

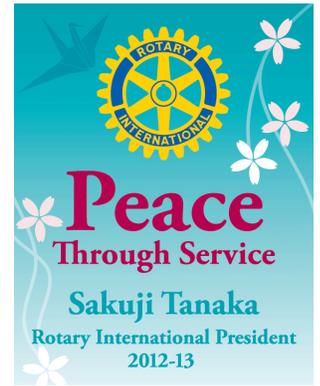
Rotary Club of Greater Van Nuys

www.greatervannuysrotary.org

Service Above Self

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

16320 Raymer St., Van Nuys, CA 91406



August 9, 2012

Flag Salute: Robin Kellogg

Invocation: Rich Miller

Song: Judy Coates

Attending Members: Mauricio Aranda, Renée D'Auria, PDG Eli Gauna, Alice Gauna, Judy Coates, PDG Les Grossman, Frank Santucci, Tom Harris, Robin Kellogg, Barbara Pampalone, Rich Miller, Don Reinken, Patrick Fahey, Razi Sheikh, Don Fetherolf, Clinton Jones, Jim Tenner, Ron Wolf, Roz Kogler, Peter Satuloff, Rosie Jones, Clinton Jones, Guy Mangia, Raul Castillo, Marie Valencia; Beth Ullman

Guests: Jan Goforth, Van Nuys Airport PR; Elaine Bern, Rich's guest; Holly Rasey, V.P. Development and Marketing at New Horizons; Adam Sher, our New Horizons honoree, and Frank Banos, our speaker

ANNOUNCEMENTS / Reminders

Get Well Soon!

Jim let us know that PDG Emilio Basile went back into the hospital today and will be having surgery soon. Please keep him in your thoughts and prayers. In an email after the meeting, Emilio said to let everyone know he misses us, and very much appreciates all the prayers and good wishes for his recovery. Saturday update: Emilio had his surgery late Friday at Providence Holy Cross. His wife, Laurie, will let us know when he is up to receiving visitors.

New Badges

Beth passed around a list of members with their Rotary classification as currently shown on the website. Please make sure we have yours up-to-date for our new badges! If you are not going to be able to do that at a meeting, please check your listing on our club website, www.greatervannuysrotary.org, and let Beth know if it is correct or needs to be changed, and what that change should be. Her email is bethullman@yahoo.com, or call her at 818-701-6889.

Lunch Check List

Razi asked that we write our names on the lunch list only if paying with cash, to help keep things simple and organized for his accounting.

Calendar

- 8/13, Mon., 6:00 p.m. Bingo** planning meeting, Rich's office, 7120 Hayvenhurst Ave. #108, VN
- 8/16 Ken Craft, Hope of the Valley Mission**
- 8/18, Sat., E-Waste Collection Fundraiser**, 9:00 a.m. – 3:00 p.m., LA Valley College
- 8/22, Wed., Board Meeting**, 6:00 p.m.
- 8/23 Shelley Bell**, Laughter Yoga
- 8/25, Sat. Afghanistan Dental Clinic Fundraiser**
5:00 – 9:00 p.m. at Barbara's house
- 8/30 Anthony Marks**, Current Pharmaceutical Problems
- 9/9, Sun. District Picnic**, Seaside Lagoon, 11 - 4:00
- 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.
- 9/28 – 30, Fri. – Sun. Bishop Safari**
- 9/29, Sat. Granada Hills Rotary Blood Drive**
- 10/10, Wed., Bingo**, 6:30 p.m. Union Hall
- 11/1 DG Lew Bertrand, Governor's visit**
- 1/9, Wed., Bingo**, 6:30 p.m. Union Hall
- 4/10, Wed., Bingo**, 6:30 p.m. Union Hall

E-Waste Collection

Mauricio reminded us that next Saturday, August 18 is our E-Waste Collection Fundraiser, from 9:00 a.m. – 3:00 p.m. at LA Valley College. It will be in Lot B, where the car show was held. Please, spread the word! If you have just a handful of small items and cannot get to the event, bring them to next week's meeting for Mauricio to take there.

