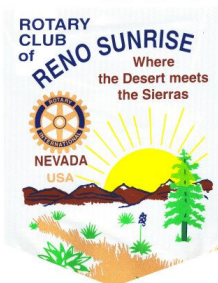
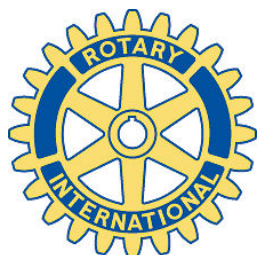


Mike's Memos



Rotary Club of Reno Sunrise • Chartered – April 13, 1989 • Club No. 26317

Mike's Message

TWENTY-THREE TO GET RID OF ME

Salutations Reno Sunrise,

Friday night is the send off dinner for **Jon Greene** and the GSE team. The dinner will be in the normal Sunrise meeting room at the Siena. The team's departure is Saturday.

Included with your table info is a signup sheet for the clay shoot fundraiser. Please add your name to the list. This is our main fundraiser and will help determine how much we can do for our community.

A special thanks to our many "quiet Rotarians" **Steve Bamberger** and **Gene Laughton** for setting up and taking down each week for the meetings. Thanks to our reporters **Linda Tuxon** and **Martha Greene** for their contributions to Mike's Memos and Editor/Publisher **Jim Gerhard** for keeping the news coming. **Don Iddings** for keeping us in great programs and the **Sunrise Board** for keeping me in line, or at least trying!

1. District Assembly (April 7th);
2. Our Clay shoot is May 16th;
3. District Conference (District Conference (May 20-23));
4. Last meeting for Mike's term (June 25th).

And again a very special thanks to each of you for making my term very special. A couple of nights ago, my wife asked me if I was going to miss not being the president? I had to admit that although it is a lot of work, it is also a lot of fun.

So I confidently say if you want to have a blast this is a job for you!

Please remember to *invite a guest for breakfast!*

Regards,

Mike

President Mike

This Week's Program

R G Smith, Project Compassion, Free Homes for Veterans

RG Smith is currently a Realtor® and Property Manager for New Dimensions Incorporated, located in Reno, Nevada. Hearing about the struggles that disabled veterans are facing, as they transition back to civilian life, while the nation (as well as Nevada & California with the most foreclosures) faces a foreclosure nightmare, it was his thought that no one is more deserving of homeownership (the American Dream), than disabled veterans, who gave the most...for the least. With so many foreclosures on the market, it was a "no-brainer" to think of a good use for these homes, which have become eyesores in our neighborhoods and which have devalued properties, all across the nation.

Project Compassion became a reality in May of 2009. Mr. Smith himself is a disabled Navy veteran who served aboard the USS Constellation, CV-64. Mr. Smith was honorably discharged in 1987. Since 1990, he has worked for McDonnell Douglas and The Boeing Company for 12 years. Mr. Smith

earned his Bachelor of Science degree for Business Management, with honors, in 2005. In 2009, he drafted legislation for Assembly Bill 223, which gives disabled veterans of small businesses a preference when bidding on state government contracts. Mr. Smith is passionate about helping fellow disabled veterans to homeownership.

"Honoring the sacrifices and contributions made by our disabled American veterans (who gave the most...for the least), is in itself, extremely rewarding... and a must."



The Pot
\$180.00
Buy a Ticket
Take a Chance

Upcoming RSR Programs

January 22, 2009

Jim Dillahunty, New Paradigms

January 29, 2009

Arnel Ramilo, Regional Gang Unit Washoe County

February 5, 2009

Esther Issac, [National Automobile Museum](#)
(The Harrah Collection)

Mark your Calendar

February 16, 2010

Reno Rotary Mardi Gras and Fat Tuesday event

February 20 - 27, 2010

Celebrate Rotary's 105th Anniversary –
District 5190 Polio Plus Week

April 1, 2009

Sparks Centennial Sunrise Rotary "No Foolin'
Raffle"

April 9 – 10, 2010

District 5190 Assembly
Save the date

May 16, 2010

Reno Sunrise Sporting Clay Shoot
Sage Hill Gun Club

April 9 – 10, 2010

District 5190 Assembly
Save the date

January Birthdays

1/09	Jack Meadows
1/11	Mike Kattelman
1/29	Ed Basl
1/30	Craig Sande

January Wedding Anniversaries

1/01	Tommy Tucker
1/02	Steve Bamberger

CLUBS FOR MAKE-UP

Monday

Reno – Harrah's - 12:00 PM
Incline Village – Parasol Foundation - 12:15 PM
Reno New Generations Club – 5:30 PM - Siena

Tuesday

Truckee Sunrise – Donner Lake Kitchen – 7:00 AM
Carson City – Golden Nugget – 12:00 PM
Reno Central – Peppermill – 12:00 PM
Minden – Carson Valley Inn – 12:00 PM
Fallon – Fallon Convention Center – 12:15 PM
Reno Centennial Sunset – Tamarak – 6:00 PM
Tahoe City – Sawtooth Restaurant – 6:00 PM

Wednesday

Sparks – John Ascuaga's Nugget – 12:10 PM
So. Lake Tahoe – Harrah's – 7:00 PM
Reno Rotoract – 7:30 PM every other week
Visit www.renorotoract.com for location

Thursday

Sparks Centennial Sunrise – Davids @ Red Hawk - 7AM
Tahoe Incline – Hyatt – 7:00 AM
Fernley – Frontier Fun Center – 11:30 AM
Reno South – Atlantis – 12:00 PM
Truckee – Hampton Inn – 12:00 PM
Carson City Sunset – Eagle Valley GC – 6:30 PM

