



THE ACORN

A WEEKLY PUBLICATION BY THE ROTARY CLUB OF THOUSAND OAKS

<http://thousandoaksrotary.org>



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**"Share your friendship, love and happiness
with club members and those we serve."**

Program: April 7th

Otto Stoll Award



OFFSITE: 2672 Hillcrest Drive

Program: March 31st

Secrets of a Healthy Spine

Sevak Khodabakhshian



Lois Curran-Klein introduced the speaker by referring to the back problems she and many others have had as they've grown older. She said that was a good reason to ask club member and spine specialist **Sevak Khodabakhshian** to offer so reflections on how to protect one's back.

Dr. K, as he is called in his health and fitness facility, Omega Health and Fitness, reminded us there many people revert to spinal epidural injections to address back pain and yet there are some simple practices that can be used to increase rather than decrease spinal health as we get older. It's important, he said, to take ownership of our spine. He said there are ways that surgery can be avoided, especially by focusing on the two main areas of back surgery, the hinge areas at the neck and lower back. **Sevak** then shared several simple behaviors that strengthen the back and protect the discs.



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Rotary Club of Thousand Oaks Meeting

March 31, 2016



President Mike Murphy opened the meeting by introducing **James Christie** for our moment of inspiration. **Dan Overton** then led us in singing *American the Beautiful*.



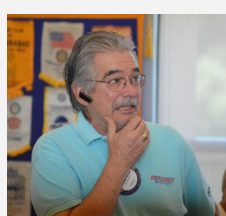
Karen Furnari introduced visiting Rotarians Tom Bos from Holland, Michigan and Karl Knickmeyer from Westlake Noon. She then introduced Bob Passarana, guest of **Mike Murphy**; Jason Barnes, guest of **Lois Curran-Klein**; Alex Mallen, guest of **Susan Murata**; and Dr. Kristina Tansavati, guest of **Patricia Jones**.

President Mike handed out perfect attendance pins to the following members: **Neal Scribner**, 15 of 15 years; **Trevor Tyloch**, 2 of 2 years; **Greg Kusnierek**, 2 of 9 years; **Robert Bianchi**, 1 of 16 years; **Barbara Murray**, 7 of 7 years.

President Mike also distributed special Sponsor pins to **James Christie**, **Roger Benson**, **Barbara Murray**, **Carol Freeman**, and **Carl Alaniz**.

Fine Session

Carol Freeman was Fine Master. Those fined were **K.T. Connor**, **Matt Morrison**, **Frank Corrigan**, **Heather Donley**, **Sevak Khodabakhshian**, **Maria Prescott**, **Janeen Holmes**, **Robert Cabral**, **Pat Palucci**, **Trevor Tylock**, and **Mike Hebert**.



BIRTHDAYS

Apr 03 Pappas, Joani
 Apr 04 Schreiber, Carol
 Apr 09 Ibarra, Richard
 Apr 10 Roche, Hugo
 Apr 13 Kourounis, Tony
 Apr 15 Harrison, Eric
 Apr 15 Pulido, Neil
 Apr 22 Nash, Michelle
 Apr 26 Spoto, Russ
 Apr 27 Weaver, Timothy
 Apr 30 Selvin, Harry

ANNIVERSARIES

Apr 04 Furnari, Karen & Stephen
 Apr 06 Biery, Bob & Patricia
 Apr 21 Curran-Klein, Lois & David
 Apr 25 Lamia, Chris & Rhonda
 Apr 28 Boggs, Steve & Janice



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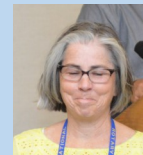
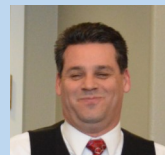
Happy \$\$\$\$\$

Paul Dryman carried the cup.

Those contributing were **Matt Morrison, Norm Nagel, Tanya Caligiuri, and Jason Barnes.**

Paul Harris Awards

Darin Arrasmith presented **David Masci** with a pin signifying 8 + 1 and **Patty Contini** 4 +1.



Rotary Club of Thousand Oaks meets the Kawanians on the Court!

(We did it again.....)



Even though Kiwanis said they had a 7 foot 10 ringer by the name of Bobe Kryant, and even though they started off with 5 to 1 lead over Rotary, and even though they have nine players to our "five," our team had a run of 7 to 0 resulting in our go ahead, with **Jim Friedl** scoring on a free throw from the penalty line. Our team consisting of **Steve Stanley, Chris Lamia, Jeff Bornstein, who played point guard** and **Sevak Khodabakhshian**, won the Rotary Kiwanis tournament for the third year in a row, with a score of 16 to 11. We also had a ringer on our team, "Christina Paul", from the bench, who was able to give our players a break when she went in and scrambled to get the ball away from the Kiwanians. The Rotary fans also did a yeoman's job in supporting our champions. Next year it will even be better. Sorry you all missed the game. (Notes and photos by **Felix Masci**)



Special Needs Playground at Old Meadows Park

Rotary DreamCatcher Playground

A Thousand Oaks playground project for special needs children and their families

Disability affects 12% of the U. S. population. Because parents, siblings, and grandparents are affected too, the number of people impacted by disability is nearly one third of the population. In conjunction with Conejo Recreation and Parks District, and PlayConejo, Rotary Club of Thousand Oaks has taken a leading position in financing this community resource.



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PAST PRESIDENTS

ROTARY CLUB OF THOUSAND OAKS

59-60 JOHN HEYWOOD

60-61 MARV BURROW

61-62 ROSS DUSKIN

62-63 ROY McCOMBER

63-64 PAUL PACE

64-65 JOHN CONLAN

65-66 CARLOS SCURIA

66-67 MERRILL DARLING

67-68 PHIL OZAB

68-69 WILLIAM VANDERZWANN

69-70 ALVIN J. HOLTZ, JR.

70-71 BEN CRANMER, JR.

71-72 GLENN GOODWIN

72-73 GEORGE VASLIEFF

73-74 HENRY STILL

74-75 JOHN TUEL

75-76 KENNETH HANSON

76-77 DAVID HUANG

77-78 WILLIAM HAAS

78-79 FELIX MASCI

79-80 HARLAND JONES

80-81 DAVE WENDER

81-82 GEORGE GIBB

82-83 NORMAN NAGEL

83-84 BILL PETERSON

84-85 MIKE O'BEIRNE

85-86 MARV SOSNA

86-87 FRED FERRARINI

88-89 KENNETH ROBERTS

89-90 JEFF BORENSTEIN

90-91 DENNIS GILLETTE

91-92 MERV KOPP

92-93 TOM GLANCY

93-94 HUGO ROCHE

94-95 BRIAN BACK

95-96 TONY KOUROUNIS

96-97 JACK CAINE

97-98 DICK WIELER

98-99 JUDY ST. JOHN

99-20 MIKE GONZALES

20-01 NEIL SCRIBNER

01-02 BOB BIERY

02-03 HARRY SELVIN

03-04 RICK LEMMO

04-05 DOUG TAPKING

05-06 KATHY HILL

06-07 PETE TURPEL

07-08 VICKI ARNDT

08-09 MARTIN ANDERSON

09-10 KEITH PARKS

10-11 FRANK CORRIGAN

11-12 RICHARD WILLIAMS

12-13 SUSAN MURATA

13-14 CAROL FREEMAN

14-15 NATE HARIMOTO

*The ACORN is a weekly publication of the Rotary Club of Thousand Oaks.
Editor **K.T. Connor**, notes by **Patricia Jones**, and photos by **Dave Butcher**.*