



The Rotary Club  
of Ventura-East

# The Breeze

Editor: Jeff Hata  
Volume XLVII, Number 31

Rotary Club of Ventura-East • Official Newsletter and Bulletin

Publisher: Jeff Hata  
February 17, 2011

## Programs

Program Chair: Rocky Ludes & Deborah Perkins

### February 17, 2011

Real Estate Fraud - Dominic Kardum

### February 24, 2011

Avenues of Service

### March 3, 2011

Job Shadow - Chuck Yuncker

### March 10, 2011

Interview Bill Spellman - Joe Strohman

## Greeters

### February 17, 2011

Craig Miller & Richard Norman

### February 24, 2011

Henry Oster & Robert Pazen

### March 3, 2011

Deborah Perkins & Ron Polito

### March 10, 2011

Deborah Roberts & Mark Rook

## Club Events

### Important Dates

SoCal PETS .....	Feb. 25 - 27
Master PRLS2 .....	Feb. 26
Ventura Chamber of Commerce Breakfast.....	Mar. 3
Master PRLS5 .....	Mar. 12
Basic PRLS .....	Apr. 8
District Assembly .....	Apr. 9
RYLA .....	Apr. 15 - 17
R.I. Convention New Orleans .....	May 22 - 25
Wendy Pazen's Stepdown.....	Jun 10
Deepa Willingham's Stepdown.....	Jun 25
Push em Pull em Parade.....	Jul. 4
Tom Swan's First meeting .....	Jul. 7

## Fundraisers

### Nightmare on the Hill

October 29, 2011???

Next meeting is

at

time

### Poinsettia Sales

Delivery Date

December 1, 2011

### Youth Soccer Tournament

Date TBA

Next meeting is

at

time

### Raffle Prize Donors

February 17 - Floyd Gill

February 24 - Dick Gallagher

March 3 - Bill Spellman

March 10 - Rafael Canton

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## Web Addresses

[www.RotaryVenturaEast.org](http://www.RotaryVenturaEast.org) • [www.IrishFestivalVentura.org](http://www.IrishFestivalVentura.org)  
R.I.: [www.rotary.org](http://www.rotary.org) • District 5240: [www.rotarydistrict5240.org](http://www.rotarydistrict5240.org)

## Presidents Message ...



**Wendy Pazen**  
President 2010-2011

Thank you to everyone who showed up for our “early” Rotarians At Work Day at the Botanical Gardens. Our Barbecue Team, headed by **Jordan Eller**, got rave reviews from the 275 people who attended. It was a lot of work and of course a lot of fun and fellowship.

Our team consisted of: **Jordan Eller, Bill Gray and “the food surgeon’s”, Mason, Tyler and Conner, Tom Swan, Pete Gallagher, Floyd Gill, Tom Hashbarger, Jeff Hata, Husam Hishmeh, Ken Kagan, Jan Lindsay, Maria Lopez and family, Bob Lynn, Carol Marquez-Olson, Sam Marsh, Terry McBreen, Craig Miller, Bob and Wendy Pazen, Deborah Roberts, Mark Rook, Bill Spellman, and Jim Word.** I hope I haven’t forgotten anyone.

Special thanks to **Midge Stork** for arranging the venue.

In my article last week I asked some questions about famous Rotarians, etc. Quite a few of you said that you had not received the Rotarian Magazine yet and didn’t know the answers. Well, here they are:

July 20, 1969, Buzz Aldrin planted a Four-Way Test pin on the moon,

President Jimmy Carter said, “Rotary transcends international boundaries”.

John Dean argued that Watergate would never have happened if the White House had applied the Four-Way Test.

William O. Douglas was a Rotarian and a Supreme Court Justice.

Mia Farrow is an honorary Rotarian, polio survivor and a UNICEF good will ambassador.

The Bill and Melinda Gates Foundation gave Rotary \$355 million to eradicate polio.

Mikhail Gorbachev was an honorary Rotarian.

President Warren G. Harding was a Rotarian.

The 1940 RI Convention was hosted in Havana, Cuba.

President Herbert Hoover was an honorary Rotarian.

