



Newsletter

District 5230 Newsletter May 2024 - Youth Services

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For more information about the newsletter issue or to submit an article, contact Nick Grim and Merritt Wiseman at 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.

District Governor's Column Changing Lives with Youth Service

By Debbie Hale



District Governor

So much of what we do as Rotarians involves reaching out to those less fortunate. Another important part of Rotary is investing in the future: our youth. From Interact, to Camp Royal to Youth Exchange, Rotarians love to mentor children and young people. [Read More](#)

5230 Comms Team Updates

Your 5230 "Comms" Team (left - right) Merritt Wiseman - Editor, Lynda Patrick - Chair, Nick Grim - 5230 Webmaster



The Rotary International theme for the month of May is Youth Services. Please update your auto signature to reflect the current theme. Check out our latest additions to the 5230 Toolkit on our District website!

Have you been following our social for Rocky the Otter's visits around the District. [Read More](#)

From Struggle to Strength: Navigating Mental Health Challenges with Personal Insight

By Nicholas Grim



Assistant Governor (Area 8), Mental Health Committee Chair District Newsletter Producer

The month of May is Mental Health Awareness Month. Since its inception in 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions. At the 2023 International Assembly, RI President Gordon R. McInally proposed that Rotary prioritize mental health, and he openly shared why this issue is so personal for him. President Gordon has seen someone very close to him suffer through adversity in silence, be consumed

by it, and ultimately succumb to it.

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Youth Artists Showcase Mental Health Awareness Artwork

By Lynda L. Patrick

Carmel Sunset Rotary and District Communications Chair

In 2018, the Carmel Sunset Rotary Club and AIM Youth Mental Health collaborated to raise awareness of youth mental health through an art contest. Over 1,000 entries have been received since then, each accompanied by the artist's statement, offering personal insights into mental health experiences.

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District Conference Highlights Come Play By The Bay on May 10 - 12 in Monterey

By Renata Barnwell

District Conference Chair



Rocky the Otter is rounding up attendees to come to our Rotary District 5230 Conference in Monterey! Our team has created a variety of activities to help you learn, engage, network and have fun with Rotarians and community leaders from around our District. Keep reading to learn more about the activities and educational sessions that are planned for May 10 - 12 at the Monterey Marriott! Click on the links to speaker bios and more information.

Sign up at Rotary5230.org. #Rockyâ€™sRoundup

[Read More](#)

Empowering Young Changemakers: Visalia Sunset Rotary Supports EarlyAct Club Launch of Global Project

By Dr. Donya Ball, Rotary Club of Visalia Sunset
Sycamore Valley Academy Superintendent
Speaker, Author, Professor

Visalia Sunset Rotary is thrilled to share the latest developments in our ongoing support for the EarlyAct club at Sycamore Valley Academy in Visalia, the only EarlyAct club in Rotary District 5230, formed in August 2023.

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Stevenson School Interact Member Receives 2024 Youth Volunteer Award



At the United Way Monterey County LIVE UNITED Awards (from left to right):

Nurten Atila, Carmel Sunset Rotary; Sophie Sparano, Stevenson Interactor

Trish Collins, Stevenson Interact Advisor and Romina Sparano

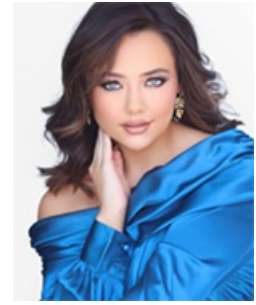
Sophie Sparano, Stevenson School Interact Club member, received United Way Monterey Countyâ€™s 2024 Youth Volunteer of the Year Award. The presentation was held on April 24th and the LIVE UNITED Awards at the Monterey Marriott with nearly 200 guests in attendance

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Rotary District 5230 and The Limitless Mentorship and Scholarship Program

By Genevieve V Armendariz

Rotary Club of Carmel Valley; Ambassador of Women's Empowerment, Miss Monterey County



Women's Empowerment Fair in Greenfield

Rotary District 5230 and The Limitless Mentorship and Scholarship Program are gearing up to host the next Women Empowerment Resource Fair. Scheduled for Saturday, May 18th, this free community event serves as a one-stop-shop for accessing resources and exploring opportunities designed to support women in all facets of life.

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Membership Update

By Rebecca Moser



iPDG; District 5230 Membership Chair

There is still time to register for the Zone Membership Training!

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Easy Does It

By Bruce D. Mackey

District 5230 Foundation Chair

Our Rotary Foundation is one of the most successful on the planet for many, many reasons. First, of course, is that we are laser-focused on doing the most effective, sustainable and critical projects with the goal of improving life on the planet for the most needy.

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The Time I Was a Personal Uber for Sylvia Whitlock

By Belinda I. Daguio



District 5230 Polio Plus / Polio Plus Society Chair

Everyday I wake up and realize how blessed I am to have the privilege of being your District Polio Plus Chair. I am in awe of each and every one of you and the incredible work you contribute individually, as a club, and as our District to our local communities, and globally. What a great organization of men and women! That being said, Women were only included in Rotary in 1987-1988, all because of one very special Lady. I call her the Godmother of Rotary, Dr. Sylvia Whitlock.

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5230 Happenings and Events

Do you know the way to Monterey?

Sign up to join Rocky at our District Conference on May 10 - 12, at [Rotary5230.org](https://www.rotary5230.org).

Check out the conference preview at:

<https://www.rotary5230.org/district-conference>

Come Play by the Bay in Monterey!

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