



The Weekly Roundup

A 501 (c)(4) Organization

No Meetings
Nov. 25
Dec. 23
Dec. 30

NOVEMBER 18, 2010

THE ROTARY CLUB OF RANCHO BERNARDO

ESTABLISHED 1964

Post Traumatic Stress Disorder

Robin Hill will discuss the history of Post Traumatic Stress Disorder, the latest protocols used in treating this disorder, and what the future holds at our meeting on Thursday.

He will provide statistics of the disorder found in veterans of Iraq and Afghanistan, and some examples of the invisible wounds created by warfare, and what the VA is currently doing.

PTSD is not limited to the military. Anyone who has experienced a highly stressful event, such as rape, foreclosure, loss of a loved one, first responders may become afflicted with it.

Mr. Hill is qualified as a Trauma Resolution Specialist, Master/Trainer



Robin Hill

of NLP, Neurological Re-patterning, Master Results Coach, and is experienced at resolving ADD/ADHD symptoms.

Currently, his practice is centered on the removal of Fear and Anxiety, PTSD, and the elimination of Limiting Decisions and Emotional Barriers that prevent people from experiencing a more peaceful life.

Prior to retiring, his career was in the field of finance, training and sales. He

is a former President of Big Animals for Little Kids, a non-profit dedicated to helping children.

After retirement, Mr. Hill has focused the last 10 years on receiving personal training from the foremost leaders in the field of energetic re-patterning associated with emotional reactions. The last 5 years, he has been a lecturer, trainer and personal coaching on these protocols.

He resides in Temecula, is single and has a passion for golf and public

February TGIX

Hear the music of Buddy Holly at the Poway Center for the Performing Arts and gather for dinner before hand. For details, see page 4 of this newsletter.

Holiday TGIX

The December TGIX will be held at the home of Jim and Joanne Hyldahl on Friday, December 10 at 6 p.m. The event includes appetizers, salad, beef and pork tenderloin, special au gratin potatoes, dessert, decaf coffee and tea. A bar with various wines and beer will be provided. The cost is \$30 per person (members who pay for luncheons in advance pay only \$15). The caterer is Cafe Merlot.

MEETING HIGHLIGHTS

By John Goodrich, Scribe Extraordinaire

Meeting was called to order by **President Suzie Lisio**, to a sparse crowd of Rotarians and guests. President Suzie expressed her appreciation to **Dan Malloy** and **Paul Donick** for setting the meeting up.

The volunteers for today's meeting included:

Scribe: **John Goodrich**
 Pledge: **Bob Krejci**
 Invocation: **Jim Sommer**
 Raffle: **Lynn Ross**

It should be noted **Bob Krejci** shared with the Club a very moving piece on his experience as a child the day it was announced the war was over. We are all so fortunate to have Bob among us to share his rich long history. It is suggested the younger member make it a point to sit with Bob and reach out to what he can share with you that you only can read about in history books.

Rotary Club's most famous band conductors, Jack Mitchell was absent today but in his stead were the two **J. Hawkins's**, Jeanne giving vocals and John on the keyboards.

Sunshine report was delivered by **Don Lisio** who announced **Art Norby** passed away and he will keep the Club advised of possible services.

Sherry Collins had a procedure done and Don suggested dropping her a note with your best wishes. Don also reminded members of the Adopt a Family program and to get checks into him right away if you wish to donate.

President Suzie announced there would be a brief stand up board meeting



John Goodrich

immediately following Club meeting.

Jim Sommer made a follow up announcement to **Ron Hunt's** earlier announcement for the Rotary Christmas Party, scheduled for December 10 at 6 PM. This year the party will be held at **Jim and Joanne Hyldahl's** home. The cost is \$30 and that includes all the drinks and food. Plus Jim announced an opportunity drawing where the winner will receive a ride in the back seat of Jim's Ferrari; which in this case means riding on the back bumper.

Jeanne Hawkins, the vocal leader of the Hawkins duo, announced there has been tepid response for a New Years Eve party. Unless there is more enthusiastic reaction there will be no New Years Eve party.

