



Propeller

Volume 87 Issue 2

The Vallejo Rotary Club
A family of caring and
Energetic Rotarians

July 16, 2009

The club meets
12:15 to 1:30 p.m..
Every Thursday
at the
Zio Fraedos of Vallejo
23 Harbor Way

This weeks Program

Speaker

Start time

President Peterson called the meeting to order at 12:32 PM with a church bell like ring. It was followed my a much more macho clang which got everyone to their feet.

Song

We sang "Take me out to the ball game." Much better than last week.

Flag Solute

Gordon McMahan

Visiting Rotarians

Scott Peterson

James Marshall - from Fairfield
Suisun Twilight Rotary



Guests

Smitty Charlie Darnell
Jack Anthony Driver "Bob!" (it never gets old)
Viviana Loera Daughter Hanna
Keevin Rahill Kathy Kelly
Robert Briseno Samantha Hoover
Scott Peterson Derrick Loenard

Announcements

Scott Peterson We still have a blank signup sheet for Rotary Night at the River Cats: Sunday August 09, 6 PM - \$15 per seat, and \$15 all-you-can-eat BBQ

James Marshall - Twilight Club club is sponsoring a blood drive - Save up to three lives. (You don't get to choose which three.) Saturday, July 18th from 12 noon to 4 PM at the Rockville Inn Banquet Room. Please contact James Marshall at 707.720.7231 to make your lifesaving appointment.

Scott Peterson - Jim Mitchell has resigned from the club and can no longer be treasurer. Jim Aquino has stepped up and is treasurer again.

Robert Briseno-Vallejo Vibrations continues through the end of August, so come on down and party.

Scott Peterson -Texas Holdem 11/19 - Luis is head

Xmas Party 12/10 -

Vallejo Outreach is coming up Saturday - next to the Ferry Building at the Waterfront

Connie Howard We still have some Ducky Derby coupon books at \$15 ea. They are worth much more.

Rich Curtola They survived the hike to Mt. Pluto at Northstar. They made it to the top and found the monument they made to Jerry Freitas. It is still there. They also found eight of the original note stones they had placed on the first anniversary of his death.

Birthdays

\$100 Mike Cavanah - He has missed so many meetings and Connie should stop being a smart ass.

\$56 Clint Manalili He's having dinner with his sister tonight and his parents tomorrow and dinner at Dave & Busters on Saturday - 28 years old.

Happy Dollars

\$20 Derrick Karamian LaGuan mentioned that Solano Magazine mentioned that Derrick Karamian was mentioned in a magazine article about the Alley Cats. Derrick says they are a female knockoff of The Rats in the Alley and he agreed to give \$20 for being mentioned in the article.

\$20 Charles Darnell for Connie trusting him with the answer last week, \$10 for Hal being his host. Who's Hal? Oh, it's Smitty

\$50 LaGuan Lea The Board of Realtors speaker this week was a Rotarian and Leguan felt board members should get out more.

\$10 Elizabeth Lew Her brother survived a motorcycle accident

\$10 Gary Salvadori The reason the board doesn't get out is they would have to do more work. Gary and his Athena Award-winning-wife went to Hearst Castle on their daughter's dime

\$20 Connie Klimisch for Rich Curtola continuing to be her ghost writer and she and girls went to Sea Ranch and had a great time.

\$5 Verna Mustico Kathy Chandler and she had a side bet of who could sell most Ducky Derby tix. Verna won. Kathe has to buy her drinks somewhere sometime.

\$10 Don Demon Went on a cruise from here to Alaska. Alaska sent him back.

\$20 Smitty Spent a couple of days with Charlie in Reno and they both won money. Really!?! Smitty won money gambling!?! Shock and awe!

\$20 James Marshall it's his birthday. We all sang, "Happy Birthday" to him and later apologized for the flat keys

\$5 Doc Harrington His daughter is now in Tansania, where there is no super highway

\$20 Avery Greene He and Joan bought property on Twin Sisters with 20 acres

\$10 Kevin Rahill For Clint being a great friend and Kathy (his girlfriend) went to Yosemite with him and survived 3 days in his tent. She loved it so much they have already reserved another 3 night stay

Program

Lt. Seth Wilson from Travis Air force Base Originally from Vermont, he has been at Travis for about a year in the mental health clinic (as a therapist, not a patient).

PTSD - What's it look like? Rich pointed to Greg Silva. Everyone turned and laughed. Greg Silva turned to see what everyone was laughing about and saw an empty sidewalk out the window. Rich, you naughty boy.

When does it occur? (Someone mentioned that it's usually right after the Reno Train Trip)

We all know some person who is serving or has served in some branch of the armed forces. The highest rate of PTSD is among females. Medics also have a high rate of PTSD.

PTSD - a re-experiencing of a traumatic event, nightmares, visions and so forth. There is often a trigger, perfume, even smoke from a BBQ grill. Victims will experience avoidance behaviors, compulsively checking locks, etc. Arousal is also a symptom - always on edge and hyper aware, and sleeping difficulties. Anger, sleep disorders, irritability, survivor guilt, shame are also all possible symptoms. Substance abuse with alcohol and drugs to get to sleep and try to calm and cope is common.

