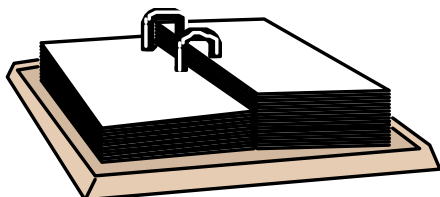


# Volume 7 Issue 1

# July 1, 2008

## PRLS Calendar



### July

- July 12 Matching Grants and Major Gifts Seminar, Bakersfield
- July 13 District Demotion and Club Awards 12:00 – 4:00PM Buellton Marriott.
- July 19 Basic PRLS, Santa Maria Inn (date not a misprint)
- July 19 Basic PRLS, Montecito Union School (not a misprint)
- July 26 Master PRLS 1, Santa Maria Inn (Extemp. speaking)

### August

- Aug 16 Master PRLS 2 (Planned Public Speaking) Santa Maria Inn
- Aug 23 Master PRLS 3 (Facilitation Skills) Santa Maria Inn

### September

- Sept 27 Master PRLS 5 (Project Management) Santa Maria Inn



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## Relief from Stress -- Rotary Style

By Wade Nomura (Carpinteria Morning)

*Editor's note: Wade is the principal instructor for MPRLS3, and brings a wealth of experience to this article.*

Stress can be one of the most difficult emotions to overcome. It's a shame that, even in Rotary, we are not exempt from stress. Rotary is supposed to be "fun and rewarding," not stressful and problematic.

What causes stress? Stress is an individual response created by conflict, a lack of productivity, misconceptions, time constraints, fear of failure, financial concerns, business and personal issues. Interesting that everything listed previously can appear on a daily basis, and possibly, in everything you do.

Why, then, are the most productive individuals able to cope with stress better than average?

These individuals are usually more organized and less emotional during times of conflict.

How can you reduce stress in your life?

MASTER PRLS 3 (Facilitation Skills) is the answer.

MPRLS 3 teaches you how to become more organized,

solve problems, and solve them in a timely manner. MPRLS3 will give you practical experience on techniques and methods to solve problems that can be used both in your professional and personal life. If more Rotarians were to take this class, clubs would all become more productive, as they would know how to accomplish goals/projects efficiently, and with far less time in planning and implementing, as most delays can be resolved before they become an "issue". This is why it is no surprise, that our most successful clubs, all have MPRLS graduates leading their projects and events because of the training and experience they have had.

We also bring awareness techniques to better understand working and interacting with people (individuals) which makes your job far more rewarding. We cannot eliminate stress (nor do we intend to), but we can certainly make your Rotary Life more rewarding; and WE WORK HARD TO MAKE THIS A REALITY FOR YOU.



## Why I'm in Rotary

By Barbara Butler (China Lake)

*Editor's note: Sharon Girod (China Lake), in her PRLS class on "Communications," asked her students to "tell your Rotary story." This is one of the submissions.*

I have been attending Rotary meetings for 35 years as a "Rotary Ann."

When my husband died some five years ago, the Rotary Club of China Lake made me an honorary member.

After a year, PDG Darrell Johnson asked me to join the club as a full member, and I accepted!

My husband ran the Scholarship and Ambassadorial programs. I became the Director of New Generations, and through this avenue of service I have been able to carry on my husband's legacy.

Youth seems to me to be the most important asset of our society. We as Rotarians have the ability to teach our kids about "Service Above Self" and to encourage them to "Lead the Way."

My passion is Youth Service – my energy will always focus on youth – the Rotarians of tomorrow.



## HOLA PRLS !

*Editor's note: This same article appeared in the June issue of the District 5240 monthly newsletter. Why repeat it? Well, not all recipients of "The Strand" received that issue of the District 5240 Bulletin. We thought it sufficiently important to our far-flung PRLS graduates that they know of this development in the program.*

PRLS in Spanish? Yes, it's true!

District 5240's famous Potential Rotary Leadership Seminars (PRLS) has now been re-introduced to Spanish speaking Rotarians in Mexico.

