United States</td>
<td>47</td>
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<td>65%</td>
<td>$126.82</td>
<td>$200.00</td>
<td>$5,819.50</td>
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<tr>
<td>84289</td>
<td>Llano Sunset, CA, United States</td>
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<td>$0.00</td>
<td>0%</td>
<td>$126.82</td>
<td>$200.00</td>
<td>$5,019.50</td>
<td>$225.00</td>
<td>$6,403.32</td>
</tr>
<tr>
<td>535</td>
<td>Marysville, CA, United States</td>
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<td>$0.00</td>
<td>0%</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$200.00</td>
<td>$2,200.00</td>
</tr>
<tr>
<td>51539</td>
<td>Midtown-Sacramento, CA, United States</td>
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<td>$2,600.00</td>
<td>64%</td>
<td>$256.75</td>
<td>$84.00</td>
<td>$1,654.00</td>
<td>$0.00</td>
<td>$50.00</td>
</tr>
</tbody>
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## PDG & District Foundation Advisory Chair Glenn Fong’s Monthly Update on Foundation Contributions

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</tr>
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</table>
|         |                             |                   |                         |                |              | Month       | YTD       | Month       | YTD       | Month       | YTD       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |    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|       |       |       |       |       |       |�
District Governor
Jack Arney
Rotary Club of Roseville

Treasurer
Russell Trumm
Rotary Club of Roseville

Membership Chair
Charlie Harrison
Rotary Club of Roseville

Secretary
Chief of Staff
Mary Lyn Kagan
Point West Rotary

District Governor Elect
Ray Ward
Rotary Club of Fair Oaks

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