



District 6710



Rotaract Newsletter

Volume 2 Issue 1

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Rotaract Clubs and Sponsors of District 6710

- Rotaract Club of Bellarmine University, sponsored by East Louisville Sunrise Rotary Club & the Rotary Club of Louisville
- Rotaract Club of Lindsey Wilson College, sponsored by the Rotary Club of Columbia
- Rotaract Club of Kentucky State University, sponsored by the Frankfort Rotary Club
- Rotaract Club of Murray State University, sponsored by the Rotary Club of Murray
- Rotaract Club of Sullivan University (charter pending), sponsored by Prospect/Goshen and East Louisville Sunrise Rotary Clubs
- Rotaract Club of the University of Louisville, sponsored by the Rotary Clubs of Metro Louisville

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Kick Off Another Rotaract Year Right!

As school is about to begin, most clubs can see this as the perfect opportunity in increase membership. There are incoming college students throughout our district who came from Interact (high school Rotary affiliated clubs). These former Interactors will be a great asset to our growing district.

Besides former Interact members, there are many incoming students who are interested in the goals of Rotaract: community service, professional development, and international understanding. You can find these students by advertising Rotaract around campus, including descriptions of the club.

Other ideas might include, but are not limited to:

- Booths on campus
- Giving away food/drinks, ice cream, etc... Be sure to let others know who you are representing.
- Wear Rotaract shirts!

Once you locate potential members, what do you do then? Have a great first meeting by getting to know them! Work with the executive committee to fill the meeting with fun ice breakers, besides just business. If you have upcoming activities, already have them planned. Don't wait for the general meeting to determine specifics for projects and activities.

Let the new folks learn a little about Rotaract. You could invite a Rotarian, who is familiar with Rotaract to speak. Or have some older members share some of their experiences.

Keep up with the folks that came the first time! Add them to your e-mail list. Have the Secretary send an e-mail thanking them for coming. Make sure they know when the next meetings are (colorful handouts are great!).

By letting people know about Rotaract and grabbing them from the beginning, potential members will see how much fun they can have while impacting their campus, community, district, and even the world!

Rotary Goals: The Family of Rotary

Each year, Rotary establishes specific goals for clubs around the world. This year Rotary International President William B. Boyd has established the following goals: clean water, health and hunger, literacy, and last but not least, the family of Rotary. This is great news for us! As part of the Rotary family, we can use this goal for our own benefit. Check out the Working with Rotary Clubs section for more ideas.



Spring Rotary/Rotaract Conference Re-cap

The Fall Rotary District Conference truly demonstrated the growth of Rotaract in our district. Last year, only four Rotaract members attended the district conference, and this was because they found out about barely a week before the event. At the recent Spring Rotary District Conference, Rotaractors were responsible for registering all of the participants. This gave us the wonderful opportunity to get our faces and names out there. Rotarians were able to see who we were and that we truly want to work with them throughout the District.

Not only did we gain Rotary exposure, we also were given a great venue to hold our own Rotaract Conference. The District Rotaract Representative put together several beneficial workshops to help prepare Rotaractors for the upcoming year. Some topics included: officer training, officer transition procedures, goal setting, and Rotaract structures.



Down to the Business



Minutes from the April 29 District Committee Meeting:

At the April 29, 2006 1:30pm meeting of the Rotaract District 6710 Committee meeting at the spring Rotary District 6710 Conference, the DRR was present, a quorum of voting representatives from Bellarmine University, Elizabethtown Community and Technical College, Kentucky State University, Murray State University, and the University of Louisville were present, and Bernie Strenesky DRC chairman was present. Other nonvoting representatives from each school in the district were present.

Mary Kathryn Cash, U of L, was elected to serve as the DRR of the RDC.

Justin West, MSU delegate, was voted on to serve as the Vice Chair of the RDC.

Julie Lewis, MSU delegate, was voted on to serve as the Secretary of the RDC.

Daniel Hughes, U of L delegate, was voted on to serve as the Treasurer of the RDC.

Todd Quire, K-State delegate, was voted on to serve as the Sergeant at Arms of the RDC.

Julie Lewis moved to amend Section 2.04d of the Bylaws of Rotaract District 6710 by striking out the words "prior to the conference to take place that semester" so that Section 2.04d would read The RDC shall meet at least once per semester. The motion passed unanimously.

Todd Quire moved to amend 2.04 by inserting 2.04f "If any representative cannot attend a meeting of the RDC, his or her club may designate a proxy." The motion passed unanimously.

