

# The Napa Rotagram

July 14, 2010



## Visiting Rotarians



Tom Feutz from  
Napa Sunrise.

## Thought for the Day



## 40 Inspirational Speeches in 2 Minutes

by Matthew Belinkie

([Link and Inspirational Transcript Below](#))

<http://www.overthinkingit.com/2008/12/10/40-inspirational-speeches-in-2-minutes/>

## Our Board in Action



President **Tim Cooney** conducted our first Board Meeting this morning at Napa Valley Country Club.

We are pleased to announce that the Board has accepted a membership application from **Laura Wintz** (sponsor **Jim Tidgewell**), and a transfer membership application from **Edwin Oviatt** from the Tiburon Club. Edwin is now retired and resides at the Veterans Home in Yountville. Please contact Tim if you have any questions.

**Gary Norman** headed the Pledge of Allegiance.

## The Raffle:



**Chuck deLorimier** had the right number, but he picked the wrong card. The raffle pot is growing...

## Announcements:

**Gary Rose** spoke about the **Tim McGraw** concert at Lincoln Theater on November 13. It is a fundraiser for the Pathway Home.

If you have not already done so, please sign the petition to persuade the Board of Supervisors to renew Piner's Ambulance contract. It would be a shame if we had to hire an outside agency from Texas or Sonoma County.

**Polio Plus** has been a Rotary project since 1985. Rotary International has in the past raised \$200 million annually. This year they have \$256 million with matching funds expected from the Gates Foundation. We are one of the best clubs in the area for Polio Plus contributions.

**Next Week – Captain Glen** - Navigator of the USS Nautilus that went under North Pole.



**The Pathway Home graduation** ceremony will be on Thursday, July 29, 2010, at 11:00 AM at Silverado Country Club. Rotary will pay for those who can attend.

**On Thursday there will be a BBQ at the Pathway Home** for Rotarians and potential future donors. Last year's anonymous Pathway Home donor is not contributing this year.

**Pizza Dinner** - On Monday, July 26, 2010 (the Monday prior to Pathway Home graduation) there will be a Pizza dinner at 5 PM at Filippi's Pizza

Grotto on First Street, and bowling afterwards at 6:30 PM.

**Point Reyes Trip** - Pathway Home Veterans and Rotarians will get together for a hike at Point Reyes on Sunday. The bus leaves the Veteran's Home at 8:30 AM. The hike from the Ranger's Station to the ocean and back is 8 miles.

**Dinner Parties for Veterans** - We also have plans for dinner parties where Rotarians will invite two Veterans to their homes for a family dinner without alcohol. Get to know the Veterans on a personal basis. **Kent Gardella, Steve Orndorf, Gary Rose** and **Bruce McCall** have done a lot to keep the veterans connected to our community.

Please get in touch with **Jill Barwick** if you can help with "Cause for Paws" on July 25. Jill is looking for three volunteers. After the work is done, the volunteers may attend the event free of charge.

**Tyler Cokeley** had happy news: His wife is expecting a baby.

**Ann Cash** was happy to see that the ROP student's quarterly awards information was published in the paper.



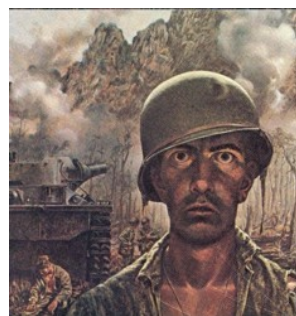
**Jim Riley** performed a Three Minute drill. His career as a public speaker is well underway as he speaks to clubs about finance. At one point Jim had to speak following a monkey act. He found that quite challenging for an Ivy League graduate. When Jim lived in Tanzania, he went to a place in Dares Salaam where he was not allowed to go. Not only was Jim terribly upset when monkeys tore apart his lunch there, but he was rudely expelled from the area by soldiers whose language he did not understand – but the traffic directions via machine guns were perfectly clear.

## *Today's Program*

Our speaker was **Jerry A. Boriskin, Ph.D.** As Rotarians have had much contact with veterans at the Pathway Home who suffer from PTSD (Post Traumatic Stress Disorder), it was timely to hear from an expert on this subject.



