



**The Rotary Club
of Ventura-East**

The Breeze

Editor: Jeff Hata
Volume L, Number 27

Rotary Club of Ventura-East • Official Newsletter and Bulletin

Publisher: Jeff Hata
January 31, 2013

Programs

Program Chair: Deborah Perkins

January 31, 2013

Employee Blogging

February 7, 2013

Society of St Paul

February 14, 2013

TBA

February 21, 2013

TBA

Greeter

January 31 - Deborah Roberts

February 7 - Laura Shannon

February 14 - Jeff Hata

Fundraisers

Poinsettia Sales

Delivery Date

December 5, 2013

Rotary Bullseye Shooting Contest

TBA

Music Festival

May 10 & 11, 2013

Next Meeting: Every Monday

5:30 pm

GoCare Conference Room

for information on fundraisers go to:

www.RotaryVenturaEast.org

Avenues of Service Meetings

Club Service	Mimi's	4th Wed	5:30
Vocational Service	Hishmeh Enterprises	1st Tues	5:30
Community Service	Mimi's	4th Wed	5:30
New Generations	Hishmeh Enterprises	1st Tues	5:30
International Service			

Standing Committee Meetings

Marketing	GoToMeeting	3rd Tues	10:30
Membership	GoToMeeting	4th Tues	10:30

Club Events

Important Dates

Mid Terms	Feb. 2
Master PRLS5	Feb. 16
PETS	Feb. 22 - 25
Basic PRLS	Apr. 12
District Assembly	Apr. 13
RYLA	Apr. 18 - 21
District Awards Recognition Night	Jun. 2
Grants Seminar	Jun 8
RI Convention	Jun 22 - 26
D,G, Frank Ortiz Stepdown	Jun 29
Push-Em Pull-Em Parade	Jul 4
President Tim's First Meeting	Jul 11

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Web Addresses

www.RotaryVenturaEast.org

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

Presidents Message ...



Jordan Eller
President 2012-2013

Fellow Rotarians:
Last week in my Breeze article, and at the last meeting, I asked for the Club's support to revitalize our Avenues of Service so that we can continue doing more hands on work in our Community and to engage our active members. Well...it worked and I have many members to thank for their support.

Our Community Service Chair had been vacant for some time and this is one of the most important Avenues of Service because they work directly with our local community. Alison Thompson agreed to Chair this committee and already had her first meeting on Tuesday the 29th, 5:30 at the GoCare office. I had the opportunity to attend this meeting last night and it was well attended with close to a dozen members present. I must give special thanks to Tom Swan who has been instrumental in making this happen by supporting this Avenue and personally inviting people to attend the first meeting. Like I said, my request for help has been answered!

On another subject but still on the same line of Club support and our activities, I attended a music festival committee meeting Monday night at the GoCare office. This years' two day event is coming along well and is scheduled for May. It's going to be another fantastic event at Libbey Bowl in Ojai and will be an eclectic music event with all types of music over the two day event. The YMCA has also agreed to partner with us for the event and will be instrumental in promoting and helping out on the day of the event. We are actively looking for sponsors for the event so if your business would like to sponsor it and be a part, your business will be promoted over the two days. Committee meetings are occurring every Monday at 5:30 if you would like to attend.

Next Wednesday, and first Wednesday of every month, we will be having our monthly Board of Directors meeting at my office, 5:30 at 4253 Transport Street. All members are welcome and encouraged to attend. There have been some big ideas floating around for the Club and the future and we'll be discussing them at our next meeting.

Thank you again for everyone's support in making our Club more active by revitalizing our Avenues of Service. It was fantastic to see so many people at the first Community Service meeting and thank you again to Alison Thompson for agreeing to Chair this important Avenue.

As always, have a fantastic week,

Jordan

2011 - 2012 Club Board of Directors

Jordan Eller	President
Tim Hughes	President Elect
Tom Swan	Past President
Deborah Perkins	Secretary
Robert Lynn	Treasurer
Carol Marquez-Olson	Sergeant at Arms
John Masterson	Director 2010-2013
Alison Thompson	Director 2010-2013
Deborah Roberts	Director 2011-2014
Vance Thompson	Director 2011-2014
Ken Kagan	Director 2012-2015
Wendy Pazen	Director 2012-2015

