

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 Editor: Betsy Chess newwester@sbcglobal.net
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Photographers: John McConica II, Dan Holmes
Jim Deardorff, Steve Doll
October 12, 2011

Meeting of October 5, 2011

Program – Mental Illness

Reporter: Nanci Cone

Introductions

The meeting was called to order by President Lynda Girtsman, followed by the Pledge of Allegiance led by Juan Soto. Juan read an invocation borrowed from Bruce Hutchens of the R C

Bloomington. Our songsters lead us in singing "It's a Grand Old Flag". Visiting guests included Keri, a grad student at USC (intro by Bob Orth) and Dr. Trudy Arriaga (intro by Indy Batra).

Announcements

PE Indy Batra reminded the club that the District Conference will be held in Carpinteria from 10/21 to 10/23 and that 20 members (including family members) and Rotaractors need to attend for us to achieve Super Club status.



Dr. Trudy Arriaga reported that Ventura Unified is off to a good start this year. She is grateful for everything Rotary does and to all of us who donate to various programs individually. She

wanted to assure us that our work does not go unnoticed.

Brenda Allison encouraged everyone to sign up for the Seafood by the Sea get-together on October 13th at the Ventura Yacht Club. Brenda's mother-in-law will not get to return to Peru unless she make her famous shrimp bisque/chowder for all to enjoy.

Larry Emrich reminded everyone about the football pools for the End Polio Now fundraiser. \$50 buys five squares – don't forget to mark your squares on the boards. The four winners will receive a Paul Harris Fellowship.

Dale Jaedtke needs volunteers to help the Rotaractors at the District Conference.

Master auctioneer Todd Binkley auctioned off two tickets to the Seaside Highland games. Albert McCartney wanted those tickets so badly, he kept raising his own bid and finally secured them for \$50.



Saurabh Bajaj was awarded a Paul Harris Fellowship by president Lynda, for all he has done for our club.

PP Hutch presented **Indy Batra with The Rotary Foundation benefactor** recognition for giving \$1,000 to be used to save and change lives.

Prez Lynda announced that Eric Feingold was part of a verdict of over \$39Mill, and promised to fine him "accordingly". Congratulations Eric - get ready to pay!

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

October 12, 2011

Traveling in Liberia
(Karol Shulkin)

October 19, 2011

October 19: Kinetic Sculpture Race
Christy Cantrell

October 26, 2011

Homeless Programs in Ventura
Bill Finley & Peter Brown

Introductions

Chair: Ron Calkins

Oct 12 – Cheryl Heitmann

Oct 19 – Larry Rasmussen Oct 26 – Sonny Shah

Rotary Moment

Chair: Terri Adams

Oct 12 – Tom Naylor

Oct 19 – Brenda Allison Oct 26 – Larry Dawes

Fining

Chair: Ron Bamieh

Oct 12 - Cary Savitch

Oct 19 – Larry Bird Oct 26 – Jim Newton

2011-12 Officers and Directors

Officers

President Lynda Girtsman
President Elect Indy Batra
Secretary Jim Deardoff
Recording Secretary * Larry Emrich
Treasurer Christine Tonello
Assistant Treasurer * Mark Sauer
Immediate Past President Hutch Hutchinson
•Non-Voting Position

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

Rotary Moment:

Barbara Asbell asked members to stand who had been in the club less than six months and those had been members for more than 20 years. She suggested that both groups reach out to each other.

Her Rotary Moment was about “how the club has been there” for her in difficult family situations. Now, her father in Little Rock is dealing with lung cancer, and every time she visits him, the local Rotary Club has been there for her. She is very impressed with the quality of people in Rotary – wherever she goes.

Fining:

Greg Kincaid had a great time asking everyone about what each fold of the flag that is placed on a veteran's coffin represents. Even the quickest internet surfers could not keep up and everyone was really surprised at the answers.

Program:

Neal Andrews introduced **Ratan Bhavnan, board president of the Ventura chapter of NAMI (National Alliance on Mental Illness)** to raise awareness during Mental Illness Awareness Week (October 2 – 8).



