



# ROTARY SPOKES

## Rotary Club of Ventura

Est. May 1, 1919

"The Friendliest Club in Rotary"

January 15, 2023



### MEETING JANUARY 11, 2023

**Attendance**—Forty members and guests plus one via Zoom.

**Lunch**—Lemon chicken, egg noodles, green salad, bread and butter, cake.

**Flag salute, inspirational message, and introductions**—**Angela Rosales** shared what makes the Finnish people the happiest in the world: We don't compare ourselves to our neighbors, we don't overlook the benefits of nature, and we don't break the community circle of trust. Like the Finns, Rotarians have earned the trust of our community.

**Songleaders**—**Bev Ward, Jessica Brandon** and **Clyde Reynolds**—"You're a Grand Old Flag"

#### **Announcements:**

**Abiel Acosta** has returned to club meetings after the **birth of a baby girl** on November 2. At the suggestion of Hutch Hutchinson, members contributed to a 529 college fund for the newest member of our Rotary family.

**Neal Lassila**—A **polo shirt** with club logo will be given to each club member. If you haven't already done so, please send him your size (XS to 3XL), men or women's, and color (navy blue, powder blue, or lavender). One shirt per member free; additional shirts are \$45 each.

**Connie Young**—Applications for **Julius Gius Memorial Foundation** grants open in February. Connie will give a presentation at next week's meeting.

**Madhu Bajaj**—(1) The **club member survey** has received 29 responses so far. Please respond if you haven't already done so. Contact Madhu if you need the link. The results will be discussed at our February 22 meeting.

(2) The **Book Club** will meet February 9 at 5:30 p.m. at the Bajaj home to discuss the book *Luz* by local author Debra Thomas, based on her work with immigrants. Debra will be addressing the club at our February 15 meeting.

(3) Sympathy to **Pacific High School**, which this week lost one student and two recent graduates.

**Meaghan Smith**—The “**Four-Way Test**” essay contest for middle school and high school students, essays are due February 19. We need 4 or 5 scorers. See flier at end of this newsletter, and our website for announcement and cover letter.

**Angela Rosales**—Needs help for the Friday (January 13) pancake breakfast at Ventura High School. Here's a photo if you missed it:



**Happy Dollars.**

**Fining**—**Greg Wray** quizzed us on how many drops of water are in a tablespoon, an acre foot, and other obscure units of volume.

## **PROGRAM—JACQUELYN GARGANO RONALD McDONALD HOUSE**

Jacquelyn Gargano, Director of the Ronald McDonald Family Room at Ventura County Medical Center (VCMC), gave a presentation at our meeting January 11, 2023. Critically ill children may be in the hospital for months, and Ronald McDonald House Charities (RMHC) helps their families stay close to them while they receive treatment. RMHC provides comfort, care, and a sense of hope.



RMHC has 265 family rooms in 25 countries and regions. VCMC has the first family room that is not under the umbrella of a House, which means it must fund and operate itself. It is also the first family room in California to partner with a public hospital.

The family room is for children receiving care at the hospital and their families to relax while remaining close to the child's hospital bedside. They can receive a hot meal, a snack, coffee, a juice box, and do laundry for free. Volunteers do "rounds" each day to introduce the program to families and see how they can help. Since the room opened in September 2022, it has served over 250 families.

There are two separate spaces in the hospital. One is a large space that formerly housed the Homer Auditorium. There is a quiet room with eight beds. VCMC provided the space, but the rooms required extensive renovations and earthquake retrofitting. They are currently open 9 a.m. to 5 p.m., Monday through Friday. The goal is for both rooms to be open 9 a.m. to 9 p.m., seven days a week. More volunteers are needed to make this possible. To volunteer or for more information, contact [JGargano@rmhcsc.org](mailto:JGargano@rmhcsc.org)

You can support the family room by participating in the Walk for Kids, March 19, 2023, at San Buenaventura State Beach. See attached flier. Our club will have a team for the walk. You can contribute even if you don't participate in the walk.



# Rotary

## Club of Ventura



# Guest Speaker

**Jacquelyn Gargano**

Family Room Director, Ventura Chapter



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Southern California

Jacquelyn was born and raised in Ventura County and has a deep sense of pride for her community. She moved to Bakersfield in 2019 and was integral in opening a small business that still thrives to this day. There she met Scarlett Sabin, the Bakersfield Ronald McDonald House Director. Jacquelyn packed her bags and moved back home to Ventura County in January 2022. Once Scarlett learned of this, she gave Jacquelyn the opportunity to open a local chapter of this global charity. The Ronald McDonald Family Room at Ventura County Medical Center opened its doors in September 2022 and served over 100 families in its first couple of months. With Jacquelyn's experience in perseverance and starting from the ground up, she is working hard and has big plans for the future.

Jacquelyn, like many, adopted a COVID puppy and has been in love ever since. You can often find her at the local dog parks or trails. Jacquelyn is blessed to have a partner who supports her career. He loves to take Jacquelyn to try local eateries or to just take a drive. Jacquelyn also loves to peruse old bookshops, small museums, and will support anything local. She feels so blessed to continue to grow her personal and professional roots here in Ventura County.



