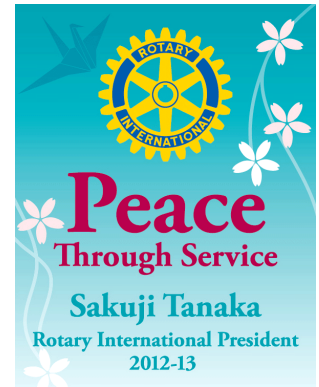


# Rotary Club of Greater Van Nuys

[www.greatervannuysrotary.org](http://www.greatervannuysrotary.org)

**Service Above Self**

Meeting at 94<sup>th</sup> Aero Squadron  
Thursdays, 12:10 p.m.  
16320 Raymer St., Van Nuys, CA 91406



## May 9, 2013

**Flag Salute:** Marie Valencia  
**Invocation:** Mauricio Aranda

**Attending Active and Honorary Members:** Barbara Pampalone, Don Fetherolf, Renée D'Auria, Don Reinken, Marie Valencia, Mike Quiroga, Jean Mabilon, James Tenner, PDG Les Grossman, Zoraida Suarez, Judy Coates, Roz Kogler, Ron Wolf, Mauricio Aranda, Robin Kellogg, Marc Tapper, Rosielee Jones, Robert Ramirez, Rich Miller, Tom Harris; Wayne Slappy

**Guests:** No Guests this week. Com'on guys. Use those beautiful invitation cards that Rich Miller handed out.. They're no good in your wallet or purse.

### ANNOUNCEMENTS

District Conference report by Jim Tenner. Very fun-filled according to all who went to Santa Barbara last week.

### June 1 Fundraiser

Don Reinken showed the graph of our goals for our reverse raffle fundraiser. So far 49 tickets have been sold. – We are 1/5th towards reaching our goal of 250 tickets. June 1 is the drawing so keep those sales coming. At \$100 each, several persons may want to split the ticket and split the prizes. For anything except the \$10,000 grand prize, the ticket must be represented at the event. If you have any questions, contact PDG Les Grossman.

**The Reverse Raffle money raised will fund many of our major projects and scholarships.**

### Bulletin Editor Needed

Marc Tapper graciously agreed to do the bulletin this week. Remember that we still need someone willing to do the job on a regular basis starting July 1 – Beth and Robin need to step down from this job for health and time constraint reasons.

### Bingo

Please contact Rich or Marco at 818-994-8234 to volunteer or get tickets. The next game is **May 22**.

**Program Speaker: Robert Rameriz**, Owner of Silver Body and Paint in Van Nuys

Robert gave everyone in attendance a very valuable brochure entitled **WHAT TO DO IN CASE OF AN ACCIDENT**. This is an item that should be kept in every car you own.

### Calendar

- 5/16 Honoring Past Presidents**  
**5:00 p.m. Expediente Rojo Bullying and the Internet Forum**, Masonic Lodge, 14750 Sherman Way, Van Nuys, RSVP to 818-786-1076 or [rsvp@casaesperanzaihm.org](mailto:rsvp@casaesperanzaihm.org)
- 5/18, Sat. 7:00 – 11:50 a.m. District Assembly**, Carson Community Center, 3 Civic Plaza Dr., Carson; \$35 by 5/4, \$45 after 5/4
- 5/23 Nora Maclallen**, Vision to Learn
- 5/22, Wed. Bingo**, 6:30 p.m. at Union Hall, 14800 Devonshire St. (SW corner at Woodman)
- 5/30 Open**
- 6/1, Sat. Reverse Raffle Fundraiser**, 6-10 p.m., Union Hall, 14800 Devonshire St. (SW corner at Woodman) \$15/person for buffet

It says what to do and what not to do if you are in an auto accident. It has some information and blanks for filling in critical data. Robert says be sure to get the VIN (Vehicle Identification Number) of any and all vehicles involved.. Important because the vehicle may be stolen, or not registered. Robert's daughter was in an accident and had no idea as to what to do so he became motivated to develop this written guideline. if you do not have it you can get it. Just ask Robert!

