

Mid San Fernando Valley

www.midsanfernandovalley.org

Service Above Self

Meeting at 94th Aero Squadron
Thursdays, 12:10 p.m.

16320 Raymer St., Van Nuys, CA 91406



Reach Within to Embrace Humanity

May 24, 2012

Invocation: Renée D'Auria

Flag Salute: Ken Wurthen

Attending Members: Frank Santucci, Rich Miller, Martha Stulman, Sara Vasquez, Jean Mabilon, Renée D'Auria, Judy Rockey, Barbara Pampalone, Robin Kellogg, PDG Emilio Basile, Bub Pickup; Beth Ullman

Fellow Rotarians: Marie Valencia, Tom Harris, Jim Tenner, Marina Martinez, Judy Coates, Pete Satuloff, Mauricio Aranda, Francisco Arrozon, Ron Wolf, Diana Sanchez, Don Featheroff, PDG Eli Gauna, Mac Shamia, Ken Wurthen, Raul Castillo, Don Reiken, Guy Mangia, Razi Sheikh, Leo O'Biecnas, Patrick Fahey, Mike Quiroga, PDG Les Grossman, Zoraida Suarez, Roz Kogler, and Chuck Perlman of the Culver City club

Guests: Guillermo (Bill) De La Vina, Eli's guest

Announcements:

Marie Valencia Honored

PDG Les Grossman invited Past President Marie Valencia to the front for the unexpected presentation of an additional Past President's pin, in honor of all her hard work leading the NSFV club last year. Congratulations!

Pancake Breakfast and Car Show

Mike reminded everyone about the Pancake Breakfast and Car Show at Los Angeles Valley College this Saturday, May 26, from 7:30 a.m. – 1:00 p.m., and asked who will be there to help. This promises to be a wonderful event – make sure you invite everyone you know!

June 7 Raffle

Diana let us know that there will be a raffle June 7 for an iPad. Make sure to get your tickets!

Bingo for a Cause

Rich announced there will be a bingo planning meeting May 30 at 5:30 p.m. in his office for all who would like to help with this fundraiser. Flyers for the event were put at everyone's table setting and will be passed out at the car show to the public. Please invite everyone you know to join our clubs for **Bingo** on June 6, at 6:30 p.m. at the Union Hall, 14800 Devonshire St. (at the corner of Woodman). Refreshments will be available for purchase. Cost is \$20 for 15 game cards. Additional game cards can be purchased for \$3 for 3 game cards. If you miss the festivities on June 6, the next game is planned for July 11.

Calendar

- 5/31 **Jose Nolasco**, LaunchPad
- 6/2 Sat., **District 5280 Assembly**, Carson Community Center, 3 Civic Plaza Dr., Carson
- 6/3 Sun., **6:00 p.m., Jazz Concert** with Cathy Segal-Garcia at The Salvation Army ARC, 21375 Roscoe Blvd., Canoga Park
- 6/6, Wed., **Bingo Event** at Union Hall
- 6/7 **Club Assembly**
- 6/8 & 9, Fri. & Sat., **District Conference** at the Beverly Garland Hotel, 4222 Vineland Ave., North Hollywood, \$20 + meals
- 6/14 **4-Way Test Essay Awards**, Sepulveda
- 6/21 **Mid SFV Club Assembly**; Denny's; VN/NSFV dark
- 6/22, Fri., **Van Nuys Demotion Party**, 94th Aero Squadron
- 7/8, Sun., **Mid AFV Demotion Party**, 4:30 p.m.
- 7/11, Wed., **Bingo Event** at Union Hall

District 5280 Assembly June 2

Robin asked for a show of hands of those planning on attending the 5280 Assembly next weekend. Those going include, from NSFV: PDG Eli Gauna, PDG Les Grossman and Zoraida Suarez. From Van Nuys: Jim Tenner and Don Reiken. From Mid SFV: Barbara Pampalone, Rich Miller and Robin Kellogg. It's not too late to sign up!

The Assembly will be held at Carson Community Center. This is a great opportunity to meet people in our new district, as well as offering the training all our chairs need for the coming year. Please send your information to Jim Dyer (213-712-2538 or jim.dyer@rotary5280.org) or to Robin, so she can forward it to him.

FREE Jazz Concert June 3

Captain Judy Rockey invites all of us to the ARC for a free jazz concert featuring the remarkable Cathy Segal-Garcia on Sunday, June 3, at 6:00 p.m., at The Salvation Army ARC, 21375 Roscoe Blvd. (at Canoga Ave.), Canoga Park. If you are a jazz aficionado, don't miss it – this promises to be a wonderful performance! Cathy is a world-renowned singer and composer who started early, having been brought up in the music as the daughter of sax player Mike Segal. Hear why she is in such demand.

