



Mid San Fernando Valley

Service Above Self

Meeting at Denny's restaurant
 Thursdays, 12:10 p.m.
 16575 Sherman Way, Van Nuys, CA



February 17, 2011

Flag Salute: Frank Santucci
Invocation: Debbie Navarro

Attending Members:

Jean Mabilon, Robin Kellogg, Beth Ullman, Rich Miller, Capt. Judy Rockey, Barbara Pampalone, Guillermera Menjivar, Roz Dubrow, Sara Vasquez; Martha Stulman, Frank Santucci; Brenda Manke

Visiting Rotarian: Frank Kenney, North Mason, Washington Rotary, Harvey Brannenman, our speaker

Guests:

Renie D'Auria, Dr. Clinton Jones; Terry Tannis, Harvey Brannenman, our speaker

Announcements:

Fundraisers for LAUSD Field Trips

The Mid SFV Rotary club is sponsoring two fundraisers to pay for field trip buses for students at LAUSD's Early Education Centers in the area. The first event, March 3, will be specifically for the Lemay Center at McDonalds, 17641 Ventura Blvd., in Encino from 5:00-7:00 p.m. Just show up and McDonald's will give our club 20% of the bill. The second fundraiser is being given for students at the Gledhill, Joan Elam, Nobel and Northridge Early Education Centers, during the week of March 21-27 at Denny's, 16575 Sherman Way, Van Nuys. Bring the flyer and present it to the server, and Denny's will give our club 15% of the bill.

Correction

The editor would like to apologize for misspelling a guest's name. Nehru Chomatil joined us at our February 10th meeting. He is Barbara Pampalone's nephew.

Bingo Fundraiser

We are planning our next fundraiser and B-I-N-G-O is its name, Oh. Please volunteer to help make this our best fundraiser yet. For more details speak with Beth, Emilio or Rich.

Salvation Army Sobriety Banquet & Awards Ceremony

The Salvation Army of Canoga Park is holding its annual Sobriety Banquet and Awards Ceremony for graduates of its Adult Rehabilitation Center. The event will be held at

Calendar

2/23	Rotary International's 106th Anniversary
2/24	Larry Small , Community Service Counselor, Dignity Memorial
2/25	PETS , LAX Marriott, 5855 W. Century Blvd., Los Angeles, 8:00 a.m. – 12:00 p.m.
3/3	Joyce Tapper , Didi Project
3/4-3/6	RYLA , Salvation Army's Camp Craig, Malibu Creek
3/10	Paul Eisenstadt , New Technology for Residential & Commercial Security
3/12	CLM , New Horizons, Sam's Café, 15725 Parthenia Ave., North Hills, CA, 8:00-11:00 a.m.
3/17	Gail Meyer, Moving Matters LLC , "Senior Moves"
3/18 Fri.	Salvation Army Sobriety Banquet , St. Nicholas Greek Orthodox Church, 9501 Balboa Boulevard, Northridge
3/24	Richard Cortes , Rotoract
3/31	Star Tomlinson, Cover Those Toes
4/2	District Assembly , Desert Christian Schools, 44648 15 th St. W, Lancaster, 9:00 a.m. to 3:00 p.m.
4/30 Sat.	Rotarians at Work Day
5/10	District Awards Due
5/23-26	RI Convention New Orleans
6/10-11	District 5260 Conference , Long Beach, Hilton Hotel and Executive Center, 701 W. Ocean Blvd.

St. Nicholas Greek Orthodox Church, 9501 Balboa Blvd., Northridge. Our club is invited to attend. The cost is \$24 per person. A donation of \$150 will sponsor a table. Any other donations toward sponsorship would also be appreciated. RSVP no later than March 12. Support Judy, Tim and the entire Salvation Army program.

Four-Way Test Contest

Our Four-Way Test contest, spearheaded by Sara Vasquez and PDG John Alexander, will be conducted at Frost Middle School and Monroe High School. Fifteen finalists will be chosen from each school.

Club Collecting for Cuba

Thank you for all the items donated to the humanitarian

trip to Cuba that we are supporting. I will be shipping the items following our meeting today. If you would like to donate directly to the Hillel, please do so by March 18 by going to <http://hillel.kintera.org>. The team name is "NU ASB Cuba Year 5". Then click on Morgan Greenwald. The money will all go to the Hillel's humanitarian efforts in Cuba.