Other recommendations he made were:

- Record all applicable information as soon as possible after the accident. Also draw a diagram of it.
- If your car is 3 years old or less, get comprehensive insurance on your policy.
- Cover your vehicle for uninsured or under-insured motorist. It is well worth the small premium increase.
- Buy "in-state" insurance.
- Buy direct from the insurance company rather than using a third party broker.
- Tell your repair shop to take the car apart before settling with an adjuster. The adjuster may just take pictures of the exterior of the damaged vehicle. Robert looks under the hood and does not allow the adjuster to pressure the driver for a settlement.



Robert Rameriz, Silver Paint & Body and Jim Tenner,  
Club Co-President

### **Happy Bucks**

Thank you to everyone who contributed to Happy Bucks today.

### **Opportunity Drawing**

Congratulations to Jean Mabilon, who won half the \$90 pot.

### **Did You Know?**

The human foot and ankle is a strong and complex mechanical structure containing 26 bones, 33 joints and more than 100 muscles, tendons, and ligaments.

Walking is the quickest anti-depressant on the market.

The scale is an unreliable gauge for health. Better fat and fit than thin and unfit. Walking is the ideal gauge for fitness.

Walking regularly reduces the likelihood of diabetes and pre-diabetes in adults and children.

Walking 30 minutes a day helps strengthen the heart muscle and improves stamina.

**Contributed by:** GVN Rotary Club Member Jean Mabilon

### **Meeting Information for Nearby Clubs**

Calabasas, Tuesdays, 12:15 p.m.  
Wolf Creek Restaurant  
26787 Agoura Rd.  
Calabasas, CA 91302

Granada Hills, Thursdays at 12:10 p.m.  
Porter Valley Country Club  
19216 Singing Hills Dr.  
Northridge, CA 91326-1716

Greater San Fernando Valley **E-Club**, Mondays at 12:00 p.m., online 24/7, [www.rotaryclubgreatersfv.org](http://www.rotaryclubgreatersfv.org)

Northridge/Chatsworth, Tuesdays at 12:00 p.m.  
The Olive Garden  
19724 Nordhoff Pl.  
Chatsworth, CA 91311

### **2012-2013 Club Officers:**

#### **Co-Presidents:**

Martha Stulman H 818-708-8947  
Jim Tenner H 818-241-9435

#### **Immediate Past Presidents:**

Barbara Pampalone H 818-882-2395  
Don Reinken H 818-368-3341  
Razi Sheikh C 818-621-4841

**President-Elect:** Rich Miller W 818-994-8234

#### **Director, Administration:**

PDG Emilio Basile C 818-634-4043

**Secretary:** Robin Kellogg H 818-993-5378

**Treasurer:** Razi Sheikh C 818-621-4841

#### **Director, Membership:**

Rich Miller W 818-994-8234

#### **Director, Projects:**

Mauricio Aranda W 818-634-4043

#### **Director, Foundation:**

PDG Les Grossman H 818-757-0157

#### **Director, Public Relations *Open***

#### **President Van Nuys Rotary Foundation:**

Donald Fetherolf H 818-986-1460

#### **Bulletin Editor *pro tem*:**

Beth Ullman H 818-701-6889

#### **Community Co-chair:**

Marie Valencia H 818-929-7118

**Int'l Co-chair:** Zoraida Suarez W 818-788-8838

#### **New Generations Co-chairs:**

Rosielee Jones W 818-782-0022

Mauricio Aranda W 818-634-4043

**Programs Chair:** Mauricio Aranda W 818-634-4043

Studio City-Sherman Oaks, Tuesdays at 12:10 p.m.  
Sportsmen's Lodge Hotel  
12825 Ventura Blvd., Vista Room  
Studio City, CA 91604

Tarzana Encino, Tuesdays at 6:00 p.m.  
John O'Groats  
16120 Ventura Blvd.  
Encino, CA 91436

West San Fernando Valley, Thursdays at 7:15 a.m.  
Gables 818-347-2437  
20920 Ventura Blvd.  
Woodland Hills, CA 91367

Woodland Hills, Wednesdays at noon  
Woodland Hills Country Club  
21150 Dumetz Rd.  
Woodland Hills, CA 91364