



# Mid San Fernando Valley

www.midsanfernandovalley.org

Service Above Self

Meeting at Denny's restaurant  
Thursdays, 12:10 p.m.

16575 Sherman Way, Van Nuys, CA



## December 15, 2011

**Invocation:** Roz Dubrow  
**Flag Salute:** Carlos Menjivar  
4 Way Test: Jean Mabilon

**Attending Members:** PDG Emilio Basile, Jean Mabilon, Renée D'Auria, Rosielee Jones, Clinton Jones, Rich Miller, Roz Dubrow, Carlos Menjivar, Bub Pickup, Barbara Pampalone, Marc Tapper, Robin Kellogg, Sara Vasquez and Beth Ullman

**Guests and Visiting Rotarians:** Leon Peters, a cousin of Marc's who is a specialist in oceanography; Guilermina Menjivar; Max Kellogg, and Soraya Deen, our speaker

### Announcements:

#### Cards for Juvenile Hall

Barbara delivered over 400 greeting cards to the local Juvenile Hall on Tuesday, to their delight. The cards will be used by the boys to send greetings of all kinds to friends and family.

#### Salvation Army Needs Box Sites

When Barbara reminded us to look for possible donation sites for boxes or trailers, Sara suggested they might be allowed to use space at some public schools with a "civic center" permit. She'll look into that for Judy.

#### Matching Grant Approved

The multi-club grant application for building wells in the Philippines has been approved! Spear-headed by the Granada Hills club, this terrific international project garnered support from several clubs within District 5260 in addition to the Rotary club in the Philippines, and now has an RI matching grant of \$7,133, for a total project fund of well over \$14,000. We will keep you informed with progress reports as the wells are dug and equipment installed.

#### Interact

Rosie needs a bit of help with the paperwork for Chaminade's Interact club, which Rich offered to give, but says the kids are enthusiastic and the club very much alive. Meetings will start again after the winter break.

#### Rotary Minute and Member Update

Marc reported that Frank is recovering well from his hip replacement surgery, walking his dogs and looking forward to getting his doctor's ok to drive on the 21<sup>st</sup>. We look forward to having you back with us, Frank!

### Calendar

- 12/24 Christmas Eve** dinner serving at the Salvation Army (no additional volunteers needed)
- 12/25 shifts 10:30 – 1:30 Christmas** dinner serving at the Salvation Army
- 12/29 DARK** – Enjoy your holiday!
- 12/31 shifts 2:30 – 7:00 p.m. New Year's Eve** dinner serving at the Salvation Army
- 1/5 Nathan Wolfstein**, Disaster Services Preparation in the SFV
- 1/10 Tues., Board meeting**, 5:30 p.m.
- 1/12 Alice Muntean**, trip to Fiji
- 1/19 at 9:00 a.m., The Salvation Army Store Grand Re-Opening**, 21375 Roscoe Blvd., Canoga Park
- 1/19 Melanie Bickelman**, Newborns in Need
- 1/26 Zoe International**, Human Trafficking

For the Rotary Minute, Marc told us about a club in Denver, CO that holds an annual virtual race across Africa. Each participant has to actually complete the course distance (equal to Alexandria, Egypt to the source of the Nile), but does so walking or running closer to home, or on a treadmill. Their progress is posted on their website, and the first to complete the distance wins. Last year they raised \$27,000 this way!

### Congratulations!

Sara Vasquez nominated Rich Miller for next year's club secretary, and he was elected unanimously. Congratulations! There are many slots still to fill – if you are interested in a board or committee position for the coming year, please email / talk with Sara.

### Speaker: Soraya Deen, Promoting Dialogue in Difficult Times

Robin introduced our long-time friend, Soraya Deen, founder of Peace Moms and Learn CPR Now, and a much-in-demand speaker on the topic of communication without discord.

Soraya told us she loves talking to groups like ours not just because of the good we do for humanity, but because we try to be fair. She put a copy of our 4 Way Test in her daughter's room, who also loves it.

