



The Rotary Club
of Ventura-East

The Breeze

Editor: Jordan Eller
Volume XLVI, Number 30

Rotary Club of Ventura-East • Official Newsletter and Bulletin

Publisher: Jeff Hata
March 4, 2010

Meeting March 4, 2010

Reported by Jordan Eller



Joe Strohman gave our
Inspirational Moment.

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

Jeff thanked our greeters Nikki Sloan & Bill Spellman. Our Inspirational Moment was given by Joe Strohman. Andy Corliss led us in the salute to the Flag.

Introduction of guests was done by Bill Spellman. Craig Miller was a guest of the club as

was Maria Lopez. Deborah Perkins announced that our raffle prize for the day was \$50 cash donated by Jordan Eller.

We celebrated March Birthday's & Anniversaries. Birthdays were Bob Pazen and John Masterson, Anniversaries was Tom Swan.

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

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

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.

March 25th we will have an offsite meeting at the Working Artist Ventura Project. More details to follow.

We will be hosting the Ventura Chamber of Commerce Breakfast on June 4th and on September 23rd we will be hosting the Ventura Chamber of Commerce Mixer.

Bill Gray conducted our Rotary Recognition program. The topic was the history of Ventura.

Deborah Perkins held our drawing and Bob Beckwith was our lucky winner.

Rocky Ludes then introduced our speaker.

Our speakers today were Spencer Morris and Eric Turrell from the Glenwood Care Center in Oxnard. Pete Gallagher met them when his brother, Warren, was recovering from a stroke. Pete quickly brought them to the attention of our program chairs so that the whole

Meeting, cont'd on page 3



Bill Spellman introduced our
guests and visiting Rotarians.



Rocky Ludes introduced our
speakers.

Table of Contents

Meeting Notes	1
President's Message	2
American Red Cross Response to Triangle ... by Doug Copp	3
Club Events	3
Weekly Raffle.....	5
A commitment to service in Sri Lanka	6
Membership List.....	7
New Member Proposals	8

Web Addresses

www.rotaryventuraeast.org

R.I.: www.rotary.org • District 5240: www.rotarydistrict5240.org

Presidents Message ...



Jeff Hata
President 2009-2010

Rotaract. Do you know what this is? If you've been in Rotary long enough, you've heard this word, but probably have not experienced it because we have not had many Rotaractors in the United States. Rotaract is very popular in countries outside of the United States, and is quickly becoming a bigger part of the landscape here in the U.S.

A Rotaract club is a Rotary club for young professionals age 18 - 30. Rotaract was developed to allow young professionals, and students, within this age range to experience Rotary and become familiar with what Rotary clubs do without having to shoulder the cost of being a "Rotarian." The financial obligations are minimal and the meetings do not happen weekly which is what these young professionals need. They are in the beginning of their careers and adult family lives and do not have the time and often the financial means to join a regular Rotary Club.

With this Cliff Note description of what a Rotaractor is in mind I am very happy to say that our club along with the Downtown club had an organizational meeting to establish a "Community" based Rotaract club in Ventura. We have a commitment from the South club to be involved and are still waiting to hear from Marina if they will participate also. We have a very energetic and organized core group of young people who are very excited to be starting this club. Expect to see them visiting the club in the near future.

I would like to thank Tom Swan for providing the initiative to put the first meeting together and I would like to thank Floyd Gill, who will become a regular member again very soon, for being our club's liaison to the Rotaract club.

It will be nice to get the Rotaract club going and active and will be nice to experience their enthusiasm and help them accomplish great things in our community!

To touch on some very late breaking news ... Wendy Pazen's son Clint who owns Garman's Irish Pub has agreed to host a Rotary Poker Night at his pub on May 22nd with all proceeds going to the Bill and Melinda Gates Challenge. Please put that date on your calendar's and plan on coming out and supporting this event! More details to follow.

