



Meeting February 25, 2010

Reported by Jordan Eller



Dave Anderson gave our Inspirational Moment.

President Jeff rang the bell and invited everyone to lunch, guests and visiting Rotarians first!

Jeff thanked our greeters Ron Polito and Deborah Roberts. Our Inspirational Moment was given by Dave Anderson. Ron Polito led us in the salute to the Flag.

Introduction of guests was done by Rafael Canton. Craig Miller was a guest of Deborah

Roberts and Maria Lopez was a guest of Judy Hoag.

John Borneman then led us in a song. Wendy Pazen announced that our raffle prize for the day was \$50 cash donated by Bob Beckwith. We held the drawing and the lucky winner was Pete Gallagher! Way to go Pete.

Presidents announcements:

The District Assembly is March 27th and we need all Avenues of Service Directors and members of Wendy's board to plan on attending. It will be at Pacifica High School in Oxnard.

We are seeking a host family for a potential Exchange Student next year. If you or someone you know is interested, let Wendy Pazen know.

The district is putting together a program called Rotarians helping Rotarians. If you are a Rotarian who needs a job or are a Rotarian who is seeking to hire someone. Please fill out the form at your tables and submit it to the district. They will be posting job openings



Andy Corliss brought an entertaining story to share with us.

and Rotarians seeking work. This is a good program we should be supporting.

Our club's Board of Director's Meeting will be on Tuesday March 2nd at D.W.'s on Victoria. You have all been warned!

Mark your calendar's, our Club Stepdown dinner will be June 5th at 5:00 pm at the Ventura Comedy Club. We will not have a meeting on Thursday June 3rd.

Wendy and Bob Pazen led us in our Rotary Recognition session which was an invigorating round of charades! Always a crowd favorite and we appreciate the effort that Bob and Wendy put into doing this for us.

Happy Dollars: Rich Stewart, Terry McBreen, Wendy Pazen, Bob Pazen, Ron Polito, Michelle Mercado, Jan Lindsay and Robert Jacobi.

Rocky Ludes then introduced our program. Today's program was on the most recent Rotary East trip to Nicaragua. Rather than show pictures, Judy Hoag, our International Chair, invited the other participants to give their impressions of the trip.

Rich Stewart gave the history going back to about 1998, when a category 5 hurricane blasted Central

Meeting, cont'd on page 3



Rafael Canton introduced our guests and visiting Rotarians.

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Presidents Message ...



Jeff Hata
President 2009-2010

Change is in the air. Can you feel it? Can you smell it in the air? Can you sense it?

The time is quickly approaching where every President of a Rotary Club and Rotary International will relinquish their reign and hand off to their Incoming Presidents. Just imagine how amazing that truly is for Rotary to be as successful as it is and turn over every President every year!

Until now, I did not realize how impressive a feat that is. I don't think you can really appreciate this until you have gone through it yourself. I know, there are still four months left in this Rotary year and we have a lot to do so don't think that we are going to coast into Wendy's year. We will be a busy club because we still have much to accomplish.

But, I see how energized Wendy is now that she has gone through P.E.T.S. And how eager Wendy is to do the best job she can next year. I know how it is to be the incoming after P.E.T.S. You get pumped up and you are ready to go, but you still have four months to go before you are in control. You are busy making sure all your Avenues of Service Directors are in place and you are always aware and conscious of the current President and if you are encroaching on what your current President is trying to accomplish. One thing I can say about Ventura-East is that we are a club that has always had good communication and we work well together. I know that Wendy and I work very well together and I know without a doubt that we are going to have a great year again next year.

So, be prepared for a mad dash to the finish line because I promise you we will be a busy club and be prepared for a marathon next year because one thing I know about Wendy is she will keep us VERY busy next year and won't that be a lot of fun!

I'm looking forward to next year and I know Wendy will be coming to see you very soon, if she hasn't already. Please do what you can to help her out because I know she is putting a lot of thought into her selections for her board and other key positions.

I am proud to be a member of the club that has the most fun in Ventura because we always get a lot done despite having fun. I am proud that Wendy Pazen will be our President next year because I know she will take us to new heights and we will have more fun than ever while accomplishing great things!