PRLS instructor Wade Nomura (Carpinteria Morning) was invited to the District Conference of 4160 held in Guanajuato, Mexico to introduce PRLS as a training and educational tool for their presidents and the current and future district leaders. The class was organized and coordinated by DGN Luz Maria Ortiz-Smith (Santa Barbara Sunrise), who was once a member and is a past president of District 4160's Na Tha Hi Rotary Club.

The class was held as a breakout session with an anticipated attendance of 5-10 attendees.

How successful was it? The class ended up being held in an auditorium with an attendance of 80+. Included was R.I. President Wilf Wilkinson's Representative Jose Manuel Herrera, who was also an R.I. Training Leader at the 2007 International Assembly. To make things even more interesting, the class was cut from a three-hour time period to one hour. Normally, the lesson material is covered in MPRLS 1-2 (Public Speaking), taking 12 hours to cover with an average class size of 15. It was fortunate for Wade that Luz Maria Ortiz-Smith and Mario De La Piedra (Fillmore Sun Risers) were on hand to assist, as he was able not only to present a power point showing of Public Speaking, but even

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had time to "recruit" members of the audience to give three-minute evaluated presentations.



The class drew rave reviews, and everyone wanted to see PRLS offered in their district. There was also comment that this is one area where the district would greatly benefit in preparing their presidents, as PETS (without public speaking) is the only training they are currently receiving. R.I. President's Representative Jose Manuel Herrera commented on how much he learned in the short time period and how he plans to use what he learned in future presentations. A criticism that came up was that the presentation should have been presented by a local Spanish speaking instructor. That was an "Ouch!" for instructor Nomura, until that person approached Wade later to say that what he had meant was that he wanted to be trained to be an instructor!

With all the enthusiasm displayed by the attendees and District 4160 staff, it was decided that to move forward and plan a return trip to present PRLS and MPRLS classes as they were intended to be taught, with all the appropriate materials translated into

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Spanish to train District 4160's instructors

On top of the Australian and South African triumphs of a couple years ago, this is one more PRLS success story.



### **The Diversity of Rotary**

By Jock MacKenzie (Westlake Village)

At a Master PRLS 2 (Public Speaking) session a couple years ago, I saw as diverse a group of Rotarians as I think we've had in any single PRLS group I recall. Most of the people in the class were Rotarians, but there was also a spouse and a Rotaractor. Not all were American-born. Not all were young, nor were they all old, bearing in mind that, to me, anyone under age fifty is practically an infant. There was a diversity in bodies—male and female, heavy and slim, trim and physically lazy, tall and not tall, high voice and low; loud voice and soft; most didn't water at the eyes, but one did every time she fought her natural "Get out of here!" inclination as she got on her feet in front of the rest of the class.

The subject matter of their talks would have made any Program Chair proud: "Visiting a District Conference in Sofia, Bulgaria;" "Construction Equipment;" several "Influential Rotarians I Have Known," several inspirational "Reasons Why I'm Still in Rotary," a couple "The Greatest Rotary Meeting I've Ever Attended;" an absolutely

magnificent "Rotary Foundation" talk.

There couldn't have been more diversity had we planned it, and I sat there thinking that diversity is a blessing for our Rotary community. But you have to wonder, "Why in the world is diversity a blessing? I know my community (pick one) is diverse, and I absolutely know that's not always a blessing." Why us? What's so great about Rotary that we count "diversity" as a plus? What's so special about us, as opposed to people who are NOT members of our organization?

There's something unusual about us that we should elect of our own free will to gather together as a separate community of volunteers in the service of humanity. What is the common thread that runs through all of us? Is it the community we live in? Is it our culture? Is it our economic status? Is it our way of doing things? And when we find the thing or things that makes us more like our Rotary associates, then we say, "YES! That's what we're like! That's what Rotarians are! And if that's what Rotarians are, that must be what Rotary itself is!" We then make that the single factor that defines our clubs. What we don't realize is that the process is almost so irresistible that it is invisible, until in the bright light of insight you discover that you're a person who maybe doesn't share that characteristic. Bummer.

