



# Newsletter

## South Texas District 5930

Rotary International District 5930 Vol. 4 No. 8 Newsletter February 2008

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### Governor Tom writes . . . .

## Happenings in our District

Annette Alonzo reports that she visited the Port Lavaca Rotary Club for lunch January 4. They had a fabulous speaker, one of our own, [Jo Anne Settles](#) who gave the up-to-date on PolioPlus, PolioPlus Partners, and the Gates Foundation.

If your club has not heard her recently, she has really taken the time to incorporate so much passion into her program. I really encourage your club to invite her as a speaker.

It's quite an honor that she is in our district!

**Four-Way Test Speech Contest** Usually, Rotary Clubs give scholarships when students compete at the Club level. (usually totaling \$250 to \$500)

At the area level, the participating Rotary Clubs will usually donate \$200 per club to have scholarship money to award the area winners.

District - Four-Way Test Speech Contest will be on Saturday, 19 April 2008, at our District Conference in McAllen. Four-Way Test Speech Contest District Chair, [Richard Vaughn](#), has made the [score sheet](#) and [requirements](#) available. Page 46 in the District Directory, District Scholarships are: 1st \$1,000; 2nd \$750; 3rd \$500 and \$250 to all others. This money is sent to the Rotary Clubs to give the students when they start college. If you present scholarship money prior to graduation, it alters their amateur status in UIL.

[Six colleges and universities](#) within the District **will match your Rotary scholarships** if the student attends their school.

Your Rotary Club is invited to [nominate](#) one of your past presidents to be our **Rotary District Governor 2010-11**. We prefer a past president who has served as Assistant District Governor. Selection will be made Saturday, February 23, 2008, at 10 AM.

Thank you,

Gov. Tom Moore and Carol



## Paul Harris Dinner

Saturday, February 23, 2008, 6:00 PM - 9:30 PM - [McAllen Convention Center](#) - \$50 per person

We will serve Medallions of Pork, Tossed Garden Salad, Double Layered Carrot Cake.

The vegetarians will dine on Stuffed Portabella Mushrooms with sun-dried tomato and roasted vegetable risotto, charred corn relish and grilled southwest vegetable medley; with Double Layered Carrot Cake.

Choose:

Order by mail

Order with credit card

**Paul Harris**, *renown impersonator James Young of California*, **will be the featured Paul Harris speaker**. He will be in 1930 garb on a an authentic stage setting. *You will have the opportunity to have your photo taken with Paul Harris!*

**(956) 984-7900 (Wyndham room rate \$65) McAllen - Say "Rotary"**

**6:00 pm to 7:00 pm Social hour** - High School debutants from the Mission Citrus Fiesta will mingle with the attendees to show off the pretty dresses and style. (Mission Citrus Fiesta is two weeks earlier). Laura Sandragorsian and husband will provide piano mood music.

**7:00 Seating for the dinner** - Rotary Exchange Students will present the flags, Tamara Sanchez will identify students.

### Pledge of Allegiance

**Song** - *R-O-T-A-R-Y* lead by PDG Gaylan Duncan

### Prayer

### 4 Way Test

During the meal, pictures of Rotary Club presidents and Rotary news photos on screen.

**Recognition** of the members of the Paul Harris Society and Major Donors by PDG Billy Settles.

**Presentation** of the International Award **Service Above Self** by PDG Marilyn Spencer

**Presentation** of the RINO (Rotarian in Name Only) to fictitious Rotarian, accepted nephew (youth actor) DG Tom Moore

**Speaker** - James Young presenting Paul Harris

**Presentation** of Paul Harris Awards to attendees receiving Paul Harris status.

**Singing** - *Let There Be Peace* for the closing, lead by Jim Deuser.

If you have an idea or want to discuss some part of this event, please call Governor Tom.

## Unusual Monterrey sighting

DG Tom and Carol Moore traveled with the Harlingen Rotary Club to Monterrey, Mexico, in December. DG Moore shows off the wedding limo the Rotarians encountered at the Governor's Palace. The group of more than 40 Rotarians chartered a bus for the three hour drive to Monterrey, Mexico, from McAllen and stayed two nights at the Ancira Radisson Hotel. They attended a Rotary Club meeting of doctors in Monterrey (lunch was \$36) and toured in and around Monterrey for three days. Submitted by Tom Moore.