YIRS
Jeff Hata

2009 - 2010 Club Board of Directors

Jeff Hata	President
Wendy Pazen	President Elect
Deborah Roberts	Past President
Michelle Mercado	Secretary
Robert Lynn	Treasurer
Devere L. (Pete) Gallagher	Sergeant at Arms
Steve Phillips	Director 2007-2010
Nicolette Sloan	Director 2007-2010
Jordan Eller	Director 2009-2011
Henry Oster	Director 2008-2011
Deborah Perkins	Director 2009-2012
Robert Pazen	Director 2009-2012

Avenues of Service Directors

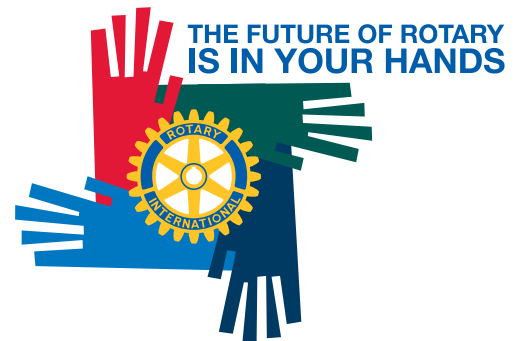
Wendy Pazen	Club Service
Husam Hishmeh	Vocational Service
Tom Swan	Community Service
Floyd Gill	New Generations
Judy Hoag	International Service
Mark Smith	Interact

Rotary International Officers

Paul P. Harris	Founder of Rotary
John Kenny	President, Rotary International
Luz Maria Ortiz-Smith	Governor, R.I. District 5240
Deepa Willingham	Governor Elect, R.I. District 5240
Wade Nomura	Governor Nominee District 5240
Dr. John Carroll (In Memoriam)	P.D.G. 1981-1982
Marc Vertin	P.D.G. 2002-2003
Arnie Dowdy	P.D.G. 2003-2004
Jan Lindsay	P.D.G. 2004-2005
Sally Adelsblue	P.D.G. 2005-2006
Rich Abbott	P.D.G. 2006-2007
Jane McClenahan	P.D.G. 2007-2008
Anil Garg	P.D.G. 2008-2009

The Four Way Test

First ... Is it the TRUTH? Second ... Is it FAIR to all concerned? Third ... Will it build GOOD WILL and BETTER FRIENDSHIPS? Fourth ... Will it be BENEFICIAL to all concerned?



Programs

Program Chair: Rocky Ludes

March 4, 2010

Skilled Nursing - Spencer Morris

March 11, 2010

Banladesh GSE - Andrea Barkan

March 18, 2010

Avenues of Service

March 25, 2010

Working Artists Ventura Project - Onsite Meeting

Greeters

March 4, 2010

Nikki Sloan & Bill Spellman

March 11, 2010

Rich Stewart & Midge Stork

March 18, 2010

Joe Strohmman & Tom Swan

March 25, 2010

Vance Thompson & Sandy Waddell

Rotary Recognition

Program Chair: Rich Stewart

March 4, 2010 - TBA

March 11, 2010 - TBA

March 18, 2010 - TBA

March 25, 2010 - TBA

Meetings

TBA

New Member Training Session

March 18, 2010

Vocational Service

3rd Thu/Month, 1811 Knoll Dr. 5:30 PM

April 6, 2010

Board of Directors Meeting

1st Tue/Month, DW's, 1985 S. Victoria Ave, 7:00 AM

March 8, 2010

Club Service

2nd Mon/Month, Carrows Telephone Rd. 5:30 PM

March 8, 2010

Community Service

2nd Mon/Month, Carrows Telephone Rd 5:30 PM

March 16, 2010

International Service

3rd Tue/Month, Marie Callendars (Victoria) Dr. Noon

March 11, 2010

New Generations

2nd Thu/Month, 1811 Knoll Dr. 5:30 PM

Every Monday

Buena Interact Club

Buena High School, Room 48 12:30 PM

America with over 50" of rain in 24 hours. This wiped out homes and roads and pretty much destroyed the country. Rich was there a couple years after the disaster and notes there has been a lot of progress.

Rich mentioned how students are learning English, but do not have anyone there who actually speaks English. The students were eager to practice and learn with their visitors.