Working with Your Local Rotary Clubs



One of the greatest assets for our organization is the guidance and experience we can get from our sponsoring Rotary clubs. The more you get involved with Rotary clubs, by simply being present at their meetings, you will realize how much the Rotary men and women value the future of Rotary and look forward to any opportunity to work with Rotaract and help our clubs out. Check out the following ideas:

- Go to Rotary meetings and invite Rotarians to your meetings.
- Help out with Rotary projects and invite Rotarians to help with your projects.
- Plan collaborative projects with the Rotary club(s) in your area.
- Give a Rotaract presentation at a Rotary meeting.
- Get Rotaract announcements published in the Rotary club newsletter.
- Talk to your Rotarian advisor for ideas, or even find a retired Rotarian who has more time to invest in mentoring your club.

What Happens in LA...



There was a great representation from District 6710 at the *United States Canada and the Caribbean 2006 Conference* in Los Angeles. We were able to spend our days learning more about Rotaract, touring UCLA, community service projects, and we spent our nights out LA style! Here's a few highlights from our trip, from those who know best:

- Mary Kathryn Cash— "I learned that starting a community based Rotaract may not be as hard as I thought." Our DRR was also very proud of us... My favorite part was "making an impression on everyone. They knew who the Kentuckians were! The Rotaractors of District 6710 make me proud!"
- Daniel Hughes— "At the USCC I learned that there are countless other Rotaract clubs across the world that hold true to the fundamental idea of service above self. We are not alone. There are still compassionate people out there who really hold true to serving their communities. Through the stories that were told from the different clubs and instructors, I feel inspired to keep up the servant's heart."
- Dan Blakeman— "I learned that there is a common idea called Rotaract outside of Kentucky, with the same goals and better ideas to learn from. It motivated me to get more active and gain some connections to perpetuate the cycle and knowledge Rotaract has to share. My favorite part was meeting people from around the world, not only from Rotaract, but also random people in LA willing to share their thoughts and feelings."
- Brian Tate— "I had a great time at the USCC Conference. We interacted and shared ideas with Rotaractors from all over the world and received some great ideas to improve our own club. It was a great time cleaning the Santa Monica beach and going out on Hollywood Boulevard. I'm looking forward to next year."
- Julie Lewis— "At LA, I was amazed at the growth of Rotaract. The clubs in the USCC area are growing and developing drastically! It never ceases to amaze at the potential of Rotaract and Rotary throughout the world. I am so encouraged by the activities other clubs in the area are successfully completing, there are endless opportunities out there for us, Rotaract members in District 6710, to change the world!"

Picture from "Mingle Under the Stars" at Trastevere in Hollywood. Back L-R: Sherri Anderson, La-Chelle Copeland, Daniel Hughes, Brian Tate, Mary Kathryn Cash, Eric Delodder. Front: Medina del-Castillo, Paria Majd, Dan Blakeman, Stephanie Olds, and Julie Lewis.



Come to the Next Rotaract Conference and Join in on the Fun

The next District Rotaract Conference will be held in early November. Check out the District 6710 Rotaract newsletter for more information. Also find out about the Rotaract Pre-Convention meeting at the Rotary International Convention in Salt Lake City in June 2007.

Goal Setting

"If you don't know where you are going, any road will get you there."

-Lewis Carroll, Alice in Wonderland

As this quote from *Alice in Wonderland* says, if you don't set goals for your Rotaract Club you won't get where you want to be. That is why each Rotaract Club in District 6710 is being asked to create a "club plan" for 2006-2007. Each club plan should consist of at least three goals set by each club officer. The plan may also include an outline of activities and events for the year. The club president should compile all the goals and submit them to the District Rotaract Representative by September 15.

When setting goals, keep the following tips in mind:

Conceivable- You must be able to conceptualize the goal so that it is understandable and then be able to identify clearly what the first step or two should be.

Believable- You must believe you can reach the goal. You need to have a positive, affirmative feeling about yourself. Bear in mind that few people can believe a goal they have never seen achieved by someone else.

Achievable- The goals you set must be possible with your given strengths and abilities. For example, if you were an obese, fifty-year-old man, it would be unrealistic for you to set the goal of running a four-minute mile in the next two months.

Controllable- If your goal includes the involvement of anyone else, you should first obtain in the permission of the other person or persons to be involved; or the goal may be stated as an invitation. For example, if a person's goal is to take someone to a movie on a Saturday night, the goal would not be acceptable as stated because it involves the possibility that the second party may turn him/her down. However, if the person is merely to invite

someone to the movie, it would be acceptable.

Desirable- Your goal should be something you really want to do. Whatever your ambition, it should be one that you want to fulfill, rather than something you feel you should do. The "want" factor is vital to changing one's style of life.

