



ROTARY SPOKES

*The Rotary Club of Ventura
Weekly Bulletin*

"The friendliest club in Rotary"

100% Paul Harris Club



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January 5, 2011

HAPPY NEW YEAR

Meeting December 30, 2010

Reporter: Maria Berntson

We met at the Poinsettia Pavilion for our **annual joint meeting with R C Ventura East**. The beautiful Christmas tree and decorations added to the holiday spirit, and there was much happy fellowship among the Rotarians and spouses of both clubs!



Ventura East Prez Wendy Pazen was still a bit under the weather and Ventura Prez Huth Hutchinson was stuck in a courtroom, but Ventura's President Elect Lynda Girtsman (pictured) was definitely up to the challenge and graciously welcomed everyone to the meeting.

R C Ventura's Gary Wolfe (pictured) led us in the flag salute and inspirational message and the full



complement of our songsters (Jim Spencer, Clyde Reynolds, RoseAnn Hill & Bob Schilken) led us in a rousing God Bless America and Auld Lang Syne. Guests of Rotarians from both clubs (including quite a few spouses/partners) were introduced. This was followed by a flurry of Happy Dollars.

Announcements about upcoming events were brief; Jordan Eller of Ventura East encouraged everyone to purchase a jar of homemade applesauce; proceeds go to the Ventura Canine Adoption & Rescue League.

Prior to the program, the much-anticipated White Elephant gift exchange took place. No "stealing" was allowed and it looked and sounded like there were some really nice gifts and no really "shocking" surprises. Guess aunt Ethel's 10-year-old fruitcake has to wait another year!

Program:

Jim McConica (pictured), team leader of the world record-breaking Ventura Deep Six ocean swim team, was our



program. The 202 mile, 4 ½ day open water relay course took them from Ventura to Santa Barbara and then to La
continued on next page

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

Program Chair: Hank Chandler

January 5, 2011

Past Presidents' Panel

Please sit with your Group!

January 12, 2011

Rotary Awareness Program

Esha Chhabra

D. 5240 Ambassadorial Scholar

January 19, 2011

Craft Talks

Greeters

Chair: Melody Namikas

Introductions

Chair: Chris Brashears

Jan. 5 – Steve Bradvica

Jan. 12 – Larry Rasmussen

Rotary Moment

Chair: Barbara Asbell

Jan. 5 – TBA

Jan. 12 – Kathy Scroggs

Jan. 19 – Gary Young

Jan. 26 – Scott Patterson

Fining

Chair: Michele Olson (LOA)

2010-11 Officers and Directors

Officers

PresidentHutch Hutchinson
President ElectLynda Girtsman
Secretary Jim Deardoff
Recording Secretary *Larry Emrich
TreasurerJim Newton
Assistant Treasurer *Mark Sauer
Immediate Past PresidentLarry Emrich
•Non-Voting Position

Avenue of Service Directors

Club ServiceMaria Berntson
Community ServiceDennis LaRochelle
International ServiceAlbert McCartney
Vocational Service Scott Patterson

Elected Directors

2nd Year 2009-11:

Ellyn Dembowski

Erik Feingold

Sonny Shah

Juan Soto

1st Year 2010-12:

Barbara Asbell

Dale Jaedtko

Kristin Taylor

John Williams

Program continued

La Jolla cover near San Diego. Jim holds a number of world swimming records

The Hotel

The main vessel was 125' long and included 27 rooms and private baths, a hot tub, washer and dryer and other amenities. In addition to the six swimmers, some family accompanied them plus a 9-person film crew, 4 official observers, a reporter from the Star and a few others.

In the water

Although they followed the coastline, their course was as much as 25 miles off of land. The swimmers were guided in the water with their Zodiac boat which had guidance equipment on it. The water temperature was particularly cold for two days, getting down to 54 degrees at one point. No wet suits are allowed for this competition. Shark protection was available with a "shark shield" which acts like a Taser to the sharks. They had a problem with jellyfish and Jim experienced flesh-eating fish at night!

Challenges

Their relay rotation was to swim one hour every six hours. The number one problem was getting enough sleep. After getting out of the cold water, the swimmer had to warm their body, then eat, which left only about three hours for sleep. They had a dispute with the boat's captain. All we know is they completed the journey on the same boat.

Before the swim

They had agreed as a team to have no negative discussions between them. No complaining. The result was they built a very strong team, both physically and mentally.

After the swim

They have had magazine articles, interviews and more. Swimmer magazine's interviewer asked the question, "What secrets did you not tell your teammates before than you can tell now?" which resulted in some poignant

Team members were from 40-60 years of age:

Mike Shaffer, 45. Fastest on the team. A tri-athlete.

Jim Neitz had made great improvements in swimming.

John Chung, 40. The stallion.

Tom Ball, 51, owns a Karate studio

Kurt Baron, 46, and Jim McConica, 60.

Jim's messages for us

- ***We earn the right to perform well.*** We do this every single day, in everything we do.

- ***Get your mind right.*** This axiom ties into the goal of getting rid of negative thoughts. Your body will follow your mind. This is especially true in sports.

- ***"We are what we repeatedly do. Excellence, therefore, is not an act but a habit."*** This quote from Aristotle is printed on Jim's business card.

Our Rotary Clubs thanked Jim with both applause and a standing ovation.

A special Thank You to Rocky Ludes of R C Ventura East for sharing his program notes!

UPDATE: Ventura Deep Six Relay Team won the 2010 World Open Water Swimming Performance of the Year award. Congratulations!!!

January Celebrations

Birthdays:

1 st : Bill Kearney	20 th : David Shea
6 th : Kitty Lynn	21 st : Juan Soto
11 th : Sally Crain	23 rd : Tom Naylor
12 th : Roz Warner	24 th : Ron Bamieh
13 th : John Brant	

Anniversaries:

3rd: Norbert & Tracy Tan
6th: Jim & Shirley Spencer
8th: Sonny & Mita Shah
10th: Steve & Tracy Warriner
Chris & Betty Brashears
13th: Jim & Claudia Deardorff
15th: Cessy & Mike Figueroa
16th: Jorge & Elsa Arman
Dennis & JoAnn LaRochelle



The Four Way Test – of the things we think, say and do:

Is it the TRUTH?
Is it FAIR to all concerned?
Will it build GOODWILL and better
FRIENDSHIPS?
Will it be BENEFICIAL to all concerned?

UPCOMING EVENTS

January 19, 2011 (Wednesday)

R C Ventura Blood Drive (prior to club meeting)

For more information, please contact Bruce Reeve.

January 20, 2011 (Thursday)

11:45 AM – Board Meeting @ 71 Palm

This qualifies as a make-up if attended within the make-up period.

January 26, 2011 (Wednesday)

Monthly Canned Food Drive

Please bring cans of food or make a cash donation (via fine slip)

January 29, 2011 (Saturday)

**8 AM – 4 PM Santa Maria Fair Park -
District 5240 Poverty Symposium**

**Open to Rotarians, Rotaractors,
Interactors and their guests.**

**Cost \$75 (including breakfast & lunch)
or \$300/club**

**You don't want to miss this event – it
won't be anything like previous**

poverty conferences.

*For more information, please contact Maria Berntson or go to
ROTARYSTEPSONPOVERTY.ORG*

May 21-25, 2011

R I Convention - New Orleans, LA.

**We have 10 rooms booked at the Lafayette
Hotel @ 149/night for 5 nights.**

For more information on rooms, contact Kristin Taylor.

*For more information on the Convention,
contact Lynda Girtsman or go to
www.rotary.org and click on 2011 Rotary
Convention.*