Bill Spellman has been there at least 4 or 5 times. Lots of concrete block buildings have gone up over the years, but this is the first time he saw them making the concrete blocks on-site.

This was the first visit for Harriet Clune. She was a bit apprehensive because of the poverty she expected to see, and also about being perceived as giving a "handout."

They attended a Council meeting where report was given on the microcredit project. This began with \$500 which was divided up for various entrepreneurs to help set up their businesses. The loans were guaranteed, mostly by individual members of the Council. All loans have been paid in full, including the interest of 5% per month, with very encouraging results.

For example, one woman had gone to school to learn how to sew. She bought a treadle sewing machine and fabric with her microloan. She began making children's dresses and embroidered them. Then she taught her mother-in-law how to sew. Now they have two machines and both make dresses for the market. One of the beautiful dresses was passed around for us to see. Harriet gave another example of a woman who sold tamales has been able to increase her sales from \$100 to \$150 per month due to the microloan.

In sum, the microloan project encourages self determination and requires accountability. These are not handouts, but hand-up's. Harriet said this trip made her consider – it's only an accident of birth that we are here rather than in an impoverished area of Nicaragua.

The cost of a trip to Nicaragua is about \$600, including meals, airfare, etc. They said pictures and presentation could not do justice to how a person is changed by going there. The next trip is in April.

Thank you, Judy, Rich, Bill and Harriet for this inspirational presentation.

== Rocky



A dress made in one of the Vocational classes in Nicaragua.

Where to be during an earthquake

THIS SOUNDS REASONABLE.

Remember that stuff about hiding under a table or standing in a doorway?? Well, this guy has a completely reverse opinion. This is very interesting, different from what we were all taught. Boy! Is this ever an eye opener. Directly opposite of what we've been taught over the years! I can remember in school being told to, "duck and cover" or stand in a doorway during an earthquake. This guy's finding's is absolutely amazing. I hope we all remember his survival method if we are ever in an earthquake!!

Please read this and pass the info along to your family members; it could save their lives someday!

EXTRACT FROM DOUG COPP'S ARTICLE ON THE: "TRIANGLE OF LIFE."

My name is Doug Copp. I am the Rescue Chief and Disaster Manager of the American Rescue Team International (ARTI), the world's most experienced rescue team. The information in this article will save lives in an earthquake. I have crawled inside 875 collapsed buildings, worked with rescue teams from 60 countries, founded rescue teams in several countries, and I am a member of many rescue teams from many countries. I was the United Nations expert in Disaster Mitigation for two years. I have worked at every major disaster in the world since 1985, except for simultaneous disasters.

The first building I ever crawled inside of was a school in Mexico City during the 1985 earthquake. Every child was under its desk. Every child was crushed to the thickness of their bones. They could have survived by lying down next to their desks in the aisles. It was obscene, unnecessary and I wondered why the children were not in the aisles. I didn't at the time know that the children were told to hide under something.

Simply stated, when buildings collapse, the weight of the ceilings falling upon the objects or furniture inside crushes these objects, leaving a space or void next to them. This space is what I call the "triangle of life". The larger the object, the stronger, the less it will compact. The less the object compacts, the larger the void, the greater the probability that the person who is using this void for safety will not be injured. The next time you watch collapsed buildings, on television, count the "triangles" you see formed. They are everywhere. It is the most common shape, you will see, in a collapsed building.

Earthquake, cont'd on page 5

Important Dates

St. Patty's Day Parade	Mar. 13
Foundation Gala	Mar. 13
District Assembly	Mar. 27
Santa Anita Social	Apr. 17
Rotarians at Work Day	Apr. 24
RYLA	Apr. 22-25
D.G. Luz Maria Step Down	Jun. 12
R.I. Convention, Montreal	Jun. 20 - 23
Push-em Pull-em Parade	Jul. 4
Ventura County Fair Parade	Aug. 7
Harbor Fireworks Cruise	Aug. 7
Pumpkin Patch	Weekends in October
Halloween Fundraiser	Oct. 30
Children's Christmas Party	Dec. 23

This space could be reserved for you ... Place your ad here!

