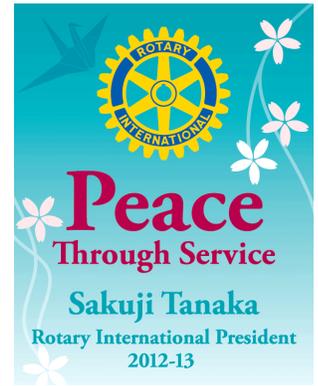


Rotary Club of Greater Van Nuys

www.greatervannuysrotary.org

Service Above Self

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



November 29, 2012

Flag Salute: James Tenner
Invocation: PDG Eli Gauna

Attending Members: Alice Gauna, Barbara Pampalone, Carlos Menjivar, Don Fetherolf, Don Reinken, Elaine Bern, PDG Eli Gauna, PDG Emilio Basile, Frank Santucci, Javier Nunez, James Tenner, Judy Coates, PDG Les Grossman, Marc Tapper, Marie Valencia, Marina Martinez, Mauricio Aranda, Mike Quiroga, Rich Miller, Robin Kellogg, Ron Wolf, Roz Kogler, Tom Harris, Zoraida Suarez; Beth Ullman

Guests and Visiting Rotarians: Jan Goforth; Joan Tenner; Max Kellogg; Wynn Ritch of the Granada Hills club; Salvation Army Cadet Victor Verdugo; Alice Gauna's sister Dorothy Solberg; Mark Letner (an auditing and financial consultant, 8661-433-2200, guest of the club and Rich Miller), and Bobbi Caparella and Clarissa Black, our speaker, of Pets for Vets

ANNOUNCEMENTS

Club Assembly

On December 20 we will have our annual election of next year's officers at a club assembly, as well as a discussion of projects and other club issues. Jim asked that we please do not invite or bring any guests to this meeting. And PDG Emilio asked that anyone who is interested in taking an office next year to let him know so they can be included in the list of candidates and positions.

Thanksgiving Thank You

Capt. Marina thanked the members who helped her and the Van Nuys Salvation Army crew serve dinner to 310 low-income people last Thursday. Everyone was very appreciative! She also reminded us of the toy drive they are holding December 8 at the local WalMart stores from 9:00 a.m. to 5:00 p.m. (see *Reminders* below).

Fireside Chat

On December 9 at 11:00 a.m. there will be a fireside chat for new and prospective members. All current members should come if you can to help welcome and educate prospective members about our club. Andrea and Don Reinken have graciously volunteered their home: **18845 Celtic St., Northridge**, and Don asked everyone to sign up to bring something to eat during the event.

Calendar

- 12/6 **Beth Anderson**, Rotary Rose Parade Float
- 12/8, Sat. **The Salvation Army – WalMart Toy Drive**
- 12/9, Sun. **Fireside Chat**, 11:00 a.m. for new and prospective members, home of Andrea and Don Reinken: 18845 Celtic St., Northridge
- 12/13 **Susan Smith**, Valley Alternative Magnet School in Van Nuys
- 12/15, Sat. **Holiday Party** at PDG Les Grossman's and Dr. Zoraida Suarez's home, 4840 La Montana Circle, Tarzana \$25/person
- 12/18, Tues. **Dinner** at 6:00 p.m. for families adopted for the holidays, location TBA
- 12/20 **Club Assembly** and election of new officers
- 1/16, Wed. **Bingo**, location TBD

Another Successful Thanksgiving

PDG Les announced that he, Javier, Marie and Zoraida helped serve Thanksgiving dinner to over 220 homeless in the area surrounding Victory Outreach Church last Thursday, to many surprised and grateful responses.

Hurricane Sandy Relief

Rich announced the board voted to send \$500 to the Rotary fund providing relief to victims of Hurricane Sandy, and that he is personally donating an additional \$50, which he challenged each of us to match. Zoraida was the first, as usual, to answer his challenge.

Holiday Gifting

Marie reported the club is adopting over 25 families to help this holiday season, and there would be a meeting tonight to plan the logistical details. If you would like to help, the committee will be meeting with families (some in safe houses) to gather information such as children's sizes and needs before items are purchased. On December 18 there will be a pancake breakfast with the families and their case workers to which all club members are invited.

Holiday Party

PDG Les reminded us the club's holiday party will be at his and Zoraida's house on December 15. To keep life easy for everyone, it will again be catered, so there is a charge of \$25/person. Please let him know if you will be able to attend, and if you have a guest: 818-757-0157.

Speaker: Clarissa Black, Pets for Vets

A graduate of Cornell University with a degree in Animal Science, Clarissa has trained a wide variety of animals, from fish and dolphins to dogs, cats and even elephants. Through her career as a dolphin trainer, Clarissa learned advanced animal training principles and applied them to husbandry, veterinary, research and program training. Gradually she realized she wanted to develop relationships with the animals under her care, and began working as a professional dog trainer. She has been successful developing personalized training and behavior plans, as well as teaching dog obedience. Her motto is "set both the owner and the dog up for success".

During her experience working with therapy dogs in the company of America's veterans and wounded soldiers, she saw firsthand how important animals can be in recovery. This led her to found Pets for Vets as a way to help them, as well as rescue animals that might otherwise be euthanized in our shelters. Pets for Vets is also her way to say thank you to our country's heroes. Her personal experience with PTSD has given her unique perspective on the training each dog receives, as well as the ability to recognize what each veteran needs from his or her companion animal.

"Healing Vets and Saving Pets" is the organization's motto. Up to 4 million dogs and cats are euthanized each year, many of which could make excellent companion animals but never get the chance. The group's animal trainers evaluate and rescue shelter animals specifically located to match each veteran's needs, and provide additional training to ensure that they are able to assimilate into a home, which is quite different from a shelter environment.