**Dr. Boriskin** has already worked with Vietnam veterans with the PTSD diagnosis. You have to appreciate how incredibly complicated this condition is. It is a spectrum disorder that affects everyone differently. **Dr. Boriskin** teaches health care providers how to treat this disorder that outsiders cannot possibly understand. For the PTSD patients, the world is different and they do not fit in anymore. They can fall victim to addictive disorders – cigarettes and alcohol. The patients show us what happens when someone from ordinary circumstances comes to something that is totally out of control – a powerless, overwhelming situation. For some time there was the theory that troops were not trained well enough and conditions were even blamed on the victim. It seemed like the victims were seeking more chaos.



### **Two-Thousand-Yard Stare** *by Tom Lea*

The expression "shell-shocked" came about, and the 2,000 yard stare.

It seems like the percentage of PTSD veterans from Iraq and Afghanistan is higher. As people age, the PTSD condition can be dormant. It is a vexing problem. The disease sneaks in, unnoticed, and it later creates issues that are difficult to understand. Frequency and duration of exposure have some

bearing. We know what the limits of human behavior are in the military and civilian population. Is PTSD a disorder of disassociation, denial and repression? It is a brain disorder, an injury. Is it a disorder or a response, something only some people develop? Anxiety disorders are all around us. Some are more vulnerable than others. There is a positive and a negative side to human behavior. PTSD is full of anxiety leading to thrill seeking behavior, a path from fear to seeking danger. Disassociation means the patient does not care about a thing. The patient feels such pain that he is not connected. Could it be a brain injury? It is suspected that the change occurs in the neuron pathways and in the limbic system. It has an impact on the survival instinct. It needs to be quieted down, or it will cause a crisis when it takes over everything. It causes a heightened state of arousal and a constant sense of urgency. PTSD patients are hyper alert for long periods of time without quieting things down. This causes the brain to shift permanently. Thanks to PET scans and MRI tests, we can now say that PTSD is a brain change disorder. Psychotherapy and exercise are helpful (though the latter is not yet FDA approved...). Imaging and spiritual guidance can calm things down. Psychologists are still trying to understand the effects of age at onset and existing support systems. Three levels of stress have been identified that make people more or less likely to suffer from PTSD. The disease does not go away. You cannot make it like it never happened. This condition is multi dimensional and highly responsive to treatment.



***Final Thought:***

***According to John Wooden***



“There is no pillow as soft as a clear conscience.”



**Monday Evenings** - Napa Bowl with the Pathway Warriors (6:30 to 8:30 pm)

**Pathway Veterans are available for weekend work** (labor, truck away, pressure washing, etc.) Contact Christiana at 707.774.5646; Julie at 707.290.4225; or Program Desk at 707.948.3031 - (Cathy) for details. Please call before weekend.



Maren / Dana

***40 Inspirational Speeches in 2 Minutes***

Cut by Matthew Belinkie

Will you fight? No, we will run and live. Shame on you. This could be the greatest night of our lives, but you're going to let it be the worst. And I guarantee a week won't go by in your life you won't regret walking out, letting them get the best of you. Well, I'm not going home. We've come too far! And I'm going to stay right here and fight for this lost cause. A day may come when the courage of men fails... but it is not THIS day. The line must be drawn HERE. This far, no further! I'm not saying it's going to be easy. You're going to work harder than you ever worked before. But that's fine, we'll just get tougher with it! If a person grits his teeth and shows real determination, failure is not an option. That's how winning is done! Believe me when I say we can break this army here, and win just one for the Gipper. But I say to you what every warrior has known since the beginning of time: you've got to get mad. I mean plum mad dog mean. If you would be free men, then you must fight to fulfill that promise! Let us cut out their living guts one inch at a time, and they will know what we can do! Let no man forget how menacing we are. We are lions! You're like a big bear, man! This is YOUR time! Seize the day, never surrender, victory or death... that's the Chicago Way! Who's with me? Clap! Clap! Don't let Tink die! Clap! Alright! Let's fly! And gentlemen in England now abed shall know my name is the Lord when I tell our enemies that they may take our lives, but they'll never take our Independence Day!