

MARCH 2016

Rotary Club of Alturas

Taking Action in Our Community and Around the World



Program Facilitators

March: Water and Sanitation Month

Mar 1: Joy Johnson - Type 1 Diabetes
Mar 8: Leta Bethel - Kim Hunter, 2016 Ground Water
Mar 15: Fritz Barclay - Liz Varney, Drug Court
Mar 22: Celeste Wilder -
Mar 29: Dick Read, Assembly

April: Maternal and Child Health Month

Apr 5: Doug Johnson-
Apr 12: Paul Dolby -
Apr 19: Ron Hamann -
Apr 26: Karen Shimamoto, Assembly

Upcoming Activities

Mar 26 - Jarett Royce "Hit-a-Thon" fundraiser: Youth Park Ball Field (clay for pitcher's mound and batter's box)

Apr 2: Rotary Leadership Institute III, Reno

Apr 8: Paul Harris Society Dinner, Reno

Apr 9: District 5190 Learning Assembly, Reno

Apr 16: DG Gail "Virus" Ellingwood and DG Elect John Sullivan mid-year visit

Apr 16: Area 12 Rotary Foundation Dinner, Niles Hotel, Alturas

TBA: RYLA Interviews and Selections

May 12-15: [2016 District Conference](#), Reno



Justin Collier and Dr. Alette Coble-Temple, Miss Wheelchair America 2016

President's Message

Well here we are already into March, "Water and Sanitation Month". In November Alturas Rotarians generously donated to the Waves4Water project currently taking place in the Sierra Laguna mountain range in Baja. Over 275 clean water filter systems (filters and buckets) have been distributed so far to families that have no other avenue to purify their drinking water. Clean water is a basic human right that many are often denied. There are 2.5 billion people in the world that lack access to improved sanitation and 748 million people that don't have clean drinking water. Nearly 1400 children die each day from diseases caused by lack of sanitation and unsafe water. Alturas Rotary and Rotarians worldwide are committed to reaching out to those in need!

February has brought Modoc County plenty of water. Dorris and many other reservoirs are full and running over, sending much needed water out to our local ranchers! Though the drought is not considered over it sure is nice to see all the water we have gotten.

Spring is right around the corner and with the good weather we should be able to start our Youth Park projects. The Little League and the Junior Livestock Committee have asked us not to start until they have completed their 2016 events. LL should be done middle of July and JLS will be finished in June. We have lots of work to do on these projects as our engineering is being finished and we should be ready to submit plans to the City for approval. What an exciting time for our wonderful little community, THANK YOU FOR YOUR GENEROSITY JOHN WALL!

Keep up the hard work and smiles and enjoy Spring arriving before we know it.

A handwritten signature in blue ink.

Rotary
Club of Alturas 

Club Contributions to Rotary International as of 11 March 2015

- Annual Fund Goal: \$8,000
- Annual Fund YTD: \$6,729
- Annual Fund per Capita: \$249; 7th out of 59 clubs in District 5190
- Other Funds YTD: \$4,311
- Total Contributions: \$11,040

Birthdays

- Mar 5: Doug Johnson
- Mar 15: Mark Moriarity
- Mar 20: Celeste Wilder
- Mar 27: Walt Davis

Anniversaries

- Mar 6: Carol & Randy Sharp
- Mar 19: John & Tvrdevich
- Mar 20: Walt & Kerry Davis

2015 - 2016 Board of Directors

- President: Matt Cruse
- President Elect 2016-17: Joy Johnson
- Immediate Past President: Karen Shimamoto
- Secretary: Paul Dolby
- Treasurer: Jeanne Cain
- Director: Doug Johnson
- Director: Walt Davis
- Director: Mike Mason

2015 - 2016 ARC Board of Trustees

- Matt Cruse (President)
- Secretary: Karen Shimamoto (Past President)
- Joy Johnson (Pres. Elect)
- Vice Chair: Alan Cain (4 yr term)
- Chair: E. Cavasso (3 yr term)
- Dick Read (2 yr term)
- Carol Sharp (1 yr term)

Follow Us

Web: www.alturasrotary.org
FB: www.facebook.com/alturasrotary/

Lots Going On

Our club has found the best way to get things done is simply begin:

- President Elect Joy Johnson attended PETS Training March 4-5, in San Jose
- Matt is tallying ballots for the soon to be vacant 4-year term position on the Alturas Rotary Community (ARC) Foundation Board of Trustees.
- Our club plans to decide on Youth Park Ball Fields "Option A" or "Option B" at our March 22 meeting.

In My Words

The **Four Way Test** of the things we think, say or do is a test Rotarians use as a moral code for personal and business relationships. The test was scripted by Herbert J. Taylor from Chicago as he set out to save the Club Aluminum Products Distribution Company from bankruptcy. In the 1940s, when Taylor served as international director of Rotary he offered the Four Way Test to the organization and it was adopted by Rotary for its international and promotional use. Never changed, the test remains today a central part of the permanent Rotary structure throughout the world, and is held as the standard by which all behavior should be measured.

