



Rotary Club of Los Alamos

District 5520 Club 1312
chartered August 19, 1966

PO Box 853 Los Alamos, NM 87544

www.rotarylosalamos.com



The Rotary Bell

Rotary
Magazine Month

April 2, 2017

*The Four-Way Test: In the things we think, say or do:
Is it the Truth? Is it Fair to all concerned?
Will it build Good Will and Better Friendships?
Will it be Beneficial to all concerned?*

Rotary International 2016-17



When & Where + Program & Meeting Highlights

Please join us **Tuesday, April 4th**, at **11:45 a.m.** at the **Golf Course meeting room**, located on the west end of the complex.
-- Lunches will be provided by **Cottonwood on the Greens**. -- The menu will be forwarded to you over the weekend. Be sure to e-mail your lunch order and any for your guests to **Chris Sierk**.



Weekly Newsletter In This Issue

- This Week's Program and Other Meeting Highlights
- This Week's Announcements, Notes & Thanks

- Sgt. at Arms: **TBA**
- Rotary Minute: **TBA**
- Fines: **TBA**
- Our Program: **Karen Williams**, a **critical care nurse** at **Los Alamos Medical Center** and a **marathon runner**, will tell us about her encounter with the **mother black bear that attacked** her **last June**



- This Month's Club Assignments
- This Month's Programs
- This Month's Birthdays
- Current Calendar Notes
- District 5520 and Rotary Intl. News
- President's Column

Weekly Meetings

Every Tuesday at 11:45 a.m.
 The Golf Course Meeting Room
 4290 Diamond Dr.
 (Trinity Dr., right on Diamond, 2 mi.)

Board Meetings

Everyone Welcome!
 We meet the 2nd Thursday
 of the month at 4:15 p.m.
 in offices of the Los Alamos
 Daily Post, 1247 Central.

2016-2017

Club Board Members

President: Rob Metcalf
 President-Elect: Laura Loy
 Secretary: Nancy Cerutti
 Treasurer: Ed Van Eeckhout
 Immediate Past President:
 Alison Pannell
 Membership: Skip King
 Public Relations: Linda Hull
 Avenues of Service: Skip King
 Rotary Foundation: Steve Ciddio
 STARS: LeAnne Parsons

Avenues of Service Chairs

Club: Oliver Morris
 Community: Melanie Bennett
 International: Jean Gindreau
 New Generations: Alex
 Zubelewicz
 Vocational: Shelley Wiemann
 * * * * *
 Newsletter Editor: Linda Hull
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during a **Valles Caldera running competition** and how she has **worked to change New Mexico wildlife law** to protect animals more comprehensively. The black bear is **New Mexico's state mammal**.

-- **Inductions:** With the ceremony arranged by **Membership Committee members Nancy Cerutti and Brian Newnam, Merlinda Martinez** (Laura Gonzales), **Valida Dushdurova** (Alex Zubelewicz), **Dylan Zanow** (Skip King), **Andrea Albert** (Skip King), and **Susan McCloskey** (Donnie Torres) will be inducted. -- **Sponsors** are indicated in parentheses.



-- Wednesday Inductions at STARS:

Inductions into our Club, but by way of our **Satellite (STARS)**, will be: **Stacey Castille** (Laura Loy), **Dan Castille** (Laura Loy), **Sherrie Cagle** (Gloria Brehm, LeAnne Parsons), and **Paulina Gwaltney** (LeAnne Parsons). The ceremony will be led by **Pres. Rob Metcalf** and **Membership chair Skip King**. -- **Sponsors** are indicated in parentheses.

STARS will meet at **5:30** this **Tuesday** at the **home of Sherry Cagle, 500 Rim Rd.**, for a **potluck** to celebrate the new inductees.

Notes & Announcements & Thanks

-- **Interact Hosts Field Day:** On **Wednesday, April 12th**, our **Rotary Interactors** will host a **field day** at the **Middle School**. This event will give Interact visibility and "get the ball rolling for a sustainable middle school activity program," says **Faith Koh, Interact President and LAHS senior**. -- **More details soon!**



-- **Rotary Rio Grande (RGA) Training:** This course, **all three sessions**, is tentatively being planned for **all-day Saturday, April 29th**, and **half-day Sunday, April 30th** at **Buffalo Thunder**. -- **President-elect Laura Loy and Past President Alison Pannell** are currently making arrangements, so stay tuned. -- Classes include topics such as: Insights into Leadership, Engaging Members, Our Foundation, Service Projects, Strategic Planning and Analysis, Club Communication, International Service, Effective Leadership Strategies, and Public Image and Public Relations. -- This is an **excellent opportunity** for all Rotarians to learn about Rotary and how to be its leaders.