Well, I think it's the diversity we have in common that makes us so special. Some

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of us are white, some of us aren't. Some of us are Catholic, and some are Presbyterian, or Buddhist, or Moslem, or Jewish. Some of us quit school in the eighth grade, and some of us have PhDs. Some of us are dedicated to the ideals of Rotary, and some of us are dedicated to doing as well for ourselves in Rotary as we can. Some of us play league softball in our fifties, and for some of us exercise is turning the channel indicator on the TV set by hand. Some of us sit up front at meetings and try not to miss a word that's spoken, and some of us sit at a table in the back of the room and snipe whatever's going on. Some of us have perfect attendance over a long period of years, and some of us think that perfect attendance is an unnecessary fetish best left to village idiots. Some of us always do what we say we're going to do, and some of us don't. We are as diverse as any small group on earth! Rotary is more diverse than any of us can imagine, and in the cross fertilization of that diversity of people we end up with a more complete vision of who our fellow members are and what our purpose is on this earth.

A new study from the University of Minnesota's Carlson School of Management in Minneapolis found that work groups made up of close friends were far more productive and able to reach better decisions than work groups of mere acquaintances. One of the study sponsors suggested that friends work so well together because of already established honesty, trust and respect. It's not a

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stretch to apply this study to the running of our clubs. You have to envy those belonging to clubs whose Presidents promote friendship among their members through club-sponsored social events and other outside activities.

And so as we gather together weekly with our friends, we're able to say, "Yes, indeed! We are special people because we're Rotarians!" What binds us together is not the commonality we share. It's that in our diversity we've chosen to participate in the good works of Rotary, to display to the world what is possible when good men and women bind themselves to the idea of helping others.

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### Concentrated PRLS

By DGN Walter Buchanan (9600)  
Australia

*Editor's note: The author had visited 5240 (Southern California USA) in July 2007 specifically to attend and complete the Basic PRLS module, and to attend and complete Master PRLS 1 and 2, both full-day, public speaking courses. His intention was to take his experiences home to Australia to augment the already-existent PRLS courses being taught in his district.*

*The Americans thought so much of him that PRLS Director Bonnie Cameron designed a special two-day course coincident with the author's visit to the Los Angeles Rotary Convention in June 2008 so that he could finish the entire PRLS Course and thereby be the first non-American Master PRLS graduate.*

*This article reflects some of his experiences during those two days.*

As a return visitor to District 5240, I was staggered by the efforts taken to assist in ensuring I returned to Australia wearing the 'Master' rocker to my PRLS's pin.



It would be amiss of me not to thank all concerned. To mention names could cause me some embarrassment, as I may well miss a name. Therefore, I will only say to all: "Goodonyamate, thank you all very much,"

San Luis Obispo just has to be one of the best sites to conduct any Rotary training, but once the training commences all thoughts of this lovely town disappear. And so it was when I was faced with two rather intensive days of Master PRLS training.

**Day one:** Facilitation Skills (Master PRLS 3) and Situational Leadership (Master PRLS 4). A half-day was dedicated to each of these two modules. The time allocated was sufficient for the bare bones of these units to be presented. The instructors did an outstanding job in keeping to the schedule, at the same time encouraging class participation, but at the end of the day I felt there was 'something missing' ---- the need to go a tad deeper with each module. A full day per module would redress this feeling of 'something missing.'

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**Day two:** Project Management (Master PRLS 5). A full-on, half-day-plus was of great benefit. 'The opportunity to work with a small team in developing and presenting a project was a great way of pulling all previous PRLS modules together and putting them into action.'

It was expected that all participants would recall lessons learnt from earlier Basic and Master PRLS modules and put the same into practice during Master PRLS 5.

