



# ROTARY SPOKES

*The Rotary Club of Ventura  
Weekly Bulletin*

*"The friendliest club in Rotary"*

*100% Paul Harris Club*



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May 11, 2011

## Meeting of May 4, 2011

**Reporter: Larry Emrich**

### Introductions:

Gary Young started the meeting with the Flag Salute and then made a reference to bin Laden and what a busy week we have had so far.

RoseAnn Hill and Clyde Reynolds led us through the first verse of America, written by Samuel F. Smith in 1832.

Gary introduced several visiting Rotarians and members introduced guests.

President Hutch recognized May birthdays and led us in a rendition of Happy Birthday...



**Induction:** President Hutch inducted two new members: Tyler Liljekvist and Larry Bird, both sponsored by Hank Chandler. Tyler is married to Hank's daughter; Larry is the brother of Hank's first wife.

### Announcements:

President Hutch asked all the Volunteers for Rotarians at Work day to stand and be recognized.

Jim Deardorff reminded members to update member info on club website. He also mentioned that you can go to the website and print out the directory with photos and information; or Jim can do this for you for ten bucks.

President-Elect Lynda Girtsman announced that one Past President's team is way ahead in the competition for the iPad – Hank Chandler's team is ahead with two new members.

Fourth of July Event – sponsorships available: announced other possibilities available. (See Lynda or Ellyn Dembowski)

Relay for Life May 14-15 at Buena High School Track – see Don Leach to sign up; need two slots filled.

Reminder: May 21-25 International Convention in New Orleans – see Lynda Girtsman for more info.

Reminder: May 28 – club social at Dennis

LaRochelle's home – see Christina Rust for more info.

### Happy Dollars:

Lots of Happy Dollars today, including a note that Betsy Chess has now started surfing!

(Thanks to Terri Adams for taking up the mic and serving as Sergeant at Arms!)

### Special Presentation:

Dr. Hatcher was called to the podium to present a very special award to John McConica II for his contributions to The Rotary Foundation; John received a Bequest Society lapel pin with a diamond in it; upon John's death (a long time from now!) his estate will give The Rotary Foundation \$10,000. John also received a special crystal award for his desk. Congratulations, John!!!



*continued*

**Web addresses:** Club [www.venturarotary.org](http://www.venturarotary.org) – Photos: [www.rotarycov.smugmug.com](http://www.rotarycov.smugmug.com)  
District 5240 [www.rotarydistrict5240.org](http://www.rotarydistrict5240.org) – R.I. [www.rotary.org](http://www.rotary.org)

## Meeting Programs & Assignments

### Programs

Program Chair: PP Larry Emrich

May 11, 2011

#### ***Interact Bake Sale***

***Interact Students, Melody Namikas & Jeff King***

May 18, 2011

#### ***Ventura County Grand Jury***

***Richard Hawley & David Gale***

May 25, 2011

#### ***Ventura Boys & Girls Club***

***Dr. Jamshid Damoii***

### Introductions

Chair: Chris Brashears

***May 11 – Larry Emrich    May 18 – Christina Rust***

***May 25 – Rosa Lee Measures***

### Rotary Moment

Chair: Barbara Asbell

***May 11 – Juan Soto    May 18 – Lynda Girtsman***

***May 25 – Ron Calkins***

### Fining

Chair: Todd Binkley

***May 11 – Ellyn Dembowski***

***May 18 – Dale Jaedtke    May 25 – Ron Bamieh***

## 2010-11 Officers and Directors

### Officers

President .....Hutch Hutchinson  
President Elect .....Lynda Girtsman  
Secretary ..... Jim Deardoff  
Recording Secretary \* .....Larry Emrich  
Treasurer .....Jim Newton  
Assistant Treasurer \* .....Mark Sauer  
Immediate Past President .....Larry Emrich  
•Non-Voting Position

### Avenue of Service Directors

Club Service .....Maria Berntson  
Community Service .....Dennis LaRochele  
International Service .....Albert McCartney  
Vocational Service ..... Scott Patterson

### Elected Directors

#### **2<sup>nd</sup> Year 2009-11:**

Ellyn Dembowski  
Erik Feingold  
Sonny Shah  
Juan Soto

#### **1<sup>st</sup> Year 2010-12:**

Barbara Asbell  
Dale Jaedtke  
Kristin Taylor  
John Williams

### **Fining:**

Marc Sauer reminded us of his passion for and prowess in tennis and then asked numerous questions which none of us could answer. He raised a lot of money for the club.