## Ambassadorial Scholars get training

Dennis Roberts reports from his attending the ASETS (Ambassadorial Scholarship Elect Training Seminar) 2008 Indoctrination Program with our outgoing 5930 Ambassadorial Scholars, i.e., our "Ambassadors of Goodwill", held in Round Rock at the Wingate Inn and Conference Center, Jan 4-5.... All together 41 out-going, internationally-destined Ambassadorial Scholars attended and over 70 were there when you include Rotarians, scholars elect, and Scholar Alumni. A mock Rotary meeting was held at lunch the second day to demonstrate to students the type of atmosphere they could expect when making their own Rotary presentations while abroad. Trainers and program presenters included Rotary International, Zone, District Rotarians, and Scholar Alumni. It was a very comprehensive program!

Both he and Migdalia attended and had the opportunity to meet the program coordinators, our out-going students, as well as Student Ambassadors from other Texas Districts...plus students from Louisiana, Oklahoma, New Mexico, Arizona, Wisconsin, Virginia, Colorado, and Montana. Several ASETS Alumni attended, too (some recent...several historical).

One of the items addressed ....was expanding students understanding of who "invited and brought them to the dance". Basically, they all knew their sponsor club and their counselor ....and, that they were representatives of District 5930....that there is a Rotary International....somewhere... The seminar filled in the gaps.

Our District 5930 Rotary Ambassadorial Scholarship Chair who oversees the selection and coordination of our students is: [Art Zeitler](#) of the Corpus Christi Rotary Club.



Pictured left to right: Migdalia Roberts, Donna Swanson, Erica Chimelski, Norma Padron, and Dennis Roberts

Donna Swanson - Mission Rotary Club -- going to Northern Ireland/Queen's University of Belfast -- Field of Study: Education

Erica Chimelski - Corpus Christi Southside Rotary Club -- going to Belgium -- Field of Study: Pre-

medicine/Biochemistry

Norma Padron -- McAllen North Rotary Club -- going to Spain/Universidad de Navarra Submitted by Dennis Roberts.

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## Thailand bound Youth Exchange Student arrives safely

[Edinburg Rotary Club](#) has sponsored Veronica Vargas from the Edinburg North High School to be a Youth Exchange Student to Thailand. Veronica departed on Sunday December 30th and will be hosted by District 3360 in downtown Theon, Thailand.

She safely arrived to Chiangmai International Airport on January 1, 2008, and she was greeted by the President of her host Club, her counselor, and two of the youth exchange committee members from Chiangmai.. Submitted by Tamara Sanchez.



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## Christmas fun in Laredo



[Laredo Under Seven Flags Rotary Club](#) members were up early on December 15, 2007, to ring bells for the Laredo Salvation Army outside the local Macy's store.

This has been a tradition for this Rotary club for over 10 years. Their members love to get into the spirit (as photo shows).

The club also sang Christmas carols on Saturday, December 22, 2007, to add to

the collection for Salvation Army. Members sang at selected homes for a donation, raising over \$300. Submitted by Diana Garza.

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# Group Study Exchange selections made

Who applies for these mysterious Rotary GSE Team tours to Spain and to Germany? These are the non-Rotarians and the Rotary Clubs that recruited them.

## Non-Rotary GSE Team Member Applications:

Maria Iniguez, (Laredo Gateway) – Spain or Germany  
 Nancy Salazar, (Laredo Daybreak) – Spain  
 Elvia Boyless, (Laredo Daybreak) – Spain  
 Mirna Gonzalez (Laredo Under 7 Flags) Spain or Germany  
 Suraida Nanez-James (Corpus Christi, Downtown) Spain  
 Carlos Olvera (Brownsville) Spain  
 Felix Lerma (Brownsville) Spain  
 Evonne Gottsch (West Corpus Christi) Spain or Germany  
 Matthew Webster (Brownsville) Spain  
 Jesus Manuel Cordoba (Brownsville) Spain or Germany

Daniel Cruz (McAllen North) – Germany  
 Karla Pena, (Laredo Daybreak) – Germany  
 Brandy Land – (Victoria Northside) - Germany  
 Pauline Fearn Sexton (McAllen North Rotary) Germany  
 Jason Michael Iuen (McAllen North Rotary) Germany  
 Magaly Gomez (Pharr) Germany  
 Michelle Worsley (Victoria Sunrise) Germany  
 Boyce Tesch (Victoria Sunrise) Germany  
 Ulrich Weisse (Brownsville) Germany

GSE team members were interviewed Saturday, January 19, at the Alice Country Club.