Explaining how she felt compelled to start Peace Moms, Soraya told us of her then 7 year-old son coming out of school looking very sad, scared and teary-eyed in

2007. He asked, "Mommy, are we terrorists?" Her heart breaking, she assured him none of the family were terrorists, and went on to tell him that one can't let circumstances define you, you need to work to change them. She determined she had work to do. Neither she nor others in her family should own the fear, ignorance and sometimes even hatred that others held. She remarked that living in California, "We don't dwell on the fault." We work to make things better.

We need to ask ourselves how we can be more fair in judging others and relating to them. And we need to remember that putting someone else down does not make us better. We tend to tell "stories", to interpret, the actions and appearances of others, even if they're off the mark, because our minds are constantly trying to assess things and decide how to respond. But, quoting Stephen Covey, she suggested we "Begin with the end in mind." That end being better and clearer understanding of others.

We each have about 85,000 thoughts a day, of which fully 75% are usually negative. We should try to look at the world as through a camera lens, taking it in, without judging. It can be difficult to do. Soraya has a 5 hour period every Monday when she doesn't talk. As she explains, talk can be toxic; silence helps restore balance. One reason we love our pets so much is they don't talk to us. We do need to make value judgments, but often we shouldn't, or shouldn't make them so quickly. Be mindful; take your time.

All of this needs to be done with empathy. Soraya quoted President Obama's comment that while he is worried about the financial deficit, he is even more concerned about the empathy deficit in this country. She went around the room saying "I lost my job" and having each of us give responses that ranged from blame to sympathy, but none empathetic. She explained that true empathy shows an intention to connect, to be there, and to listen. Not to educate (get someone to look at a situation differently), interrogate (challenge the person's feelings or statement), use one-up-manship (making light of the other person's situation by making yours seem worse), telling stories (even if positive), changing the topic, or giving specific advice. The empathizer listens, reflects back what they've hear with respect, and show they recognize what is happening to the other person.

She paraphrased Jiddu Krishnamurti, "Observing without judgment is the highest form of intelligence." The next step is to adjust our actions, and use empathy. Hating someone is like taking poison and waiting for the other person to die. She gave us a personally difficult example. When speaking to a group, one of the women in the audience started waving a Koran in the air and shouting that Islam is a violent religion. Soraya listened. After the woman stopped she reflected, and offered that "the issue is: are you a literalist, or a contextualist?" Most followers of any religion do not take everything in their holy books literally, but rather look for the lessons being offered through the recorded stories.

Soraya is studying nonviolence with Marshall Rosenberg, who believes there is no conflict in our needs, but in our strategies. We need to be very specific in our requests to make that clearer, and to avoid violent responses.



*Barbara Pampalone and Soraya Deen*

We need to move away from the "four D's of disconnect": **Diagnosis**, where we apply our judgment to others. ("The problem with you is you are selfish!") **Denial**, when we attribute the cause of actions and problems to others instead of ourselves. When we deny responsibility we also deny one of our most powerful gifts – choice. **Demand**, when punishment and/or blame are threatened if the demand is not met. And **Deserve**, when we think the person actually deserves the punishment, or benefit, that results from a situation.

We need to improve our empathy, to ask questions to better understand the other person's position, feelings and needs. Then we'll have what we need to maintain a non-violent, non-confrontational relationship.

Soraya can be reached by phone at 818-395-2032 and by email at [soraya@peacemoms.com](mailto:soraya@peacemoms.com).

#### **Reminders:**

#### **Christmas and New Year's Eve at the Salvation Army**

We will again be setting up, serving and cleaning up so the men in residence at the Salvation Army Adult Rehabilitation Center (ARC) in Canoga Park can enjoy dinner with their families. Judy is coördinating the schedules, so please contact her to see if she still needs volunteers for Christmas day (10:30 a.m. – 12:30 p.m. or 11:45 a.m. – 1:45 p.m.) or New Year's eve (from 2:30 – 4:30 p.m. or 5:00 – 7:00 p.m.). Judy is also looking for someone who can play keyboard for the Beneficiary Christmas Eve Party (a fun sing-a-long!) from 8-9 p.m. on the 24th, so if you, or someone you know, can fill that bill, please let her know. Judy can be reached by email at [judith.rockey@usw.salvationarmy.org](mailto:judith.rockey@usw.salvationarmy.org), or at 818-683-3510.

