

The Four Way Test

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOODWILL and BETTER FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?

Club Leaders



Robert D. Frizell
President



Robert D. Hulshouser
President-Elect



Darcy A. Dougherty
Vice President



Jack R. Ewing
iPast President



Caroline A. Orzes
Secretary



Ashley Mahaney
Treasurer



Jim W. Paxton
Bulletin Editor, Club Director



David Joseph Jochman
Club Director



Jay Larsen
Club Director



Christine L. Smith
Club Director, Club RYLA Chair, Club TLC Chair



Larry E. Skaggs
Club Director



Gerry Holinski
Programs Chair, Club Director, Membership Chair



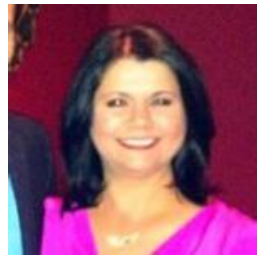
Green Valley Rotary Newsletter

A 100% Paul Harris Club

GreenValleyRotary.org/
Volume 23

This Week's Program

Program for July 16, 2015



Presenter: Roxane Unverrich's, Department of Veterans Services

Mrs. Roxane Unverrich's career began with the House of Representatives, as a Congressional District Representative specialist for Veterans, Internal Revenue Service, Bureau of Prisons. Her training includes analyzing proper application and analysis for the appropriate development of claims regarding service-connection, percentage of disability, permanent

and total disability and entitlement to compensation, pension and vocational training, medical and dental treatment, automobiles or other conveyances, insurance, specialty adapted housing, dependent education allowances and other benefits.

Currently, she is employed with the Nevada Department of Veterans Services where she gathers information to assist in preparing and processing documents related to personnel, accounts, and other information related to agency programs and activities.

Mrs. Unverrich has been married for 23 years with two children. She has dedicated her time as a Director for the Veterans Care Assistance Program (VCAP) which chairs the Las Vegas Fall Veterans Stand Down to provide rent, utility and emergency financial assistance to needy veterans and their families.

Rotary Roundup

July 9, 2015
By: Jim Paxton

Rotary Club Green Valley (RCGV) President Duane Frizell clanked the late bell at 7:00 a.m., and following fifteen minutes of breakfast and fellowship, rang the bell again to begin the regular RCGV, Thursday meeting. Jon Hoolihan led the Pledge-of-Allegiance before Caroline Orzes was called on to share her Rotary Moment.

"My Rotary Moment came recently when I made a delivery to the Shade Tree Shelter, where our Club gives a cake and a birthday present to two of the sheltered children each month." Caroline explained. "While we don't get to see

Birthdays



Mike Peterson
August 04



Caroline A. Orzes
August 09

Wedding Anniversaries

No anniversaries

Events

July 2015

07/16 - Meeting Prgm: Roxane Unverrich NV Department of Veterans Services

07/23 - Meeting Program: Janet Pancoast Rotaplast

07/30 - Club Assembly 5th Thursday or Cheif Judge

August 2015

08/06 - Program: Easter Seals; born from Rotary!

08/13 - Meeting Program: Shelley Berkley, Provost Touro University

Rotary Green Valley meets 7:00 a.m. Thursdays at WildHorse Golf Center

shared children each morning, Caroline explained. "While we don't get to see the recipients of our birthday presents, I came into contact with a security guard who warmly expressed how beautiful it is for our club to brighten an unfortunate child's birthday." The next Shade Tree Birthday delivery will be July 17th.

Next, the day's Sergeant-At-Arms Debbie Mitsch introduced the guests and visiting Rotarians. The guests included the wife of Bob Dworkin, Barbara Siegel; Program Speaker Dr. John Kastrup; Shaun Parsons; Chelyn Sawyer; and a Club Applicant Brad Marx. Also present was a former Rotarian Jason Duhan, and Visiting Rotarian Bret Whefy from Vero Beach. Visitor Stacy Pettinelli Mulligan was introduced. Darcy Dougherty described Stacy as being instrumental in the Club's holiday clothing drive.

Gala Coordinator Darcy D announced that auction committees will be announced next week, and that auction items and table sponsorships are needed. Past President Jim Frey hosted happy/dammit dollars. Delinda Crampton was happy about a recent dinner celebration that she and clients enjoyed at the Capital Grill. Past District Governor Larry Skaggs was happy that his AT&T bill has declined so much since the end of his DG term, Ashley Mahaney had a happy July 4th, celebrating on a boat with her family. Nevada Legislator Steve Silberkraus was happy to be back following the close of the legislature. and he was happy about little Sawyer's second birthday, and finally, Steve was happy that he has just bought a new home.

Bob Hulshouser happily acknowledged that former Silverado Student of the month Edna Martinez, has been excelling in a summer program at Notre Dame. Bob Dworkin expressed happiness about a recent trip to southern Utah where he and Barbara took in the Shakespeare Theater and enjoyed hiking in Zion. Dave Jochman was happy about his daughter's army training success. Brian Whitaker was happy that his father's heart surgery was successful, and he was happy about a recent camping trip with 17 teenagers. Next, Jim F. called upon latecomers to spin the fine wheel. Stephen S.'s spin cost each of his table companions a dollar.



Program Chairman Gerry Holinski introduced our speaker, orthopedic surgeon John Kastrup. Dr. Kastrup earned his undergraduate degree in mechanical engineering, which, as he explained, helped him to more fully understand the mechanics of orthopedics.

"Eating properly and weight loss are the most important factors for controlling joint pain." He urged the audience to cut down on fat intake, and he said that strength training is important for joint function. "Biking and water training are two of the best ways to maintain muscle tone and foster strong joints." Dr. Kastrup clarified the choice of using heat or ice to reduce pain and expedite healing ; "use heat on muscles, and use inflammation reducing ice on joints." Dr. Kastrup said that over the counter meds like Aleve and Tylenol are helpful in reducing pain. He told the audience that Glucosamine Chondroitin has reduced pain for about 20% of those who have tried it. "We generally do not know how of if dietary supplements work." he stated. "Hyaluronic Acid, a lubricant made from a rooster's comb, has been helpful to some for up to a year. Unfortunately, the cost is prohibitive and not covered by many insurance providers," Kastrup explained.

Surgery is progressing and has a bright future , sometimes resulting in only one day of hospitalization with out- patient procedures on the horizon. "Surgery is still the last choice," Kastrup said, "but when the pain is overwhelming, do something about it. Ninety two percent of those with hip replacements say that they are now pain free!"

Following an informative program, Dr. Kastrup was asked to draw a card for the days raffle. John H.'s ticket was pulled, and he in turn pulled a duce from the

deck, winning \$2 before leading the Club in the four way test.

Guests

Shaun Parsons - assisting the speaker

Dr. John Kastrup - Speaker

Brad Marx - Prospective Member

Barbara Siegel

Jason Duhan

Chelyn Sawyer

Stacy Pettinelli Mulligan

Visiting Rotarians

Bret Whefy - Vero Beach