



Mid San Fernando Valley

Service Above Self

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



May 5, 2011

Flag Salute: PDG Emilio Basile

Invocation: Debbie Navarro

Attending Members: Debbie Navarro, PDG John Alexander, PDG Emilio Basile, Roz Dubrow, Renie D'Auria, Carlos Menjivar, Judy Rockey, Rosielee Jones, Clinton Jones, Robin Kellogg, Marc Tapper, Frank Santucci, Barbara Pampalone; Beth Ullman

Visitors: Rachel Miller, D.C., a friend and colleague of Rosielee and Clinton Jones

Announcements:

Project Reports Due

Barbara has been busy writing up most of the projects we've done during this year for submission to the District Awards committee for judging, and she's done – as we have – a lot! She passed them around for us to see and be reminded of just how many different things we do as a club. In past years Beth and Robin have done the bulk of the reports, but this year Beth is busy as the Awards Chair and Barbara stepped into the breach marvelously.

Beth added that all the reports from all the clubs will be on display at the District Conference; just one more reason to attend! Reading them is both inspiring and a great source of ideas for projects we might like to try, as well as helping us know the strengths of other clubs for possible joint projects.

Treat Yourself to a Private Spa

Frank gave an unabashed commercial for his wonderful wife, Sandra, and the day spa she has created in their home. Gift certificates in lovely gift boxes are available, and the prices are very reasonable – a combo of facial, European massage and treatment of the décolletage area is just \$45; for \$50 you can also have a back treatment. Proceeds helps support animal rescue and environmental causes. The location is 4432 Ensenda Dr., Woodland Hills. Please contact Frank at 818-652-7529 for more information or certificates.

Special Presentation to ROR

It was Robin's privilege to be able to present to Debbie Navarro the \$1000 check from the District Community Grant with our \$375 check for Reach Out and Read (ROR). These are the first funds for the purchase of

Calendar

5/12	Katie Berry , The Therapeutic Center for the Blind
5/14 Sat.	CLM , New Horizons, Sam's Café, 15725 Parthenia Ave., North Hills, CA, 8:00-11:00 a.m.
5/14	Civil War Re-enactment at Pierce College; 2 battles (noon and 3:00 p.m.)
5/18 Wed. 5:30	Board Meeting , Rich's office
5/19	Joint Rotary Club Meeting and Meet and Greet with the GSE Team from Peru , New Horizons, Sam's Café, 15725 Parthenia Ave., North Hills, noon,
5/23-26	RI Convention New Orleans
5/24	Monroe High School Four-Way Test Awards
5/26	TBD
6/2	Max Izenberg , Healthy Living
6/9-12	District 5260 Conference , Long Beach, Hilton Hotel and Executive Center, 701 W. Ocean Blvd.



Debbie Navarro accepts checks from Robin Kellogg

books the organization has received since last summer, although Debbie is hopeful that some of the 30 pending proposals will be approved (16 others were just denied). Funding has gotten especially precarious since the federal budget crisis has led the government to cancel the \$6 million ROR was getting annually in support of the program and its 4600 clinics. Kaiser still gives out 171,000 books a year to their patients, recognizing the great importance to families and health, but other centers are not as lucky.

For those who are unfamiliar with ROR, it brings early literacy to young children of low-income families by making books and literacy education a standard part of their regular pediatric care, reaching 3.8 million children through more than 4,600 ROR programs, and distributing over 6 million free books to children every year.

While nationally the average is 14.5%, between 20 and 26% of all Californians lack the most basic literacy skills needed to function; in Los Angeles County, that number is between 28 and a whopping 41%. Sadly, 3rd grade literacy is the key indicator of future problems, and those numbers are used by California, Texas and other states to plan prison construction for the future. ROR helps keep those numbers low.

Other News

- Captain Judy Rockey is looking for someone able to give her staff at the Salvation Army some basic CPR training. Robin will contact Nathan Wolfstein for recommendations of trainers, but if you know of a person or group who can help, please contact Judy at 818-683-3510.
- Marc let us know that guest Kevin Taylor has been put on a local community council and sends his regrets that he can no longer attend, or look forward to joining.

Handouts Available

Robin reminded us that she still has some of those great Rotary postcards to hand or mail to potential member, as well as the new "What is Rotary?" folded cards. Use them to good advantage!

Help Your Postal Worker "Stamp Out Hunger"

On Saturday, May 14, postal workers across Los Angeles will be collecting non-perishable food to be delivered to local food banks. This is the 19th year in row that the Post Office has been involved in the Stamp Out Hunger Food Drive, held the second Saturday of May. Over the years, it has become the nation's largest single-day food drive campaign.

Participating is easy and best all you don't even have to leave home. Leave a bag of non-perishable food by your mailbox on Saturday, May 14, before your mail carrier arrives.

What qualifies as non-perishables? Rice, pasta, canned fruits and vegetables, tuna and other canned meats, soups and stews, peanut butter and cereal. Please no glass containers.