-- **Ahoy! It's District Raffle Time!** No, this is *not* a graphic of the *Titanic*, but an announcement that the **District 5520 Cruise-Cash Raffle** is now in progress with 100% of the proceeds





Our Assistant Governor
Pat Murray of Santa Fe



Our Youth Exchange Student
Ida Mattila of Finland

Ongoing Project
LA Cares

Donations of non-perishable food and personal hygiene items are collected on the last Tuesday of the month.



Contact Us

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505-672-1682
nscerutti@att.net

STARS

(Service To All Rotary Satellite)
The Rotary Satellite Club of Los Alamos
Meets 1st and 3rd Wednesdays,
5:30-6:30, VFW, 1793 Deacon
(behind CB Fox)

benefitting the **Rotary Foundation**. You may purchase a package of **10 tickets for \$100**, conveniently the suggested annual donation to the Foundation. You may sell them to friends or enter all in your name. -- The winner will receive **\$2500.00** in **cash** or as a certificate for a **cruise**. -- The winning ticket will be drawn during the early-May **District Conference** in **Albuquerque**. -- Checks may be made payable to **The Rotary Foundation** and given to **Foundation chair Steve Ciddio**.

-- **Update from March 22-25 Rotary Friendship Exchange (RFE):** Huge thanks to **RFE chair Chris Sierk**, who, with help from committee members **Sarah Rochester, Nina Thayer, Doug Wilson, and Linda Hull**, provided a warm welcome during chilly weather to **seven**



Friday Night Potluck at Sierks':
Midge, Barbara, Gloria, Rob, Sally, Al, Dick, and Jean

(Photo by Bob Hull)

Rotarians from Oregon. -- Our guests, who **arrived Wednesday**, were treated to lunch at **Rancho de Chimayó** and a **visit to Ortega Weaving**; to a **Thursday potluck brunch** at the **Rochesters'** beautiful home, **Rancho Nambe'**, and a **ranger-led tour of Bandelier**; to a **Friday** tour of the new **Historical Museum and Bethe House** (led by **Rotarian Anne Macek**), to lunch at **Blue Window**, to a Los Alamos tour with **Georgia Strickfaden** of **Buffalo Tours**, and a **Club potluck** at the **Sierks'**; and to a **Saturday** visit to the **Bradbury Science Museum** and to **PEEC**. -- Our guests continued to **Albuquerque** and host families there after the **Burnses, Rochesters, Thayers, and Wilsons** took them to **Santa Fe**. A whirlwind visit everyone--guests and hosts--seemed to enjoy! -- **Al Solomon and Jean Anderson (Coos Bay)** were guests of **Doug and Christie Wilson**; **Dick and Sally Briggs (Eugene)** were guests of **Sarah and Dick Rochester**; **Barbara Bean and Midge Renton (Grant's Pass)** were guests of **Nina and Gary Thayer**; **Gloria Thorpe (Ashland)** was the guest of **Chris and Arnie Sierk**.

-- **Going, Going, Gone!** **Doug Wilson's** delicious homemade **chocolate cake** was a **potluck favorite** Friday night at the RFE potluck dinner!



(photos by Bob Hull)

STARS is a group of motivated Los Alamos Rotarians who are determined to fit community and international service into their busy lifestyles, while at the same time having FUN!



Melissa Metcalf, Gloria Brehm, Alex Zubelewicz, Kim Selvage, Michael Erickson, LeAnne Parsons, Laura Loy, Ian Foti-Landis, Antonya Sanders, Jim Nesmith, Colette Levine, (being proposed, Dawn and Mark Voss)



Interact

Meets 2nd and 4th Wednesdays,
4:00-5:00,
The Teen Center



Our Club
Facebook



www.facebook.com/LosAlamosRotary
www.facebook.com/RotarySTARS
www.facebook.com/InteractLosAlamos

Club: www.losalamosrotary.com
District: www.rotary5520.org
International: www.rotary.org



-- Update from the March 25th District Assembly: On Saturday the 25th, Pres. Rob Metcalf was joined by Steve Ciddio, Linda Hull, Alison Pannell, and Alex Zubelewicz at the District 5520's inaugural District Assembly, organized by District Governor-elect Doreen

Kelsey. -- Sessions presented included how to talk about Rotary and why Rotary matters plus two sessions each on the new Grants Module and the Rotary Foundation.

