

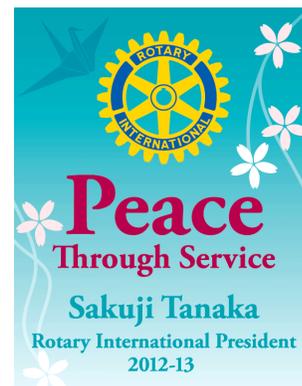
# Rotary Club of Greater Van Nuys

[www.greatervannuysrotary.org](http://www.greatervannuysrotary.org)

**Service Above Self**

Meeting at 94<sup>th</sup> Aero Squadron  
Thursdays, 12:10 p.m.

16320 Raymer St., Van Nuys, CA 91406



## August 23, 2012

**Flag Salute:** Rich Miller

**Invocation:** Ken Worthen

**Attending Members:** Mauricio Aranda, Renée D'Auria, PDG Eli Gauna, Alice Gauna, Judy Coates, PDG Les Grossman, Frank Santucci, Lawrence Pleet, Guy Mangia, Rosielee Jones, Barbara Pampalona, Tom Harris, Robin Kellogg, Rich Miller, Don Reinken, Patrick Fahey, Razi Sheikh, Don Fetherolf, Mac Shamieh, Clinton Jones, Jim Tenner, Peter Satuloff, Ron Wolf, Ed Viramontes, Roz Kogler, Mike Quiroga, Rosie Jones, Clinton Jones, Zoraida Suarez, Jim Tenner, Javier Nunez, Ken Worthen, Marina Martinez, Martha Stulman, Marc Tapper; Beth Ullman

**Guests:** Assistant Governor Ed Jackson of the Westwood Village Rotary Club; Jan Goforth, Van Nuys Airport; Fernando Mareno, guest of the club on his second visit; José Martinez, Van Nuys Corps of The Salvation Army; and Shelley Bell, our speaker

### ANNOUNCEMENTS / Reminders

#### Get Well Soon – We Miss You!

Emilio is still in our thoughts and prayers as he continues to recover from surgery. Today we all signed a get well card for him.

#### Bingo

Rich now has the tickets for our October 10 event – please take a few and sell them to family and friends! He asked that we not trade tickets among ourselves, so that the committee can keep track of who has turned in their money and who hasn't. If you don't sell all the tickets you take, make sure to turn them back in so that we know we're not waiting for their monetary value.

#### Membership

Rich is also our Membership Director. He attended Sunday's district membership meeting, at which Mel Powell, our Zone Ignite Representative for District 5280, gave some interesting new ideas on bringing in new members. Mel will be our speaker September 27, at which point he'll share those and other ways to encourage more young people to join, but in the meantime Rich is holding a meeting at his office **Monday, August 27**, at 5:30 for everyone who would like to be part of the Membership Committee.

### Calendar

- 8/25, Sat. **Afghanistan Dental Clinic Fundraiser**  
5:00 – 9:00 p.m. at Barbara's house
- 8/27, Mon. **Membership Committee**, 5:30 p.m.,  
Rich's office
- 8/30 **Anthony Marks**, Current Pharmaceutical  
Problems
- 9/6 **Michele Pincus**, Los Angeles Science  
Fantasy Society
- 9/9, Sun. **District Picnic**, Seaside Lagoon, 100  
Portofino Way, Redondo Beach, 11 - 4:00
- 9/13 **Ira Saltzman, Esq.**
- 9/15, Sat. **Polio Plus Dodger Game Night**, Dodger  
Stadium, 6:10 p.m.  
**Dance for Those Who Can't** – PolioPlus  
fundraiser, 7:00 – 10:00 p.m., Greater SFV  
E-Club event at Arthur Murray Sherman  
Oaks, 4633 Van Nuys Blvd.
- 9/19, Wed. **Board Meeting**, 6:00 p.m.
- 9/20 **Clarissa Black**, Pets for Vets
- 9/27 **Mel Powell**, Ignite Membership!
- 9/28 – 30, Fri. – Sun. **Bishop Safari**
- 9/29, Sat. **Granada Hills Rotary Blood Drive**
- 10/4 **Dr. Barry Leonard**, Optometrist
- 10/10, Wed., **Bingo**, 6:30 p.m. Union Hall
- 10/25 **Club Assembly**
- 10/27, Sat. **District Foundation Masquerade Ball**,  
Westin Bonaventure Hotel,  
404 S. Figueroa St., Los Angeles
- 10/31, Wed. **Harvest Festival**
- 11/1 **DG Lew Bertrand, Governor's visit**

### New District Office

At the Presidents' dinner last week, Jim learned that 5280 now has a permanent office: 8939 S. Sepulveda Blvd., Suite #210, Los Angeles, 90045, phone 310-670-9792; fax 310-670-9795. While hours are limited (open Monday-Thursday from 9:00 a.m. to 2:00 p.m.; closed on Friday) from August 16-31 for vacation, you can sign up for

events or get information on district activities by contacting this new center. Emily Blair-Charnelle is the District Office Administrator. Information, flyers and sign-ups for events are also available on the website: [www.rotary5280.org](http://www.rotary5280.org).

