



DISTRICT 5190 INTERACT NEWSLETTER



Welcome to the first edition of the District 5190 Newsletter. We hope to share ideas from all of the Interact Clubs in the District throughout the year; hopefully provide ideas on various aspects of Interact and answer any questions from clubs, members or advisors – faculty or Rotary. We also want to remind you of the Interact Facebook page, which the letter will become a part of, and to ask you to send pictures of events your club does – fundraisers, community events or anything else your Interact club may be doing.

To begin the inaugural newsletter we would like to offer a few ideas on membership recruitment:

- Rush week when all of the clubs are active in recruiting
- Freshmen orientation
- Referrals from other members in the club
- Referrals from school counselors or teachers
- Publicize your accomplishments in community and/or international service
- Give Interact members priority in selections for RYLA and RYE

If you have other ideas for recruiting new members, please be sure to let us know so they can be shared with everyone.

We are looking forward to working closely with each of you in this coming year to help make your Interact club Bigger, Better and Bolder!

Interact Co-Chairs for District 5190

Ron Rehn and Bob Conner





Interact at Nevada Union High School

By Jim Adams

Rotary Advisor from the Rotary Club of Nevada City 49er

I have always felt good about our momentum. Momentum seems like such an important ingredient. Good activities. Good leadership. Strong ties with the school and the community. An excellent faculty advisor.

Over time, one grows to appreciate these attributes. It is really what keeps things green and growing. It causes members to be enthusiastic, focused, and proud of our Nevada Union High School Interact Club. It also makes my job, as one of the Rotary advisors, easy.

You know, sometimes it is tough to get Rotary members to District Conference. Our Interact members cannot wait. They see it as the prize for a good year of work. They cannot wait to attend. They come back, as under classmen, and tell everyone how District Conference is not an event to miss. So, we always have strong attendance and good participation. I quite like that!

Our Interact Club has exceptional students. Most are the cream of the crop. They like giving back to the community, participating in fundraisers, and being a part of a dynamic club. We average about 35 students a meeting. They are regulars. They bring friends. It is a great way to start Tuesday!

This year, however, had aspects that were truly rewarding. There is much to say, but our trip to Rotary's Project Amigo in Colima, Mexico was exceptional. We took 13 Interactors to Dental Week. Along with three advisors (all Rotarians), we watched as the eyes of our students were opened to a different part of this world. I cannot tell you it was always a pleasant sight. However, it was very meaningful...and rewarding. This was no vacation. It was work. Dental inspections, fluoride treatments, clothing, and books were the staples of almost every stop. The days were long, the preparation intense. It was a myriad of experiences, some great and some sad. This was a week of growth and expansion. The Interactors came back different people than those who had left. It was fulfilling...part of life's journey. It gave great meaning to Rotary and Interact. I was so proud of their efforts. They really did our district proud.

Above all, they changed the face of Mexico one person at a time. It was a great Rotary Project. It sure complemented the many other things we do.

I would like to feel that we have an exceptional club. We have already outlined one of our International projects for this year. In fact, the work has commenced. It is a link to Sri Lanka. Money was raised for an orphanage there and one of our Interactors is back there implementing our plan. At times, I feel like a proud papa. They are a great group.

Rotary provides new meaning to life via these students. We are changing the way our students look at this world. I am proud of our impact on them. It is one of those things that makes life rich.



Interact is such a valuable part of the high school scene at Nevada Union. Each year it begins anew and our contributions start all over again.

August is but a month away. Interact life will begin yet another year.

The Ethics Project

By Vicki Puliz

Why are we concerned about ethics and character?

For one thing, ethics is part of the DNA of Rotary, and therefore, also of Interact, as a Rotary sponsored club. Rotary and Interact are founded upon the principals of Service above Self and embodied in the 4 Way Test:

Of the things we think, say and do:

- 1. Is it the truth?*
- 2. Is it fair to all concerned?*
- 3. Will it build goodwill and better friendships?*
- 4. Will it be beneficial to all concerned?*

Our daily experiences show us that our world would be a better place if each individual lived a life of good character, exhibiting trustworthiness, respect, responsibility, fairness, caring and citizenship. These are ethical values that transcend politics, religion and even culture. Wouldn't you agree that your high school (or your home) would be a better place if everyone considered these "six pillars of ethical behavior" in their thoughts, actions and words? Surveys of high school students are disturbing in the number of students who feel that they must cheat to get ahead, and who lie and steal—not only from strangers, but also from friends and family.

So, let's embark upon a journey of discovery of our current situation, and then consider how we might choose to improve ourselves in each of the areas of trustworthiness, respect, responsibility, fairness, caring and citizenship.

An easy way to remember these ethical values is TRRFCC, or "terrific". Using these words helps us create a common language to talk about good character and ethics.

There is a saying that "you don't have to be sick to get better". Consider what this statement means. Is anyone saying that your ethics are not good? NO!