Afghanistan Dental Clinic Fundraiser

Barbara reminded us the Evening in Kabul dinner fundraiser for the Afghan Dental Relief Project is in just two weeks: Saturday, August 25, from 5:00 to 9:00 p.m. This promises to be the best event yet for this very worthwhile project. Please help support it by buying

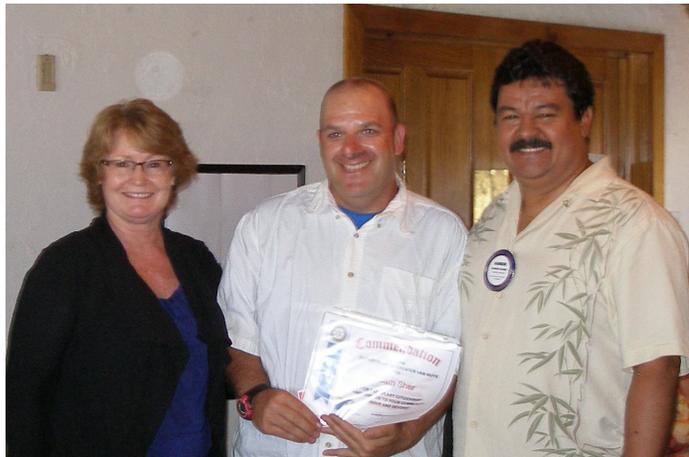
tickets (\$35 each), donating a silent auction item or spreading the word about this event. RSVP by August 23 to 818-882-2395 or by email to bpampalone@gmail.com.

New Horizons Recognition

Mauricio explained that the program recognizing outstanding clients of New Horizons was started by the Van Nuys Rotary club as a counter to the preponderance of negative news reported in the media. It also focuses attention on those who find wonderful ways to contribute to their community but are usually overlooked for awards because of their physical or mental limitations. Each honoree is our guest at one of our meetings, where they are given an award certificate and gift card.

Holly Rasey, V.P. Development and Marketing at New Horizons; told us about this month's honoree, Adam Sher. He was recently their "Number One" volunteer helping put together their recent yard sale. Adam worked long hours before the event sorting and tagging items, then from 6:00 a.m. until 5:00 p.m. the day of the sale, helping customers and keeping things organized.

Accepting his awards, Adam told us about his jobs at Brunswick Matador Bowl bowling alley and Hamer Toyota. He also volunteers regularly through Pathways, a club doing volunteer work at hospitals. And he reminded us that on September 24 New Horizons will be holding a golf tournament fundraiser. An outstanding volunteer!



Holly Rasey, Adam Sher and Mauricio Aranda

Other Reminders

Our next **bingo** game is scheduled for October 10, but there will be a meeting to discuss a number of items related to this on-going project at Rich's office on Monday, August 13, at 6:00 p.m. Please RSVP to him at 818-994-8234 or by email to rtm@richardtmillerlaw.com.

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.

Contact Razi if you have not yet received your monthly **invoice**.

Are You An Artist?

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: Frank Banos, Hypnotherapy

Robin introduced our speaker, Frank Banos, whom she met through the North Valley Regional Chamber of Commerce. He is currently expanding his hypnotherapy practice to work more with fitness trainers and athletes. Visualizing success on the field before actually competing or performing can significantly improve performance, and Frank knows how to help them do that more effectively.

Frank used to work for City Councilman Tony Cardenas – and got to know PDG Eli – taking care of community events and problems like potholes. Occasionally Cardenas would be unavailable and Frank would find himself thrust into the very uncomfortable role of spokesperson, a public speaking role he hadn't realized would be part of the job. To overcome that fear he found a hypnotherapist who really helped, and that sparked his interest in the field.

Everyone of us has an inner voice of doubt which gets in the way of what we want to accomplish. And in some ways we are constantly under hypnosis, like when we're driving on auto-pilot, thinking of other things, then realize we've missed our exit. We want to tap into that potential, eliminate the self-sabotage component, and harness it to meet our goals. When we do, it's like a big weight has been lifted off our shoulders. We perform better; we're happy. When his therapist helped him do this he was so taken aback at feeling happy that he accosted her: What had she done to him? She'd helped him eliminate his self-doubts. Doubts he'd programmed into himself over time without even realizing it.

