



The Rotary Club
of Ventura-East

The Breeze

Editor: Jordan Eller & Steve Phillips
Volume XLVI, Number 21

Rotary Club of Ventura-East • Official Newsletter and Bulletin

Publisher: Jeff Hata
December 17, 2009

Meeting December 17, 2009

Reported by Jordan Eller



Michael Doyle gave our inspirational message.

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

Jeff thanked our greeters Ron Hertel & Bill Hicks. Our Inspirational Moment was given by Michael Doyle and Joe Strohmman led us in the salute to the Flag.

Introduction of guests was done by Tom Hashbarger. We had three visiting Rotarians

today, all from Oxnard Sunrise. They were Jim Kilpatrick, Jim Daniels and Tony Huff.

To honor the Christmas Season, John Borneman led us in singing Christmas Carols today. Very well done John.

We then presented Christmas tips to our Scofield Catering Wait staff, Renee, Ericka, Eddie and Ish. We also presented a Christmas tip to Hector of the Poinsettia Pavilion.

Deborah Perkins announced that our drawing was two bottles of estate bottled wine, I did not get the wineries name.

We were sad to announce that Deborah Zuniga's father passed away after a long illness. Please keep Deborah and her family in your thought's and prayers.

We are looking for a project for Rotarian's at work day so if you have a project please let on of our club board member's know about it.



Tom Crozier spoke about a young man in Nicaragua that was in need of medical assistance.



Vance Thompson gave last minute directions to the Christmas Party.

We need to make a decision on this quickly.

The members of the board that were present today were requested to stay after the meeting for a quick board meeting.

We will be collecting coats for the Coats for Kids Project until December 31. At this point if you gather any more coats, please drop them off at Four Seasons Cleaners on Main Street.

Steve Phillips also announced he received the toothbrushes from his sister for Sweet Dreams and the toothpaste would be arriving on Friday.

Husam is in Cuba, but wanted the club to know that we are all invited to his parents house for New Year's Eve. The house is on Cobblestone and will be easy to find, it will be the house with the hundred's of people inside and outside of it.

Deborah Perkins then held our drawing for the wine. We collected \$85 today and the lucky winner was our visitor Jim Daniels!

Rocky Ludes then introduced our program.

Meeting, cont'd on page 3

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Web Addresses

www.rotaryventuraeast.org

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Presidents Message ...



Jeff Hata
President 2009-2010

Thanks to Nikki Sloan, I have seen the future and I am pleased, there is hope for us! Nikki has recently introduced us to her friend Cheney, Cheney is a very outgoing 20 something who yearns to make a difference in our world. Cheney would eventually like to go to Africa and spend a year working on humanitarian projects there. I asked Cheney why Africa and her response was that when she was a child her parents would tell her she had to finish all the food on her plate because there were people in Africa who were starving. You know, we have all heard that. Except in Cheney's case she asked her parents if they could send the excess food to Africa? Not because Cheney was being a smart aleck child, but because Cheney really wanted to send food there to help the people. This has stuck with Cheney for all of her life. Recently Cheney helped our club with the Salvation Army Bell Ringing and the Silvercrest dinner, but the impressive thing is not only did Cheney help, but she also brought friends with her to help also. Cheney will also be travelling to Nicaragua with us in January. Cheney will be joining our Ventura Rotaract Club then will join our club in the future.

I have seen the future and I have hope that our world will be a better place for all of because of people like Cheney.

Our club Christmas Party was this past Saturday at the home of Bill and Pam Hicks. I would like to again thank Bill and Pam for allowing us to invade their home for the evening. Bill and Pam were very gracious hosts and I know everyone in attendance had a good time. The weather couldn't have been better, the food and beverage was very good and the company was the best!

So here it is, the last newsletter for 2009. When we meet again it will be 2010 and we will be off and running again for a very busy end of this Rotary year. Thank you to everyone for all of their help and energy. We have had a good year so far, let's keep the momentum and end the year with a BANG!

Merry Christmas, Happy Chanukah, Happy Kwanza, Feliz Navidad, Joyeux Noel, Frohe Weihnachten, Kurisumasu omedeto gozaimasu and HAPPY NEW YEAR!