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
.....	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

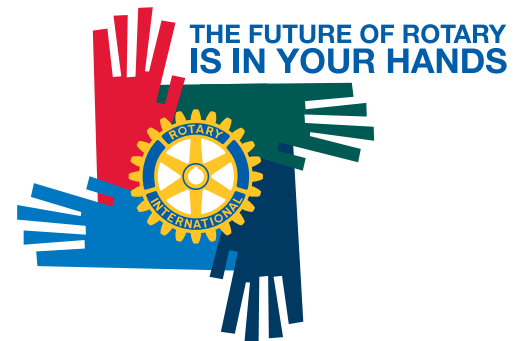
Wendy Pazen	Club Service
Husam Hishmeh	Vocational Service
Tom Swan	Community Service
Floyd Gill	New Generations
Judy Hoag	International Service
Mark Smith	Interact

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 Adelblue	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 11, 2010

Banladesh GSE - Andrea Barkan

March 18, 2010

Avenues of Service

March 25, 2010

Working Artists Ventura Project - Onsite Meeting

April 1, 2010

RYLA - Darin Arrasmith

Greeters

March 11, 2010

Rich Stewart & Midge Stork

March 18, 2010

Joe Strohman & Tom Swan

March 25, 2010

Vance Thompson & Sandy Waddell

April 1, 2010

Monte Widders & Jim Word

Rotary Recognition

Program Chair: Rich Stewart

March 11, 2010 - TBA

March 18, 2010 - TBA

March 25, 2010 - TBA

April 1, 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

April 12, 2010

Club Service

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

April 12, 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

club could learn more about the skilled nursing facilities.

Previously, most convalescent and/or nursing homes had a bad reputation as an institutional, low funded place where you were dropped off and ignored. Times have changed. The more up to date name for these facilities is Rehabilitation and Transitional Care Services and Skilled Nursing Facilities. They offer 3 types of therapy: Physical Therapy, Occupational Therapy and Speech Therapy as well as 24 hr skilled nursing care, wound care, IV care, pain management, social services/discharge planning, respite care, and hospice.

Some of the things to check out before checking in to a skilled nursing facility are the way the residents look, are they well groomed, does the facility have an odor, how are the employees acting or re-acting during your visit and are the plants green and alive. Also, ask if the facility is contracted with your insurance company.

There are 14 facilities in Ventura County with over 1,000 beds.

For more information go to www.medicare.gov and check the comparisons of the annual inspection of each facility.

== Wendy Pazen



Spencer Morris from Glenwood spoke to us about elder care.

American Red Cross response to "Triangle of Life" by Doug Copp

Sent from

Rocky Lopes, PhD

Manager, Community Disaster Education

American Red Cross National Headquarters

Recently it has been brought to my attention that an email from Doug Copp, titled "Triangle of Life," is making its rounds again on the Internet. "Drop, Cover, and Hold On" is CORRECT, accurate, and APPROPRIATE for use in the United States for Earthquake safety. Mr. Copp's assertions in his message that everyone is always crushed if they get under something is incorrect.

Recently, the American Red Cross became aware of a challenge to the earthquake safety advice "Drop, Cover, and Hold On." This is according to information from Mr. Doug Copp, the Rescue

Red Cross, cont'd on page 4

Chief and Disaster Manager of American Rescue Team International (a private company not affiliated with the U.S. Government or other agency.) He says that going underneath objects during an earthquake [as in children being told to get under their desks at school] is very dangerous, and fatal should the building collapse in a strong earthquake. He also states that “everyone who gets under a doorway when a building collapses is killed.” He further states that “if you are in bed when an earthquake happens, to roll out of bed next to it,” and he also says that “If an earthquake happens while you are watching television 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.” These recommendations are inaccurate for application in the United States and inconsistent with information developed through earthquake research. Mr. Copp based his statements on observations of damage to buildings after an earthquake in Turkey. It is like “apples and oranges” to compare building construction standards, techniques, engineering principles, and construction materials between Turkey and the United States.

We at the American Red Cross have studied the research on the topic of earthquake safety for many years. We have benefited from extensive research done by the California Office of Emergency Services, California Seismic Safety Commission, professional and academic research organizations, and emergency management agencies, who have also studied the recommendation to “drop, cover, and hold on!” during the shaking of an earthquake. Personally, I have also benefited from those who preceded me in doing earthquake education in California since the Field Act was passed in 1933.

What the claims made by Mr. Copp of ARTI, Inc., does not seem to distinguish is that the recommendation to “drop, cover, and hold on!” is a U.S.-based recommendation based on U.S. Building Codes and construction standards. Much research in the United States has confirmed that “Drop, Cover, and Hold On!” has saved lives in the United States. Engineering researchers have demonstrated that very few buildings collapse or “pancake” in the U.S. as they might do in other countries. Using a web site to show one picture of one U.S. building that had a partial collapse after a major quake in an area with thousands of buildings that did not collapse during the same quake is inappropriate and misleading.