Jeff Hata

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TIPS FOR EARTHQUAKE SAFETY

1) Most everyone who simply “ducks and covers” WHEN BUILDINGS COLLAPSE are crushed to death. People who get under objects, like desks or cars, are crushed.

2) Cats, dogs and babies often naturally curl up in the fetal position. You should too in an earthquake. It is a natural safety/survival instinct. You can survive in a smaller void. Get next to an object, next to a sofa, next to a large bulky object that will compress slightly but leave a void next to it.

3) Wooden buildings are the safest type of construction to be in during an earthquake. Wood is flexible and moves with the force of the earthquake. If the wooden building does collapse, large survival voids are created. Also, the wooden building has less concentrated, crushing weight. Brick buildings will break into individual bricks. Bricks will cause many injuries but less squashed bodies than concrete slabs.

4) If you are in bed during the night and an earthquake occurs, simply roll off the bed. A safe void will exist around the bed. Hotels can achieve a much greater survival rate in earthquakes, simply by posting a sign on The back of the door of every room telling occupants to lie down on the floor, next to the bottom of the bed during an earthquake.

5) If an earthquake happens and you cannot easily escape by getting out the door or window, then lie down and curl up in the fetal position next to a sofa, or large chair.

6) Most everyone who gets under a doorway when buildings collapse is killed. How? If you stand under a doorway and the doorjamb falls forward or backward you will be crushed by the ceiling above. If the door jam falls sideways you will be cut in half by the doorway. In either case, you will be killed!

7) Never go to the stairs. The stairs have a different “moment of frequency” (they swing separately from the main part of the building). The stairs and remainder of the building continuously bump into each other until structural failure of the stairs takes place. The people who get on stairs before they fail are chopped up by the stair treads - horribly mutilated. Even if the building doesn't collapse, stay away from the stairs. The stairs are a likely part of the building to be damaged. Even if the stairs are not collapsed by the earthquake, they may collapse later when overloaded by fleeing people. They should always be checked for safety, even when the rest of the building is not damaged.

8) Get Near the Outer Walls Of Buildings Or Outside Of Them If Possible - It is much better to be near the outside of the building rather

Earthquake, cont'd on page 6

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Weekly Raffle

Our raffle prize this week was \$50 generously donated by Bob Beckwith!

Our very lucky winner was Pete Gallagher! In Pete's words "Finally!"

We collected \$128 today bringing our total for the year to \$2,096!

Thank you to everyone who participated and to our donor Bob Beckwith and our winner Pete Gallagher!



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than the interior. The farther inside you are from the outside perimeter of the building the greater the probability that your escape route will be blocked.

9) People inside of their vehicles are crushed when the road above falls in an earthquake and crushes their vehicles; which is exactly what happened with the slabs between the decks of the Nimitz Freeway. The victims of the San Francisco earthquake all stayed inside of their vehicles. They were all killed. They could have easily survived by getting out and sitting or lying next to their vehicles. Everyone killed would have survived if they had been able to get out of their cars and sit or lie next to them. All the crushed cars had voids 3 feet high next to them, except for the cars that had columns fall directly across them.

10) I discovered, while crawling inside of collapsed newspaper offices and other offices with a lot of paper, that paper does not compact. Large voids are found surrounding stacks of paper. Spread the word and save someone's life...

The Entire world is experiencing natural calamities so be prepared! "We are but angels with one wing, it takes two to fly"

In 1996 we made a film, which proved my survival methodology to be correct. The Turkish Federal Government, City of Istanbul, University of Istanbul Case Production sand ARTI cooperated to film this practical, scientific test. We collapsed a school and a home with 20 mannequins inside. Ten mannequins did "duck and cover," and ten mannequins I used in my "triangle of life" survival method. After the simulated earthquake collapse we crawled through the rubble and entered the building to film and document the results. The film, in which I practiced my survival techniques under directly observable, scientific conditions, relevant to building collapse, showed there would have been zero percent survival for those doing duck and cover.

There would likely have been 100 percent survivability for people using my method of the "triangle of life." This film has been seen by millions of viewers on television in Turkey and the rest of Europe, and it was seen in the USA, Canada and Latin America on the TV program Real TV.