### **Program:**

**Dr. Todd Binkley** presented his program on **Preventing Heart Disease** (Lipitor is not the answer. )

Three basics to remember in helping your heart:

1) Keep the pipes clear. (inflammation is the key – inflammation drives plaque formation).

2) Keep the pressure low (stress causes the heart to beat too fast); one pound of fat has a mile of extra pipes to keep it alive. If blood gets thick that makes it harder for blood to flow.

3) Keep the ratio of potassium to sodium low: 2 to 1. Low carb diets help greatly; reduced stress keeps heart rate low. 3) Keep the pump strong. Your heart works all the time... take ten thousand steps a day.

C-reactive Protein (CRP) is the strongest predictor of cardiovascular events. Important to do this test...

Cholesterol is not the predictor of heart disease. Fish oil reduces CRP; fruit, veggies reduce inflammation. Salads are great, toss greens with lemon and oil... Make a salad for four people and then eat it!

B vitamins are essential for many people...most people get enough B vitamins just from eating meat. Also, fish, eggs, spinach, broccoli, beans and tomatoes are good sources. Recommends pomegranate juice, one shot a day.



At the end of his presentation, Dr. Todd had everyone stand, played a rap video and had us dance for about five minutes.

The program was a good reminder that we need to exercise our heart and eat the right foods.

### **Final Thoughts by President Hutch:**

Try not to become a man of success but a man of value. (Albert Einstein)

## Upcoming Programs

### May 18: Ventura Grand Jury – What It's Really All About

Richard Hawley, a lawyer and a retired Col. in the USAF and David Gale, a retired supervisor from the Los Angeles Dept. of Water and Power, will present this "look behind the scenes" of a Grand Jury.

### May 25: Ventura Boys & Girls Club

Dr. Jamshid Damoii, Professor of Economics at CLU, will present the results of a wide-ranging study on the efficacy of the Ventura Boys & Girls Club, demonstrating lower teen pregnancies, higher graduation rates and other positive social outcomes of the Club's programs.

### June 1: Special Olympics Ventura County

Special Olympics provide year-round Olympic-style training and competition programs for individuals with intellectual disabilities. Special Olympics Ventura County serves approximately 500 athletes who train and compete in ten year-round sports.

Peggi Preston, the presenter of this program, is the Regional Director for Special Olympics Ventura County. She has a 20 year background in non-profit development and has been with Special Olympics for 6 ½ years.

### ***NEWS FLASH RE. 4TH OF JULY EVENT***

*From PE Lynda Girtsman*

- **Free booths for Non-Profits are going quickly!**
- **Anyone booking a vendor booth before June 1<sup>st</sup> will receive a 10% discount! Get your applications in to [ejuares@vccd.edu](mailto:ejuares@vccd.edu) or call Esmirelda at 805-648-8962.**
- **Sponsorships are also selling out! A new form will be available Wednesday with some surprise additions, so stay tuned ...**

## UPCOMING EVENTS

### May 14 & 15<sup>th</sup> (Saturday/Sunday)

#### ACS Relay For Life

**Volunteers are still needed/ Please see Don Leach for more detail.**

### May 21-25, 2011

#### R I Convention - New Orleans, LA.

**For more information, please contact Lynda Girtsman**

### May 28 (Saturday)

#### 5 PM Club Social – Garden Party at Dennis LaRochelle's home

**Sign-ups and more details at club meetings or contact Christina Rust.**

### June 21 (Tuesday)

#### Prez Hutch's Demotion Party at Crowne Plaza

**Don't want to miss this, so put the date on your calendar now! More info to come**

### June 22 (Wednesday)

#### DARK – Recovery from Demotion Party

### June 25 (Saturday)

#### DG Deepa's Demotion & District Awards Celebration – Santa Ynez Valley Marriott

**Watch for more information to come!**

### July 4<sup>th</sup> (Monday)

#### Family Fireworks & Fun Festival at Ventura College

**To volunteer and for more information, please see Ellyn Dembowski or Lynda Girtsman**

### July 6, 2011 (Wednesday)

#### DARK – Recovery from 4<sup>th</sup> of July Celebration