District Conference

If you haven't signed up for the **District Conference**, June 8 and 9 yet, do it now. This will be the final time 5260

will get together as a District. The event, to be held at the Beverly Garland Hotel, 4222 Vineland Ave., North Hollywood, will begin Friday night with a dinner honoring all the PDGs and outgoing presidents. Paul Netzel, Past RI Director, will speak Saturday morning at 9:00 a.m. Conference cost is \$155, including all meals (registration is just \$20 of that). An updated application is available online, or you can use the prior version. After May 25 you need to register by phone or online.

Budget for Merged Clubs

PDG Emilio recapped information on dues and budget items that he'd sent to most of us in an email: Dues would be \$200/year. All District 5280 expenses as well as Rotary International dues have been included. (Dues, Meetings RYLA, Assembly, Presidents' meetings and Rose Parade Float.) Meals have been estimated at the cost we are incurring at the 94th Aero Squadron currently. We are offering the following meal plans:

a. Every member will be billed \$10.00 per month to cover beverage service and to help offset the cost of one speaker and one guest of the club per week.

b. Those that wish to eat have the following options:

1. You can choose to be pre-billed for meals. The cost would be \$76.13 per month (\$18.27 cost of meal x 50 weeks) / 12 months).

2. You can choose "pay as you go" and pay \$20.00 per meal when you attend.

You will be allowed to switch options at 6 month intervals.

The "New Location Committee" is working diligently to explore other venues and to negotiate other meal options with the 94th (maybe a senior meal package or soup and salad).

The operational budget incorporates a \$3,600 subsidy for the Track Meet as well as incorporating \$1,900.00 to cover 4 recognition guests twice a month.

There was some short discussion of these items, with some people objecting to reducing the number of recognition events, others to charging so little for dues (vs. the \$446 Van Nuys now charges) and still others to moving the meeting location. At the club assembly two weeks ago a few people objected to the idea of changing the Van Nuys club name, in part because it is the oldest club and in part because of the Van Nuys Track Meet. At that time the consensus was the Track Meet would not need to be called anything different no matter what the club name is or becomes.

Please contact Emilio at Emilio@EMBasile.com, office 818-534-1380 ext. 101, or cell 818-262-6028 if you have any questions or suggestions.

Speaker: Guy Mangia, Dentist, Craft Talk

Mauricio did the honors and introduced fellow club member Guy Mangia. Guy was born in North Hollywood and raised in the Valley. He first decided on his profession in the sixth grade when his uncle asked him what he wanted to be when he grew up. He told him you have to be a doctor, lawyer or dentist because those are respectable professions. Said Guy, "In my 12 year old mind being a lawyer required too much history and writing. A doctor had to get up in the middle of night to deliver

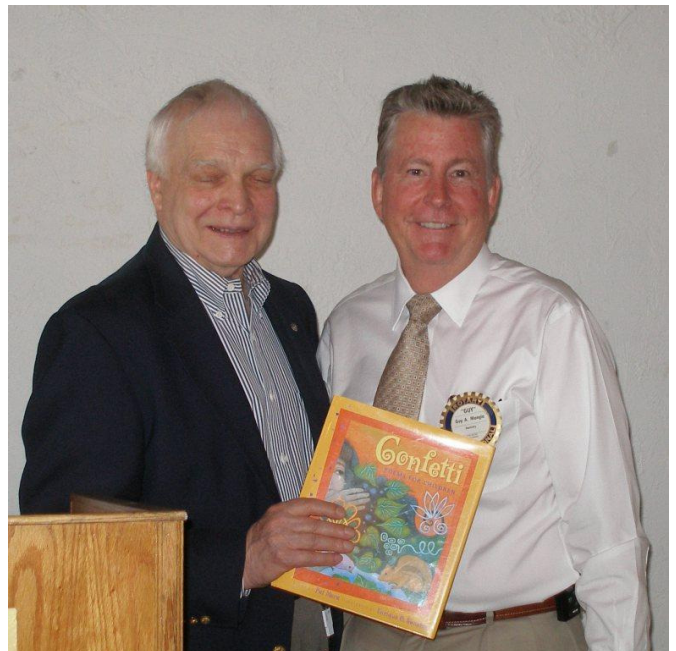
babies. So I announced I was going to be a dentist."

As he grew up, he found it was actually a good choice for him. "I like science, working on models and people."

After getting his undergraduate degree from USC he did a three year internship in a Northridge dental lab, and then was accepted to USC's dental school program. After starting his own practice he was introduced to the Rotary Club of Van Nuys by an associate of his, John Stopp, who was a member. John told him "Do everything, get involved and enjoy, but don't be president. You don't have the time for it." Advice he has followed to this day, just as John himself did!

As of this month Guy has been in practice for 30 years, and has enjoyed every moment. Most of his practice is general dentistry, including some restorative and cosmetic work. He is fortunate to see many patients several times a year. They become family and friends. "I see some of them more frequently than I see some relatives. It's all about building good relationships. I spend a lot of time educating people about their mouth and how to keep it healthy.