## Selected Teams are:



**Joanna Jane "JJ" Nichols**  
 (Harlingen Sunrise Rotary)  
 GSE Team Leader to Spain



**Maria Iniguez,**  
 (Laredo Gateway)



**Matthew Webster**  
 (Brownsville)



**Suraida Nanez-James**  
 (Corpus Christi)

## Spain

## Germany



**Charles Wesley Borders, Jr.**  
(Port Aransas Club)  
GSE Team Leader Germany



**Pauline Fearn Sexton**  
(McAllen North Rotary)



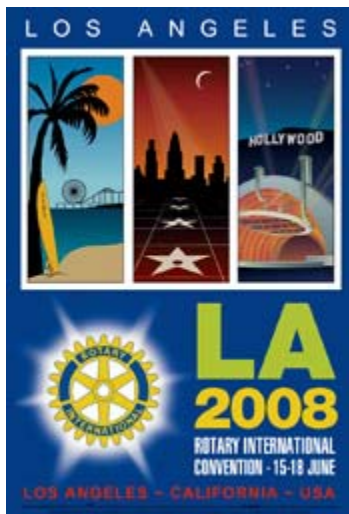
**Jason Michael Iuen**  
(McAllen North Rotary)



**Karla Pena**  
(Laredo Daybreak)

. Submitted by Tom Moore.

## Calling all Rotarian stars!



Come to the 2008 RI Convention in L.A. to "see the stars" and to be a star that shines among your fellow stars in the Rotary constellation!

Come to celebrate and showcase the good being done during the 2007-08 Rotary year, receive an update on long-term projects such as PolioPlus, and plan to share Rotary in the world with your fellow stars.

Meet the Rotary stars at the reception on 14 June 2008. Make contact with Rotary stars from your area of the world at their kiosks. Then plan to meet TRF alumni stars at the Rotary Alumni Celebration from 13-14 June 2008 and invite TRF stars from your district to join you there! Register here: <https://riweb.rotaryintl.org/>

On Saturday, see singing star Natalie Cole, an enduring light in the areas of jazz, R & B, and pop! She will be appearing at NOKIA Theatre L.A. LIVE, courtesy of the LA Host Organization Committee. Home/Host Hospitality on Monday and the Hollywood Bowl Concert on Tuesday round out these special events. Buy your tickets now at: [http://www.rotary2008.com/ticket\\_orders.htm](http://www.rotary2008.com/ticket_orders.htm)

Come to learn and be inspired by plenary speakers including humanitarian stars Dr. Margaret Chan, Director, WHO (World Health Organization), on Tuesday, June 17 and Ambassador Stephen Lewis, Co-director, AIDS-Free World Foundation, on Wednesday, June 18. We'll also

offer a fabulous line-up of breakout sessions on a variety of topics, with formats that include panel discussions, interactive discussion groups, and workshops.

The House of Friendship promises to be exceptional with two stages for entertainment, the Global Marketplace (Business EXPO sponsored by the HOC), an Internet cafe, booths with displays by Global Networking Groups, projects from clubs and districts, products from RI Licensees, and great food and areas where you can relax and meet members of the Rotary family!

Enjoy Rotary, enjoy the RI Convention, enjoy L.A. and environs through Host Committee events and tours. For more about the destination, go [www.rotary2008.com](http://www.rotary2008.com). For all late-breaking convention news, go to [www.rotary.org](http://www.rotary.org).

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## Ingleside Rotary Club has special treat for RYLA students

[Ingleside Rotary Club](#) had a great program on January 15. They invited a local television anchor to be their guest speaker and their four local high school RYLA participants to be guests. They asked the local newspaper to join them, also. The high school students seemed very impressed with the Rotary Club and what Rotary is all about. When introduced each student received applause for being a RYLA participant. They then introduced the guest speaker who was very engaging with the students. To be able to engage in conversation with a local "celebrity" seemed quite exciting for the students. The local paper took pictures of the event. The club looks forward to hearing from these students when they return from RYLA. To be able to shed a positive light on Rotary to these students is priceless as they are potential Rotarians and leaders of the local community. Submitted by Michael Ladewig.

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## Know The Facts of Diabetes and The Basics of Diabetes Care

By Armando G. Avalos, [Health Committee Chair](#)

Diabetes is a disorder that affects the way your body uses food for energy. Normally, the sugar you take in is digested and broken down to a simple sugar, known as glucose. The glucose then circulates in your blood where it waits to enter cells to be used as fuel. Insulin, a hormone produced by the pancreas, helps move the glucose into cells. A healthy pancreas adjusts the amount of insulin based on the level of glucose. But, if you have diabetes, this process breaks down, and blood sugar levels become too high.