Avenues of Service Directors

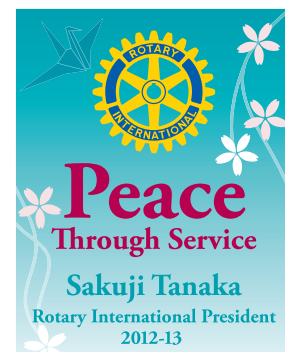
Tim Hughes	Club Service
.....	Vocational Service
.....	Community Service
Bill Spellman	New Generations
Judy Hoag	International Service
Mark Smith	Interact

Rotary International Officers

Paul P. Harris	Founder of Rotary
Kalyan Banerjee	President, Rotary International
Frank Ortiz	Governor, R.I. District 5240
Jack McClenahan	Governor Elect, R.I. District 5240
Loretta Butts	Governor Nominee District 5240
Dr. John Carroll (In Memoriam)	P.D.G. 1981-1982
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
Luz Maria Ortiz-Smith	P.D.G. 2009-2010
Deepa Willingham	P.D.G. 2010-2011
Wade Nomura	P.D.G. 2011-2012

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?



Meeting January 24, 2013

Reported by Jeff Hata



Vance Thompson led us in the Flag Salute.

President Jordan 6:00 pm in the Ventura
Eller invited everyone Room.

to lunch, guests and Jordan spoke about
visiting Rotarians first! Deborah Perkins

President Jordan resignation. There was a
then asked Vance a meeting Tuesday evening
Thompson to please to discuss the situation
lead us in in the salute and where the club is
to the Flag. headed. The consensus

Jeff Hata introduced is we need to be more
guests and visiting hand on in our local
Rotarians. community and "DO"

Guest of John projects rather than write
Borneman was the checks to fund them.

the lovely Linda Also, it's vital that our
O'Neil, guest of Tom Avenues of Service be

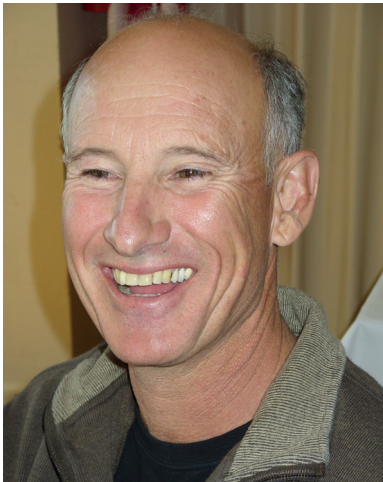
Hashbarger was his daughter Julie Hashbarger. Visiting
Rotarian from West Bay Rotary Club in Camden, Main
was Luke Kuhn.

John Borneman led us in a song.

After the song John spoke about the passing of is
sponsor and Charter Member of our club Wendell
Searer, M.D. Wendell
was instrumental in
founding the Totenac
Indian projects, our
clubs first major
introduction to
International projects.

Deborah Roberts
gave our Inspirational
Moment.

Vance Thompson
announced our raffle
prize was a \$50 cash
generously donated by
Ron Polito.



Ron Polito donated our raffle prize.

Andy Corliss spoke about Notre Dame and Mrs
Murphy's words of wisdom.

Chuck Yuncker spoke about job shadow and the car
insurance requirements by February 28th. If you can
drive, please complete the paperwork on the table and
return it to Chuck or Bill Spellman as soon as you can.
In addition to the paperwork you also need to provide
your insurance declaration page.

Bill Spellman spoke about the 50th Anniversary of
our club. We would like to invite former members to join
in the celebration. A sign up sheet was passed around to
list former members to contact. The celebration will be

come vibrant and active again.

Alison Thompson has agreed to chair Community
Service and the first meeting will be Tuesday at 5:30 at
GoCare.

Vance conducted the raffle and the lucky winner was
Linda O'Neil.

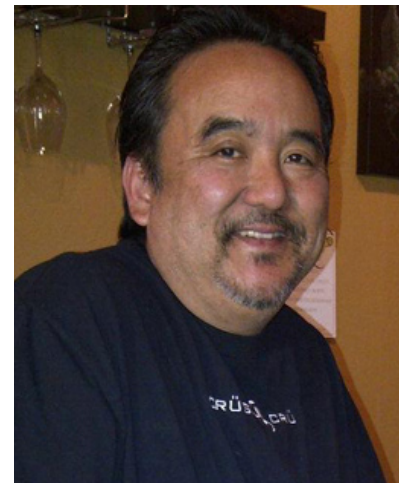
Former club member Diana Wightman was our
speaker today whose sponsor was Neil Cummins.