Vets returning to civilian life after military duty have an alarming rate of suicide and family abuse. Fully 20% experience Post Traumatic Stress Disorder (PTSD). This leads to a downward spiral of apathy, unemployment, broken relationships, addiction and depression. Companion animals can be literally be life saving therapy. Medical studies have shown that companion animals significantly improve mental and physical health, including reducing stress, depression and anxiety, symptoms experienced by many serving in the military.

The Pets for Vets team interviews each veteran to ascertain what he or she is looking for in a companion animal; we pair this with his or her personality and lifestyle to make the perfect veteran-pet match. Once the perfect pet is selected for the veteran, the pet spends time in the home of a trainer, who teaches the pet basic obedience and other valuable behaviors needed to live with his/her new owner. This can include becoming comfortable with wheel chairs or crutches as well as recognizing panic or anxiety disorder behaviors, skills needed to help with PTSD and Traumatic Brain Injury.

It's win-win. Needy shelter dogs and a few cats receive a second chance at life while giving our returning soldiers a second chance at health and happiness. The bonds of friendship formed between man and animal have the power to ease the suffering of our troops when they return from overseas. Clarissa illustrated this with several very moving stories during her PowerPoint presentation.

One man had a dog lick a visiting fellow vet

experiencing a flash-back, and bring him out of it. Another's dog woke him up for the first month every time he started to have nightmares about the war. After that month, he gratefully reported he was no longer having nightmares at all! Many, perhaps most, can reduce or eliminate their anti-anxiety medicines. Best of all, the vets' relationships with their families improve dramatically. They learn patience and the power of healing. Some say the animals have been through trauma much like their own, and if the animals can heal, so can they.

Now a full 501(c)(3) with chapters in Michigan, Washington, Colorado, Georgia, New Hampshire, Oregon, Illinois and Washington, D.C. besides here in the LA area, Clarissa is just getting started with Pets for Vets. She wants to have chapters in all 50 states. Featured on NPR, CBS2, CNN, PBS and the Pentagon Channel, they are getting the exposure needed to attract the supporters and volunteer trainers to do the work.

For each veteran-pet match, Pets for Vets provides the necessary equipment for them to start their new life together, including micro-chipping. Both the animals and all services are free to the vets, and any veteran in a chapter area who could benefit from having a companion animal and is able to care for an one is eligible. For more information, visit <http://pets-for-vets.com>.



Don Reinken and Clarissa Black

REMINDERS

The Salvation Army Toy Drive

On December 8 The Salvation Army needs a few volunteers to help them collect new toys at our four local WalMart stores. Customers will be asked to add a toy to their purchases to be given to needy families, and The Salvation Army will be there to collect and sort those toys from 9:00 a.m. to 5:00 p.m. Call Capt. Marina at 818-781-5739 to volunteer for a half-day shift.

Donation Collections

Please bring old **eyeglasses**, and unused **greeting cards**, especially holiday cards, to donate to different

charities. (Thank you very much to those of you who already have!) Beth will be collecting them through December 13.

Opportunity Drawing

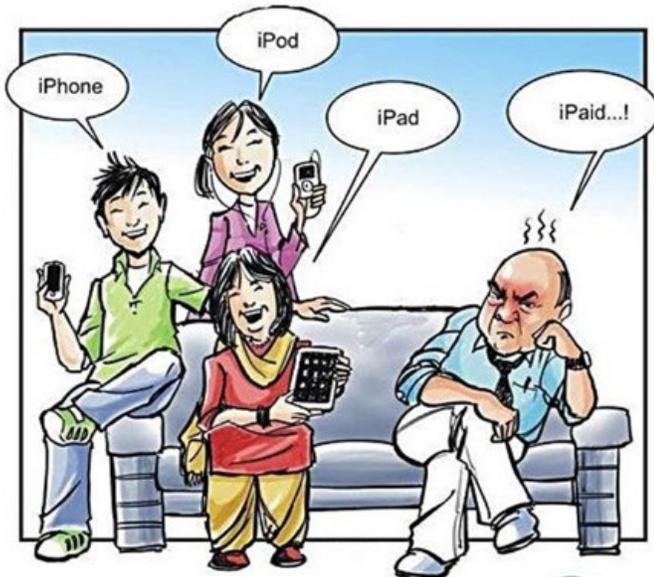
Congrats to Joan Tanner, who won half the pot.

PolioPlus

Congrats also to Beth Ullman, whose name was drawn for the first quarter's credit of the PolioPlus money collected in Priscilla Pig, \$232. PDG Les is now asking her to bring it to \$1000 for the next Paul Harris recognition.



Just for Fun



Notable Quotables

"It is error only, and not truth, that shrinks from inquiry." Thomas Paine, philosopher and writer (1737-1809)

"When money speaks, the truth keeps silent." Russian proverb

"Everybody, soon or late, sits down to a banquet of consequences." Robert Louis Stevenson, novelist, essayist, and poet (1850-1894)

"His mother had often said, When you choose an action, you choose the consequences of that action. She had emphasized the corollary of this axiom even more vehemently: when you desired a consequence you had damned well better take the action that would create it." Lois McMaster Bujold, writer (b. 1949)

Special Notes

Former member Roz Kogler says "hi" to everyone and sends her best regards plus wishes for a happy holiday season. She's doing well but is still getting physical therapy several days each week and so can't attend meetings.

To everyone –



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, <http://www.rotaryclubgreatersfv.org>

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

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.
Coco's
21844 Victory Blvd.
Woodland Hills, CA 91367

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

*Beth Ullman
17426 Napa St.
Northridge, CA 91325*

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

Director, Administration:

PDG Emilio Basile H 818-886-4142

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

Raul Castillo C 818-636-9125

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

Vocational Chair: *Open*

Sgt. at Arms: *Open*