E-Waste Collection

Smile on Seniors of Northridge is sponsoring an E-Waste Collection on Sunday, February 27, at the Northridge Chabad, 17142 Devonshire St. Bring your TV's, computer monitors, toasters, etc. For more information, contact Kenneth Spector at (818) 324-5828 or email: kenneth@smileonseniorsnorthridge.com.

Speaker: Harvey Brannenman

Two years ago, Harvey Brannenman, a professional photographer, found a product that would not only make him healthier but would shift his career in a direction he never thought possible. It was something that was as old as the earth itself—water.

Harvey discovered that the water quality and how it was absorbed into the body varied. He also found that the normally prescribed six to eight glasses of water per day is actually not enough for most adults. How much water should you drink a day? Considering that our bodies are 70% water, we should all drink more water than we do. In addition, the water should preferably be oxygenated allowing easier absorption into the body.

If you can't find oxygenated water, your next best choice is tap water. Boiling it will make it even better. Harvey cautioned about using bottled water, which he says goes through a reverse osmosis process that takes everything out of it, including the minerals. This makes the water acidic and our bodies need water that is alkaline rather than acidic. If our bodies don't receive enough minerals from the foods we eat and drink, it will leach it from the bones to compensate. This is a serious problem because studies show that cancer survives better in acidic environments than it does in alkaline environments. What does that mean in terms of diet? Fruits and vegetables are filled with alkaline, while meats are very acidic.

Since trying ionized water (Harvey uses and sells the Kangen Water System), Harvey claims his wife's arthritis, his acid reflux and both their snoring issues have been resolved. The device creates micro clusters and antioxidizing properties in the water. To demonstrate the difference in taste, Harvey offered club members drinks of water from the unit and from the tap, as well as cherry tomatoes washed with both types of water. He then set up a series of common drinks including soda and bottled water, and added a chemical to test their pH levels, showing their level of acidity.

Harvey noted that if you don't flush the acid out of the body's cells, they degenerate and cause illness. He explained that H₂O doesn't exist as a single molecule, but like snowflakes is made up of 15-20 molecules, clustered together like grapes. The Kangen device and others similar to it actually condense the molecule structure, allowing the body to more easily absorb the moisture.

The result of the experiment was that Aquafina and Dasani bottled waters are less acidic than sodas, and more acidic than oxygenated water. However, because their containers are made from plastic whose chemicals can filter into it, they are not the healthiest choice.

Most astonishing was seeing how the Kangen water could counteract low levels of acidity in other drinks, but sodas are so incredibly acidic that when the Kangen water is added they first seem to turn light purple (alkaline), then revert right back to strongly acidic. He said it could take days of clean water to counteract the effect of just one soda on the body.



Harvey Brannenman, our speaker, with Martha

Harvey can be reached at (818) 846-7351, or via email at harvey@harveybranman.com. His website is www.KangenWaterWorld.info.

PolioPlus: Thank you to everyone who contributed this week.

Happy Bucks: Thank you to everyone who contributed this week.

Raffle: Jean won the \$5. Brenda won the chance to pick the joker out of an ever-decreasing deck of cards with a chance to win half of the \$428 pot. She chose the two of hearts.

2010-2011 Club Officers:

President:	Martha Stulman	H 818-708-8947
Immediate Past President & Public Relations VP:	Robin Kellogg	H 818-993-5378
Club Administrator:	Emilio Basile	H 818-886-4142
Secretary:	Sara Vasquez	H 818-368-6682
Treasurer	Frank Santucci	C 818-652-7529
Membership co-VPs:	Rich Miller	W 818-994-8234
	Marc Tapper	H 818-992-8211
Projects VP:	Beth Ullman	H 818-701-6889
Foundation VP:	Emilio Basile	H 818-886-4142
Community Chair:	OPEN	
International Chair:	Barbara Pampalone	H 818-882-2395
Vocational Chair:	OPEN	
Youth/Interact Chair:	OPEN	
Programs co-Chairs:	Debbie Navarro	H 818-838-7218
	Robin Kellogg	H 818-993-5378
Sgt. at Arms:	John Alexander	H 818-899-2045
Bulletin Editor:	Robin Kellogg	H 818-993-5378

Robin Kellogg
18604 Stare St.
Northridge, CA 91324