### Coming District Events

September 9 will be the annual **district picnic** and cardboard boat race – a great way, as PDG Eli suggested, to make new friends in the new district. Please visit the website ([www.rotary5280.org](http://www.rotary5280.org)) or check the flyer for more information.

September 15 will be the annual **Dodger Game Night** for PolioPlus. Robin has opportunity drawing tickets for both that, where you could win prizes that include meeting with the team on the field, and the October 27 Foundation fundraiser – you could win \$500, \$1,500 or \$3,000! Each ticket is just \$10.

The **October 27 Foundation event** is a masquerade ball, with auction. Tickets are \$125 each, but the club will contribute \$25/member or \$50/couple to encourage every one to attend. Let Jim know if you are going – we may end up buying a table or two (the norm in 5280).

### Afghanistan Dental Clinic Fundraiser

This Saturday, August 25, from 5:00 to 9:00 p.m. is the Evening in Kabul dinner fundraiser for the Afghan Dental Relief Project. It's not too late to donate a silent auction item – let Barbara know by calling her at 818-882-2395 or by email to [bpampalone@gmail.com](mailto:bpampalone@gmail.com).

### Fellowship Event

At last night's board meeting the group agreed to put together some events just for members to have fun. For the first possible choice, Jim passed around a sign-up sheet for those interested in a day at the races – Santa Anita – on September 29. If we don't get at least 20, so we can reserve a section, it won't go forward. The price is \$15, including parking. We can bring lunch or buy food there. The 24-day Autumn Meet begins September 28 and has one of the world's most lucrative stakes programs, which will be keynoted by six Grade I "Win and You're In" Breeders' Cup prep stakes, five of which will be run on Saturday, September 29. A great day to be there! (The last Grade I event will be run Saturday, October 6.)

### Club Payments – Have You Paid Your Dues?

Razi announced he is now able to take credit card payments at meetings. Hopefully this will make it easier for members to stay current. Also, we have been informed by Wells Fargo Bank that we will be **charged \$12** on any returned check. If charged, we will have to pass the cost along to the member whose check was returned.

### Grant Status

PDG Les told us we have to have paid both our district and RI dues to be eligible for the District Matching Grant. We have applied for a grant to help with the October 31 Harvest Festival. Unfortunately we still don't know if we will get the grant because the deadline was extended from August 15 to September 30. The good news is the new due date was needed because so few clubs submitted by the earlier deadline.

### Other Reminders

Contact Beth or Robin if you need help correcting our on-line club **roster** or uploading a new photo.

Rich has the club's supply of business card sized "**What's Rotary**" **handouts** and **lunch invitations** to our meetings. Please see him if you'd like more to pass out to potential members.

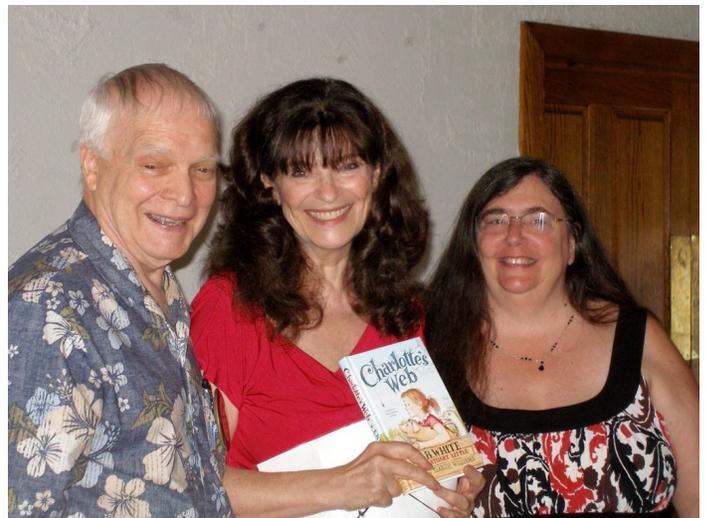
We need a **new club logo**, both for our bulletin and our new flag. If you have a great idea of what that should look like, please bring a sketch to a meeting or give it to a board member. There may even be a prize in it for you.