There are two main types of full-blown diabetes. People with Type 1 diabetes are completely unable to produce insulin. People with Type 2 diabetes can produce insulin, but their cells don't respond to it. In either case, the glucose can not move into the cells and blood glucose levels can become high. Over time, these high glucose levels can cause serious complications.

A person with Type 1 diabetes can not make any insulin. Type 1 most often occurs before age 30, but may strike at any age. Type 1 can be caused by a genetic disorder. The origins of Type 1 are not fully understood, and there are several theories. But all of the possible causes still have the same end result: The pancreas produces very

little or no insulin anymore. Frequent insulin injections are needed for Type 1.

A person with Type 2 diabetes has adequate insulin, but the cells have become resistant to it. Type 2 usually occurs in adults over 35 years old, but can affect anyone, including children. The National Institutes of Health state that 95 percent of all diabetes cases are Type 2. Why? It's a lifestyle disease, triggered by obesity, a lack of exercise, increased age and to some degree, genetic predisposition.

An estimated 1.4 million persons aged eighteen years and older in Texas have been diagnosed with type 1 or type 2 diabetes. Nationwide, 18.3 million persons eighteen years of age and older have been diagnosed with diabetes. Another estimated 409,839 persons aged eighteen years and older in Texas are believed to have undiagnosed diabetes.

Diabetes was the sixth leading cause of death in Texas in 2002 through 2004. In 2004, 5,426 deaths were directly attributed to diabetes. The state rate for the four years is 31.3 per 100,000 persons. More of the counties in Regions 8 & 11 fall into the "significantly higher than state rates. This disease is believed to be under-reported on death certificates in Texas and the nation, both as a condition and as a cause of death.

Diabetes in childhood is mainly type 1, an autoimmune disorder that destroys insulin-producing cells, requiring multiple daily insulin injections or a pump. About one in every 400 to 600 Texas children and adolescents has type 1 diabetes. It is the second most prevalent chronic disease of childhood (after asthma).

It is important to note that the incidence of type 2 diabetes in persons less than 18 years of age has been increasing in recent years. However, representative data that would be needed to monitor diabetes trends in youth by type are not available for Texas or the nation.

Diabetes is a complicated disease. It can affect many areas of the body as well as the person's life style. What the person eats, when they eat, treatments and medications, testing their blood glucose, exercising... all these play a role in successful management of diabetes.

Here are some tips on the basic care of diabetes:

- See your doctor on regular basis, as often as every three months. At that visit, your doctor should take your vital signs, including weight, height, blood pressure and pulse.
- Have your cholesterol and triglycerides checked yearly. This is done by a simple blood test. The first step in managing high cholesterol is to change the diet.
- At each doctor visit, a diabetic should be tested for a long-term measure of their blood sugar control, a glycosylated hemoglobin test, also known as a hemoglobin A1C. The A1C is an overall measure of blood sugar control in the past two to three months and is expressed as a percentage. The goal of diabetes care is to keep the A1C as close to normal as possible. Normal levels for A1C are considered to be between 4% - 6%. This is one number you should know and ask for at each visit.
- Always remove your shoes and socks at doctor's examinations. Do it even if your doctor does not ask. Request the doctor look at your feet for any sign of poor circulation or trouble spots. Our area has the highest rate of below the knee amputations for diabetes complications in the nation.
- To help prevent kidney failure, your doctor should perform a urine microalbumin test annually. If protein is detected in the urine, medications and changes to your diabetes control can slow down kidney damage.
- Blindness, a complication of diabetes, is preventable with proper diabetes care and regular eye examinations. While your doctor will look in your eyes, the best approach is to get a referral to see a retinal specialist, or ophthalmologist.
- Diabetics have higher rates of depression than non-diabetics. If your doctor does not ask how you are doing, say something to him or her, especially if you are having feelings of despair, anxiety or thoughts of harming yourself. Your doctor may refer you to a mental health professional.
- Other issues to discuss with your doctor include sleep apnea, burning and/or tingling in the hands or feet and any other symptoms you may be experiencing.



For additional information and pamphlets on diabetes, the disease and care, see the website for the Texas Health Department, <http://www.dshs.state.tx.us/>, or contact the nearest city or county health department office within your area. If you would like to have a club program or sponsor a health project with your local health department in your area, email or call Armando G. Avalos at (361)857-2220 or [email](mailto:). Submitted by Armando Avalos.

## Harlingen student of the month

Marine Military Academy (MMA) Cadet Staff Sergeant Timothy Stitt and Harlingen High School Senior Ernesto Silva, II are the [Harlingen Rotary Club's](#) first two recipients of the "INTERACT Student of the Month" award. The purpose of this award is to identify, recognize, encourage and award high achieving students attending high schools in Harlingen, TX. The selection criteria for the Student of the Month is not based on any one characteristic of a student, but rather a combination of attributes including good citizenship, leadership qualities, and ethical standards consistent with the 4-way test, among others.



Cadet Timothy Stitt is truly an active member of the Marine Military Academy Club. Although a first year member of the club, he continually volunteers for extra curricular activities exemplifying *Service above self* and his enthusiasm is admirable. He has participated as a member of a Rotary sponsored Spelling Bee Team, served as an usher for the Harlingen Concert Series, has attended a weekly Rotary meeting as well as a monthly Rotary Board meeting, and will attend the 2008 Camp RYLA. His award was presented to him by none other than visiting Texas Lieutenant Governor David Dewhurst at a weekly Rotary luncheon held Tuesday, November 27th.

MMA President Brigadier General Cheney, USMC (Ret) comments about Cadet Stitt, "I was delighted today to participate in the award ceremony where Cadet Timothy Stitt received the 'Outstanding INTERACT Student of the Month' for the combined City of Harlingen schools from the Harlingen Rotary. Timothy is a superb cadet exemplified by his tremendous record of community service, capped by his involvement with the Rotary Club. It was a proud moment for me, the Marine Military Academy, and Cadet Stitt."

Ernesto Silva, II has been a member of the INTERACT club at HHS for three years, serving as its President this year. Under his leadership, the club has grown to include students from all grade levels and backgrounds. He is constantly searching out community service projects for his club. He is an all-state singer for the HHS choir, a regional qualifier for the HHS tennis team, a back-to-back State Champion in bowler, a member of the National Honor Society and top five percent of his class as well.

Harlingen Rotary President and MMA Superintendent Colonel Glenn Hill, USMC (Ret) had this to say about Ernesto Silva, II, "Ernesto exemplifies all those traits desired in a Rotary INTERACT student. He lives Rotary's 'Service Above Self', both at his school and in his service to the community."



The Harlingen Rotary Club sponsors three INTERACT Clubs in the Harlingen area: Harlingen High School, Harlingen South High School, and the Marine Military Academy. Rotary sponsorship is based on the belief that young people—New Generations—should take an active interest in community life and have opportunity to develop leadership skills. Submitted by Ricky Leal.

# Laredo has recruiting success



Javier Compean, Area 13 Assistant District Governor, observes newly inducted members of The Laredo Rotary Club



Catalina Zaragoza and Gloria Saavedra together with President Guero Benavides were recognized with Rotary Sponsor Pins, the Rotary International Program this year that each Club has been implementing . (Follow through is the Key).



PDG Dave Leyendecker -Presenting and inducting two more members last January 9, 2008- Ed Gonzalez- Pres. elect for sponsoring -Minnie Soto



President Guero Benavides - Congratulating Ed Gonzales for sponsoring Mini Soto with the Sponsor Pin.



Dr.Juan Maldonado of Laredo Community College was also inducted January 9. All the photos illustrate the

system or the way Laredo Rotary Club inducts new members while recognizing the sponsoring members

Submitted by Terri McGraw.

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## February is the month to save your weekly programs

If your club plans to enter the [club bulletin contest](#), **this is the month** you have been waiting for. Collect your February bulletins and send them to Jack Whitmire by March 15. He will distribute them to the judging committee. Winners will be announced at the District Conference.

You may send hard copy or electronic copy. Electronic form is preferred. Nearly any type files will do; however, Adobe PDF files preserve the fonts where other files will use only the files on the viewing computer. If you send hard copy Jack will have to scan them for distribution.

Send to:

Jack Whitmire  
306 King Arthur St  
Victoria TX 77904-1825

[Email](#)

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## Tom Plumb speaks from Honduras

Dear All, **January 22**

Greetings from Honduras! Lincoln Oviedo and I arrived here on January 15 and Lincoln brought along Guillermo Verde, the minister for humanitarian aid. We stayed in Tela the first night and arranged free quarters for the Interact group for their first night in Honduras, picked up two vehicles, got new phone numbers for the cell phones, and visited with Sherwood....and had pizza at Bambinos.

We headed out for Trujillo on the 16th and have been given free room and board at the Naval Base at Puerto Castilla....a bunch of DEA and Intelligence folks from the USA are sharing the VIP quarters with us---the food is mostly egg, beans, rice, tortillas and stuff that looks like meat....and sugar coffee. I am dying for my fruit plate and real coffee.