The unflappable **John O'Neill** performed his duty as master for fines, but uncharacteristically was kind today, with the exception of **Larry Valente**. Larry may have to find another method of expressing his team spirit as far as baseball is concerned. And **Marty Judge** has been caught once again on film surrounded by pretty young girls. The scoop at one table was Marty is taking up belly dancing to build up his abs. Good luck Marty, some abs were not meant to be built.

President Suzie brought up a new idea

PAUL HARRIS RECOGNITION -- Pam Russell announced 19 Club members receiving Paul Harris Fellows recognition.

--Photo by Arilla St. Laurent



The RB Rotary Club meets Thursdays at 12:30 p.m. at Bernardo Heights Country Club at 16066 Bernardo Heights Parkway, San Diego 92128.

Recurring Events

Rotary Club Meetings: Weekly on Thursdays from 12:30 to 1:30 p.m. Buffet opens at 11:30 a.m. for early

for Club members to consider and that is Vocational Minute. This would be an opportunity for Club members to talk to the Club about their own vocations. More on this later.

John Goodrich introduced the

birds to socialize.

Rotary Golf: Meets 1st Wednesday of each month at the Oaks North Golf Course at 10 a.m. Reservations are a must! Call Dan Malloy for information.

Rotary Board: Meets the 4th Wednesday of each month at PacificTrust Bank

speaker, District Foundation Chair **Pam Russell**. As part of her talk on the Foundation Pam announced 19 Club members receiving Paul Harris Fellows recognition. Congratulations to all those Club members and thank you for your support.

at 16536 Bernardo Center Drive at 4 p.m.

Rotary Foundation Board: Meets the 4th Wednesday of every third month at 4 p.m. at Rancho Financial in the conference room.

Newsletter Deadline: Thursday 5 p.m. the week before the speaker speaks.

Club meeting was concluded with opportunity drawing won by **Charley Crew** of \$10 and President Suzie closed the meeting.

SPEAKER THANK YOU -- Gary Saks presented the speaker's give to Past Governor Pam. -- Photo by Arilla St. Laurent