Victims have a difficult time with relationships.

They become guarded and illusive. Headaches, loss of appetite can also occur.

Occupational problems are common; showing up late for work acting out at work. Victims often have problems continuing their career in the military.

50% of men and 60% of women experience a traumatic event while serving. Of those 8% of men and 20% of women develop PTSD. 75% know someone in their unit who has died. 51% have handled or seen human remains. 27% come back with combat stress after 3 deployments 12% after just 1 deployment.

Combat stress often turns into PTSD after about 2 months. 50% of people coming back don't want to seem weak, so they don't say anything. 30% are afraid of being kicked out of the military. Most go through 6 -12 sessions. Symptoms become reduced from 20% - 100%. It can be a painful process.

Q: Mike Tastides: What kind of treatments?

A: most never see an MD. They see therapists. The victim is made to tell their story over and over again. Example: When Lt. Wilson came here from Vermont, driving on hwy 80 was a traumatic experience for him, but after repeated exposure, he got used to it. This is the principal they use to cure the PTSD. It's called habituation.

Q: Connie Howard - Do spouses and families participate?

A: They try to include family, but they found that some victims did not want their family involved. They did not want to tell their story to their family. They encourage the victims to bring their spouse when they are ready, so they can be educated.

Q: Doug Webster - Is there a greater effectiveness if the therapist has been in those experiences?

A: Sometimes yes, sometimes no. Sometimes the non-exposure can be the reason for the victim to open up and explain. However, those who have been involved in combat can also be intimidating.

Q: Gordon - Do you treat all branches of military?

A: Yes. Active duty gets priority

Q: Verna - How many people a month?

A: About 60% of the patients are PTSD. The figure is cyclical based on deployment schedules.

Q: Robert Briseno - Are services available in the field?

A: Yes, in an abbreviated form. It is difficult to do multiple sessions, but they try. They often medicate so soldiers can sleep.

Q: Avery - Are the victims cured?

A: Usually the victims leave with no diagnosis (no PTSD). Sometimes the victim will come back after some time if they have experienced PTSD again due to a trigger.

Q: Vivana Loera - Is there a chemical imbalance?

A: It is anxiety disorder. It is not, by definition a chronic issue. You can only produce so much adrenaline. That is the reason for the repetition. Peak anxiety can not go as high as the first time. Each time, it comes down. It's not like bipolar disorder.

Q: Shane - Is there a way to prepare for and reduce the effects?

A: There is no real known formula to help prepare and protect against PTSD. The amount of support and family structure prior to service helps. The less baggage you have going in helps. There are many unknowns.

Q: Rich Curtola - with more and more women getting involved, how are they handling the stress?

A: They are just now beginning to classify the statistics. Usually women have a greater reaction. Women are often the victim of rape or sexual assault.

Q: Scott Peterson - If we see someone we think has PTSD, what do we do?

A: Suicide is a danger, so you can call suicide hotline. After active duty is over, there is a short time when they get services. After that, there are no services.

2009-10 Rotary International President

John Kenney

District 5160 Governor

Earl Kilmer

Vallejo Rotary Club Officers

Scott Peterson	President
LaGuan Lea	President-elect
Connie Howard	Immediate past President
Rich Curtola	Secretary
Jim Aquino	Treasurer
Roberta Grubbe	Sgt. at Arms

Vallejo Rotary Club Directors

Luis Romero	Kevin Rahill
Debbie Egidio	Helen Pierson
Viviana Loera	Gordon McMahon
Tom Phillips	

Nearby Clubs for Make-Ups

Mon.	12:00 PM	Davis-Community Church
Tue.	7:15 AM	Vacaville Sunrise -Opera house
Tue.	12:10 PM	Benicia Yacht Club
Tue.	12:10 PM	Fairfield-Suisun Hilton
Wed.	7:00 AM	Cordelia- Holiday Inn Select
Wed.	12:15 PM	Napa- Elks Club
Wed.	12:15 PM	Concord-Concord Sheraton
Thur.	7:15 AM	Napa Sunrise- Silverado
Thur.	12:15 PM	Vacaville- Opera house
Fri.	6:50 AM	Davis Sunrise- Senior Center
Fri.	12:15 PM	Concord- Concord Hilton

Rotary Club of Vallejo P.O.. Box 4026 Vallejo, CA 94590

Q: Mike Tastides - Does spiritual faith have an affect?

A: Sometimes yes and sometimes no. Sometimes soldiers feel "we are doing this for a greater good." Sometimes they feel, "if there is a God, why does he allow this to happen?" About 70% are galvanized by and in their faith, 30% are more confused about their faith and the situation.

Mystery Handshaker

Clint Manalili Derrick Karamian won

Car Wash

Kevin Rahill

Connie Klimisch

Trivia Contest

Jim Casper

Bible Question: There are a bunch of chapters in the old and new testaments. Which one is the middle one?

Vivian thinks she knows. Jim Aquino helped out and guessed Psalm 119

Psalm 118 is the right answer. Doh!