Could not the same be expected from Master PRLS instructors? No hands in pockets, please; no umms or errs, please; no walking between data projector and screen, please. Please ensure the subject matter is followed and the class is not taken off on a tangent. Please know the subject one has to deliver, and know it thoroughly, no 'cuffing it.' *When one does, it shows!*

Nevertheless, the two-day programme provided significant values to the learning outcomes. The professionalism in developing the contents of the modules is acknowledged, and the efforts of both instructors and participants were greatly appreciated. All in all, I have formed a sound opinion that PRLS does add a new dimension to training and development in the knowledge of Rotary at Club and District levels.

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### ATTENTION Graduates!

By Wade Nomura (Carpinteria Morning), Member District Education & Training Committee, Instructor, Master PRLS 1, 2, 3, 4, 5

I have been teaching Master PRLS classes for over four years now, and this is the very first time I have ever seen or heard of a class being cancelled because of a lack of students. I would first like to

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thank personally those students who signed up for the series and for completing Master PRLS 1 and 2. I hope you were all able to complete the series with the special session we held in San Luis Obispo.

I am bringing this to everyone's attention in order to insure this does not happen again. As PRLS and Master PRLS graduates, we have all benefitted from these classes and are able to use on a daily basis the skills we learned from the classes. The instructors and the curriculum are all outstanding, and the system that has been put into place equals some of the best being offered anywhere (and at a fraction of the cost). We truly have benefitted.

How can we give back to PRLS for all that we have received?

The answer is in promoting PRLS and Master PRLS to those who have not yet taken the courses. We alone know the benefits first hand and are able to implement these skills to benefit not only our own lives, but also those whom we serve with in Rotary. The efficiency of our District can be attributed to Master PRLS, because just about every District Staffer is a Master PRLS graduate.

Here is how we can help:

- Require Basic PRLS as a Red Badge requirement or orientation.
- Keep track of the PRLS and Master PRLS graduates in your club.
- Acknowledge Master PRLS graduates within the club (I believe that recognition of Master PRLS graduates is a key factor in each club's success.).
- Have your club sponsor members to take PRLS as this training will come back to benefit your club.
- Invite PRLS "recruiters" to speak at your club (most of the

instructors would be more than happy to make presentations).

- Send PRLS students in groups, as there is a special bonding of Master PRLS graduating classes.
- Incorporate Master PRLS as part of your club's leadership plan.
- Point out to your club those specific instances where your Master PRLS skills are being put to use.
- Remember that you do not have to be a Rotarian to take the classes. Family members, Interact and Rotaract members can also benefit from the classes.

We graduates need to start promoting PRLS in order to continue to have the successes that our District currently enjoys. Without PRLS skills we will inevitably backslide into mediocrity and lose the efficiency we presently enjoy.

With classes being cancelled for lack of interest, it is time for us to take action and give back to PRLS.



### Convention PRLS

By DGN Walter Buchanan (9600)  
(Australia)

*Editor's note: 5240 PRLS Director Bonnie Cameron represented PRLS during the Rotary Leadership Breakout Session of the Rotary International Convention in Los Angeles. Bonnie displayed sound PRLS training to all in attendance with her professionalism. An outstanding performance!*

"Developing Club Leaders" was the title of a Breakout Session on Tuesday 17 June 2:00pm til 3:00pm. A panel comprising of a representative from Rotary Leadership Institute (RLI), Institute of Leadership Council (ILC) and Potential Rotary Leaders Seminar (PRLS) faced a group of

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perhaps as many as 250 Rotarians, all willing to establish just what is available for Rotarians to enhance their personal growth and to develop further their leadership skills.

Each panel member made a short presentation as to the aim and objectives of his/her organisation. This was followed by a period of Questions and Answers.

A small band of supporters offered Bonnie moral support. The supporters included David Gore, Stewart Fries, Doug Hoffman (all D5240), Chris Molam (D9210), and Walter Buchanan (D9600).

Bonnie wowed them all with 'just give me your business card.' Not only was Bonnie succinct in her presentation, but she reflected the lessons learnt in Master PRLS 1 and Master PRLS 2. In all, she gave an outstanding performance.

The outcome was a long line of Rotarians wanting to provide Bonnie with their business cards, whereas the other two panel members just looked on.

Well done the PRLS team!



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