Stated With No Alternative- You should set one goal at a time. A person who says they want to do one thing or another-giving him/herself an alternative-seldom gets beyond the "or." They do neither. At the same time, however, there should be flexibility. Flexibility in action implies an ability to be able to make a judgment that some action you are involved in is either inappropriate, unnecessary, or the result of a bad decision.

Growth Facilitating- our goal should never be destructive to you, to others, or to society. Some of the simplest, uncomplicated experiences may be the ones that are most meaningful in building positive relationships and enhancing growth

1. Allows you to express your legitimate wants, needs, feelings, and ideas and creates honest relationships with others.
2. Gives other individuals a right to respond to your assertiveness with their own wants, needs, feelings, and ideas.
3. May involve negotiating a new solution with another individual.
4. Assertiveness does not imply I win/you lose.
5. Concerns not only what you say but how you say it.
6. Includes asking directly for something you want.
7. Can be learned and maintained by constant practice.

Rotaract Pre-Convention in Salt Lake City

Mark your calendar now for the international Rotaract pre-convention meeting in Salt Lake City, UT June 15-16, 2007! The pre-convention meeting is a meeting for Rotaractors that takes place each year two days prior to the Rotary International Convention. The 2007 pre-convention meeting will be preceded by a one-day meeting on July 14 for Rotaractors from the USA, Canada, and Caribbean.

Registration for the pre-convention meeting (which covers the cost of the entire Rotary convention) is only \$70 before December 1. Airfare is expected to cost \$200-\$250, and lodging will run approximately \$115 per night for a room for four. The District will tentatively cover lodging expenses. Start making plans now to raise funds necessary to attend!



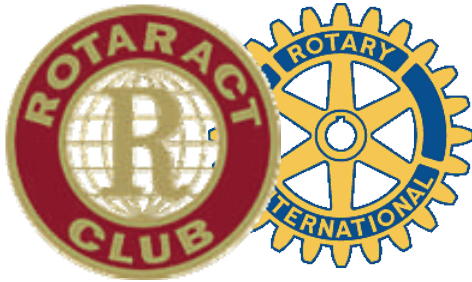
Dates to Remember:

September 2006- Deadline for Club Plans

November 4 - Rotaract District Conference (tentative date)

May 18-20 Rotary District Conference, Bowling Green

June 14-16- Rotaract pre-Convention Meeting, Salt Lake City



Contact Your District Rotaract Representative

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Who's Who in Rotaract District 6710?

Rotaract District Committee:

Chair: Mary Kathryn Cash, University of Louisville

Vice Chair: Justin West, Murray State University

Secretary: Julie Lewis, Murray State University

Treasurer: Daniel Hughes, University of Louisville

Sergeant at Arms: Todd Quire, Kentucky State

Members at Large:

Sherri Anderson, Murray State University

Dan Blakeman, University of Louisville

Richelle Moore, Bellarmine University

Michael Odentunde, University of Louisville

Lindsey Posmanick, Bellarmine

Erica Ward, Bellarmine University

(others to be elected upon return to school in August)

Rotarians:

Bernie Strenecky, District Rotaract Committee Chair

Kay Sharon- District Governor

Club Presidents:

Bellarmine: Richelle Moore

ECTC: Kelly Harrop

Lindsey Wilson: Adam Gifford

Murray State University: Travis VanBussum

Sullivan: Christy Ward (interim)

Mission Statement of the Rotaract District Committee

"We, the Rotaract Committee of District 6710, will strive to establish and facilitate communication and interaction among all clubs, as well as develop, nurture, and provide resources to new and existing clubs. As a representative body of the District, we will serve as a medium between Rotary and Rotaract clubs, as well as plan and execute District Rotaract Conferences. In following the example set forth by Rotary, we will promote service above self through our fulfillment of the goals of Rotaract."

A Letter from Your DRR

Dear Rotaractors,

Rotaract in District 6710 had a very successful 2005-2006, and 2006-2007 looks just as promising. I have been in contact with several Rotary Clubs who are interested in chartering new Rotaract Clubs, and I know that our existing clubs will continue to flourish.

Both the Rotary International President and our District Governor have the "Family of Rotary" included in their areas of emphasis for the year ahead. WE are a part of the family of Rotary, so keep this in mind as you work with your sponsoring Rotary Clubs this year. Remind Rotarians that by working with Rotaractors they are fulfilling goals set by our District Governor.

Please know that I am here to help your clubs however I can. I have a wealth of resources that I am more than happy to share with you. I look forward to seeing all your clubs as I visit each of you this year.

Yours in Service Above Self,

Mary Kathryn Cash