#### **Salvation Army Store Grand Re-Opening**

On January 19, at 9:00 a.m., the Salvation Army (TSA) Canoga Park store will re-open! Fully refurbished and remodeled after suffering major water damage, the store is set to open January 19. Please join business and community leaders for the ribbon cutting – help celebrate



the return of this important piece of the Valley's economy.

What else can we do to help? **Please support TSA** with donations, which are down in this uncertain economy. Items of all kinds, from knick-knacks to cars, are needed. Look for sites where donation boxes (5x5 feet) can be placed, or one of the donation trailers.

### Nobel Early Education Center

Classroom materials and supplies are still needed. If you can help by donating age-appropriate supplies, such as large crayons, construction and drawing paper, large pencils, etc., please contact Sara at 818-368-6682.

**PolioPlus:** Thank you to everyone who contributed to PolioPlus today.

**Happy Bucks:** Thank you to everyone who contributed today. These contributions go into our general fund for expenses and projects that aren't self-supporting.

**Raffle:** Beth won the \$5 and Barbara the chance to try for the joker, but pulled the 5 of hearts. The pot is now over \$630! There are just 24 cards left.

### Notable Quotable:

"To a clear eye the smallest fact is a window through which the infinite may be seen." Thomas Henry Huxley, biologist and writer (1825-1895)

"Be not simply good; be good for something." Henry David Thoreau, naturalist and author (1817-1862)

### Selected Nearby Clubs and Meeting Information

Granada Hills, Thursdays at 12:10 p.m.

Porter Valley Country Club  
19216 Singing Hills Dr  
Northridge CA 91326-1716

North San Fernando Valley, Thursdays at 12:10 p.m.  
IHOP

1225 Truman St.  
San Fernando CA 91340

Northridge/Chatsworth, Tuesdays at 12:10 p.m.

Porter Valley Country Club  
19216 Singing Hills Dr.  
Northridge CA 91325

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

Van Nuys, Wednesdays at 6:00 p.m.

94<sup>th</sup> Aero Squadron  
16320 Raymer St.  
Van Nuys

West San Fernando Valley, Thursdays at 12:00 p.m.

Canoga Park Bowl  
20122 Vanowen Street  
Winnetka CA 91306

Greater San Fernando Valley **E-Club**, Mondays at 12:00 p.m., Online 24/7, <http://www.rotaryclubgreatersfv.org>

## Happy Holidays!



### 2011-2012 Club Officers:

<b>President:</b> Barbara Pampalone	H 818-882-2395
<b>Immediate Past President</b> Martha Stulman	H 818-708-8947
<b>Administrator &amp; Club Chair:</b> Beth Ullman	H 818-701-6889
<b>Secretary:</b> Rosielee Jones	C 818-703-3201
<b>Treasurer:</b> Frank Santucci	C 818-652-7529
<b>Membership VP:</b> Marc Tapper	H 818-425-6667
<b>Projects VP:</b> Rich Miller	W 818-994-8234
<b>Foundation VP:</b> PDG Emilio Basile	H 818-886-4142
Sara Vasquez	H 818-368-6682
<b>Public Relations VP</b> Robin Kellogg	H 818-993-5378
<b>Bulletin Editor pro tem:</b> Beth Ullman	H 818-701-6889
<b>Community Chair:</b> Judy Rockey	C 818-683-3510
<b>Int'l Chair:</b> Sara Vasquez	H 818-368-6682
<b>New Generations Chairs:</b> Clinton & Rosielee Jones	C 818-609-7105
<b>Vocational Chair:</b> Carlos Menjivar	818-996-7337
<b>Programs Chair:</b> Robin Kellogg	H 818-993-5378
<b>Sgt. at Arms:</b> Renée D'Auria	H 818-882-1659

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