Today's guest speaker was Diana (Canby) Wightman,
a former member of our Club. She is a licensed Marriage
& Family Therapist and spoke to us today on Mindfulness
Meditation. Diane works with RAIN project and also
Project Understanding. She also works for the Camarillo
Health Care District and has a private practice, focusing
on abuse, mood disorders, homelessness and betrayal.

Her interest in mindfulness mediation developed out
of her two premature deliveries. (Her boys are doing
great. They are almost teenagers.) As she learned how
people deal with these issues, she decided to go back to
school to study psychology.

Some years ago she learned about mindfulness
meditation, which focuses on present-moment awareness.
The Vietnamese monk she trained with is in his '80's
and travels around the world teaching this. The idea is
our five senses integrate together. She teaches eating
meditation and walking meditation, among others. She
led us through two exercises on eating meditation.

She passed out two chocolate treats. First exercise, to
close our eyes and ask: what do you sense? Hear? (Hear
the rustling of tinfoil? Little noises about the table?)



Jeff Hata introduced guests & visiting Rotarians.

Smell? Feel? Can you feel the chair? Or your feet on the floor? Take a breath: it is cool when you take the breath, and warm when you exhale. Take a breath to the count of four, hold it for a count of three, exhale for a count of five – slow, deep, relaxing breaths.

Then, put the chocolate in your hand. Feel the weight of it. Feel the shape. Smell it. Is it strong? Gentle? Put it on your tongue and wait. Let it melt. How does your mouth respond? Breathe in and out again, being aware of how you feel. Is there any difference from when you began the exercise? What are your reactions?

Tim Hughes was reminded of smelling the chocolate from the Hershey plant he walked by as a youngster on his way to school.

Exercise #2: Relaxing under pressure. Continue deep, slow breathing, but relaxing muscles and relaxing thoughts. This helps to focus, when lots of demands have added stress and pressure to us. Just through deep breathing, you may feel yourself calming down. Now focus on muscles: relax the shoulders. Relax your hands, let them open up, and rest them by your side. Relax the jaw. Then as you breathe, listen to statements, such as “I am calm” “I am relaxed”, etc. When you open your eyes, notice your senses.

Diana has some CD’s coming out shortly. You can find out more at her website, www.BeginHomeAndHealing.com. Thank you, Diana, for a very informative (and relaxing) program.

Rocky Ludes



Diana Wightman on mindfulness and meditation.

Rotary Club of Ventura-East

Post Office Box 3012
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info@RotaryVenturaEast.org

Clubs Nearby ...

Ventura-South	12:00 pm	Monday
	Wedgewood Banquet Center	
Santa Paula	12:00 pm	Monday
	The Glen Tavern Inn	
Ojai West	7:00 am	Tuesday
	Soule Park GC	
Camarillo Breakfast	7:00 am	Tuesday
	Spanish Hills CC	
Oxnard	12:10 pm	Tuesday
	Courtyard by Marriott	
Fillmore Sunrisers	6:45 am	Wednesday
	Varies, go to their website	
Ventura	12:00 pm	Wednesday
	The Derby Club	
Camarillo	12:00 pm	Wednesday
	Camarillo Center for Spiritual Living	
Oxnard Sunrise	7:30 am	Thursday
	Tomas Cafe	
Fillmore	12:05 pm	Thursday
	The Fillmore & Western Train	
Ojai	12:00 pm	Friday
	Soule Park GC	



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District grant projects meet multiple needs in India

By Dan Nixon

Rotary News -- 24 January 2013

Rotarians in Maharashtra, India, used a 2011-12 district grant to meet a range of community needs, from providing families with clean water to equipping homes with solar energy.

“District leaders considered projects that came under (Rotary’s) six areas of focus,” says Rahul Timbadia, past governor of District 3140. “Geographical areas were identified, for example, where there was no electricity or water, which could then be (addressed) by clubs and thus impact the community.”

District grants aren’t required to fund projects in the areas of focus but can be used to sponsor a wide range of activities locally and abroad.

In soliciting project proposals from its clubs, District 3140’s leaders gave priority to clubs that didn’t participate in 2010-11, the first year of the Future Vision pilot.

“The overall impact of the district grant on the quality of life in the communities served can be described as very significant,” says Timbadia. “Since the district awarded grant funds to 45 clubs, the impact was certainly widespread.”

Clean water projects, for example, benefited 15 villages in Maharashtra state, with small dams, rainwater harvesting, bore wells, and water purifiers. Among these efforts, the Rotary Club of Bombay West constructed dams to serve two villages highly prone to drought.


