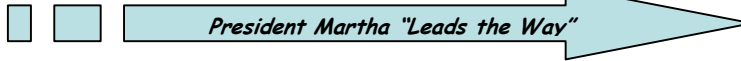


Greenes' Better Half



Rotary Club of Reno Sunrise • Chartered – April 14, 1989 • Club No. 26317

Prez sez

This week I will be quoting from an article in the *Toastmaster* magazine. Of course Toastmasters learn presentation skills. However, the club meetings also offer opportunities to develop listening skills and that's what the article in the July issue is about. The article was written by Tracy Line and is called the "Art of Listening".

Tracy makes these points:

"Listening is an essential skill for leaders. However, while many of us have spent years learning to read, write and speak, few among us have had any training in listening. Yet, bad listeners that we are, it is ironic to note that humans have a crucial need to be heard.

Experts agree that when we take the time to listen we improve relationships, promote an atmosphere of cooperation, encourage creative thinking and save money by avoiding costly errors caused by miscommunication. More importantly, we earn respect from those around us.

Unfortunately, attentive listening doesn't come naturally for most of us. (Stephen) Covey notes in his book *7 Habits of Highly Effective People* that when someone speaks, our initial reaction is to evaluate, probe, advise and interpret. We rush to scrutinize and then fix the problem- the opposite of what we should do.

The four stages of empathic listening:

- Mimic content, or repeat exactly what the speaker has said. Doing so forces you to

listen not just hear and lets the speaker know you're paying attention.

- Rephrase the content or put what was said into your words.
- Make a non-judgmental statement about the speaker's emotions
- Combine the second and third stages; rephrase content and reflect feelings.
- These are simple steps, but for many of us they are easier said than done.

Enough said!

President Martha

This Week's Program

Wendy Knorr, Northern Nevada Director,
Alzheimer's Association

Alzheimer's is a disease of the brain that causes a steady decline in memory. This results in dementia, loss of intellectual functions severe enough to interfere with everyday life.

Alzheimer's disease usually begins gradually, causing a person to forget recent events and to have difficulty performing familiar tasks. How rapidly the disease advances varies from person to person, causing confusion, personality and behavior changes, and impaired judgment. Communication becomes difficult as the person with Alzheimer's struggles to find words, finish thoughts, or follow directions. Eventually, persons with Alzheimer's become totally unable to care for themselves.

THE POT
\$160
Buy a Ticket
Take a Chance

July Birthdays

July 1	Chuck Fulkerson
July 3	Dan Webb
July 9	Linda Zanetti
July 10	Ron Rehn
July 14	Noreen Leary
July 15	Helen Graham
July 17	Robb Hemsath
July 18	Roger Burnley
July 22	Jon Greene
July 25	Virginia Haliwell
July 27	Ken Bunker
July 28	Kasia Wenker

July Anniversaries

July 1, 1978	Jon & Martha Greene
July 12, 2003	Jowel & Linda Laguerre
July 17, 1993	Brian & Marjan DeLisle
July 31, 1992	Roger & Ruby Burnley

Upcoming Programs

August 4, 2006

Coach Chris Ault,
Wolfpack Football

August 11, 2006

Jackie Deal & Chad Schurr, students
RYLA

August 18, 2006

Jim Lopey, Assistant Sheriff,
Citizen's Homeland Security Council (CHSC)

Upcoming Events

August 5, 2006

Finish RSR Community Service Project in Sun Valley. Meet at Site at 8:00 AM. Contact Mark Kattelman if you are available to assist and/or can provide a pickup truck or trailer. Mark is buying Brunch afterwards if you are willing to help.

August 9, 2006

RSR Board Meeting (open to all members) at Thom Collins' Office, 410 California Ave, Reno.
6:00pm - 7:30pm.

August 17, 2006

The Rotary Club of Loyalton's Annual Lamb BBQ 5:30 PM at 'The Rotary Park' on Smithneck Rd. in Loyalton. Contact Tracy Smith @ (530) 993-4753 if you would like more information.

September 9, 2006

RSR Hole In One Shoot Out

Congratulations to the Kattelman Family!

Their donation to the **Reno Sunrise International Friendship Fund** has exceeded all expectations and is extremely generous. Rotarians Mark and Mike donated their 1967 Porsche 912 to sell on eBay. Ed's listing sold it in short order. If you want to check out the listing, go to:

<http://cgi.ebay.com/ebaymotors/ws/eBayISAPI.dll?ViewItem&item=330009768758&sspageName=ADME%3AL%3AEOISSAA%3AUS%3A11>.

After deducting an agreed payment to Dad and Mom of \$2500, and paying the costs of the listing, the remainder up to the sales price of \$4,500 goes into the RSIFF. What a tremendous donation of almost \$2,000.00 to the fund!

Thank you Mark and Mike!

Keep those eBay donations headed to Ed for listing.

WANT AD

Ed is looking for a 6X10 or 6X12' enclosed utility trailer in great condition. Of course, he wants it CHEAP. If you have one for sale or know of someone who does, please contact Ed.

Recognition Fines

Jowel Laguerre was fined \$10.00 for the beautiful head wear.

Robb Hemsath was fined \$33.00

Charlie Fettig was fined \$5.00 NG

Noreen Leary was fined \$5.00 NG



Bob LeMonte telling Reno Sunrise about his adventures as a sports agent

Newsletter Info

Contact Jim Gerhard if you have information you would like to be placed in the newsletter

Officers / Board Members

President – Martha Greene

President-Elect – Brian DeLisle

President-Nominee – Thom Collins

Secretary – Mark Kattelman

Treasurer – Steve Bamberger

Club Service – Lyn Zanetti (2008)

Community Service – Linda Tuxton (2009)

International Service – John Albrecht (2007)

Vocational Service – Ron Simpkins (2007)

Director at Large – Mike Clifton (2008)

Director at Large – Harvey Miller (2009)

CLUBS FOR MAKE-UP

Monday

Reno – Harrah's - 12:00 PM

Incline Village – Sierra NV College - 12:15 PM

Tuesday

Carson City – CC Nugget – 12:00 PM

Reno Central – Peppermill – 12:00 PM

Reno Centennial Sunset – Tamarak – 6:00 PM

Wednesday

Sparks – John Ascuaga's Nugget – 12:10 PM

So. Lake Tahoe – Harrah's – 7:00 PM

Thursday

Sparks Centennial Sunrise – Wingfield Springs 7:00 AM

Reno South – Atlantis – 12:00 PM

Carson City Sunset – Devincenzi's Grill – 6:30 PM

Friday

Reno Sunrise – Siena Hotel Spa Casino – 7:00 AM

Tahoe Douglas – Caesar's – 12:00 PM

Online

e-club one - www.rotaryclubone.org

e-club D-7890 - www.rotaryclub7890.org

e-club of Tampa Bay - www.rotarycluboftampabay.org

www.renosunrise.org