Submitted by Wendy Pazen



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Whine less, breathe morę; Talk less, say morę; Love morę
and all good things will be yours



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Rotary Club of Ventura-East, Membership List 100% Paul Harris Fellow Club

District 5240

Chartered May 23, 1963

<p>Albee, Lee Honorary Member</p> <p>Anderson, David Architecture</p> <p>Beckwith, Robert E. Office Equipment</p> <p>Borneman, John Songleading</p> <p>Canton, Rafael, M.D. Psychiatry</p> <p>Carbajal, Arnulfo Environmental Health</p> <p>Cherry Eugene C., D.V.M. Veterinary Practice, Small Animals</p> <p>Clune, Harriet Real Estate Management</p> <p>Corliss, Andrew Broadcasting</p> <p>Coyner, Jeff Attorney, Civil Litigation</p> <p>Crozier, Thomas H. Real Estate Development</p> <p>Doyle, Michael Real Estate Management</p> <p>Eller, Jordan Banking, Mortgage Lending</p> <p>Emch, James H., C.P.A. General Accounting</p> <p>Gallagher, Devere L. (Pete) Automobile Servicing</p> <p>Gallagher, Richard Stock & Bond Sales</p> <p>Gray, Bill Property Management</p> <p>Hasan, Mohammed A., P.E., R.E.A. Civil Engineering</p> <p>Hashbarger, Tom Health Services</p> <p>Hata, Jeff Printing</p> <p>Hertel, Ronald Real Estate Land Development</p> <p>Hicks, William Domestic Automobiles, Retail</p> <p>Hishmeh, Husam Restaurateur, Franchisee</p> <p>Hoag, Judith Real Estate Sales, Residential</p> <p>Hoag, Will Honorary Member</p> <p>Jacobi, Robert Restaurateur</p> <p>Lindsay, Jan Corwin, C.P.A. Small Business Accounting</p> <p>Ludes, Rocky CPA Tax</p> <p>Lynn, Robert Jewelry</p> <p>Marquez-Olson, Carol Travel Agency</p> <p>Marsh, Sam Secondary Education</p> <p>Masterson, John A. Foreign Automobiles, Retail</p> <p>McBreen, Terry Real Estate, Investments</p> <p>Mercado, Michelle Bank Manager</p> <p>Norman, Richard M. Trial Law</p> <p>Norstedt, Chris Honorary Member</p> <p>Oster, Henry Internal Medicine</p>	<p>Pazen, Robert L., O.D. Optometry</p> <p>Pazen, Wendy Office Management</p> <p>Perkins, Deborah Family Law</p> <p>Polito, Ron Commercial Real Estate</p> <p>Roberts, Deborah Communications</p> <p>Shilton, Thomas E. Pharmacy</p> <p>Sloan, Nicolette Banking, Business Loans</p> <p>Smith, Mark Corbin Religion, Protestant</p> <p>Spellman, William J., D.D.S. Prosthetic Dentistry</p> <p>Stewart, Richard E. Banking, Real Estate Loans</p> <p>Stork, Midge, CFP, CSPG Financial Planning, Investments</p> <p>Strohman, Joseph, Jr. Business Law</p> <p>Swan, Thomas Investment Advisor</p> <p>Thompson, Vance, CLU, ChFC Insurance, Financial Planning</p> <p>Turner, Donna Honorary Member</p> <p>Waddell, Sandy Contractor-Portable Buildings</p> <p>Widders, Monte L. General Law</p> <p>Whitman, Diana Honorary Member</p> <p>Word, Jim Department Store</p> <p>Yuncker, Chuck Honorary Member</p>
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Announcement

The following
has been proposed as new member of
the Ventura-East Rotary Club:

Name: Craig Miller
Classification: Cleaning, Commercial
Proposer: Deborah Roberts

Any objections to this person becoming a member of our club should be brought to the attention of the President, President-Elect or any Director within ten (10) days of this publication.

Publication Date: February 25, 2010

Announcement

The following
has been proposed as new member of
the Ventura-East Rotary Club:

Name: Maria Lopez
Classification: Education
Proposer: Judy Hoag

Any objections to this person becoming a member of our club should be brought to the attention of the President, President-Elect or any Director within ten (10) days of this publication.

Publication Date: February 25, 2010