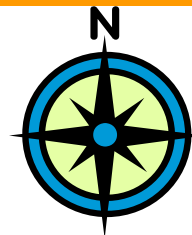


The Rotary Club of Natomas Cruise Compass



Friday, March 27, 2009 Volume 13, Issue #38

"It's not just a club, it's The Love Boat"®

2008-09 Themes

Rotary International:
"Make Dreams Real"

District 5180:
"A Vintage Year"

Rotary Club of Natomas:
"It's Not Just A Club,
It's The Love Boat"



WEEK 38



Rebuilding Together Helps Seniors Stay Safe At Home

Our speaker today was David Grantham from Rebuilding Together Sacramento, a non-profit organization which updates homes in low-income communities and also serves seniors by assessing their home safety needs and installing rails, bar, poles, and ramps to increase their safety while living at home. The program is in high demand – the number one reason seniors get injured in the United States is because of falling, usually in their own

home. Rebuilding Together Sacramento sends a team of community volunteers out to complete the modification projects. This means seniors can live more independently and safely in their own homes. Modifications also decrease the physical strain on caregivers. David reminded us that 50 percent of all falls can be prevented with simple home modifications. Rebuilding Together Sacramento is a nationally renowned organization

that has modified thousands of homes in Sacramento County since 1991. For more information, contact Rebuilding Together at 916-455-1880 or visit

:www.rebuildingtogethersacramento.org.

Saturday's events include the District Leadership Assembly at Inderkum HS, Stars & Strikes Bowling Tournament, and Read Across Natomas in the Gateway Promenade (Target) Center off I-80 & Truxel Road.

TODAY'S TIPS FROM YOUR CRUISE DIRECTOR



Alfred North Whitehead once said: "No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude." There are many Rotarians in our club that have

helped us achieve our goals. One in particular is our Treasurer, George Pounders. George manages finances for thousands of customers at River City Bank and still finds the energy to serve in Rotary by managing the club's finances. He takes care of

our collecting payments, ordering supplies, paying vendors, and even counting the change from our Foundation cans and making sure they are sent to Rotary International. Take time to thank George for all he does for Rotary!

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The Four Way Test

This test has been translated into more than one hundred languages and published in thousands of ways. It asks the four following questions: Of the things we think, say or do:

- Is it truth?
- Is it fair to all concerned?
- Will it build goodwill and better friendships?
- Will it be beneficial to all concerned?

New Member Proposals

Pursuant to Article 13, Section 5 of the Rotary Club of Natomas By-Laws, the following individuals have been proposed for membership:

- No member proposals

Any active member of this club objecting to the proposal must submit in writing the objection, stating reasons, to the Board within seven (7) days following this publication. If no objections are received within seven days, the person/s, upon payment of admission fee, as prescribed in the by-laws, shall be considered elected to membership.

ROTARY PEACE CENTERS HAVE POTENTIAL TO CHANGE THE WORLD



Colin Spurway, a 2003-05 Rotary World Peace Fellow, during a recent visit to RI World Headquarters in Evanston, Illinois, USA.

This article was written by Ronald Grahl and can be found at www.rotary.org.

The Rotary World Peace Fellowships program makes a difference. Colin Spurway, a 2003-05 peace fellow, says the program equipped him to make the world a more peaceful, just, and sustainable place. Speaking to regional Rotary Foundation coordinators (RRFCs) during a training meeting in Chicago, Spurway thanked The Rotary Foundation for its support of the Rotary Centers for International Studies in peace and conflict resolution, and he urged the RRFCs to promote them. "Only Rotary has the combination of financial capacity, internationalism, patience, and worldview to invest in something as imaginative, hopeful, progressive -- but intangible -- as peace," he said. Spurway, a native of Scotland, added that peace is not a goal that can simply be checked off a list. "Peace is a continuing process. It is slow, long-term work. The program has one of the greatest potentials to change the world for generations to come."

After managing peace-building and development programs for international charities in South and Central Asia, Spurway now works for the [BBC World Service Trust](#) in London as a manager for international development projects in Bangladesh. He said the peace studies program contributes substantially to Rotary's image. It is also a feather in the cap of the participating universities.

Alluding to a famous speech that Robert F. Kennedy made at the University of Cape Town, South Africa, in 1966, the approximately 400 graduates of the program were called "our ripples of hope. With them and with our peace centers, peace is possible."

EVENTS AT A GLANCE

DATE	DESCRIPTION	TIME	LOCATION
3/28	District Assembly – Training for Rotarians	8am-12pm	Inderkum HS
3/28	District Assembly – Grant Writing Seminar	1pm-4pm	Inderkum HS
3/28	Stars & Strikes Bowling Tournament	12pm-4pm	Country Club Lns
3/28	Read Across Natomas Family Event	2pm-5pm	Gateway Shop. Ctr.
4/15	GSE Joint Club BBQ	6pm-9pm	Howe Ave Park
4/22	District Speech Contest	TBA	TBA
4/25-26	Relay For Life	10a-10a	Natomas HS
5/2	Fiesta de Mayo – 9 volunteers needed	5pm	Sac State Union Bldg
5/8-10	District Conference in Monterey, CA	3 days	Portafino Hotel
TBA	End of May – Neighborhood Safety Project in South Natomas	TBA	TBA

2008 Pics



Maic Friedrich brought the whole family out



Ken Fong's friend Daurice, with Gina Stafford's daughter

Rotary River Cats Night

Take Me Out To The Ball Game! Sunday, August 9th at 6:00 pm, come to West Sacramento's Raley Field to enjoy a night out with hundreds of other Rotarians and their families. Tickets are \$15 per person with \$5 going back to PolioPlus. Get your tickets by completing the order form attached to this newsletter, or you can

go to <http://www.rotary5180.org/Resources/flyers/RiverCats.pdf>

You can also sponsor a child's ticket which will be donated to a non-profit organization who will pass them out to underprivileged youth. For questions or more information, contact Tom Cicchini at 916-233-6999 or tom.cicchini@raymondjames.com.