Friday

Reno Sunrise – Siena Hotel Spa Casino – 7:00 AM
Tahoe Douglas – MontBleu Resort – 12:00 PM

Online

e-club one - www.rotaryclubone.org

RSR Officers / Board Members

President – Mike Clifton
President-Elect – Harvey Miller
President-Nominee – John Hetz
Secretary – Mark Kattelman
Treasurer – Brian DeLisle
Immediate Past President – Thom Collins
Club Service – Helen Graham
Community Service – Virginia Haliwell
RYE – Jay Shaw
Vocational Service – Allan Sisia
International Service – Mark Anderson
Director at Large – Ron Rehn

NEW YEAR'S RESOLUTIONS

By Martha Greene

Did you make a New Year resolution? Today is January 15, how's it going?

Jon and I exercise at the YMCA and I was encouraged last Monday because the parking lot was full at 5 in the evening. But this Tuesday at 6:30 in the morning it was empty. Did folks give up on their resolution in just 10 days? Why bother if you don't plan to keep with it. Yes, the weather is lousy but what will you say when the weather is great? "It's too nice to be inside"?

I have heard many times that it takes doing the new behavior at least 20 times before it becomes a habit. The gym rats at the Y call the quitters "resoluters". It happens every year. The first few days into a new year the classes and machines are crowded. It happened at the pool also when I was swimming for exercise. Every lane was filled for a few days and then the "resoluters" disappeared, never to be seen again.

The key to keeping a resolution is to take the AA approach and say *just for today*. "*Just for today* I will walk for 15 minutes." "*Just for today* I will skip the French fries with lunch."

Good luck with your resolutions, I hope you don't become a "resoluter".

ROTARY HISTORY LIBRARY

POLIO PLUS

By Linda Tuxon

The most notable current global project, PolioPlus, is contributing to the global eradication of polio. Since beginning the project in 1985, Rotarians have contributed over US\$600 million and tens of thousands of volunteer-hours, leading to the inoculation of more than two billion of the world's children. Inspired by Rotary's commitment, the World Health Organization (WHO) passed a resolution in 1988 to eradicate polio by 2000. Now in partnership with WHO, UNICEF and the U.S. Centers for Disease Control and Prevention, Rotary is recognized by the United Nations as the key private partner in the eradication effort.

There has been some limited criticism concerning Rotary International program for polio eradication, which is supported with the help of World Health Organization. There are some reservations regarding the adaptation capabilities of the virus in some of the oral vaccines, which have been reported to cause infection in populations with low vaccination coverage. As stated by Vaccine Alliance, however, in spite of the limited risk of polio vaccination, it would neither be prudent nor practicable to cease the vaccination program until there is strong evidence that "all wild poliovirus transmission (has been) stopped". In a recent speech at the Rotary International Convention, held at the Bella Center in Copenhagen, Bruce Cohick stated that polio in all its known wild forms will be eliminated by late 2008, provided efforts in Nigeria, Afghanistan, Pakistan, and India all proceed with their current momentum.

The Rotary Four Way Test of the things we think, say or do

Is it the TRUTH?
Is it FAIR to all concerned?
Will it build GOODWILL and BETTER FRIENDSHIPS?
Will it be BENEFICIAL to all concerned?

Reno Sunrise Rotary Supports

6TH Annual - Student World Water Forum (SWWF)

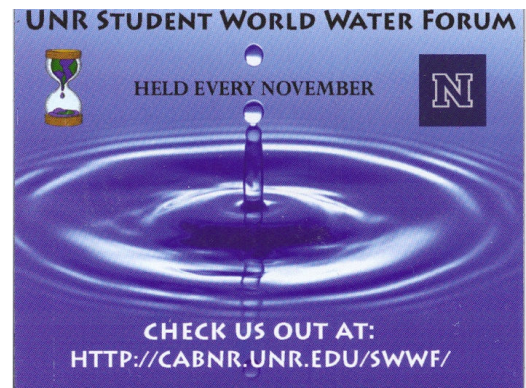
University of Nevada, Reno

By: Jeffrey Kinder

The goal of the SWWF is to address local, regional, and national water issues while also raising awareness about international water concerns. Since its inception in 2003, the Student World Water Forum has been a student organized event that has provided:

- Opportunities for both undergraduate and graduate students from all disciplines to share research, ideas and collaborate with others on water related issues.
- A venue for students to gain presentation experience and feedback on presentation techniques from professionals in the community.
- An opportunity for graduate students to participate in and gain skills for organizing a conference event.

Water = Life. The importance water has in everyday life is often overlooked or taken for granted. Earth's surface is covered by 71% water, 97% of which is saline and found in the seas and oceans while only about 3% of the earth's water is fresh water, suitable for drinking. Of that 3% of fresh water, 2% is locked up in ice caps and glaciers, leaving less than 1% of earth's fresh water available for drinking water supplies, agricultural productions and industrial use.



Cub Scout Pack 154

By: Jeffrey Kinder



On December 1, our Club chartered a new Boy Scout Troop as part of Cub Scout Pack 154. At the upcoming Cub Scout Pack – Blue & Gold Dinner, 5 boys will receive their Arrows of Light (Cub Scout's Highest Award) and become the first boys in the new Boy Scout Troop.

WWW.RENOSUNRISE.ORG