## UPCOMING EVENTS

(For up-to-date and more complete information, check the ClubRunner app on your phone, or our web site, [VenturaRotary.org](http://VenturaRotary.org))

**January 18 lunch meeting—Connie Young** will discuss the **Julius Gius Memorial Foundation**.

**January 25 lunch meeting—Chrissy Stamegna** will discuss the **Brain Injury Center**. She will be accompanied by **Lisa Morris**, who suffered a traumatic brain injury and has benefitted from the services of the Center.

**January 26—Board Meeting, 12:00-1:30 p.m. Note that it will be at the YMCA.**

**February 1 lunch meeting—Carl Morehouse**, former Ventura Mayor and councilmember, will discuss Ventura's **sister city program** with Loreto, Mexico.

**February 8 lunch meeting—Annual fundraiser for Ventura High School Interact.**

**February 9—Book Club, 5:30 p.m.**, at Bajaj's home, will discuss *Luz* by Debra Thomas.

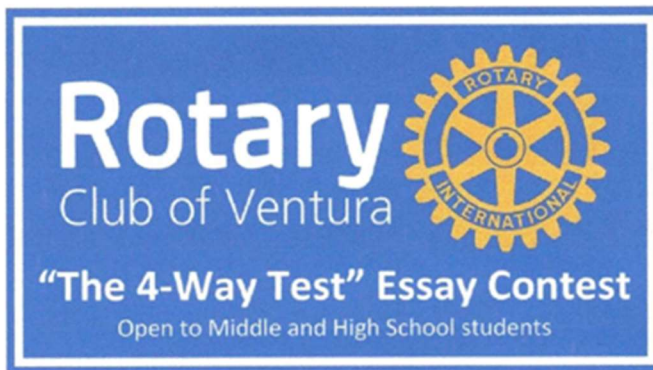
**February 15 lunch meeting—Debra Thomas**, award-winning author.

### Volunteer Opportunity to Guatemala

Opportunity to visit and support the Ak' Tenamit boarding school for 600 indigenous Mayan students aged 12-18 in the Rio Dulce region of Eastern Guatemala. If interested, contact George Poulakos, March 25 through April 2, 2023.

For flier, go to [Guatemala-flier.pdf](#)

For a brief article, go to [Brief-article-on-Ak-Tenamit--9-20-2022.pdf](#)



## The Four-Way Test of the Things We Think, Say or Do

**First Place \$300 - Second Place \$200 - Third Place \$100**

Consider how "The 4-Way Test" can  
influence everyday decision-making in your life.

- ✓ Write a short essay that relates how applying the 4-way test can be beneficial in the way you think or act. Or, tell a story of the time you or someone you know applied these principles. Creativity is encouraged! Essays for Middle School should be 200 word minimum. Essays for High School should be 250 word minimum.
- ✓ Complete the attached cover letter with your signature and a parent or guardian signature and attach to your essay.
- ✓ **SUBMIT YOUR ESSAYS NO LATER THAN FEBRUARY 19TH, 2023 TO: [venturarotary4waytest@gmail.com](mailto:venturarotary4waytest@gmail.com).**

Members of the Rotary Club of Ventura will judge the essays and award prizes in both the Middle School and High School categories.

**The First-Place prize winners will go on to compete at the ROTARY DISTRICT 5240 LEVEL where prizes will be awarded to the top three in each category: First \$300, Second \$200 and Third \$100.**

### JOIN IN ON THE FUN!

Rotary Club of Ventura Winners  
will be announced March 3rd.  
District 5240 winners will be announced in April

**Is It  
The Truth**

**Is It Fair**  
To All Concerned

**Will It Build  
Goodwill**  
And Better Friendships

**Will It Be  
Beneficial**  
To All Concerned

Link to Announcement: [4-Way-Test-Announcement.pdf](#)  
Link to Cover letter: [Four-Way-Test Cover Letter](#)





# walk for Kids

SUNDAY  
MARCH 19 2023

**WHAT IS THE WALK FOR KIDS?** It is an annual fundraiser to support families receiving comfort, care, and support from Ronald McDonald Family Room at the Ventura County Medical Center. This fun, family-friendly event calls on volunteers, companies, and donors within their local community to keep families close when they need it the most.

## WHY

The mission of Ronald McDonald House Charities (RMHCSC) of Southern California is to provide comfort, care and support to children and families in Southern California. Our vision is a community where children and their families embrace life and healing with a sense of hope, enthusiasm, courage and joy.

When families walk into the Ronald McDonald Family Room at Ventura County Medical Center, we want them to feel like they're stepping [outside the] hospital setting. The Family Room will give families a place to relax, grab a snack, get some work done, or even get a few hours of sleep...all just steps away from their child's hospital bedside.

## WHEN

Sunday, March 19, 2023  
Check-In starts at 7:00 AM  
Walk Kick-Off at 9:00 AM

WHERE

*SAN BUENAVENTURA STATE BEACH*

901 San Pedro Street  
Ventura, CA 93001

## HOW

Register at [www.walkforkids.org/ventura](http://www.walkforkids.org/ventura). Register your team. Be sure to select Ventura as the program you want to support and San as the location you want to walk at! Thank you for Keeping Families Close.

**NOTE:** Minimum of \$25.00 per 2 adult walkers and children to participate in the event. Each adult walker is encouraged to raise \$100.00 to receive the event t-shirt.



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For more information please visit [www.rmhcsc.org/venturafamilyroom](http://www.rmhcsc.org/venturafamilyroom)  
(805) 625-6000 x5968