When Jim Tenner asked about implants, Guy began his answer with a short history of dentistry. Years ago when you had a toothache, the dentist pulled the tooth. Not that long ago they began to fill the cavities before they became systemic, and then dentistry became preventative. Problems with the gums became common, which taught them to control periodontal disease. Teeth were expected to survive 40-50 years until modern dentistry. Now people live longer and keep their teeth longer. But when the teeth need to be removed, we can now put in implants.



Don Reinken and Guy Mangia

Implants if done properly are 97 to 98% successful. A cylinder of titanium is first implanted into the bone. This is allowed to sit for a while so that it can be ossified. The bone has to grow around it to keep it stable. It usually takes 3 months for the titanium to integrate with the bone. If it's on the upper arch of the teeth then it can take up to 6

months as that bone is less dense. Then a post is put in and the tooth is put on the post. It's a long process, not one that can be done in a day. Implants can be used to support a bridge that snaps on, or be stand-alone teeth. They are great, but obviously tooth loss prevention is even better.

A number of problems (uneven wear, fractures, TMJ and headaches) are caused by occlusion – misalignment. Teeth and the jaw joints can be compared to a door and jamb. If the door doesn't fit the door jamb properly it won't close, or must be forced to close. And if your teeth are not properly aligned with your jaw, you may end up with wear, grinding and breakage, just like the door. Muscles strained to adapt to that misalignment can cause TMJ (temporal mandibular joint) problems, and headaches.

In discussing old style fillings, Guy noted that silver amalgam, still in use to some extent today, is held in place by making the bottom of the tooth hole smaller than the top. Eventually its edges break down, causing leakage and allowing bacteria to enter. Or it can expand, breaking the tooth. Contrary to some popular claims, there has been no proven danger from the mercury in silver mercury fillings. Once combined, the chemical composition means there is no free mercury to cause problems. Just like zinc and copper chemically combine to make brass, a very different metal, the silver and mercury once combined act and is a very different material than the two components.

Composite resins work better than amalgam and eventually also have some problems due to wear, but they do not expand to break the teeth. Cutting edge technology developed in Germany allows 3D images of the whole skull for a perfect fit and machine creation of composite crowns. Both composite and amalgam fillings have life expectancies of 20 to 25 years. Porcelain, which, like resins, bonds better to the inside of the drilled tooth hole than amalgams, is also excellent but more expensive.

Don presented Guy with a bookplate to sign and book for Casa Esperanza.

Opportunity Drawing

This week's 50/50 pot went to Tom, who won \$60.

Notable Quotables:

"Sometimes your best investments are the ones you don't make." Donald Trump

"Failure is an event, never a person." William Brown

"We find comfort among those who agree with us – growth among those who don't." Frank A. Clark

Meeting Information for Nearby Clubs

Calabasas, Tuesdays, 12:15 p.m.
Wolf Creek Restaurant
26787 Agoura Rd.
Calabasas, 91302

Granada Hills, Thursdays at 12:10 p.m.
Porter Valley Country Club

19216 Singing Hills Dr
Northridge CA 91326-1716

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

North San Fernando Valley, Thursdays at 12:00 p.m.
94th Aero Squadron (with the Van Nuys club)
16320 Raymer St.
Van Nuys

Northridge/Chatsworth, Tuesdays at 12:00 p.m.
The Olive Garden
19724 Nordhoff Pl.
Chatsworth, CA 91311

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, Thursdays at 12:00 p.m.
94th Aero Squadron
16320 Raymer St.
Van Nuys

West San Fernando Valley, Thursdays at 7:15 a.m.
Coco's on Victory and Topanga
Topanga

Woodland Hills, Wednesdays at noon
Woodland Hills Country Club
21150 Dumetz Rd.
Woodland Hills

2011-2012 Club Officers:

President: Barbara Pampalone	H 818-882-2395
Immediate Past President Martha Stulman	H 818-708-8947
Administrator & Club Chair: Beth Ullman	H 818-701-6889
Secretary: Rosielee Jones	C 818-703-3201
Treasurer: Frank Santucci	C 818-652-7529
Membership VP: Marc Tapper	H 818-425-6667
Projects VP: Rich Miller	W 818-994-8234
Foundation VP: PDG Emilio Basile	H 818-886-4142
Sara Vasquez	H 818-368-6682
Public Relations VP Robin Kellogg	H 818-993-5378
Bulletin Editor pro tem: Beth Ullman	H 818-701-6889
Community Chair: Judy Rockey	C 818-683-3510
Int'l Chair: Sara Vasquez	H 818-368-6682
New Generations Chairs: Clinton & Rosielee Jones	C 818-609-7105
Vocational Chair: Carlos Menjivar	818-620-2569
Programs Chair: Robin Kellogg	H 818-993-5378
Sgt. at Arms: Renée D'Auria	H 818-882-1659

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