Priests were banned from joining Rotary in 1951 because of a suspected connection with Freemasonry.

Helen Keller spoke to the RI Convention in Lucerne, Switzerland.

Walter Lipman was the 2 time Pulitzer Prize winner and a Rotarian.

Rotarian Jan Masaryk was the son of Czechoslovakia’s first President.

Charles H. Mayo was an honorary Rotarian.

Bill Moyers was a Rotary Scholar.

2010 - 2011

### Club Board of Directors

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Henry Oster .....	Director 2008-2011
Deborah Perkins .....	Director 2009-2012
Robert Pazen .....	Director 2009-2012
John Masterson .....	Director 2010-2013
.....	Director 2010-2013

### Avenues of Service Directors

Tom Swan .....	Club Service
Bill Spellman .....	Vocational Service
Craig Miller .....	Community Service
Floyd Gill .....	New Generations
Judy Hoag .....	International Service
Mark Smith .....	Interact

### Rotary International Officers

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Ray Klinginsmith .....	President, Rotary International
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Wade Nomura .....	Governor Elect, R.I. District 5240
Frank Ortiz .....	Governor Nominee District 5240
Dr. John Carroll (In Memoriam) .....	P.D.G. 1981-1982
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
Luz Maria Ortiz-Smith .....	P.D.G. 2009-2010

### 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?



**BUILDING COMMUNITIES  
BRIDGING CONTINENTS**

President, cont'd on page 5

# Meeting February 10, 2011

Reported by Jeff Hata



Jim Word introduced our guests and visiting Rotarians.

President Wendy Pazen invited everyone to lunch, guests and visiting Rotarians first!

President Wendy thanked our greeters John Masterson & Terry McBreen.

Terry McBreen led us in the salute to the Flag. Harriet Clune gave our Inspirational Message.

Jim Word introduced our guests and visiting Rotarians. Alexia Park was a visiting Rotarian

who is available to help prep the food on Friday evening at the home of Bill Gray.

Vocational/New Generations (Bill Spellman) - RYLA has had a problem with counselor registration. Please check the RYLA website and if you are not on the list of counselors, please re-register.

Job Shadow still needs drivers, if you will be available to drive that day, you will need to fill the proper forms and bring a copy of your insurance declarations page. See Bill if you can drive.

Happy dollars: Deborah Roberts, Terry McBreen, John Borneman, John Masterson, Midge Stork, Jeff Hata, Joe Strohmman, Bill Spellman, Tom Swan, Bob Lynn, Wendy Pazen & Monte Widders.

Terry McBreen then conducted our raffle and the lucky winner of the 8" Digital Picture Frame donated by Mark Rook was Dannielle Brinkman. Congratulations Dani!

Alexia Park introduced our speaker Dr Joel Rauch.

Dr. Joel Rauch, a medical doctor who is often referred to as Dr. Longevity, gave a presentation today titled *Feeding Our Miracle Brain*. Dr. Joel, as he likes to be called, has an impressive background including working as a medical school professor, making a significant discovery in bone marrow transplantation, and helping to build the bubble for the baby born without an immune system.

Dr. Joel started his presentation by discussing the physiological effect of giving. When you give a gift to someone, your serotonin levels spike. Serotonin is a neurotransmitter that gives a person a feeling of happiness. The person receiving the gift also experiences a spike in his serotonin levels. Even more impressive is that anyone watching the gift-giving within 100 yards will also experience a spike in his serotonin levels. So now there is medical proof that giving and receiving gifts actually does make you, and



Harriet Clune gave our Inspirational Message.

who came from Colorado.

John Borneman then entertained us with a song which he sang solo! Thank you for that John.

Terry McBreen announced that our raffle today was an 8" digital picture frame donated by Mark Rook.

**P r e s i d e n t s**  
Announcements:

President Wendy asked all the members of the Irish Festival Organizing Committee to please come to the front of the room.

President Wendy then informed the club that the Irish Festival for 2011 has been cancelled. We were having too many issues securing the permits with the City and at this late date it was only fair to our vendors and entertainers to cancel the event so they would still have time to schedule other events. We will be holding a club social at the home of Jan & Pam Lindsay instead on that date. The social will be a pot luck so look for sign up sheets to be passed at a later date.