The more we worry about the past, the more we are stuck in it. Frank told us he considers himself a 9/11 survivor. He had been teaching English and traveling in Europe that summer, and was supposed to be traveling back to New York from Madrid, then home to LA at the time. His mother convinced him to come home two weeks earlier to get ready for school. The realization of what he'd escaped haunted him, until he learned to let it go.

"Be the change you seek," Mahatma Gandhi's advice, is also Frank's. He noted our children often do the opposite of what we ask them to do, testing our control. We need to lead by example, and the only person each of us can truly change is our self. Then others may change in response.

Frank had us try a physical exercise followed by imagining exceeding our limits three times, and then doing the exercise again. Everyone did go farther, showing us how imagining our successes can help us achieve them. We program our brains. He suggested we use the half hour before going to bed to program them to achieve our goals, calling it the magic time; our subconscious minds will work on those goals while we sleep.

"Our minds work on two percentage levels – 12% conscious and 88% subconscious. We analyze and make decisions with our 12% conscious mind. Our 88% subconscious mind controls most of the brain and body and is where we encompass beliefs, behaviors and habits. Through hypnosis, we communicate directly with the

subconscious mind to change the behaviors and habits we've gained over the course of our lives." If the 12% portion has a very thin filter rejecting negative outside suggestions, it will be tough to reject such negative thoughts from ourselves. We need to strengthen that filter. He recommends limiting the amount of negative news or ideas we take in. They are draining, and put us into a fight or flight mode. Instead, work to change negative input to positive, especially in our self-talk. Have a short, positive phrase to use when faced with challenges. Asking for suggestions from the group, we came up with "no worries", "never be defeated", and Frank's favorite, "I've got this", to which he adds a finger snap for reinforcement.



Frank Banos and Jim Tenner

Judy told us how her athletic group performs their routines mentally just before competing, which Olympic athletes do, as well. Patrick observed that military pilots do the same thing. This practice of self-hypnosis to improve performance has been around at least many decades, and – without the term – probably millennia.

Frank noted that we vary a great deal in how much self-talk we do, and how much we talk to others. Some of us are very verbal, projecting thoughts outward, others more quiet, but with the unspoken thoughts directed inward. People also interpret others differently: some take what others say very literally, others use more inference. Both can lead others to believe they know what we're thinking when they don't.

In answer to questions, Frank told us his training included a certificate program at the Hypnosis Motivation Institute in Tarzana, CA, as well as studies in handwriting analysis and neuro-linguistic programming.

Rich got the last word and biggest laugh when she quoted Yogi Berra: athletics is 90% physical and half mental.

Visit Frank's website, <http://findinglifesccompass.com>, for more information. You can reach him at 818-472-0976, or by email to Frankw.banos@gmail.com.

Happy Bucks

Thank you to everyone who contributed to Happy Bucks today.

Priscilla Pig for PolioPlus

Thank you to everyone who contributed to Priscilla today. Remember, we will be drawing a member's name periodically and that person will receive Foundation credit toward a Paul Harris Fellow for the amount collected.

Opportunity Drawing

Congratulations to Roz, who won half of this week's \$95 pot.

Notable Quotables:

"Rudeness is the weak man's imitation of strength." *Eric Hoffer*, philosopher and author (1902-1983)

"Though force can protect in emergency, only justice, fairness, consideration and cooperation can finally lead men to the dawn of eternal peace." Dwight Eisenhower, U.S. general and 34th president (1890-1969)

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

President Van Nuys Rotary Foundation:

Donald Fetherolf H 818-986-146

Director, Public Relations

Raul Castillo C 818-636-9125

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 818-788-883

New Generations Co-chairs:

Rosielee Jones W 818-782-0022

Mauricio Aranda W 818-634-4043

Vocational Chair:

Programs Chair:

Mauricio Aranda W 818-634-4043

Sgt. at Arms:

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.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 on Victory and Topanga
Topanga

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

Beth Ullman
17426 Napa St.
Northridge, CA 91325