Last year, a record 77.1 million pounds of food donations were collected by U.S. Post Offices around the

country. Over the years, this has amounted to billions of pounds of food donated to food pantries.

For more information go to:

<http://www.helpstampouthunger.com>.

Speaker: Rosielee Jones, Jones Chiropractic Wellness and Sports Center

Rosielee began her craft talk by telling us how honored she was to be a Rotarian. She then did her own version of the Four-Way Test, which went something like this:

1. She tells the truth—sometimes
2. She tries to be fair—but will tell you if she thinks you're not being fair
3. She has shown a lot of goodwill to friends, family and her community
4. She has performed beneficial acts since childhood, such as offering babysitting services in her neighborhood for free before realizing she could get paid for doing it. "I was blown away that I could get money for something I love to do," she said. Rosielee added that now with the Rotary in her life and being asked to help out with youth-oriented projects, everything has come full circle.



Rosielee Jones, D.C., and Robin Kellogg, in for Martha

Rosielee has been in partnership with Clinton Jones, both professionally and personally, since they met in chiropractic college. Throughout their 30 plus years in practice, Rosielee and Clinton have devoted themselves to working with young people. Rosielee says young people need caring adults not just as confidantes and mentors, but to show them how to live healthier lives. According to Rosielee, many of our youth are ill-natured because they are unhealthy in their exercise and eating habits. "If you don't give nutrition to the brain, the brain falls down [on the job]," she said. "At our center, we help the community reclaim its health." The Clintons, along with their new associate, Dr. Rachel Miller, accomplish this through the use of cutting-edge techniques, modalities and equipment. On July 9, the center is sponsoring body scans through Pacific Health and Wellness, which offer early detection of a multitude of ailments. The scans will be performed at Jones Chiropractic Wellness and Sports Center, 16555

Sherman Way, Suite C, Lake Balboa (Van Nuys), CA.

Their chiropractic and sports clinic has patients from as far as Temecula, San Diego, Santa Monica and Santa Barbara, besides the greater Los Angeles area. "Our tentacles go out [over a wide area], just like the Rotary," said Rosielee.

Rosielee knew she wanted to be a doctor since she was ten. When she confided her aspirations to her uncle, whom she admired, he told her it wasn't realistic. Her grandmother, on the other hand, told her to ignore her uncle and follow her heart. We're all grateful that she decided to listen to grandma.

Following high school graduation, Rosielee tried several different college programs, including veterinary medicine, until she became a radiology technologist. It was in this job that she worked with a surgeon who let her sit in and view some surgeries. When he saw Rosielee's interest and innate abilities for medicine, he suggested she apply to medical school and offered to write a recommendation for her. But that wasn't what Rosielee wanted. She wanted to help people recover before they needed to see a doctor or a surgeon. This eventually led her to the Cleveland Chiropractic School. She was the only girl in the class. So impressed was her family with her that 27 family members showed up at her graduation and gave her a standing ovation.

She and Clinton met at the college and were best friends for five years, before entering into a more serious relationship with one another. And, although she was sure she knew everything she needed to know about Clinton, it wasn't until her wedding reception that she discovered his past career as a professional football player. Prior to the wedding toast, her uncle asked her if she knew who she had just married. He reminded her of the football player she had loved to watch because he always made a touchdown, and then pointed to Clinton and said, "That's him!" Five daughters and many years of marriage later, the two have a thriving, innovative chiropractic and sports medicine practice. It wasn't easy to have five children and start a practice, but the Jones' did it. Said Rosielee, "Our friends made tons and tons of money during those years. We made tons and tons of wonderful human beings." Bravo, Rosielee and Clinton!

Reminders:

Joint Club Meeting for GSE Team

On May 19, the Mid San Fernando Valley Rotary Club will join the Northridge/Chatsworth Rotary Club, North San Fernando Valley Rotary Club, and Granada Hills Rotary Club for a joint meeting at New Horizon's Sam's Café, 15725 Parthenia St. in North Hills. The visiting Group Study Exchange team from Peru will present the program.

District Conference

This year our District Conference will be held June 9-12 at the Long Beach Hilton. Reserve your spot by April 30 and save half of the \$35 conference registration fee. Sign up for all the meals and receive an additional \$25 discount. Make certain to reserve your hotel room by Monday, May 9 for the special room rate of \$115/night.

Registration forms are included in the March District newsletter, and are now on the district website as well: www.rotary5260.org.

Walk on the Horizon

New Horizons is sponsoring its 4th Annual Walk on the Horizon at California State University, Northridge on June 5. Registration for the walk begins at 8:00 a.m. with the walk commencing at 9:15 a.m. There will be a concert by Arrest My Sister at 10:45 a.m. For more information contact: Courtney Kanner (818) 221-0629 or clkanner@newhorizons-sfv.org.

PolioPlus

Thank you to everyone who contributed to PolioPlus this week.

Happy Bucks

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

2010-2011 Club Officers:

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Administrator:	
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Membership co-VPs:	
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Projects VP:	
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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