

ROTARY SPOKES

*The Rotary Club of Ventura
Weekly Bulletin*

"The friendliest club in Rotary"

100% Paul Harris Club



Editor: Maria Berntson maria@lindsayandcompanycpa.com
Assistant Editors: Betsy Chess, Curtis Cormane
Volume LXXXII Number 27

Photographers: John McConica II, Dan Holmes
Jim Deardorff, Steve Doll
February 1, 2012

Meeting of January 25, 2012

Feeding the Miracle Brain – Joel Rauch, M.D.

Reporter: Betsy Chess

Introductions



Introductions and Invocation were offered by **Doug Wood**. **Clyde Reynolds** and **RoseAnn Hill** led "God Bless America."

Announcements

Prez Lynda reminded that the Poverty Conference is Saturday in Santa Barbara.

Steve Kipp announced that he would be collecting business cards for the Placemat Project. He needs cards by mid-February.

Ed McCombs reminded us about the offsite meeting February 8th at Thomas Aquinas College in Santa Paula. He encouraged carpooling. Cars will leave the Derby Club at 10:15. Meeting will go from 11:00 to 1:30 PM. Guests are welcome for a \$10 extra fee. Wear comfortable shoes!

Brenda Allison announced the "Hutch group" is sponsoring a cooking class at Bonano's Peruvian Restaurant in Ventura on Tuesday Feb. 21st. \$90 per couple/\$50 a person.

Steve Doll needs volunteers for the Gold Coast Ride for Literacy.

Fining

Ellyn Dembowski stumped us with movie quote trivia.

Rotary Moment

Richard Hatcher said that when he wears his Rotary International pin, people from around the world recognize it and respond.



Dick also recognized **Laurie Rozet** with a four-sapphire Paul Harris Fellow pin. Congratulations, Laurie – this recognition is so well deserved for all you do to help make this world a better place

Happy Dollars

Lots to be happy about including the Club being honored by the City of Ventura for the One City One Meal event at the Derby Club that fed 800 people. Connie Young will be our new Treasurer. (The cheer you heard was from Jim Newton!)

Program



Dr. Joel Rauch spoke about Feeding Your Miracle Brain. Serotonin is activated in the brain when you give a gift as does that of the recipient and anyone who observes the act. Omega-3 fatty

acid is the building block for serotonin.

cont'd p. 2

Web addresses: Club www.venturarotary.org – Photos: www.rotarycov.smugmug.com
District 5240 www.rotarydistrict5240.org – R.I. www.rotary.org

Meeting Programs & Assignments

Programs

Chair: Larry Emrich

February 1, 2012

Limoneira

President Harold Edwards

February 8, 2012

OFFSITE – Thomas Aquinas College
Car Pools leaving Derby Club 10:15 AM
Program begins 11AM

Introductions

Chair: Ron Calkins

Feb 1 – Bill Finley

Feb 8 – N/A – OFF SITE

Feb 15 – Ed Summers

Rotary Moment

Chair: Terri Adams

Feb 1 – Hutch Hutchinson

Feb 8 – N/A – OFF SITE

Feb 15 – Lucas Johnston

Fining

Chair: Ron Bamieh

Feb 1 – Doug Wood

Feb 8 – N/A – OFF SITE

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

Program continued

Heart disease is acknowledged as today's #1 killer and high cholesterol and saturated fat are usually named as the problems. Yet the Eskimo population eats fish blubber with little heart disease. It was also discovered that they ate fish with high concentrations of Omega-3. The benefits of Omega-3 are not limited to a "healthy heart", depression is also helped by Omega-3, better than Prozac! And it also helps arthritis and other inflammatory diseases.

How to take Omega-3? Eat Norwegian sardines! (King Oscar Sardines recommended) Anchovies are also good, but salty. Pacific or wild salmon is also a good source; not the farm-raised Atlantic salmon. Supplements are OK; again, choose a Norwegian brand because the fish come from cleaner waters.