“In an area of water scarcity and unpredictable monsoons leading to failure of crops, this (project) has impacted the community in a very meaningful way by harvesting (significant) quantities of water,” says Timbadia.

District grant-funded projects brought solar-powered lighting to homes and streets in more than 15 villages.

Other efforts included establishment of a human-milk bank at a hospital



More than 180 students at a primary school in District 3140 (part of Maharashtra, India) now have access to clean water through a district grant project sponsored by the Rotary Club of Dombivli Midtown. Photo courtesy of Rahul Timbadia



Thomas E. Swan
President of Rotary Club of Dombivli Midtown

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Weekly Raffle

Our raffle prize today was a \$50 cash generously donated by Ron Polito.


Our lucky winner was Linda O’Neil.

We raised \$81 today bringing our total for the year to \$2,189!

Congratulations to our lucky winner, Linda O’Neil and thank you to Ron Polito for your generous donation.

Remember, all donations to the raffle go directly to our scholarships for next year!

India, cont'd on page 6




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Vice President
Community Relations


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serving the poor, diagnosis and treatment of children suffering from malnutrition, provision of a kidney dialysis machine and other medical equipment, vocational training for youth and adults, construction of toilet blocks, and funding for a vocational exchange team to study in Austria.

The grant also funded diagnostic aids for a school for hearing-impaired students near Mumbai. The facility, which provides education from preschool through high school, receives ongoing support from the Rotary Club of Mumbai Queen's Necklace.

The club's support "has instilled renewed enthusiasm in the children, who are keen to learn new activities," says school principal Lata Nayak. "We are very grateful for (the Rotarians') generous and kind encouragement."

And Timbadia notes that "upgrade of the school through the grant has also generated great publicity for Rotary in the area."



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

District 5240

Chartered May 23, 1963

Anderson, David.....	Architecture	Polito, Ron.....	Commercial Real Estate
Beckwith, Robert E.....	Office Equipment	Ponce De Leon, Augie.....	Honorary Member
Borneman, John.....	Songleading	Potts, Cari Ann.....	Attorney
Brinkman, Danielle.....	Accountant	Roberts, Deborah.....	Communications
Canton, Rafael, M.D.....	Psychiatry	Shannon, Laura.....	Wholesale Pet Supply
Clune, Harriet.....	Real Estate Management	Shilton, Thomas E.....	Pharmacy
Corliss, Andrew.....	Broadcasting	Smith, Mark Corbin.....	Religion, Protestant
Crozier, Thomas H.....	Real Estate Development	Spellman, William J., D.D.S.....	Prosthetic Dentistry
Eller, Jordan.....	Banking, Mortgage Lending	Stewart, Richard E.....	Banking, Real Estate Loans
Emch, James H., C.P.A.....	General Accounting	Stork, Midge, CFP, CSPG.....	Financial Planning, Investments
Gallagher, Devere L. (Pete).....	Automobile Servicing	Strohman, Joseph, Jr.....	Business Law
Gallagher, Richard.....	Stock & Bond Sales	Swan, Thomas.....	Investment Advisor
Gonzalez, Jesse.....	Automotive, Repair & Sales	Thompson, Alison.....	CPA
Gray, Bill.....	Property Management	Thompson, Vance, CLU, ChFC.....	Insurance, Financial Planning
Hashbarger, Tom.....	Health Services	Turner, Donna.....	Honorary Member
Hata, Jeff.....	Printing	Waddell, Sandy.....	Contractor-Portable Buildings
Hertel, Ronald.....	Real Estate Land Development	Widders, Monte L.....	General Law
Hicks, William.....	Domestic Automobiles, Retail	Whitman, Diana.....	Honorary Member
Hishmeh, Husam.....	Restaurateur, Franchisee	Word, Jim.....	Department Store
Hoag, Judith.....	Real Estate Sales, Residential	Yuncker, Chuck.....	Honorary Member
Hoag, Will.....	Honorary Member		
Hughes, Tim.....	Real Estate		
Jimenez, Richard.....	Honorary Member		
Jonas, Alwick.....	Storage		
Kagan, Kenneth.....	CPA		
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		
McGee, Bruce.....	Food Sales		
Norman, Richard M.....	Trial Law		
Norstedt, Chris.....	Honorary Member		
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Pazen, Robert L., O.D.....	Optometry		
Pazen, Wendy.....	Office Management		