



Mid San Fernando Valley

Service Above Self

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



August 4, 2011

Flag Salute: Sara Vasquez

Invocation: Bub Pickup

Attending Members: Renie D'Auria, Judy Rockey, Sara Vasquez, PDG John Alexander, Rosielee Jones, Frank Santucci, Rich Miller, Jean Mabilon, Marc Tapper, Robin Kellogg, Barbara Pampalone and Beth Ullman.

Guests: Bub Pickup of Visiting Angels; Peggy Mala, Barbara's sister visiting from Oregon; and Judi Lirman, our speaker

Visiting Rotarians: Jim Tenner of the Van Nuys club

Announcements

New Bookmarks/Brochures

Beth Ullman passed out the new bookmarks and brochures that Mike Thomas (he visited last week) printed for our club. She suggested we all take a handful and pass them out to those who may be interested in finding out more about Rotary.

Fireside Chat

Our President Barbara Pampalone has scheduled a fireside chat at her home on Sunday, August 28, 2011 at 4:00 p.m. Our new members, as well as any potential members, should attend. As usual, all club members are welcome to attend. We will show a PowerPoint presentation, which will be followed by light snacks.

Next District Meeting

The District will hold its next meeting on Saturday, September 10 at New Horizon's Sam's Café. The meeting will focus on the Foundation programs.

District Grants

The District is offering grants again for community based projects. Suggestions included requesting a grant for scholarships or for the New Horizons Golf Tournament. Barbara Pampalone was going to find out more information on the grants.

Bingo Bank Account

Frank Santucci announced that he has opened a bank account for our future Bingo proceeds and has submitted the appropriate paperwork to the state.

Calendar

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| 8/11 | Mel Powell , Rotary Communities of Interest |
| 8/18 | Lawrence McLaughlin , Philippines Water Project |
| 8/25 | Ray Carlson |
| 9/1 | Al Feldman , Income Tax Planning |
| 9/10 | District Meeting, New Horizons' Sam's Café , 15725 Parthenia St., North Hills, CA, 91343, 8:00 a.m. – 11:30 a.m. |
| 9/22 | District Governor Tom Hardy |

New Evening Club

Barbara Pampalone has been asked to help form an evening club. The first meeting will take place at her home on Wednesday, August 10, 2011.

Salvation Army Advisory Council

Judi Rockey invited anyone who is interested to attend their Advisory Council meeting on August 12. Registration will begin at 9:30 a.m. and the meeting will start at 10:00 a.m. The meeting will provide information about what is involved in serving on the advisory committee. Barbara mentioned that her late husband, Joe Pampalone, had served on the council for several years as a representative of Rotary. Mike Thomas added that he had as well, for one of the other centers, and found it a great experience.

Rotary Minute

John Alexander gave this week's Rotary Minute. "Have you ever seen a Rotary club die?," John asked the group. "It's growing problem in the U.S."

He went on to say that we need to refocus our energies back to the basics: Rotary's 4-Way Test and the Avenues of Service.

"At one time our District sent as many as 13 students a year overseas to study," John noted. This, he said, amounted to several hundred students over the years. "We have to refocus on educating new Rotary members on why it's so special to be a Rotarian and the public on what we do on the community level and worldwide," he added.

"If we do these two things," said John, "we can grow".

Speaker: Judi Lirman, "Life, Slow Down for a Minute!"

Judi Lirman, a former middle school teacher and current marriage and family therapist, has helped hundreds of people put the brakes on their fast paced lives; and is working on slowing down her own.

Judi took us through her schedule for the prior day. After waking up at 8:00 a.m. (she overslept), she got up and took care of the dogs. She then drove to her office, saw three clients, went to a lunch meeting, and saw two more clients. She was home by 5:30, let the dogs out, threw a few things together for the meeting she had to lead that evening, and left for the meeting. She returned home late that night, when she started to write her notes to speak to our group.

"When I talk about life slowing down for a minute—I'm living it," said Judi. "I enjoy every minute of it. And I pay the price for running full throttle. This fast-paced world comes at us constantly and our attention is drawn in 4,000 different directions; everyone wants an answer simultaneously. "



President Barbara Pampalone with Judi Lirman, MA, MFT, our speaker

Taking time off is great, Judy noted, but it isn't enough until we learn to pace ourselves. Unfortunately, we usually don't make that change. For example, we take a vacation, but we get back, we start taking on the same burdens and pace that made us want and need that vacation in the first place. Quoting Lily Tomlin, Judi said: "For fast relief try slowing down."

