



ROTARY SPOKES

*The Rotary Club of Ventura
Weekly Bulletin
"The friendliest club in Rotary"
100% Paul Harris Club*



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Photographers: John McConica II, Dan Holmes
Jim Deardorff, Steve Doll
April 11, 2012

Meeting of April 4, 2012
Digestion, featuring Dr. Todd Binkley
Reporter: Betsy Chess



Albert McCartney handled Introductions and led us in *God Bless America*.

Presentations and Announcements

Prez-elect **Indy Batra**, subbing for our vacationing president, presented a certificate from Rotary International to **Hutch Hutchinson** for our efforts in raising money for polio prevention during his presidency. **Nicole Cekov** of Ventura Rotaract honored **Larry Emrich, Curtis Cormane, Indy Batra, Albert McCartney, Gary Wolf, Doug Wood, and Doug Halter** for their assistance and support in launching Rotaract.

Sheila Fatterelli announced that the next Fireside Chat will be April 26th at **Rob van Nieuwberg's** from 6:00 – 8:30.

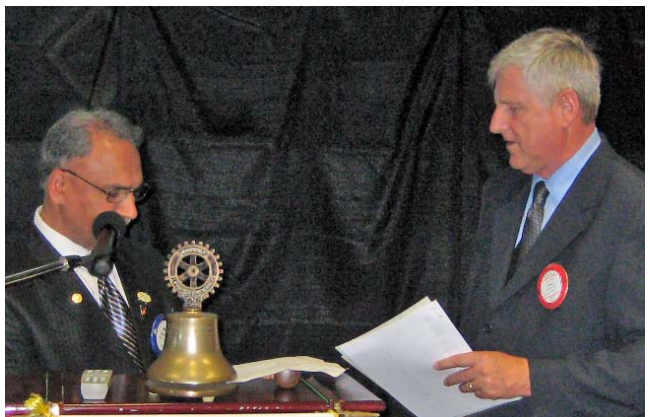
Indy inducted **Doug Haines** who actually contacted us first about joining Rotary! He served 23 years in the Air Force, 14 in the Navy and 6 in the Army. Now retired from the military, he is a security expert.

Rotary Moment

Ed McCombs offered a Rotary observation. His granddaughter was a Rotary Exchange Student in France. She took a degree in International Relations after three years at University of Washington. After a dig in Israel she learned Arabic. Her Rotary experience has shaped her worldview. Ed hopes she will be an Ambassadorial Scholar.

Fining

Bill Finley asked questions about the Seattle Mariners...It was a Shutout!



Meeting Programs & Assignments

Programs

Chair: Larry Emrich

Today, March 21, 2012

April 11- Where Will the Market Go in 2012?

April 18- Big Things in Little Saticoy

April 25- Craft Talks

Introductions

Chair: Ron Calkins

April 11- Courtney Lindberg

April 18- Don Leach

Rotary Moment

Chair: Terri Adams

April 11- Sherry Scott

April 18- SusAnne Lee Chung

Fining

Chair: Ron Bamieh

April 11- Mike Anderson

April 18- Dave Bianco

2011-12 Officers and Directors

Officers

President Lynda Girtsman
President Elect Indy Batra
President Elect Nominee Irene Henry
Secretary Jim Deardoff
Recording Secretary * Larry Emrich
Treasurer Connie Young
Assistant Treasurer * Mark Sauer
Immediate Past President Hutch Hutchinson
•Non-Voting

Avenues of Service

Club Service

Director Terry Schaeffer
Assistant Director Dan Holmes

Community Service

Director Curtis Cormane
Assistant Director Nanci Cone

International Service

Director Mario de la Piedra
Assistant Director Ed McCombs

New Generations

Director Ellyn Dembowski
Assistant Ken Cooper

Vocational Service

Director Bill Finley
Assistant Todd Binkley

Happy Dollars

John Brant - Rotary shout out in Scientific Magazine regarding polio. **Ed Summers**, doubled amount raised for Boys & Girls Club at annual breakfast fundraiser. **Rosa Lee Measures** hopes for healthy recovery for her son, **Neal Andrews** talked about his meet and greet next week. **SusAnne Lee Chung** moved into a new office space. **Brenda Allison** recognized **Betsy Chess** for being honored by Women's Economic Ventures.

Program


Curtis Cormane introduced **Dr. Todd Binkley** who talked about the human digestive system. Todd uses full panel blood tests to recognize early problems like Alzheimer's, diabetes, heart disease, etc. He explained how all our body systems are inter-related, particularly concerning our digestion system and how we obtain nutrients.

Our digestive tract is a continuous tube from one end to another. Every part of it contributes to the breakdown of the foods we ingest. For instance, we should chew slowly and completely as a lot as this triggers digestive enzymes. Further down, stomach acid is necessary as it helps to prevent infection and helps absorb B vitamins and minerals and digests protein. Be careful of antacids as low stomach acid exacerbates autoimmune diseases. Other interesting points:

- Stress can also trigger problems with digestion.
- Raw foods have helpful enzymes which cooking destroys.
- Digestive enzymes decrease with age.
- Liver, pancreas and gall bladder also are involved in digestion.
- Probiotics aid digestion.
- Don't buy cheap supplements!
- Get a nutritional analysis.
- GERD = a leaky sphincter and taking acid supplements can help because not enough keeps the sphincter from closing tightly.
- Obesity also can be a factor.
- Avoid eating or drinking less than 4 hours before bed.

Todd urged us to take control of our nutrition and healthcare. Western medicine does not always think holistically. Drugs can be a problem even properly prescribed. Nutrients, however, are largely safe.

Gold Coast Ride For Literacy By Ventura Rotary
We ride so others can read.




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Join us for the 8th Gold Coast Ride for Literacy
 Saturday April 28, 2012
 Start time 6:00 am
 Course will be open until Sunset.

**GOLD COAST RIDE
 WEBSITE!**

www.goldcoastrideforliteracy.com



UPCOMING EVENTS

Blood Drive

Derby Club Parking Lot
 Apr 11, 2012 10:00 AM

RYLA

Camp Ramah, Ojai
 Apr 19, 2012 - Apr 22, 2012

Board Meeting

71 Palm Restaurant
 Apr 26, 2012 11:45 AM

Newcomers Meeting

Crowne Plaza
 Apr 27, 2012 07:30 AM

Gold Coast Ride for Literacy

Apr 28, 2012 06:00 AM

Club BBQ and Picnic

Foster Park
 May 12, 2012 12:30 PM

President's Stepdown Dinner

Crowne Plaza Hotel
 June 19, 2012 5:00 PM



**COUNTDOWN TO
 STEPDOWN**

69 DAYS



PRESIDENT LYNDA'S STEPDOWN DINNER

**Tuesday, June 19, 2012
 Crowne Plaza Hotel
 Reception at 5:00 p.m.
 Buffet Dinner at 6:00 p.m.**