Dr. Joel went on to talk about digestive health. He recommended taking wheat germ and acidophilus (yogurt or tablets), eating nutrient dense foods and staying away from the empty calories contained in refined foods, especially cereal grains, and sweet snacks. He personally likes whole grains, brown rice, and tabouli.



SUPERBOWL PARTY
SUNDAY FEBRUARY 5TH

Location: Sherry Scott's & Tim Jack's home
 969 Scenic Drive, Ventura

Time: **3:00 pm** until game is over and clean-up complete **Please note time change!**

Format: Usual Rotary Potluck – bring appetizer, main or side dish or dessert to pass.

Service, water, soft drinks, napkins etc will be provided. You may bring your own favorite beverage (beer or wine).

We have issued a challenge to the club to feature "food on a stick". This is only a suggestion and not a requirement, but Prez Lynda will be giving "extra credit" for those who comply.

What is "food on a stick"? Popsicles, Iowa corn dogs, fondue, cocktail wieners, shish kabobs, chocolate covered strawberries, Asian meat skewers and sauce, veggie skewers or fruit kabobs (toothpicks count as a stick).

If your specialty is a tuna noodle surprise, by all means bring it!

Any questions – call Terry S. at 479-0067

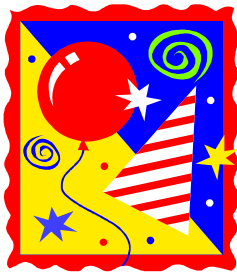
Membership Corner

February Birthdays

04 – Lynda Girtsman
04 – John Hammer
06 – John Johnson
12 – Ceccy Figueroa
13 – Norbert Tan
19 – Jim Spencer
21 – Gary Young
23 – Albert McCartney
28 – Chris Brashears

February Anniversaries

07 - Clyde & Denise Reynolds
13 – Warren & June Lovell



Congratulations to ALL!

ROTARY CLUBS WORLDWIDE MEET \$200 MILLION FUNDRAISING CHALLENGE

Rotary International has succeeded in meeting the Bill & Melinda Gates Foundation's US\$200 million match in funding for POLIO eradication, **raising more than \$202.6 million as of January 17, 2012.**

This fundraising milestone was reached in response to \$355 million in challenge grants awarded to The Rotary Foundation by the Gates Foundation. All funds have been earmarked to support polio immunization activities in affected countries where the vaccine-preventable disease continues to paralyze children.

"In recognition of Rotary's great work, and to inspire Rotarians in the future, the (Gates) foundation is committing an additional \$50 million to extend our partnership", said Jeff Raikes, CEO of the Gates Foundation. "Rotary started the global fight against polio, and continues to set the tone for private fundraising, grassroots engagement, and maintaining polio at the top of the agenda with key policymakers."

The new \$50 million grant is not a challenge grant.

UPCOMING EVENTS

February 5 (Sunday), 5 PM

Sherry Scott's home

Super Bowl Party & Potluck – see details on page 2 of this bulletin. Questions -contact Terry Schaeffer

February 8 – OFFSITE MEETING

Thomas Aquinas College, Santa Paula

NOTE: Program starts at 11AM; car pooling is encouraged. Pool leaves Derby Club at 10:15 AM – sign-up at club meetings.

There will be a tour of the campus, focusing on the very interesting architectural treatment of the buildings, and a briefing on the great books curricula used to what is acknowledged to be an outstanding liberal arts education. A picnic style lunch will be provided in the student common.

Contact Ed McCombs for more detail.

February 16 (Thursday), 11:45 AM, 71 Palm, Board Meeting (make-up opportunity)

February 24 (Friday), 7:30 AM, Crown Plaza, Newcomers' Breakfast (make-up opportunity)

February 26, Reagan Library, District Foundation Gala

Contact President Lynda for more information

UPCOMING PRLS DATES:

Basis PRLS:

2/18/12 (Saturday) – Inn at Morro Bay

3/30/12 (Friday) – CLU Oxnard (before District Assembly)

For a complete schedule of PRLS & MPRLS sessions, go to www.prls.org