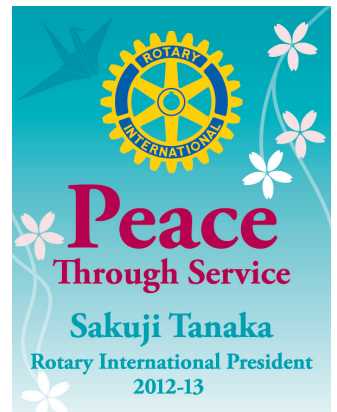


ROTARY SPOKES

The Weekly Bulletin of the Rotary Club of Ventura, est. May 1, 1919



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Cycling South America with Chris Figuerida

We welcome back today's speaker, Chris Figuerida, who has collaborated with Ventura Rotary with polio awareness and his own organization, Cycle for Heart. The following is taken from that organization's website.

Describing Chris's feats and exploits would be like describing something straight out of the Travel or Discovery channel. Perhaps, this is the case because Chris touts himself as an "Indiana Jones wannabe," and has set out to be exactly that: An adventure-loving maker of magic, a romantic, a dreamer, hardworking, persistent, capable, nature savvy, kind, resourceful... I could go on and on here.

Chris has been a lover of nature, travel, and the outdoors for his entire life. I've known Chris since we were eleven, and have never known him to be anything other than a boy scout at heart: To help other people at all times; to keep himself physically strong, mentally awake, and morally straight.

He is a skilled rock-climber and ice climber, mountaineer, runner and an avid cyclist. He has backpacked and trekked, climbed, swam, cycled, fished, scaled, rappelled, run, sailed, raced, [Insert any other action verb here] across the world. As described by him:

"I have ridden elephants in Thailand, watched lions and hyenas walk around my tent in the Serengeti, kayaked in the Sea of Cortez, hiked the Inca Trail to Machu Picchu, watched the sun rise over Africa from the summit of Mt. Kilimanjaro, dove in the Channel Islands, seen Cambodia from the back of a pickup truck, fed giraffes in Kenya, walked the beaches of Zanzibar, driven the Alaskan Highway, canyoneered slot canyons in Zion, and chased trains all over Europe from Greece to Sweden."



When I asked Chris why he wants to do this, he answered, simply "because I want to engage people - and especially kids, our leaders of tomorrow - to know that they can make a difference too - starting with themselves and healthy habits. Every day." I laughed because I think his answer, sums up and embodies what Chris is all about. His carpe diem attitude and can do spirit. He leads by example, and he wants the people he talks to and meets while on his cycling journey to know that they can make a difference too.

His personal philosophy is simple. He says: "I want to make the most of everyday and follow my dreams."

He believes in never settling for second best, in always doing what is best for him, and surrounding himself by those he most wants to be like. He always says "persistence and desire is what separates those who make it to the top and those who do not. Persistence comes from the mind and desire comes from the heart."

Meeting of 26 September 2012

John Brant led us in the flag salute and invocation. Clyde Reynolds and RoseAnn Hill led the club in "My Country 'tis of Thee." Curtis Cormane recalled a time during his trip to Nicaragua with Rotary and Rotaractors for his Rotary Moment.

A board-approved Fundraiser centered on our local professional soccer team the Ventura County Fusion, was announced by Ajay Dhebar. Details to follow. Steve Kipp spoke of potential fundraisers, such as the current placemats, then bestowed a Golden Weenie award to Lynda Girtsman. Mario de la Piedra would later be given a similar honor. Fining was handled by Brenda Allison.

Ellyn Dembowski announced the next Dinner with the President, on Oct 24, at Denny's to support the PEAK program.

A check for \$1,100.00 was given to Project Understanding in the continuing Homeless Prevention program to keep people in their homes as opposed to having them evicted. This is the ninth case that our club has participated in.



Program

Erratum from last week's article: NTNC serves all families regardless of income, not just low income families.