We were joined by the Minister for Disabilities, Angel Lainez, for several days as well...and we will be going to his home in Olancho for a couple of days starting tomorrow...and later we will meet with the Honduran President to get the waiver of taxes approved.

The computers have arrived....although there were problems at the port...it is always nice to have government ministers along for the ride....but politicians come and go, bureaucrats live forever....so they still insisted on following procedures.

We off loaded 61 computers for Trujillo and the others are being stored for us in a warehouse in La Ceiba. The military and fire department helped off load them. We also have picked up 9 lap tops for schools....those without electricity.

We have visited all the schools but one (will meet with the teachers and parents there tonight). The drive to Cunda is not long in distance but tedious with potholes and mud. That will be the first school we will work at (along with one other). Since Lynn, Casey and Andria are used to ordeals...they will be there with Dennis. Deanna, Caren, Stephen and John will be at the Silin school (with the Pech school as a back up). Frank and Jim will be wiring Rodriguez with Jesus.

Yesterday we visited Aero Sosa's main office to finalize the charter flight...only the price had more than doubled...despite my presenting emails to the contrary. So we walked out and made reservations on regular flights to and from La Ceiba.

We have visited the Pech village several times (once with Minister Lainez). They have already cleared the land for the kindergarten. The Minister met with them because a powerful political figure purchased a large hunk of their land along the road with strong arm tactics in the 80s....he has now started a residential housing project....upscale....and it is the land the Pech need to expand. The government will consider buying the land back for the Indians.

We have met with the Cristales Water Board and they are getting an updated material cost list and will get the project underway once I approve it.

We have visited Rodriguez twice and they are eagerly awaiting their electricity. Also saw Darwin. We met with the Patronato at June the 13th and he is organizing the site preparation with the villagers. The exchange rate at the airport is 18.8...the official bank exchange rate is 18.8951. Still get \$100 worth done at the airport.

The teacher has been away at Silin school so we have not yet met with her.

We have ordered the plaques for the schools.

Tonight is the Rotary meeting.

So all is well....more news later!!

Tom

Hola, **January 28**

It has been raining here A LOT!!! When we first got here we were able to get to the Cunda school in the compact car (barely). Tesla had to drive us out the last time in her two wheel drive truck...it at least had higher clearance. We got most of the way and then had to walk....red clay and water make for a messy and slippery ride. So, on Wednesday we are exchanging the compact car for an SUV...or we won't be able to get to the Cunda school or water project.

Now for progress:

We met with 12 representatives of the Buenos Aires school and told them what our expectations are.....they have started clearing the site.

We walked up to the dam and there were 8 men digging out the silt that had accumulated over the years. As Joan Cocozza and the Interact chaperones can attest, that can be a muddy mess and crossing the river was a chore as



well. I slipped on rocks twice and Lincoln was flexible when we decided to walk up there just not prepared...he was wearing Bruno Mali shoes (like OJs) and I think he wanted to murder me after we got back down. So that project is underway. We will attempt to provide funding for a filtration system for Cristales next year.

The Pech have received their materials and have started the foundation. We have also contracted with them to provide the wood for all the rafters...giving them some income. A possible project for next year...via a matching grant....is to give them power.....and we would also try to do the same for Cunda.

The villagers in Cunda have torn down the old school (oops, was that the community we wanted to build a new school in?...sorry). Their materials are being delivered today...if the truck can get there in the rain.

June the 13th have dug their trench for their kindergarten and materials are being delivered today as well.

Silin has dug their trenches and the materials have arrived there...but no work is going on in the rain.

The Rodriguez power project has only just started the permit process....Lincoln is trying to push that along.

Those that have not exchanged Rotary flags....remember to bring one. Dont forget to send your support fee if you have not.....or if you want to bring \$100 in cash or travelers checks that will be fine....just let me know.

We spent 3 days visiting the Disabilities minister in Catacamas--a 480 mile drive each way. He tried to convince me to do projects there...even though I told him I wouldn't. We applied for our tax exempt credentials and hope to visit with the president in Teguz later this week to get the credentials.

More later!!!

Tom

Hola, **January 30**

For today's update, I will relate two stories:

On the 480 mile road trip to Catacamas, we had the base captain and his son join us. His turn at driving was up and down the mountains between Siguatepeque and Tegucigalpa. He is very, very religious.....so during his drive he took control of the CD player and played his Christian CDs at very high volume and was raising his arms and praising the Lord....which is fine....however, he was driving through the mountains at 70 to 80 miles an hour facing down oncoming traffic as he passed cars helter skelter....I was in the suicide seat holding on the the strap above my window and Lincoln was in the back seat with his eyes closed calmly listening to his iPod grinning as he occasionally looked over at me...meanwhile the 5 year old son is standing between the two front seats. On the way back we gave him a straight away area to drive....flat and straight....so he jacked his speed up to 85 and passed everything going through small towns. I thought our judgment day had arrived.

