

THE VALE NEWS

Aug. 8, 2012

Vol. 37 Issue No. 5

Membership & Extension - A time to highlight membership development & extension

Club Calendar & Speaker Assignments

Aug. 15 Jim Leyton -Deb. Kahn, Warren Public Library Library Resources
22 Joni Zweig - MR. Ambulance Presentation
29 Jack Miner - Membership Program

Sept 5 John Straub- Wendy Brauer – Green Mt. Opera Festival
12 Restaurant Raffle assignments
19 Doug Stoehr - Vince Gauthier Community. Services
26 Put Putnam

Editor's Note: Please inform Wini (496-6710) of the name of your speaker at least 2 weeks in advance. If you can't get a speaker for that date, please try to trade with another person on the list. Wini

Birthdays: John Hale 8/9; Joe Klimek 8/13

Anniversaries: Dave & Kathie Koepele 8/8

Meeting News

Brisk morning filling people with energy, especially Debbie Spinosa as she demonstrated her judo techniques showing how a person can defend herself against a stronger attacker. Our other guests were: Lica Williams (Deb's mother), Claire Rubin, her son Jim, grandsons Mac & Zachary who showed off his Mohawk hair style, John Daniell and Caryn Crump.

Announcements

*The Vision committees have been making progress on short range plans to fulfill long range goals. Rotational team ready to make a report next week, in fact all the new teams will be ready to make reports next week

*Community Service - August 9th is the date for the group to assemble the shed for the new arrival in our community.

*Duck Race Sales last week: \$800.
Same schedule as last week - sign-up sheet passed around

*Joe Goldstein - The Youth Exchange Students

Nicholas Cordova from Chile arrives in Burlington on 21 Aug. at 12:06 PM.
His host family is Mary and David Hoyne.

Pablo De La Vega from Argentina arrives in Burlington also on 21 Aug. at 3:15 PM. His host family is Camilla and Chris Behn.

Vjera Krasek from Croatia arrives in Burlington on 23 Aug. at 3:42 PM. Her host family is Liz and Dan Raddock

*Paul Harris Fellow

Jim Leyton presented our honorary member Claire Rubin with a Paul Harris Fellowship. He reminded us that R.I. has almost eradicated Polio in the 3rd world and sponsors the Vocational Exchange Groups, one from each district every year. The sustaining Paul Harris members' annual contributions fund these activities.

* BOD next week.

*Megabucks \$282. Ken Friedman accepted the \$5 before drawing the king of clubs. Guess he expected to lose.

*Happy Bucks:

Editor's notes: All my assistants were absent this week, so my recorded remarks are very limited

Chris - happy

Monk - wife attended 50th H.S. reunion

Clayton-Paul - entered tight security at Chicago Airport when a full suspect was apprehended.

Al Barillaro - Misses Len Rubin

Bob Holden and Ken Amann - chuckled over private joke

Ken Friedman - forgot why he was happy (got \$5 maybe)

Sal Spinoso - happy before he assisted wife in judo demo

John Daniell - another happy one to be here

Art - Happy over some action by Gene

Dave Ellison - expects visit from old friend

Betty - Welcome Debi

Dave Koepele - Tigers beat Yankees last night

Rubin grandson - showed off his Mohawk haircut.

Editor's note

Sorry - system of one page/table isn't working out well. I can't read a lot of the handwriting - going back to getting only one assistant.

PROGRAM

Doug informed us that our speaker, Debi, started Martial Arts when she was 10 years old. She was a 3rd degree black belt at age 15. She taught Karate and especially women's defense for many years, that is how she put herself thru college.

When she was in her last semester at college, she was recruited by the Police academy in Sacramento, Calif. This was total serendipity as she was an English Major

After 18 years on the streets of Sacramento, she did a lot of defense tactics.

Now she hopes she can be successful helping those of us in our golden years to live them out in safety.

The center of the room was cleared for Debi to perform her demonstration of self preservation of seniors. Even though Vermont is a relatively safe place, she says we should not get too comfortable but keep up our awareness, like rebooting a computer.

Her husband, Sal, was a good sport and played the role of attacker.

Crimes against women are not just at night, many are in the daytime. Using martial arts, the victim uses the strength of her opponent against him. Thus when Sal attempted to attack Debi, either from the front or from behind, he wound up on the floor. Sometimes he was kicked in the process or hit with her handbag. Thus giving her time to get away from her attacker.

One way to give you an edge, is to carry your car keys in your fist, so that one is sticking out thru your fingers. This works better than brass knuckles as the point of the key against someone's face is very painful.

Always have a whistle attached to your key ring. Never call for help, as many people are afraid to get involved, but a whistle draws the attention of everyone, just what the attacker does not want.

Q & A period ----

Debi met Sal in a court in California; she was there to testify on a case and he was the district attorney.

If confronted by a man with a gun, give up your property, be sensible, it is important to be safe.

THE FOUR WAY TEST
of the things we think, say or do:

- 1) Is it the Truth?
- 2) Is it Fair to All Concerned
- 3) Will it Build Goodwill and Better Friendships?
- 4) Will it be Beneficial to All Concerned?

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Club Officers

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