YIRS
Jeff Hata

2009 - 2010

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Deborah Roberts	Past President
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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

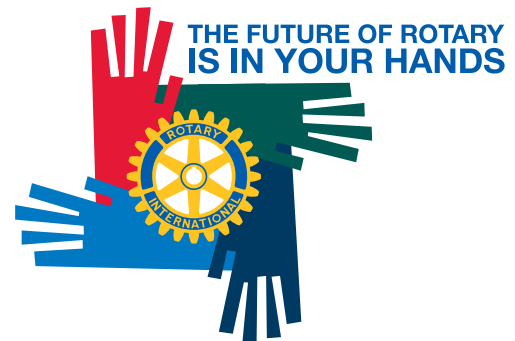
Wendy Pazen	Club Service
Husam Hishmeh	Vocational Service
Tom Swan	Community Service
.....	New Generations
Judy Hoag	International Service
Mark Smith	Interact

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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

January 7, 2010

TBA

January 14, 2010

TBA

January 21, 2010

Avenues of Service

January 28, 2010

TBA

Greeters

January 7, 2010

Esther Egelko & Husam Hishmeh

January 14, 2010

Judy Hoag & Jan Lindsay

January 21, 2010

Rocky Ludes & Carol Marquez-Olson

January 28, 2010

Sam Marsh & John Masterson

Rotary Recognition

Program Chair: Rich Stewart

January 7, 2010 - TBA

January 14, 2010 - TBA

January 21, 2010 - TBA

January 28, 2010 - TBA

Meetings

TBA

New Member Training Session

January 21, 2010

Vocational Service

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

January 5, 2010

Board of Directors Meeting

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

January 11, 2010

Club Service

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

January 11, 2010

Community Service

2nd Mon/Month, 290 Maple Ct #118 5:30 PM

January 19, 2010

International Service

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

January 14, 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

Notes from the December 17 program:

Karen Clemow, Executive Director of Tender Life, first became familiar with the organization while working for Affinity Bank and serving on their Board. When Tender Life's director moved on, Karen decided to throw her hat in the ring of applicants. She was hired, and promptly asked her banking coworker, Jan Bailey, to join her. Jan, who also visited us today, jumped at the opportunity.

Tender Life was formed about 24 years ago. It is a place for mothers-to-be to stay prior to, and several months after delivering their babies. All of these mothers have been in crisis and most were homeless. Many have had substance abuse or family abuse including domestic violence. They have developed a comprehensive plan for these women.

They have found these women need a number of things, including self esteem. They work on their education, and if they do not have a high school diploma, they begin working towards a GED. These women need to learn a variety of basic life skills, and they are taught cooking, cleaning, personal discipline, parenting, and they take prenatal classes and many go through a 12-step process to get past substance abuse habits. The maternity house is also a women's shelter.

Those who want to come into the program make a commitment for six months. The house has a strict no-tolerance drug policy. One by one, many lives have been changed 180°. They take the mothers to their doctor appointments or the hospital. They also have set up a network of attorneys, physicians and others that provide services to the mothers and their babies.

One part of the change process is to let the mothers experience some good memories, as many of their past family memories have been very bad. So they have a nice Thanksgiving and Christmas meal around friends, sharing and enjoying the time together, to create these new, positive memories. The mothers are taught how to bond with their children, as many of them never had this from their own mothers.

This nonprofit, as so many others, is struggling financially. Their Board and regular donors rallied to keep the doors from closing earlier this year. They elected not to receive government funding of any kind, because of the various strings attached to those funds. It costs about \$2,000 per month per mother, and that's a bare-bones budget. Karen mentioned that in her 25 years of banking, the stress of taking care of up to 10 women and children is much greater in her current role.

Thank you, Karen, for your informative presentation, and for your dedication to these mothers in helping turn their lives around.

== Rocky



Karen Clemow spoke to us about Tender Life Maternity Home.

Youth Exchange students share tips

by Maureen Vaught
The Rotarian -- December 2009

Imagine leaving your home to move to another country, live with a new family, and communicate every day in a foreign language. Each year, more than 8,000 Rotary Youth Exchange students do exactly that, packing up their suitcases, boarding an airplane, and traveling abroad for as long as a year.

Long-term exchange students, who range in age from 15 to 19, attend a local school, taking exams and receiving grades just like their peers. They live with several host families, attend Rotary club meetings, and take part in Youth Exchange activities.

At the end of their exchange year, a group of 2008-09 Youth Exchange participants offered their thoughts on making the most of this adventure. The students were part of the Central States Rotary Youth Exchange, which encompasses 17 districts and 825 Rotary clubs in the U.S. Upper Midwest and the southern part of Ontario, Canada.

For one, the biggest surprise about North America was "free drink refills." Another noted, with a flash of insight, "The 7-Eleven stores are not very convenient." Here are a few other tips to pass along to Youth Exchange students:

Stay active. While it may be tempting for students to stay in their room, Skyping with friends back home, they'll feel at home faster if they get involved.

- "Keep busy, especially at school. I played soccer and badminton and sang in the choir." (Seok Hyun Nam, 18, Korea)
- "Get out of the role of 'foreign kid.' Be interested and involved." (Paul Garcin, 18, France)
- "Don't try to live the life of former exchange students; make your own memories. It's just one year, so live it to the fullest." (Tebogo Kganye, 17, South Africa)

Exchange, cont'd on page 5



Students from the Central States Rotary Youth Exchange visit Niagara Falls as part of their tour.