-- District Changes to Grants: The biggest news from the Assembly appears to involve a revision in the way our District will process grant applications for 2017-18. Clubs will receive funding based upon how much money they gave to The Rotary Foundation's Annual Giving Program three years ago. If that was a poor year for giving, Clubs may instead receive money based on giving an average of \$100 per person to the Annual Giving Program in the current year. Please note that money given to PolioPlus, to the Guatemala Water Coalition, and so forth cannot be included in this funding formula. --

Confused? Well, so were most of us! -- All I can tell you is that our Club will be given between \$2400 and \$3300 in Rotary year 2017-18.

The other surprise? Each Club may only submit one (yes, one) grant! For instance, if we wish to support our High School Equivalency grant with UNM-LA, our PEEC giving, and Interact's grant proposals, we must combine them under an umbrella title, such as Educational Outreach to Los Alamos Students.



-- 4-Way Test Essay Competition: Under the leadership of Andrea Cunningham, the 4-Way Test Essay Competition is underway after being postponed about one month due to illness at the District level. -- Mrs. Montoya, an 8th-grade LA Middle School Language Arts teacher administered the competition last week during class time, as holding the writing competition after school reduces the number of

students able to participate. The 27 submissions have been given to Andrea; she has numbered and printed packets, with students' names withheld, for all of the judges. Judges (Phil Dabney, Karen Easton, Laura Loy, Alison Pannell, Bethany Tierney, Alex Zubelewicz) will be asked to read and pick their Top 6 by Friday, March 31st. On that day, Andrea will arrange a scoring meeting for all judges to review their Top 6 and narrow the winners down to the Top 3 for Club prizes and submission to District 5520



Make-Up Meetings

Rotary Club of Santa Fe
Thursdays, 12:00 noon
Hilton Santa Fe, 100 Sandoval

Rotary Club of Santa Fe Centro
Tuesdays, 8:00 a.m.
Chocolate Maven
821 W. San Mateo Rd.

Rotary Club of Santa Fe del Sur
Wednesdays, 12:00 p.m.
Red Lobster, 4450 Rodeo Dr.

Rotary Club of Taos Milagro
Wednesdays, 7:20 a.m.
Quality Inn
1043 Paseo del Pueblo Sur

Easy On-Line Make-Up Meetings

www.rotarymakeup.org
Info.? Frances deNuit
Rotary eClub of the Southwest USA
drfdenuit@yahoo.com
505-920-2600



On the Road?

If you are traveling anytime of the year and plan to visit a Rotary Club, please be sure to take one of our 'trade banners' with you. They are available from our Club Secretary Becky Ehler.

Who Am I?

I build bridges. I eradicate polio.
I mentor tomorrow's leaders.
I pump clean water.
I provide shelter to disaster victims.
I build communities.
I teach the world to read.

competition. -- Andrea will then submit the winning essay to the District, well before the **April 7th** deadline.

Andrea writes, "The week of the 27th is spring break for the schools, so the students will complete the essay as a side activity before they leave (it is the end of the quarter so there are limited graded assignments). As soon as they return to school, PAARC testing starts and is very hard and stressful for the students. Mrs. Montoya and I wanted to **reward those classes who participated** and give them a 'stress relief' activity in **April**, so I have agreed to throw them an **ice cream sundae party.**"



-- Survey Says! Coming Soon!

As **President-elect Laura Loy** prepares for her **2017-18** year as Club president, she is creating a Club survey. This will be **your opportunity** to make a difference. Watch for it **soon** in your e-mailbox and at meetings!



-- Member News:



Trish Gallegos has left the Club in order to spend more volunteer time with **Habitat for Humanity**.

Sgt. at Arms **This Month's Rotary Minute** **Finemaster**

April:

4 All to be announced. . . .
11
18
25

This Month's Programs



-- **April 4:** **Karen Williams**, a **critical nurse** at **Los Alamos Medical Center** **marathon runner**, will tell us about her encounter with the **mother black bear attacked** her **last June** during a **Valles Caldera running competition** and



she has **worked to change New Mexico wildlife law** to protect animal comprehensively. -- The black bear is **New Mexico's state mammal**.