Avenues of Service:

Club Service (Tom Swan) - We are doing the BBQ for the Botanical Gardens on Sunday February 13th and we need as many people as possible to come help. Parking is extremely limited so we will need to car pool. Also, anybody



Terry McBreen led us in the Flag Salute.

those around you, feel happier.

Dr. Joel went on to discuss the precursor to making serotonin, that being Omega 3 fatty acids. The human brain consists of approximately 60% fat. As such, Omega 3 fatty acids are a great source of fat to nourish the brain. This nourishment also extends to the nervous system as that is connected to the brain like branches on a tree.



Dr. Joel Rauch spoke about feeding your brain!

Studies have shown that many children with Attention Deficit Disorder are deficient in Omega 3 fatty acids, as are their mothers. Not only can Omega 3 fatty acids help with that disorder, but they have been shown to provide relief for depression, inflammatory diseases, and bipolar disorder.

Omega 3 fatty acids are found in the highest concentrations in fish. Of the different fish, deep sea cold water fish provide the best source of Omega 3 fatty acids, particularly Norwegian Sardines. Two grams per day is the suggested dose, although higher doses have not caused any side effects. For supplements, it is best to look for a brand that has a Scandinavian type name. Also, buy small amounts of supplements at a time since they tend to go rancid quickly.

Dr. Joel then discussed tuning-up our gastrointestinal ("GI") system. By age 60, most people have a 60% decrease in digestive juices. A person can get some relief from this by taking digestive enzymes which are available at health food stores.

Fiber is also very helpful in maintaining a health GI system. Wheat bran actually scrubs your intestines, while oat bran and other soluble fibers keep you regular. Supplementing with friendly flora such as acidophilus can also benefit your GI system.

For more information or to purchase DVDs of Dr. Joel's presentations on various subjects, see his website: [drlongevity.org](http://drlongevity.org).

Thank you Dr. Joel!

Deborah A. Perkins

**Rotary Club of Ventura-East**

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President, cont'd from page 2

Norman Vincent Peale was a Rotarian and a self-help practitioner. Rotarian J.C. Penney ran his business by the Golden Rule. Itzhak Perlman is an honorary Rotarian. Albert Schweitzer was an honorary Rotarian. George Bernard Shaw criticized Rotary as a lunch group. Ted Turner "the Mouth of the South," is an honorary Rotarian. Orville Wright was a member of the Rotary Club of Dayton, Ohio.

Have a great week,  
Wendy

## Mercedes-Benz Brazil contributes to Rotarian relief efforts in Chile

By Arnold R. Grah

Rotary International News -- 15 February 2011

The initiative of a Rotaractor and the determination of a past Rotary International director helped secure a donation of US\$568,000 from Mercedes-Benz Brazil to support Rotarian disaster recovery efforts in Chile.



Rotaractor Ana Carolina Silvestre da Costa examines one of the ambulances purchased with the Mercedes-Benz Brazil donation. Photo courtesy of Ana Carolina Silvestre da Costa

Ana Carolina Silvestre da Costa, a Rotaractor and former Rotary Youth Exchange student, has been working in the internal communications department for Mercedes-Benz Brazil for three years. Because of her community service work through Rotaract, Costa was put in charge of overseeing the company's charitable giving.

When Costa's superiors asked her for ideas as to where the company could make a donation for earthquake relief, she reached out to Roberto

Chile, cont'd on page 6

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## Weekly Raffle

Our weekly raffle was an 8" Digital Picture Frame donated by Mark Rook.

We raised \$100 this week bringing our total to \$3,020 for this Rotary Year!

Our lucky winner was Danielle Brinkman! Congratulations Dani.

Remember, all proceeds from the weekly raffle go directly to help fund college scholarships for Buena High School Seniors

Again, thank you to Mark Rook for his generous donation and congratulations to Danielle Brinkman!



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Chile, cont'd from page 5

Barroso Filho, a past district governor, who encouraged her to suggest the Brazilian Association of The Rotary Foundation.