According to the Centers for Disease Control and Prevention (CDC), which collects data on injuries and deaths from all reportable causes in the U.S., as well as data from three University-based studies performed after the Loma Prieta (September, 1989) and Northridge (January, 1994)

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
Poker Night at Garman's	May 22
Ventura Chamber Breakfast	Jun. 4
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
Ventura Chamber Mixer	Sep. 23
Pumpkin Patch	Weekends in October
Halloween Fundraiser	Oct. 30
Children's Christmas Party	Dec. 23

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Jeff Hata

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earthquakes in California, the following data are indicated: Loma Prieta: 63 deaths, approximately 3,700 people were injured. Most injuries happened as a result of the collapse of the Cypress Street section of I-880 in Oakland. Northridge: 57 deaths, 1,500 serious injuries. Most injuries were from falls caused by people trying to get out of their homes, or serious cuts and broken bones when people ran, barefooted, over broken glass (the earthquake happened in the early morning on a federal holiday when many people were still in bed.) There were millions of people in each of these earthquake-affected areas, and of those millions, many of them reported to have "dropped, covered, and held on" during the shaking of the earthquake.

We contend that "Drop, Cover, and Hold On" indeed SAVED lives, not killed people. Because the research continues to demonstrate that, in the U.S., "Drop, Cover, and Hold On!" works, the American Red Cross remains behind that recommendation. It is the simplest, reliable, and easiest method to teach people, including children.

The American Red Cross has not recommended use of a doorway for earthquake protection for more than a decade. The problem is that many doorways are not built into the structural integrity of a building, and may not offer protection. Also, simply put, doorways are not suitable for more than one person at a time.

The Red Cross, remaining consistent with the information published in "Talking About Disaster: Guide for Standard Messages," (visit <http://www.disastereducation.org/guide.html>) states that if you are in bed when an earthquake happens, remain there. Rolling out of bed may lead to being injured by debris on the floor next to the bed. If you have done a good job of earthquake mitigation (that is, removing pictures or mirrors that could fall on a bed; anchoring tall bedroom furniture to wall studs, and the like), then you are safer to stay in bed rather than roll out of it during the shaking of an earthquake.

Also, the Red Cross strongly advises not try to move (that is, escape) during the shaking of an earthquake. The more and the longer distance that someone tries to move, the more likely they are to become injured by falling or flying debris, or by tripping, falling, or getting cut by damaged floors, walls, and items in the path of escape. Identifying potential "void areas" and planning on using them for earthquake protection is more difficult to teach, and hard to remember for people who are not educated in earthquake engineering principles. The Red Cross is not saying that identifying potential voids is wrong or inappropriate. What we are saying is that "Drop, Cover, and Hold On!" is NOT wrong -- in the United States.

Red Cross, cont'd on page 6

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Weekly Raffle

Our raffle prize this week was \$50 generously donated by Jordan Eller!

Our very lucky winner was Bob Beckwith!

We collected \$75 today bringing our total for the year to \$2,171!

Thank you to everyone who participated and to our donor Jordan Eller and our winner Bob Beckwith!

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The American Red Cross, being a U.S.-based organization, does not extend its recommendations to apply in other countries. What works here may not work elsewhere, so there is no dispute that the “void identification method” or the “Triangle of Life” may indeed be the best thing to teach in other countries where the risk of building collapse, even in moderate earthquakes, is great.

A commitment to service in Sri Lanka

by Eve Neiger
The Rotarian -- March 2010

Every month, Rotaractors from District 3220 (Sri Lanka) celebrate the full-moon holiday of Poya by volunteering at the nonprofit Prithipura Infants Home in Hendala, for children and young adults with disabilities.

In Sri Lanka, Buddhists often observe Poya days with temple visits, fasting, and contemplation. Since 2008, the Rotaract clubs in Colombo have marked it at the Prithipura home.

Rotaractors such as Husna Rafeek, of the Rotaract Club of Colombo, and Lathika Kuruppu, of the Rotaract Club of Colombo Mid-City (both pictured above), spend time with the residents, talking, playing games, and sharing tea. They also work in the garden at Prithipura.

“Small things like this matter a lot in changing the lives of Rotaractors and the people in these institutions,” says Nooranie Muthaliph, a member of the Colombo club.



Rotaractors from District 3220 celebrate the full-moon holiday of Poya by volunteering at the nonprofit Prithipura Infants Home in Hendala, for children and young adults with disabilities. Photo by Nooranie Muthaliph

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Rotary Club of Ventura-East, Membership List

100% Paul Harris Fellow Club

District 5240

Chartered May 23, 1963

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



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