(photo of bear by Roy Mac, flickr)

I create peace through service.
I am a Rotarian.

Order Rotary Merchandise

Russell-Hampton
www.bestclubsupplies.com
800-877-8908

National Award Services
www.clubsupplies.com
800-810-2100

Recent Exchange Students



Ida Mattila Finland 2016-2017



Markus Essl Austria
Frederiek Gerretschien The Netherlands
2014 – 2015



Krissi Wallis Germany
2015-2016



Thomas Routiaux Belgium
2013 -2014



Mille Nikolajsen Denmark
2012 - 2013



Eva Hauzar Switzerland
Samantha Hellessey Australia



Project Y FIRST Robotics Competition Team 4153

son and members of the **LAHS Robotics Team** will give a program describing the **projects** they are designing, their upcoming **competitions**, and how **ideas** are put to work. -- We will present the team with a **check for \$500.00** to put toward their competition and equipment needs.

-- April 11: **MEET at UNITED CHURCH** This week **Coach Andy Erick-**



-- April 18th: **Jeremy Smith**, sports and adventure director the local **Family YMCA**, will present a program about and **perform on the didgeridoo**, the traditional instrument of Australian aborigines.



-- April 25th: From **Australia** on to **India** as **Paul and Rosmarie Frederickson** tell us about their **January 2016 Rotary Friendship Exchange (RFE) to India.**



This Month's Birthdays

- April 4 Nancy Cerutti
- 15 Linda Hull
- 16 Natalia Tretiak
- 24 Anna Caspersen
- 25 Antonya Sanders
- 26 Bob Hull
- 28 Donnie Torres



Current Club Calendar Notes

Where You'll Find Our Club Support

Satellite Club (STARS--Service To All Rotary Satellite); projects in Guatemala, the Dominican Republic, and South Africa; support for the Posse Lodge, LA Cares, Boy Scouts, LAHS Hilltalkers & Robotics teams, Self-Help, Family Strengths Network, Little League, Horses for Heroes, Paws and Stripes; tutoring at the library; reading in elementary schools; LAMS 4-Way Test Essay Competition; LAHS Cookies and Conversation; Students of the Month; generous financial awards to LAHS seniors; the Deborah Beene Music Awards; grants to pay for UNM-LA GED exam fees and for Books for Babies at LAMC; Polio Plus; Sonny Brown Business Award; students to RYLA leadership camp; outbound and inbound exchange students; Group Study Exchange and Ambassadorial Scholars; blood drive; LAHS Memorial Garden; Mesa Public Library Garden; Clean-Up Los Alamos; AED for Fuller Lodge; Opera on the Rocks, picnic tables for PEEC Nature Center; Banelier naturalization ceremony + more!

Where You'll Find Us Raising Funds

Annual Crab Fest:
last Saturday in February
Fiesta Los Alamos!:
late July or early August



BRIDGES TO PROSPERITY

-- Bridges to Prosperity Trip
Details: **Jean Gindreau is Going!** Member **Jean Gindreau** reports that **Norm**

Arnold, the **Alamogordo Rotarian** coordinating the trip to build critically-needed bridges, has made arrangements for travel to **Nicaragua** to begin on **April 26th** and returning to **New Mexico** on **May 2nd**.

If you are interested in this Rotary-supported adventure and service project, please contact **Jean Gindreau** (pac8@losalamos.com) or **Linda Hull** (northmesa@comcast.net).

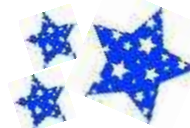


Regular Monthly Meetings



-- **Monthly Board Meeting:** Our monthly Board meeting will be held **Thursday, April 13th** at **4:15 p.m.** at the offices of The **LA Daily Post** on **1247 Central nue**. Everyone welcome!

-- **STARS (Service To All Rotary Satellite)** will meet the first and third **Wednesdays** of the month: **April 5th** (at home of **Sherry Cagle, 500 Rim Rd.**) and **19th** at **5:30-6:30** at the **VFW, 1793 Deacon St.** (behind **CB Fox**).



-- **Interact:** This community-based youth organization will meet the **second and fourth Wednesdays** of the month: **April 13th** and **27th** at **4:00-5:00 p.m.** at the **Teen Center on Ashley Pond**.

-- **Updates from STARS and from Interact:**

-- **STARS:** None at this time.

-- **Interact:** **Interactors have adopted LA Mountain** (clean-up) in cooperation with the **US Forest Service**. --They are also forging successfully ahead with recruiting students for **Bridge the Gap**, a way to offer area high school students **opportunities** to take advantage of scholarships, college counseling, and so forth.

District 5520 and Rotary International News



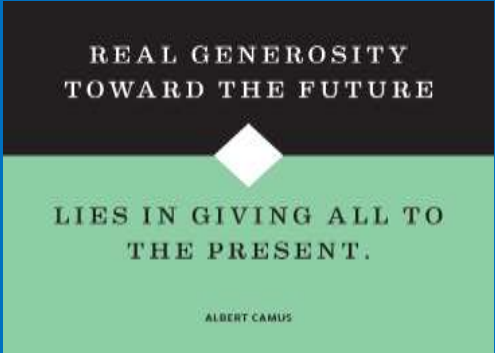
-- **Thursday-Sunday, May 4-7: The District 5520 Annual Convention** will be held in **Albuquerque** at the **Sheraton Albuquerque Uptown Hotel on Louisiana**. Please visit www.district5520.org and click for more information in

HOW
WONDERFUL

IT IS THAT NO ONE HAS TO WAIT,
BUT CAN START RIGHT NOW TO
GRADUALLY CHANGE THE

WORLD!

ANNE FRANK



the left column. Here's some additional information:

Cost for full conference registration **per person is \$250.00**, which includes **all meals and events on Friday and Saturday**. The conference includes:



May 5:
Honoring the 100th Anniversary of the Rotary Foundation and **30 Years of Women in Rotary** (lunch)
Cinco de Mayo Fiesta (dinner)

May 6:
Youth Exchange Talent Show (breakfast)
Youth in Rotary (lunch)
Western Night Awards (dinner)
Dancing and Entertainment by **Michael Martin Murphey and his band**



Hotel Registration for the rate of **\$105** plus tax is available at **The Albuquerque Sheraton Uptown** 1-800-325-3535 or www.starwoodmeeting.com/Book/2017Rotary5520.

Please ask for the **Rotary 5520 rate** – but you must register before **April 15!** **Questions?** Please contact, **Co-chairs:** kathiewilliams46@gmail.com or donettewagner@gmail.com.

Rotary Friendship Exchange (RFE)



-- From **Donna Pedace, District 5520 Rotary Friendship Exchange (RFE) Coordinator:** I'd like to "alert you that we will be sending a **return group** to visit **western Oregon and northern California** next **August 3-15**. I am **not**



yet taking reservations for that trip, but I thought this could give anyone interested in joining that trip some time to think about it. Their group is coming here this coming spring, but all the hosting clubs are already set. -- We will also be hosting a group from **Australia** from



June 1-4 next year, so maybe you and your club could be thinking about whether you might like to **host that group** next summer. -- **Early 2018** we'll have another **trip to India**, for those of you who may be interested in seeing some of that fascinating country."

The President's Column: April

Yesterday we went to Santa Fe and bought some sweatpants for the boys to practice baseball - because in spring baseball practice in



Northern New Mexico, it's very cold and it snows. When I said that aloud in the store some other parent said "don't forget the wind"...

Anyway, as we look forward to the spring and summer; we have plenty of upcoming Rotary events and I want to remind everyone it is not too late to get involved. We have scholarship applications coming in, the 4 Way Essay Test is in full swing, and our exceptional student awards (used to be called *Student of the Month* – now **Distinguished Student of Service**) are great chances to get involved with youth. We have opportunities for **Rio Grande Academy** (Rotary training) for any interested club members, **the District Conference**, and, of course, the **Rotary International Convention** in **Atlanta**. If you are looking for fellowship - and, if that's not enough, we have some **gardens to clean up** along the way. Finally, we are going to have an **end of the year party** right at the **beginning of July** (2nd, I believe, but don't quote me yet), and if we have learned anything from our **50th Anniversary and Christmas parties (and the RFE)**, I think it may just be a bit of fun.



So, **Hello** to spring. I believe you may have figured out, it is not my favorite season (did I mention allergies?), but that doesn't matter because we have lots of fun stuff to do in Rotary to pass away the time.

Your Happy President,



Rob Metcalf
President, 2016-17



