



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."**



Friday, June 24th

**Demotion
of President Mike Murphy**

6:00 PM

Program: June 9th

Speaker: Kristen Routh
Marriage and Family Specialist



Lois Curran-Klein introduced Kristen Routh, who discussed the negative effects of compassion fatigue and the toll it can take in work as well as volunteerism and gave pointers for overcoming or avoiding the "Cost of Caring", and staying emotionally and physically healthy.

Among the suggestions she shared were the following:

- Know that someone else's emergency need not be your emergency
- Schedule activities to reconnect with yourself
- Create an atmosphere of peace
- Surround yourself with encouragement
- Regain your smile and laughter
- Be still and slowing down
- Journal
- Take a mental break day



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Thousand Oaks Rotary Meeting

June 9, 2016



Mike Murphy opened the meeting sharing warm thoughts of **Phil Sheridan**. **Phil's** daughter and nephew were present at the meeting as well. He announced **Phil's** memorial will be held on Saturday, June 18th, at 10:00 at St. Jude Church in Westlake Village.

Mary Sheridan graciously thanked the Club on behalf of their family for all of the love and support offered by all of our members. She said the fact that **Phil** passed away leaving a Rotary meeting wasn't the way they thought he'd go, but that it was so fitting. She said everyone showed such love and respect. She also acknowledged **Karen Furnari** for making it possible for **Phil** to continue coming to meetings over the past few years, and how wonderful she has been in the face of his loss.



Paul Dryman presented the Inspirational Moment, referring to the Club Survey, and all that we do every day with volunteerism. He referred to the garden in such quotes as "Squash negativity, Turnup (Turn-up) service, Lettuce (Let us) be patient" just to name a few.

Dan Overton led us in song with "My Country Tis of Thee."



Nate Harimoto introduced Past President and Honorary Member **Skip Roberts**. Then he introduced other guests including Mary Sheridan, **Phil Sheridan's** daughter and guest of the club, and Nelson and Manssa Buss, guests of **Carol Robinson**.

FINE SESSION



Herb Gooch was Fine Master. His topic, true to form, was "Politics -Strangest Primary Ever," and other Presidential trivia. The fines were \$40 if you answered correctly, and \$60 if incorrect.

Jesus Torres, Skip Roberts, Vicki Arndt, Mike Murphy, KT Connor, Jere Robings, Ed Jones, Daryl Reynolds, and Jim Friedl.

Most everyone was correct in their answers! (Does that tell how strange our members are?)



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HAPPY \$\$\$\$\$

Tim Weaver carried the cup.

Bart Goodman, Jesus Torres, Chris Lamia, Patricia Jones, Hugo Roche (thanking the staff of Los Robles Greens in all they did to help Phil last week), **Barb Murray, Karen Furnari, Mike Hebert, Ed Jones, and Dan Overton** made contributions.



ANNOUNCEMENTS

Mike Murphy presented **Teresa Seeley** with her blue badge, and **Felix Wang** with 7 years in Rotary, 7 years perfect attendance pin.

A guest announced the Conejo Valley Peace Heroes Walk on 9-11-16 at CLU.

Bob Lewis thanked **Paul Dryman** for helping with the Club Survey.

Hugo Roche said that he lost a granddaughter to a drug overdose. There's an event being held to educate and bring awareness to stomp out drug addiction. Hugo's has accepted the challenge to rappel down 25 stories of the Downtown Sheraton and is looking for sponsors.

Vicki Arndt talked about the PACE School and the Women's Literacy Program that we support in India.

Robert Bianchi said they had a wonderful time at Rotary International Convention. They spent 6 days before the Convention on a Friendship Tour, learning all about the culture of Seoul, Korea.



Birthdays

Jun 01 Turpel, Pete
Jun 02 Hardy, Jason
Jun 02 Stanley, Steven
Jun 06 Eich, Geoff
Jun 10 Stowell, David
Jun 17 Donley, Heather
Jun 17 Friedman, Betsy
Jun 17 Reynolds, Daryl
Jun 19 Back, Brian
Jun 24 Andersen, Colleen
Jun 27 Bloom, Denny
Jun 29 Freeman, Carol
Jun 30 Tapking, Doug

Anniversaries

Jun 01 Ibarra, Richard & Dawn
Jun 01 Kimball, Chris & Elizabeth
Jun 02 Masci, David & Masci, Kathryn
Jun 08 Dokken, John & Lynn
Jun 18 Khodabakhshian, Sevak & Tyaga
Jun 18 Spoto, Russ & Michele
Jun 19 Tapking, Doug & Karen
Jun 20 Borenstein, Jeff & Judy
Jun 21 Renshall, Sharon & James
Jun 22 Folsom, Rich & Diane
Jun 24 Caligiuri, Tanya & Joe
Jun 27 Friedl, Jim & Tracy
Jun 27 Lazar, Judy & Roger
Jun 29 O'Beirne, Mike & Jo-Ann



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PAST PRESIDENTS

ROTARY CLUB OF THOUSAND OAKS

59-60 JOHN HEYWOOD	88-89 KENNETH ROBERTS
60-61 MARV BURROW	89-90 JEFF BORENSTEIN
61-62 ROSS DUSKIN	90-91 DENNIS GILLETTE
62-63 ROY McCOMBER	91-92 MERV KOPP
63-64 PAUL PACE	92-93 TOM GLANCY
64-65 JOHN CONLAN	93-94 HUGO ROCHE
65-66 CARLOS SCURIA	94-95 BRIAN BACK
66-67 MERRILL DARLING	95-96 TONY KOUROUNIS
67-68 PHIL OZAB	96-97 JACK CAINE
68-69 WILLIAM VANDERZWANN	97-98 DICK WIELER
69-70 ALVIN J. HOLTZ, JR.	98-99 JUDY ST. JOHN
70-71 BEN CRANMER, JR.	99-20 MIKE GONZALES
71-72 GLENN GOODWIN	20-01 NEIL SCRIBNER
72-73 GEORGE VASLIEFF	01-02 BOB BIERY
73-74 HENRY STILL	02-03 HARRY SELVIN
74-75 JOHN TUEL	03-04 RICK LEMMO
75-76 KENNETH HANSON	04-05 DOUG TAPKING
76-77 DAVID HUANG	05-06 KATHY HILL
77-78 WILLIAM HAAS	06-07 PETE TURPEL
78-79 FELIX MASCI	07-08 VICKI ARNDT
79-80 HARLAND JONES	08-09 MARTIN ANDERSON
80-81 DAVE WENDER	09-10 KEITH PARKS
81-82 GEORGE GIBB	10-11 FRANK CORRIGAN
82-83 NORMAN NAGEL	11-12 RICHARD WILLIAMS
83-84 BILL PETERSON	12-13 SUSAN MURATA
84-85 MIKE O'BEIRNE	13-14 CAROL FREEMAN
85-86 MARV SOSNA	14-15 NATE HARIMOTO
86-87 FRED FERRARINI	

The ACORN is a weekly publication of the Rotary Club of Thousand Oaks.

Editor K.T. Connor, notes by Nancy Wohl, and photos by Rich Folsom .