If you wondering why it's so important to slow down here are some eye opening reasons:

- It's good for your heart
- It's a deterrent to strokes, high blood pressure, and weight gain.
- It helps you maintain your physical and emotional health.

- "Slow down and enjoy life. It's not only the scenery you miss by going to fast--you also miss the sense of where you are going and why". (Eddie Cantor)
- Exercise is good for body and it clears your head. There's an old joke: A man tells his friends he's going to jog until he falls over dead. When he returns people say: "We never expected to see you again, you said you were going to jog until you fell over dead". The man replied: "Why would I want to do that"? Exercise releases endorphins. The lesson: The mistakes we make are opportunities to do things differently.
- Here are some tips on how you can start slowing down the pace of your life today:
- Make a list. Then cross out anything extraneous,
- including what you wish you could accomplish that day.
- Delegate, delegate, delegate. Find out who is available to help you and move that task into their to-do column. It takes that task off your plate and you're giving them an opportunity to grow and be of service.
- You will not die by using the word "no". It's okay to say you don't have the time or cannot do something.
- Get a calendar. In pencil, fill it in with all the mandatory things you have to accomplish that day, that week or that month. That includes appointments, time to sleep, grocery shop, meetings, exercise, family, friends, meals, and time to veg out—yes, this is mandatory too.
- Then add in the other items you believe you have to do. Now go back and erase everything that doesn't actually need to be done.
- To really bring you back to reality, review your calendar as if you were asking someone else to do all those tasks. If it looks too jam packed, it's because it is. We always expect more of ourselves than we do others.

Let's review. Here are the steps to reducing stress in your life:

- Write it down
- Edit it
- Rearrange (prioritize)
- Erase

Got it? Good.

Judi ended her talk with a quote from Douglas Pagels. "Sometimes it's important to work for that pot of gold. But other times it's essential to take time off and to make sure that your most important decision in the day simply consists of choosing which color to slide down on the rainbow."

Sad News

It is with great sadness that we report the death August 6 of our former first lady of the district, Sondra Frohlich, who lost her long battle with cancer. She was a remarkable and accomplished woman: a major power in business when few women worked outside the home, winner of numerous awards and recognitions from both industry and the

community, and, of course, an outstanding Rotarian, who served as the Charter Secretary of the Sherman Oaks Sunset club. She will be much missed. Services will be August 15 at 2:30 p.m., Forest Lawn Mortuary in Hollywood Hills, at the Old North Church Chapel. If you would like to make a contribution in her name, PDG Drew has asked that they go to the North Valley YMCA, c/o Sondra Frohlich Memorial, 11336 Corbin Avenue, Northridge, CA 91326. Sondra was a Past Chairman of the North Valley Board of Managers and for over 30 years was deeply committed to their life changing programs for young people and the North Valley Y's mission, growth and development. For cards or notes to Drew, the address is 17059 Westbury Drive, Granada Hills, CA 91344.

PolioPlus

Thank you to everyone who contributed to Priscilla Pig for PolioPlus this week.

Happy Bucks

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

Opportunity Drawing

Jean Mabilon won the \$5 *and* got the chance to draw for the joker. He asked John Alexander to pull the card for him. It was the jack of hearts.

2011-2012 Club Officers:

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|---|----------------|
| 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 & Bulletin Editor: | |
| Robin Kellogg | H 818-993-5378 |
| Community Chair: | |
| Judy Rockey | C 818-683-3510 |
| Int'l Chair: | |
| OPEN | H 818-445-7369 |
| New Generations Chairs: | |
| Clinton & Rosielee Jones | C 818-609-7105 |
| Vocational Chair: | |
| Carlos Menjivar | 818-996-7337 |
| Programs co-Chairs: | |
| Robin Kellogg | H 818-993-5378 |
| Beth Ullman | (818) 701-6889 |
| Sgt. at Arms: | H 818-882-1659 |
| Renie D'Auria | |
| Parliamentarian: | |
| PDG John Alexander | H 818-899-2045 |

*Robin Kellogg
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Northridge, CA 91324*