Mr. Bhavnan said he became board president in 2005 and grew the organization so it now has paid staff, permanent offices and is able to make a significant contribution to families dealing with mental illness. NAMI

exists to help families without charging for services.

He noted that 1 in 4 adults have some kind of mental illness; 1 in 17 live with serious mental illness, and 1 in 4 families are affected. Without treatment, this costs our country more than \$100 billion in hospitalization and incarceration costs. His own son is bipolar and still in a treatment center, but he is not homeless and he is not “doing drugs”.

Mental illness is a group of brain disorders that includes symptoms of diminished capacity, marked personality change, withdrawal from friends or family, grandiose ideas, hallucinations and possible increased use of alcohol or drugs and rapid weight gain or loss. There are various types of mental illness, but the most prevalent ones are schizophrenia, bipolar disorder, depression, obsessive compulsive disorder (OCD), PTSD (post-traumatic stress disorder) and borderline personality disorder.

Recovery is possible with therapy, medication(s) and support from professionals, family and friends. NAMI is a nationwide grassroots program that relies heavily on family members and volunteers who provide support, advocacy and education to those affected as well as to various institutions and professionals. NAMI also works closely with various community partners.

Membership Corner

Birthdays

04 – John Williams
06 – Robert Schilken
12 – Scott Patterson
18 – Abram Abrams
21 – Randy Hinton
23 – Irv Arem
24 – Brenda Allison
28 – Bob Cheatham



Anniversaries

01 – Lucas & Rhonda Johnston (5 years)
11 – Jim & Marjie Newton (53 years)
14 – Juan & Aaraceli Soto (22 years)
23 – Ellyn & Jim Dembowski (18 years)

Congratulations to all!

OCTOBER – VOCATIONAL SERVICE MONTH

During October, Rotarians are encouraged to focus on this important area of service. Discussions on Vocational Service can lead to projects that not only develop the ethical consciousness and vocational skills of Rotarians but also the talents within our communities.

October 12: Traveling in Liberia

Karol Shulkin, employee of the County Department of Social Services and recent traveler to Liberia, will share her experience.

October 19: Kinetic Sculpture Race

Christy Cantrell, the “Kinetic Sculpture Race Queen” will present this program. More info to come ...

October 26: Homeless Programs in Ventura

Bill Finley, Salvation Army, and Peter Brown, who heads the city of Ventura effort to coordinate homeless issues and services, will present information and viewpoints on this important issue.

UPCOMING EVENTS

October 13 (Thursday) 5:30 – 7:30 PM

Seafood by the Sea club social

Ventura Yacht Club

For more information contact Terry Schaeffer.

October 20 (Thursday) 11:45 AM

Board Meeting at 91 Palm (Make-up opportunity)

October 20 – 23 (Thursday – Sunday)

District 5240 Conference – Carpinteria

For more information go to the District website www.rotarydistrict5240.org

October 28 (Friday) 7:30 AM

Newcomers' Breakfast - Crowne Plaza

For more information contact Jim Naylor

November 13 (Sunday) - 1:00 PM

Peace Conference – Palm Springs Convention Center

Keynote Speaker: Mr. Arun Gandhi, grandson of Mahatma Gandhi

Other Speakers, Breakout Sessions & Displays

For informational flyer and registration go to our club website under “stories” www.venturarotary.org

December 28

Joint Club Meeting with Ventura East

Award-winning composer, humanitarian, educator and world musician, **John Zeretke**, will be presenting a unique program for our Rotary group about his travels around the world.

Getting to Know You Program

October 12:

Calkins, Campbell

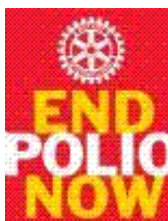
October 19:

Chadbourne, Case, Chandler

October 26:

The Cheatham Family (Melvin, Sylvia & Bob)

OCTOBER IS ALSO POLIO AWARENESS MONTH



Larry Emrich & Mike Anderson have planned a month-long fundraiser around weekly football pools. The four winners will receive a Paul Harris Fellowship. Get on board fans & have FUN!