### Speaker: Shelley Bell, Laughter Yoga

Robin introduced Shelley, a Certified Laughter Yoga Teacher of the Dr. Kataria School of Laughter Yoga, and a friend of hers from the NVRCC. "Laughter Yoga is a unique concept where anyone can laugh for no reason and without relying on humor, jokes or comedy. It combines laughter exercises with yoga breathing. Its core premise is that your body knows how to laugh, regardless of what your mind has to say. Laughter Yoga is a body-mind approach to laughter, not something mind-body. Laughter Yoga invites you to fake it until it becomes real because, if done with willingness, you get the same physiological and psychological benefits."

Laughter Yoga originated in Mumbai, the happy project of a doctor looking for ways to bring the healing power of laughter to his patients, spurred by the story of Norman Cousins. (Faced with a dire prognosis, Cousins decided to spend his days laughing at funny movies rather than fretting, and experienced remarkable improvement as a result.) Today there are 5-6,000 Laughter Clubs around the world.

"Laughter is a positive and powerful emotion that has all the ingredients required for individuals to change themselves and to change the world in a peaceful and positive way. Its primary objectives are to strengthen the immune system and boost 'happy chemistry'. As the adage 'laughter is the best medicine' goes, researchers credit belly laughs as a recipe for a healthy heart. It helps expand blood vessel linings to increase blood flow, reduces stress hormones and boosts the immune system."



*Don Reinken, Shelley Bell and Martha Stulman*



Shelley put us through the paces with several laughter exercises, such as "laughter yogurt" and "gibberish opera". Needless to say, we were laughing a lot, sometimes for just having fun being silly with each other.



*We were definitely getting into the spirit of it all!*

If you'd like to join, the Free Laughter Yoga Club meets on the first Monday and third Thursday evenings at 7 p.m. RSVP for location: [shelley@heartandsoulspace.com](mailto:shelley@heartandsoulspace.com), or 818-368-3375. For more information, check out Shelley's Facebook page: Laughter Yoga with Shelley Bell, and on Meetup.com: Laughter Yoga Northridge.

### **Happy Bucks**

Thank you to everyone who contributed to Happy Bucks today, including Martha, who celebrated her birthday Monday with a 3-hour Skype call to her son.

### **Priscilla Pig for PolioPlus**

Thank you to everyone who contributed to Priscilla today.

### **Opportunity Drawing**

Congratulations to Bob Ramirez, who won half of this week's \$105 pot.

### **Notable Quotables:**

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy." Rabindranath Tagore, philosopher, author, songwriter, painter, educator, composer, Nobel laureate (1861-1941)

"I myself have never been able to find out precisely what a feminist is, I only know that people call me a feminist whenever I express sentiments that differentiate me from a doormat." Rebecca West, 1913

**Member Profile**  
**Rich Miller**

- Rotarian since February 7, 1997
- Past President 3 times, last 2007-08
- Past Assistant District Governor
- Married to Virginia (Ginny)
- NVRCC and Toastmasters member
- Attorney specializing in aviation and civil law
- Has 3 pet tree frogs and flies a Cessna 182



## Meeting Information for Nearby Clubs

Calabasas, Tuesdays, 12:15 p.m.  
Wolf Creek Restaurant  
26787 Agoura Rd.  
Calabasas, CA 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.rotaryclubgreatersfv.org>

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

West San Fernando Valley, Thursdays at 7:15 a.m.  
Coco's  
21844 Victory Blvd.  
Woodland Hills, CA 91367

Woodland Hills, Wednesdays at noon  
Woodland Hills Country Club  
21150 Dumetz Rd.  
Woodland Hills, CA 91364

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

## 2012-2013 Club Officers:

### Co-Presidents:

Martha Stulman H 818-708-8947  
Jim Tenner H 818-241-9435

### Immediate Past Presidents:

Barbara Pampalone H 818-882-2395  
Don Reinken H 818-368-3341  
Razi Sheikh C 818-621-4841

### Director, Administration:

PDG Emilio Basile H 818-886-4142

### Secretary: Robin Kellogg

H 818-993-5378

### Treasurer: Razi Sheikh

C 818-621-4841

### Director, Membership:

Rich Miller W 818-994-8234

### Director, Projects:

Mauricio Aranda W 818-634-4043

### Director, Foundation:

PDG Les Grossman H 818-757-0157

### Director, Public Relations

Raul Castillo C 818-636-9125

### President Van Nuys Rotary Foundation:

Donald Fetherolf H 818-986-1460

### Bulletin Editor *pro tem*:

Beth Ullman H 818-701-6889

### Community Co-chair:

Marie Valencia H 818-929-7118

### Int'l Co-chair:

Zoraida Suarez W 818-788-8838

### New Generations Co-chairs:

Rosielee Jones W 818-782-0022

Mauricio Aranda W 818-634-4043

### Programs Chair:

Mauricio Aranda W 818-634-4043

### Vocational Chair:

### Sgt. at Arms: