



# Newsletter

## District 5230 Newsletter December 2023 - Disease Prevention and Treatment

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For more information about the newsletter issue or to submit an article, contact Nick

## December's Rotary Focus: Disease Prevention and Treatment

By Debbie Hale



Rotary District 5230 Governor, 2023/24

Despite being a rather giving person, I haven't given blood since I was 28 years old. At the time, I weighed close to the 110-pound weight minimum, and I've always had low blood pressure. When I gave a pint, I felt like I simply didn't have enough blood left in my system to stand up without fainting. After about 30 minutes of lying on the cot, they said, "you probably shouldn't give blood anymore."

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## Honoring Generosity: Rotary Foundation Luncheons



By Merritt Wiseman, Newsletter Editor and Lynda Patrick, Public Image Chair

This year, Rotary District 5230 hosted two regional Foundation Luncheons to give its heartfelt appreciation to the dedicated clubs and individuals who have generously contributed to the Rotary Foundation. At each event, District Governor Debbie Hale, immediate Past District Governor Becky Moser, Foundation Chair Bruce Mackey

and Polio Plus Chair Belinda Daguio gave awards to the top giving clubs and individual Rotarians. It was DG Hale's goal to not only bring back the Coastal Foundation Lunch but also start a similar event in the Valley.

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## REMINDER Call For Resolutions

By Don Kremer

PDG, Resolutions Committee Chair

WHAT - Annually as part of the District Conference / Annual Meeting, resolutions to amend the District 5230 Policy Manual are presented, discussed, and voted upon. Resolution proposals are now being accepted.

DUE DATE - Proposed resolutions will be accepted by DG Debbie until mid-night January 22, 2024.

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Grim and Merritt Wiseman at  
[editor5230@gmail.com](mailto:editor5230@gmail.com).

Please note all articles or event info must be submitted by the 20th of each month to make next month's issue.

## Come Play by the Bay! 5230 District Conference

The District Conference planning is well underway, and we hope you have saved the date for this event! Please consider becoming a Club, Business or Individual Event Sponsor.

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## Club Training Assembly & Pre-Pets Training

If you are a club officer, interested in becoming one or just want to be a phenomenal Rotarian, then join us for this jam packed morning of learning how to keep your club excited and serving our community!

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## Celebrating Rotary's™ Impact: A Year of Growth and Inspiration

By Susan Winey



District Governor Designee

The Rotary Zone Institute has been a beacon of inspiration and collaboration for Rotarians across our Zone. The heart of the Rotary Zone Institute lies in its commitment to learning and development. The Zone Institute brings together members from throughout the western United States and Canada for interactive, peer-based learning, inspirational speakers and presentations as well as celebrating the graduation of the incoming District Governors-Elect.

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## Carmel Valley Rotary Club Receives Philanthropy Day Award for Outstanding Community Service

This November, the Carmel Valley Rotary Club was honored as the organization of the year at the National Philanthropy Day banquet, hosted by the Association of Professional Fundraisers at the Inn at Spanish Bay in Pebble Beach. The esteemed award acknowledged the Rotary Club's exceptional contributions and dedication to community service, particularly for their outstanding work with Partners in Community Service (PICS) program.

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## Small Business - Big Hearts! The Rotarian Way

By Lynda L. Patrick

Public Image Chair

In anticipation of Small Business Saturday on November 25th, the spotlight shone on Kim Lawson, a dedicated Rotarian with the Carmel Valley Rotary Club and the driving force behind Fashion Trade in Monterey, California.

Kim's journey became a testament to the spirit of Rotary's commitment to service and community support.

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## Calling all Rotarian Foodies!

Explore the December Food Issue of Rotary Magazine for a delightful culinary journey across the world. Discover an enticing Prosciutto and Mozzarella Borek recipe submitted by Ayca Revaz, a member of the Carmel Sunset Rotary Club, District 5230  
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## Feeling a Sense of Belonging

**A guide to how Rotarians can make their Rotary clubs inclusive and enjoyable places to everyone through their behavior**

By Debbie Hodge  
Published Date: October 11, 2023

Do you have a favorite coffee shop or restaurant, a place where they remember your name, and that your usual order is a hazelnut macchiato, or that you will always order the Malbec "whatever you are eating!"  
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## New Members in District 5230 - November 2023

By Rebecca Moser



PDG, Membership Chair District 5230



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## Congratulations to our District 5230 Rotarians with 25 years or more!

By Rebecca Moser  
PDG, Membership Chair District 5230

**Happy Anniversary!**



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## Disease Prevention and Treatment Month

By Bruce Mackey

While looking for a quote for this month I learned that our own George Washington said, *“Let your heart feel for the affliction and distress of every one.”*

It seems to me this is a great way to start this month’s article. While we Rotarians are undoubtedly thankful that we have ready access to the means of disease prevention and treatment we also, *“feel for the affliction and distress of every one.”* What organization would make a major goal of the eradication of a global pandemic such as Polio? What other organization would look locally and globally for opportunities to reduce the pain and suffering of millions of people they would probably never meet?

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## Memories and Reflection

By Belinda I. Daguio



Polio Plus Chair

I hope all had a wonderful Thanksgiving, and that you were able to spend quality time with your families, friends and loved ones and your fur-babies too.

I, myself, had a peaceful Thanksgiving weekend and spent some time reflecting on all the things I am so grateful for, Rotary being an important one for me. I have so many memorable moments in Rotary, it is hard to choose just one. I will, however, share one of the most impactful moments for me.

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## Empowering Tomorrow's Leaders: The Transformative Experience of Camp Royal

By: George Wyhinny

As we gear up for another great Camp ROYAL, on June 9 - 14, 2024, Chair Nic Giannandrea and his team are working hard to create another unforgettable leadership experience.

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## Events and Happenings District 5230

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