The speaker for the program was Carol Castanon, the Director of the Nan Tolbert Nurturing Center.

Since receiving its 501c3 in 2002, the Nan Tolbert Nurturing Center has been operating as a nonprofit based in Oak View, although it serves a clientele from throughout

Today's Agenda

Chris Figuerida
"Cycling South America"

| | |
|---------------------------|-------------------|
| Introductions | Rotary Moment |
| <i>Courtney Lindberg</i> | <i>John Brant</i> |
| Fining | |
| <i>Mario de la Piedra</i> | |

Ventura County. Started when the Ojai Valley Hospital stopped birthing babies, local resident Nan Tolbert decided to provide help to expectant and new mothers in the Ojai Valley. When she passed away in 2006, her many friends started the Center in her honor.

The Center serves some 120 clients per week from prenatal to 3 years old. Their mission is to ensure families are well in all respects, physically and mentally. The NTNC provides a comprehensive range of services from prenatal care to mental health, medical support, and breast feeding support. The Center partners with Public Health, Library Services, faith based and government organizations. The funding stream is diverse. Prominent among agencies providing help is support from First Five. All income levels can use the NTNC services. No families are turned away. There is a program to provide scholarships to recipients.

Also speaking was a client of the Center, Sophia, who is a parent of 3 month twins. She had some emotional and breastfeeding issues following their birth and she spoke of how the Center helped them, and she thanked them for their critical support.

Also unique about this program, is that the Center is a practicum site for mental health clinical psychology students. Counseling is based on years of experience. Future programs include Fatherhood Initiatives, identifying what fathers want, to better them as parents; A Parent Care Initiative that would conduct 3 month home visits and recruiting more Spanish speaking caregivers to widen outreach.



Ajay Dhebar announces a new club fundraiser that will include his team, the Ventura County Fusion.



Mario de la Piedra restates his 'unengaged' status while brandishing his Golden Weenie.



Brenda Allison fined aon the topic of Life-saving Techniques and we collectively failed miserably.

Upcoming Events

Sri Lanka GSE Team Visit

Derby Club

Oct 17, 2012, 12:00 PM

Club Social with Sri Lanka GSE Team

Ventura Yacht Club

Oct 17, 2012, 6:00 to 8:00 PM

Board Meeting

Pierpont Inn

Oct 18, 2012 11:45 AM

Dinner With The President

Denny's

Oct 24, 2012, 05:00 PM

Newcomers Breakfast

Crowne Plaza Hotel

Oct 26, 2012, 07:30 AM



John Brant handled Introductions, the Flag Salute and the Invocation.

ROTARY COMMITS \$75 MILLION TO END POLIO



From left: President Hamid Karzai, Afghanistan; President Asif Ali Zardari, Pakistan; Bill Gates, Co-Chair of the Bill & Melinda Gates Foundation; Ramesh Ferris, Rotarian and polio survivor; President Goodluck Jonathan, Nigeria; Wilfrid Wilkinson, Rotary Foundation Trustee Chair; Director-General Dr. Margaret Chan, World Health Organization

Rotary Club of Ventura 2012-2013

Officers

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

Rotary Spokes

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|-----------------|--|
| Editor | Curtis Cormane (curtisvta@gmail.com) |
| Assitant Editor | |
| Photographers | Jim Deardorff, Dan Holmes, John McConica II |

Avenues of Service

Club Service

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|--------------------|--------------------|
| Director | Dan Holmes |
| Assistant Director | Mario de la Piedra |

Community Service

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|--------------------|-----------------|
| Director | Ellyn Dembowski |
| Assistant Director | Ron Calkins |

International Service

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|--------------------|----------------|
| Director | Ed McCombs |
| Assistant Director | Christina Rust |

New Generations

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|--------------------|-------------------|
| Director | Gary Young |
| Assistant Director | Courtney Lindberg |

Vocational Service

| | |
|--------------------|--------------|
| Director | Todd Binkley |
| Assistant Director | Doug Halter |