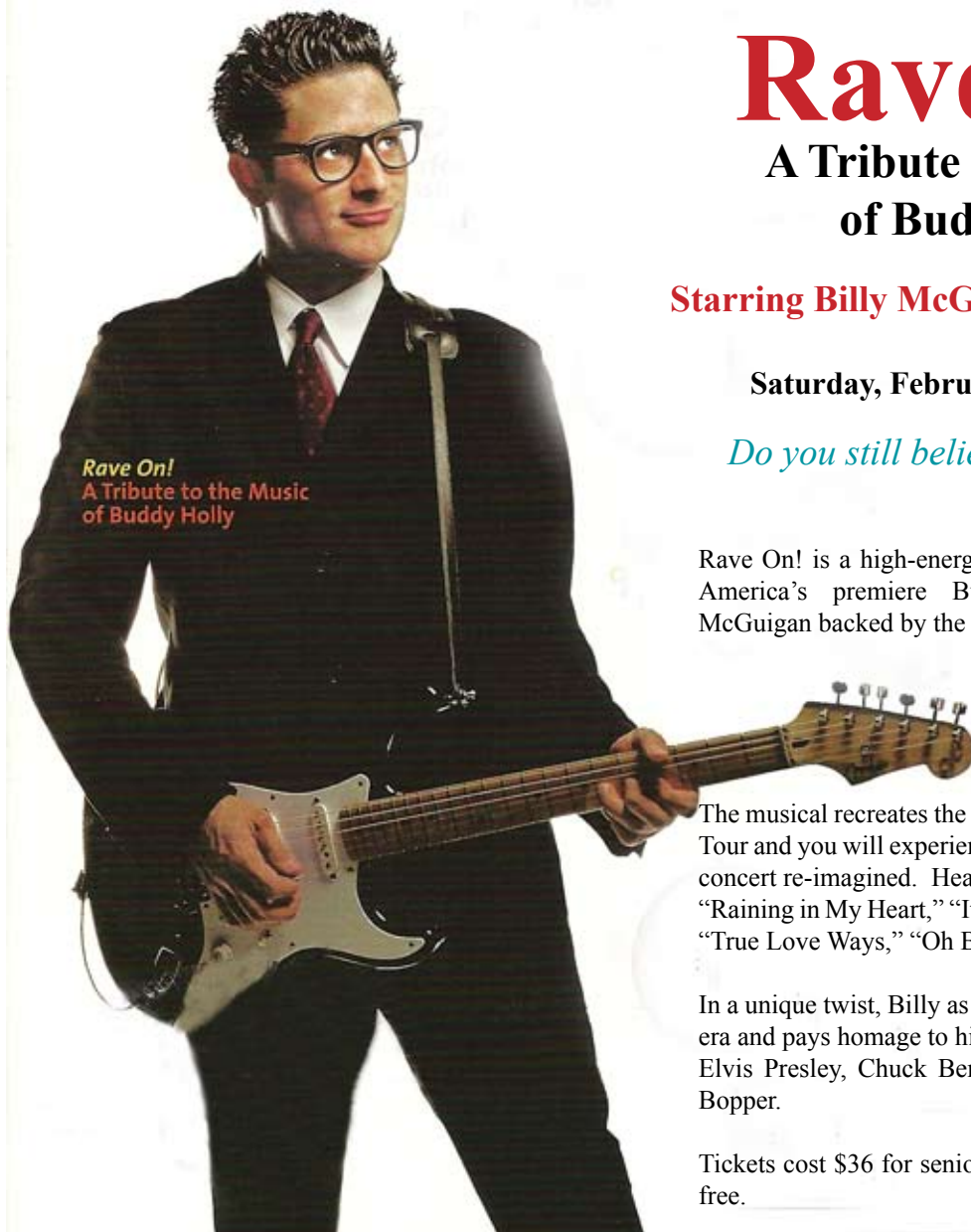


VOLUNTEERS

	Greeter	Pledge	Invocation	Raffle	Scribe
11/11	Shirley Napierala	Mike Sullivan	Jim Sommer	Lynn Ross	John Goodrich
11/18	Gary Saks	Jason Salazar	Arilla St. Laurent	Larry Saunders	Sandie Dewane
12/2	Mira Bozanich	Carl Hoffman	Rick Bramble	Jim Edwards	John O'Neill
12/9	Dave Brooks	Gabriela Brown	Sherry Collins	Paul Casterline	Bill Angus
12/16	Vern Cook	Lou A. Dickerson	Tom Giles	Dan Malloy	Karen Stelman

Use this link to obtain information from our website:
<http://www.rbrotary.org/Lists/Volunteers/CurrentList.aspx>

TGIX at the Poway Center for the Performing Arts



Rave On!
A Tribute to the Music
of Buddy Holly

Rave On!

A Tribute to the Music of Buddy Holly

Starring Billy McGuigan as Buddy Holly

Saturday, February 26, 2011 at 8pm

Do you still believe in Rock'n'Roll?

Rave On! is a high-energy concert extravaganza featuring America's premiere Buddy Holly interpreter, Billy McGuigan backed by the rocking six-piece band.

The musical recreates the 1959 Winter Dance Concert Party Tour and you will experience all the thrills of a Buddy Holly concert re-imagined. Hear such Holly hits as "Peggy Sue," "Raining in My Heart," "It's So Easy," "That'll Be the Day," "True Love Ways," "Oh Boy," and of course, "Rave On."

In a unique twist, Billy as 'Buddy' celebrates the birth of an era and pays homage to his fellow rockers Jerry Lee Lewis, Elvis Presley, Chuck Berry, Ritchie Valens, and The Big Bopper.

Tickets cost \$36 for seniors and \$42 for adults. Parking is free.

To reserve tickets and make reservations for the pre-theater dinner (optional) contact Event Chair Larry Valente at lvalente@san.rr.com or 858-674-5190.