UPCOMING SPEAKER SERIES

Chances are you know someone who might be interested in hearing one of our many dynamic upcoming speakers! Invite them to listen, then invite them to join Rotary! Or if you know someone who would be a great guest speaker, contact Brad Asbury at basburycsa@yahoo.com or 916-607-3104.

April 3rd Scott Edwards, former owner of Laughs Unlimited Comedy Club, author, public speaker, comedian, and Rotarian comes to tickle our funny bone and teach us all how to laugh. Bring your jokes and sense of humor.

April 10th Tom Cicchini informs us about our annual Court of Dreams challenge.

April 24th Learn about the Towle Ford Museum from **John Edland**.

May 15th President of the North Natomas Transportation Mgt. Assn. (NNTMA) **Scott Dosick** shares the current issues affecting Natomas.

May 22nd: Past District Governor for **District 5180**,

recognized leadership trainer, **Al Frumpkin** has delivered wheelchairs in Peru, administered polio vaccinations to children in India and worked with children in Mexico. His presentation "The Face of Hopelessness...The Face of Hope" is an opportunity for your colleagues to be reminded why you are a Rotarian.

COLLECTION UPDATE

(PLEASE BRING IN THESE ITEMS TO OUR WEEKLY MEETINGS)

Foundation Cans

Turn in to George Pounders!



Foundation Cans

Turn in to George Pounders!

The Rotary Club of Natomas
 Meets Every Friday At 7:15 AM At The Hampton Inn & Suites, 3021 Advantage Way Off Del Paso Rd & I-5

Missed A Meeting?
 Visit www.rotary5180.org for local make-ups, or www.rotary.org/services/clubs/index.htm for clubs outside the area. It's an ideal occasion to meet Rotarians from around the world. You can also make up by attending an "e-meeting" available 24-hours a day on-line.

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We're on the Web!
 Visit us at:
www.natomasrotary.org

ROTARY INTERNATIONAL & DISTRICT OFFICERS



Name	Title
D.K. Lee <i>(left)</i>	Rotary International President
Brian Moore	District Governor
Barry Kalar	District Governor Elect
JoAnn Lemmon	District Governor Nominee
Clarence Parkins	Past District Governor

OUR CLUB'S SHIP SHAPE CREW

Brian Moore	District Governor AKA "Captain Steubing"
Steve Hatalla	Past President AKA "Gopher"
Gina Stafford	President AKA "Julie, Your Cruise Director"
Jeremy Jessup	Pres-Elect/Club Service Chair AKA "First Mate"
Brad Asbury	Vocational Service Chair AKA "Robert Reed"
Marv Goodwin	Community Service Chair AKA "Tom Bosley"
Vacant	International Service Chair AKA "Charo"
George Pounders	Treasurer AKA "Your Ship's Purser"
Jim Corbett	Foundation Chair AKA "Doc"
Ernie Thompson	Fellowship Chair AKA "Isaac"
Tom Cicchini	Fun-ship Chair AKA "Jack Jones"
Ken Fong	PR Chair AKA "Cruise Ship Photographer"
Ernie Thompson	Dictionary Project Chair AKA "Ship Librarian"
Lisa Kaplan	Speech Contest Chair AKA "Youth Director"

Take a potential member out for coffee! Compliments of your friends, Monica & Victor Owners of It's A Grind in Natomas



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*equal or lesser value up to \$4.00, can not be combined with any other offer.

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Mon-Thu 6am-10pm
 Fri-Sat 6am-11pm
 Sun 7am - 9pm

ROTARY IS a worldwide organization of business and professional leaders that provides humanitarian service, encourages high ethical standards in all vocations, and helps build goodwill and peace in the world. Approximately 1.2 million Rotarians belong to more than 32,000 clubs in more than 200 countries and geographical areas.

Night

**Sunday, August 9 - 6:05 p.m.
River Cats vs. New Orleans**

- Support Polio Plus: \$5 of every ticket sold supports Polio Plus!
- Sponsor a child to come to the game and help Rotary pack the park!
- Discounted seating!
- Bring the family out to Kids Night at the Park with a special start time just for Rotary Night!

SEATING OPTIONS	# OF SEATS	PRICING		
ROTARIAN SEAT	_____	@ \$15 per seat	=	\$ _____
ROTARIAN BBQ & SEAT	_____	@ \$ 30 per seat	=	\$ _____
SPONSOR A CHILD	_____	@ \$15 per seat	=	\$ _____
		TOTAL	=	\$ _____

To place your order, please return this order form with payment to your club organizer. For questions, please contact Tom Cicchini at 916.858.1638 or tom.cicchini@raymondjames.com