Important Dates

Dark	Dec. 24
Dark	Dec. 31
District Mid-Terms	Jan. 16
Rotarians at Work Day	Apr. 24
D.G. Luz Maria Step Down	Jun. 12



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Conquer your fears. Moving far from home, making new friends, and speaking at Rotary club meetings can be scary stuff – but that's what Youth Exchange is all about.

- “Be open minded. It will be hard at times, but it will be worth it.” (Priscila Leontsinis, 18, Brazil)
- “Don't give up, even if it's always you who has to call friends to do something those first few months.” (Johannes Bock, 17, Germany)
- “Keep trying new things. The more you learn, the easier it will get.” (Emily Wang, 17, Taiwan)

Keep talking. This was the No. 1 piece of advice. Talking helps students learn the language and helps hosts get to know them and their culture. It's also a much more practical way of communicating than mind-reading.

- “Don't be shy; your goal is to exchange cultures. Talk with new friends and your host family often.” (Achamaporn Punnatinont, 16, Thailand)
- “Talk about everything – the things that make you happy and sad, and what you like and dislike.” (Claire Young, 18, Australia)
- “No one is going to yell at you if you say something wrong. Always be confident.” (Javiera Inzunza Noack, 18, Chile)

Italian Rotarians spread aneurysm awareness

By Peter Schmidtke

Rotary International News -- 18 December 2009

The Rotary Club of Napoli (Naples), Italy, is fighting back against a health condition that, if undetected, can rupture the abdominal aorta without warning and cause almost instant death.

An abdominal aortic aneurysm is a bulging, weak section of the abdominal aorta that may rupture. About three-quarters of people who suffer such a break do not live long enough to undergo surgery. Of those who do, over 40 percent do not survive.

Since the Napoli (Naples) club developed a screening program in 1999, Napoli, cont'd on page 6



Rotarian Gaetano de Donato (center) receives the RI Service Above Self Award from Past RI Director Raffaele Pallotta d'Acquapendente. Photo courtesy of the Rotary Club of Napoli (Naples)

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Weekly Raffle

Our raffle prize this week was donated by Hank Oster. It's was Two bottles of estate bottled wine.

Our lucky winner was our visitor Jim Daniels. We collected \$85 this week which brings our year to date total to \$1,613.

Thank you to everyone who contributed and congratulations again to Jim.



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local physicians have seen more than 6,950 people ages 65 and older, the age group most at risk. Through the country's national health service, doctors have performed free, potentially lifesaving surgeries on 403 Naples residents.

"The screening program must become commonplace," says vascular surgeon and club member Gaetano de Donato. "The number of deaths in the United States caused by ruptures has become comparable to those from breast or prostate cancer."


The Rotarians originally committed themselves to this cause after de Donato presented a program about the dangers of aneurysms to his club. With support from the eight other Naples clubs, and from funds generated by a musical comedy benefit show, club members sent over 3,700 letters explaining the aneurysms and associated risk factors. More than 40 percent of recipients responded and participated in free ultrasound screening sessions during the project's first three years.

In 2003, the club staged another musical benefit and, during the next six years, extended the project to two more city districts in Naples.

As part of the screening program, de Donato and his medical staff, including two other physicians, volunteered their time one afternoon a week. Tests revealed aneurysms that were manageable without surgery in more than 200 of the patients, for whom de Donato prescribed medicine and lifestyle changes to address risk factors including high blood pressure, diabetes, and smoking. For patients with larger aneurysms, de Donato performed surgery, either substituting a synthetic tube for the weakened portion of a patient's aorta or using a stent to strengthen the vessel internally.

"Success is strictly dependent on the treatment timing," says de Donato, whose fellow club members are contacting the remaining two-thirds of the city's at-risk residents. "The key aspect is to perform a very early diagnosis in at-risk patients."

In light of the Napoli (Naples) club's success, the Rotary clubs of Aversa-Terra Normanna, Caserta-Terra-di-Lavoro, Cosenza, Cosenza Nord, and Salerno-Est have started their own abdominal aortic aneurysm screening programs.




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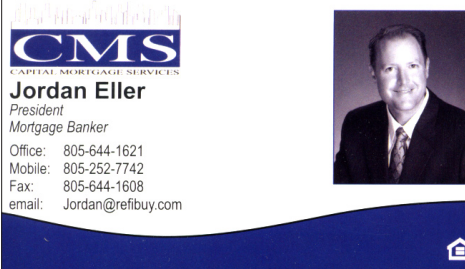
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Carbajal, Arnulfo Environmental Health
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Clune, Harriet Real Estate Management
Corliss, Andrew Broadcasting
Coyner, Jeff Attorney, Civil Litigation
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Hoag, Will Honorary Member
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