The second story. The Hispanic Adam and Eve had two sons.....Senor Rosales (Lincoln's mothers name) and Senor Ordonez (Tesla's last name) procreated and it was good (?)....and now everyone in Trujillo is a cousin of Tesla and everyone in Tela is a cousin of Lincoln and La Ceiba which is in between has a mix of each. We went to La Ceiba today to get the permit for the power project at Rodriguez and as we opened the doors to the electric company, Tesla and Lincoln yelled out for their primas (cousins) and they appeared....and the permit was issued immediately...actually they called ahead with their cell phones and their cousins that work for the power company showed up to facilitate.

So we got the permit, the bad news is we then went to the electric supply company for a new material cost estimate and it was \$2,500.00 higher than we originally thought.....so keep on fundraising!!!!

We're hoping to cut the water project budget some to make up for it....the cuts will not impact the quality of the project...it had been prepared by an engineer and was ridiculously high faluting.

The Pech have done their foundation and are now going to start on their latrines. The hardware store can not get to Cunda so that is at a standstill....but since it already has a foundation, we are not worried. The hole for the

water tank for Cristales has been started. We swapped the compact car for an SUV today.

Mas tarde!

Tom Submitted by Tom Plumb.

*Come Join the Rotary Fun!*



**2007 - 08 District Conference**

**Saturday, April 19, 2008**

**9 am**



**10 pm**

**10 am**

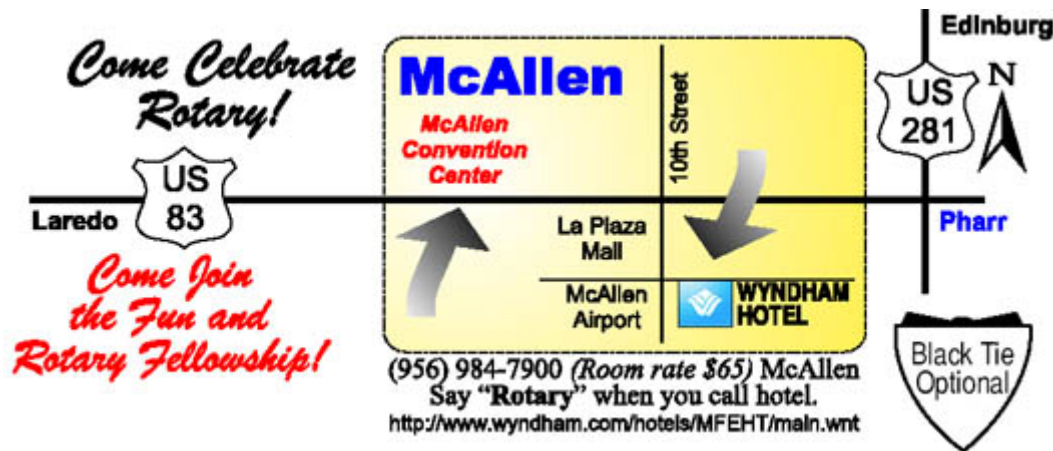
**12 noon**

**Sunday, April 20, 2008**

Coffee and Danish...8 am to 11 am  
 All Club Luncheon.....12 noon  
 Governor's Banquet.....7 pm

9 am	Saturday	First
10 am	Saturday	Second
11 am	Saturday	Third
2 pm	Saturday	Fourth
3 pm	Saturday	Fifth
4 pm	Saturday	Sixth
5 pm	Saturday	Seventh
<b>10 am</b>	<b>Sunday</b>	<b>Eighth</b>
<b>11 am</b>	<b>Sunday</b>	<b>Ninth</b>

**9 Plenary Sessions**



[Full Brochure](#)

## Kingsville Sunrise cements ties with Matamoros orphanage



Saturday, January 12th, members of the Kingsville Sunrise Rotary along with Assistant District Governor Lisa Brown made a visit to Casa Hogar del Niño in Matamoros, Tamaulipas, Mexico, just across the border from Brownsville. The club makes an annual trip around the holidays to take toys to children that are at the orphanage. On this trip there were 12 children that ranged in ages from just a few months to 17 years of age.