The following Rotarians tell what the Four Way Test means to them:

First, is it the Truth? Truth is an undeniable fact; it is reality and it is

- March 21-25 the Modoc Middle School Interact Club Purple Pinkie (End Polio Now and Forever) fundraiser.
- Christian Green's Fundraiser for Rotary Community Scholarships is planned for May 6.
- Carol Sharp is planning for our Rotarians at Work Day May 7, at the Friends of the Library - Book Worm Book Store.
- Looking for a free book? Stop by the Alturas Little Free Library (Niles Hotel Coffee Company), a partnership with Alturas Rotary, Friends of the Modoc County Library, and Niles Hotel.

pure. Unless it is chosen you cannot be free. *Jim Cavasso*

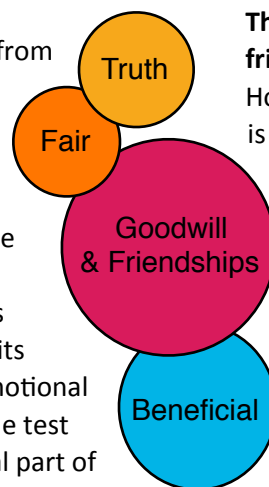
Second, is it fair to all concerned? Life isn't fair; fair is something you go to in September. All I know is that if I try to make things equitable for others it will make my life better. *Dick Read*

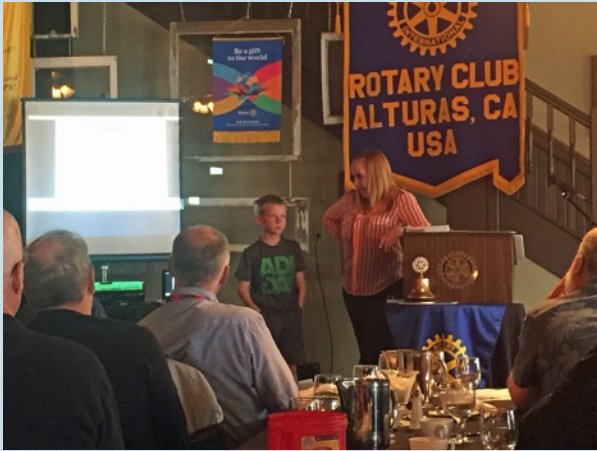
Third, will it build goodwill and better friendships? Life is full of decisions! How a Rotarian handles those decision is key to the character of the person making those decisions. Human nature is to have the upper hand or the deal of your life after the decision. Is the decision going to build that human bond on the other side of the transaction? Often times the best decisions of my life have been to give more than I received. Remember, no one can take away what you give. *Walt Davis*

Fourth, is it beneficial to all concerned? Will our actions as a club benefit those we desire to help?

Jeanne Cain.

Interview conducted by Carol Sharp
Public Image, Rotary Club of Alturas





DJ and Mom (Chenoah Lauppe) share information about living with Juvenile Type 1 diabetes.

Modoc Middle School art students adding a mural to the newly painted school library



PEACEFUL THOUGHTS

You know that moment between going to bed and falling asleep? Some watch movies, read a book, force their eyes to close, plan and worry about tomorrow, or think about the things they had to do today but didn't manage to.

It's a period of time that's important for your personal development, whether you realize it or not. It's as important as your morning routine. A day that has started well should also end well. The way to do it is pretty simple and the benefits are amazing.



These 5 things may make your day more meaningful and help you live stress-free and more happily:

Let go. In order to be ready for the next day with all its opportunities,

challenges and surprises, let go of what was today. Let go of all the things you did, didn't do, forgot to do, and failed to do. Breathe deeply and let things be as they are. Let go of all your disappointments, little arguments, people that annoyed you, doubts, negative thoughts, judgments and comparisons.

Accept. Accept yourself for who you are, and things for the way they turned out to be. Understand that everything is perfect just the way it is and things are just fine. You don't need to worry, plan, take control or fear. Realize that you did your best.

Be optimistic. Look forward to tomorrow. But don't plan it in detail so that you don't fall into the trap of trying to control events too much. Just be sure that tomorrow is going to be amazing and new and exciting things are waiting for you.

Be grateful. Thankful for this day. It's a gift. Appreciate all the chances you had, the nice meals, the opportunity to be with your loved ones, to be in your comfortable place and do things you love. Not everyone has all this. Notice it and be grateful.

Go to sleep in peace. Look around in the darkness. Breathe deeply a couple of times. Hear the silence, empty your mind and concentrate on your breathing. It's a kind of a meditative state. Your body is at ease, you have no thoughts, needs or desires to distract you. You feel great right now. And nothing needs to change. This is the best way to end your day – no matter how bad or good it was.

There's no better feeling than being able to leave behind all that burden each night and not carry it with you into the next day. It's freedom. And wisdom. And happiness.