“When I took it to the upper level, everyone had already heard of Rotary and knew its reputation,” Costa says. “No one had any hesitation.”

José Alfredo Pretoni, a past RI director and past Foundation trustee, met with Mercedes-Benz representatives to discuss the terms of the donation and served as the liaison to Rotary leadership and the Brazilian Association of The Rotary Foundation.

### Rotary Chile Recovery Fund


The Mercedes-Benz donation more than doubled the amount available to Rotary clubs through the Foundation’s Rotary Chile Recovery Fund, set up after a powerful earthquake in February 2010 devastated parts of Chile. The quake and a subsequent tsunami destroyed homes, hospitals, and schools, displacing families, limiting health care, and blocking children’s access to the schools that remained open.

Part of the Mercedes-Benz donation has been used to purchase three ambulances to help transfer patients in the communities of Constitución, Talco, and Talcahuano to regional hospitals, and three minivans to shuttle children to school. The remainder is available to Rotary clubs and districts through Matching Grants for recovery projects in Chile.

“With this humanitarian help, we hope to mitigate the difficulties faced by the Chilean population, especially in this important moment of reconstruction and return to normal daily routine,” says Jurgen Ziegler, president of Mercedes-Benz Brazil.

Although the Foundation is no longer accepting contributions to the Rotary Chile Recovery Fund, a significant portion of the \$1 million collected by the fund remains to be awarded. The fund is administered through Matching Grants and can be used for projects providing humanitarian assistance and supporting disaster recovery in Chile. The fund acts as the Foundation’s match for disaster recovery projects taking place within the country. A club or district in the affected regions of Chile may partner with a club or district outside of Chile and apply for a Matching Grant.

For help in reaching Rotary leaders in Chile, contact Susan Doxtator, Humanitarian Grants supervisor, at [susan.doxtator@rotary.org](mailto:susan.doxtator@rotary.org).




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*Life is 10% of what happens to me and 90% of how  
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*John Maxwell*



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Corliss, Andrew .....	Broadcasting	Rook, Mark .....	Funeral Director
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Eller, Jordan .....	Banking, Mortgage Lending	Smith, Mark Corbin .....	Religion, Protestant
Emch, James H., C.P.A. ....	General Accounting	Spellman, William J., D.D.S. ....	Prosthetic Dentistry
Gallagher, Devere L. (Pete) .....	Automobile Servicing	Stewart, Richard E. ....	Banking, Real Estate Loans
Gallagher, Richard .....	Stock & Bond Sales	Stork, Midge, CFP, CSPG .....	Financial Planning, Investments
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Gill, Floyd .....	Banking, Management	Swan, Thomas .....	Investment Advisor
Gonzalez, Jesse .....	Automotive, Repair & Sales	Thompson, Allison .....	CPA
Gray, Bill .....	Property Management	Thompson, Vance, CLU, ChFC .....	Insurance, Financial Planning
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Hertel, Ronald .....	Real Estate Land Development	Widders, Monte L. ....	General Law
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Lindsay, Jan Corwin, C.P.A. ....	Small Business Accounting		
Lopez, Maria .....	Education		
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		
Miller, Craig .....	Disaster Recovery		

# Ventura Botanical Gardens BBQ







January 19, 2011

Dear Communitarian of Ventura County:



We are seeking your support to join us in our 19<sup>th</sup> Annual Saint Patrick's Day Golf Tournament benefiting CAREGIVERS: Volunteers Assisting the Elderly. We are a Nonprofit Public Benefit organization serving at-risk senior citizens throughout Ventura County. Our beneficiaries are typically in their eighties, are homebound, isolated and very frail who require the services of our agency for assistance that allows them to remain in their homes avoiding institutionalization.

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We are pleased that this year the Ventura-South Rotary Club is lending their altruistic support and organization to make this year's "**Wearin' o' the Green**" Tournament the best ever.