Damon Nolan, a former engineer that retired to the Rio Grande Valley, led the club on the trip. Damon is a true blessing, a man that dedicates his life to helping the children of Matamoros and the many problems that children face in this border town. Although he speaks no Spanish, it's clear he knows how to communicate and get things done.

Club members were able to meet with the new administration at the orphanage as well as government administrators that work with other orphanages and childcare issues.

Members from the club that made the trip to Casa Hogar included Oscar Castillo, Craig Hollingshead, Karen Engebrecht, Sean Johnson and club president Randy Hughes.

Photo: Back row - Karen Engebrecht (yellow shirt), Craig Hollingshead, Lisa Brown, Oscar Castillo, Randy Hughes, Sean Johnson Submitted by Sean Johnson.



## Rotary International approves Weslaco grant request

3-H Grant 99-27 was awarded to the Rotary Clubs of **Rio Bravo, Mexico** (D4130) and **Weslaco, Texas, USA** (D5930) to implement a Health and Sanitation project in Rio Bravo, Mexico. Rio Bravo is a town of 100,000 located less than 5 miles from the Texas border that has sprung up quickly as people move into the area in search of factory jobs. Government resources are stretched far beyond their capacity. Under these circumstances, thousands of families are forced to locate well outside the reach of the city's safe water and sanitation systems and far from medical facilities. Public hospitals and clinics that do exist, strapped by tight budgets, are able to provide only the most basic or urgent medical services.

Considering the gravity of the situation, the Rotary Clubs of Rio Bravo and Weslaco, with the assistance of an organization called Curamericas, developed a project to address the community's health needs—establishment of a health clinic. A church group in the USA contributed to the project, purchasing construction materials and traveling to Rio Bravo to build the clinic. With \$300,000 of 3-H Grant funds the clinic was equipped and supplied to provide basic medical services in the community. The clinic is open 5 days a week from 8 am until 8 pm and has a pharmacist, an administrator, a dentist, two medical doctors, a house keeper and six nurses on staff.



These nurses are the heart and soul of the project. The nurses regularly visit homes and are always vigilant about the health conditions of the families they are assigned. Mrs. Lopez, seen in the photo below, received several visits by the nurses throughout her pregnancy. Within a couple of days of returning home after the birth of her son, Miguel, the nurse made her first follow-up visit to the family. Because of the trust relationship she had built with the family, Miguel's mother was able to express her concerns about the little boy's health. The nurse examined the baby and shared the mother's concerns with the medical doctor at the Rotary-funded clinic. At the request of the doctor, the nurse went back to the Lopez home to tell them to take Miguel to the clinic as soon as possible. Upon examining the baby, the doctor sent the child straight to a laboratory for x-rays of the boy's abdomen.

The next morning the family was on the way to Monterrey to see a specialist with a referral from the clinic. A couple of days later the boy's lower intestine and colon were reconstructed, giving him a chance at life that he otherwise surely would not have enjoyed. While the majority of the nurses' time is spent teaching, weighing babies, and encouraging mothers to make changes to their families' eating and hygienic habits to prevent disease, this is a specific case where their intimate and knowledge of the households in their neighborhood saved a child's life and a mother's grief.

### February 2008 - Rotary World Understanding Month

2	Submit January membership attendance report	<a href="#">David Carrales</a>
2	District raffle commences	
6-14	Hands to Honduras first session	<a href="#">Tom Plumb</a>
9	Sixth Annual CajunFest	<a href="#">Edinburg Rotary Club</a>
14-22	Hands to Honduras second session	<a href="#">Tom Plumb</a>
15	<a href="#">Victoria Knowledge Bowl</a>	Victoria
16	Governor's Executive Committee Meeting	<a href="#">DG Tom Moore</a>



23	<a href="#">Paul Harris Dinner</a>	McAllen
24	Submit March Newsletter Articles	<a href="#">Jack Whitmire</a>
<b>March 2008 - Rotary Literacy Month</b>		
1	<a href="#">Submit entries for Club Bulletin Contest</a>	<a href="#">Jack Whitmire</a>
3	Submit February membership attendance report	<a href="#">David Carrales</a>
10-14	International Rotaract Week	
15	<a href="#">Deadline for Club Bulletin Contest</a>	<a href="#">Jack Whitmire</a>
24	Submit April Newsletter Articles	<a href="#">Jack Whitmire</a>
28-29	<a href="#">Lone Star PETS</a>	Hyatt Regency DFW

The South Texas District 5930 Newsletter is published the first day of each month. [Jack Whitmire](#), Victoria Rotary Club, edits and distributes it. [Submit articles](#) by the 24th of the month prior to publication. Jack is, also, our webmaster.

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