Each year we serve more than 1,500 elders by providing volunteer assistance in the senior's homes according to their needs. Our services include transportation, shopping, housekeeping, minor repairs, light cooking, cleaning, yard work, companionship, caregiver respite and on-going case management and monitoring by professional staff. **All services are provided free of charge** for our struggling elders. Each year more and more seniors face the challenges associated with advanced aging and little or no resources. **They depend on us, our altruistic volunteers, and in turn we depend on support from a caring and sensitive community.**

Please support our efforts and support us as a sponsor for this fun-filled event or as a participant golfer who can put a twosome, foursome, or even a six some together that builds a better community for our elders.

**Your support ensures not one call for help goes unanswered.**

Sincerely,

Brad Berens  
Executive Director





The Ventura-South Rotary Club  
presents the 19th Annual

# “Wearin’ o’ the Green” Golf Tournament



## Buenaventura Golf Course Thursday, March 17, 2011

This event benefits CAREGIVERS Volunteers Assisting the Elderly. With support from nearly 400 volunteers, in-home assistance and transportation is provided free of charge to hundreds of frail elders in Ventura County, allowing them to remain at home, preventing their premature placement into care facilities.

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 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 Day Phone: \_\_\_\_\_  
 Visa/MC Exp. \_\_\_\_\_  
 Signature: \_\_\_\_\_  
 Name on Card: \_\_\_\_\_  
 No. of Players: \_\_\_\_\_  
 Extra Lunch: \_\_\_\_\_  
 Total Enclosed: \_\_\_\_\_

NAME	PHONE #	HANDICAP	TEE SIZE

Irish Green attire encouraged.  
 Registration begins at 7:00 a.m.  
 Shotgun start at 8:00 a.m.  
 Price: \$125.00  
 Additional Lunches: \$30.00  
 Make Checks payable to: CAREGIVERS.  
 Deadline: March 7, 2011

**Registration Form**

## Sponsorship Opportunities

### POT O' GOLD Sponsors - \$3,000

- Complimentary golf for 12 players including course fees, cart, Irish Feast lunch, and gift bag
- Product display
- Name and logo on shirts
- Full-page inside golf book
- Two tee sponsorships, including hole #1
- Appreciation plaque

### SHAMROCK Sponsors - \$2,000

- Complimentary golf for 9 players including course fees, cart, Irish Feast lunch, and gift bag
- 1/2 page ad
- 1 tee sign
- Appreciation plaque

### CLOVER Sponsors - \$1,000

- Complimentary golf for 6 players including course fees, cart, Irish Feast lunch, and gift bag
- 1/4 page ad
- Name and logo on cart
- One tee sign

### SHILLELAGH Sponsors - \$750

- Complimentary golf for 3 players including course fees, cart,

- Irish Feast lunch, and gift bag
- One tee sponsorship
- Business Card Ad

### LEPRECHAUN Sponsors - \$100

- One tee sign



### BANSHEE Sponsors - \$50

- Business Card Ad

#### Please note:

All sponsor levels receive recognition in all publicity including our evening program, and "thank you" on the CAREGIVERS' website and in its *Hearts & Hands Connection* newsletter.

## Program Advertising

Advertisers receive recognition in all publicity about the tournament including our evening program and "thank you" in the CAREGIVERS' *Hearts & Hands Connection* Newsletter.

Full Page: \$250 (9" H x 7" W)  
 Half-Page: \$150 (4.5" H x 7" W)  
 Quarter-Page: \$125 (4.5" H x 3.5" W)  
 Business Card: \$50

You may submit your ad electronically (300 dpi) to:

tkeffer@vccaregivers.org, or  
 mail camera-ready ad to CAREGIVERS.

## Deadline for submission is : March 7, 2011

Sponsorship: \_\_\_\_\_ Ad \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Company: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Visa/MC: \_\_\_\_\_  
 Exp. \_\_\_\_\_  
 Signature: \_\_\_\_\_  
 Name on Card: \_\_\_\_\_  
 Total Enclosed: \_\_\_\_\_

Make Checks Payable to: CAREGIVERS  
 1765 Goodyear Ave., Suite 205  
 Ventura, CA 93003-8015

Call 805-658-8530



Federal Tax ID # 77-0081692

**THANK YOU FOR YOUR SUPPORT!**