



# The Rotarygram



## Rotary Club of Van Nuys

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Club 724 — District 5260

March 16, 2005

### Meeting Highlights



*Dave Kolstad*

Program chair Joe DiFatta introduced Dave Kolstad, one of the early pilots who formed Angel Flight West (AFW), a group that's dedicated to providing free air transportation to people with a medical need. Dave pointed out that they don't provide emergency service, only scheduled flights — mostly in small three- to six-seat planes — where the patient has a medical need and a financial, medical or logistical consideration to qualify for service.

Formed in 1983, the group of 1,600 pilots flew about 4,300 missions last year for flights originating in 13 western states. Each pilot donates his time and skills, his own or a rented plane and all expenses for the missions. The patient must be able to sit up in the non-pressurized plane for the duration of the trip.

AFW has worked with a long list of healthcare organizations and also transported children attending camps dedicated to recovered burn victims or those with cancer. Access to AFW missions is best coordinated through healthcare professionals, planners or social workers.

As an aside, Dave told us about his home-built, experimental plane...which is no longer qualified for AFW missions. A group of pilots in the Experimental Airplane Association offer free flights to youngsters in the 8- to 18-year old range to give them a chance to ride in an airplane and encourage their interest in aviation. These flights are flown out of Whitman Airport at 10:30 a.m. on the fourth Saturday of each odd-numbered month.

Thanks, Joe, for bringing this interesting program!

### Visitors

#### **ROTARIANS:**

- Steve McLeod from Studio City-Sherman Oaks introduced by Mike Quiroga
- Victoria Burke from Calabasas introduced by Ed Anderson

## VN Foundation



Van Nuys Rotary Foundation president, Don Fetherolf, center, presented a check for \$2,500 to Mid-Valley YMCA Executive Director Ruben Corona, left, in support of the multitude of programs at the "Y" that serve kids and adults in our community. Our president, Carlos Rivera, also participated in the award presentation.

The "Y" is currently engaged in their annual fund-raising campaign.

## Announcements



- Archie Kidwell is recovering from surgery at St. John's Hospital in Oxnard.
- Next week's special speaker, Lt. Col. Willy Buehl, Jr., USMC, will be held downstairs in the large meeting room at the 94th Aero Squadron Restaurant. Bring a guest to hear about the current situation in Iraq!
- Career Day at Fulton Preparatory School (Kester & Saticoy) — April 6; share your business and life with students — lunch at 94th Aero Squadron Restaurant.
- April 16th — District Assembly at Pierce College Performing Arts Center — 8 a.m.
- 25th Annual VN Invitational Track Meet at Birmingham HS with over 700 contestants — see Ed Viramontes.
- Our painting project for Tierra del Sol is scheduled for Saturday, April 30 — see Jim Sullivan.
- Barbara Baerg confirmed our Dinner/Theater Party on May 6 to see Gary Cunial in "The Pleasure of His Company" in Agoura Hills at the Stage Door.
- Mike Quiroga gave us the great news that his son is safely back from another tour in Iraq.



**"Focus on what you are moving toward rather than what you are leaving behind."**

**- Alan Cohen**

## The Spotlight's on...

### DON FETHEROLF



The year Don Fetherolf was born, his mother, his two uncles and his grandfather pooled their resources and invested in a newspaper in California. His grandfather, W.C. Markham, a newspaperman in Kansas, was working in Washington D.C at the time and was looking for a small newspaper to buy. "He heard one was available in Van Nuys," Don recalls, "and he asked a reporter from the Los Angeles Times about Van Nuys. The reporter replied, "It's hot and dusty and someday it's going to grow."

That was 1932 – the same year Don and his family moved from his native New Jersey to Swarthmore, Pennsylvania. His mother was a retired school teacher and his father owned a business that inspected fruit and vegetables sent by rail. Don attended school in Swarthmore and was fortunate, he says, to be accepted at Dartmouth College where he earned a degree in economics.

Don then moved to Van Nuys to work briefly at the family newspaper –the Valley News & Green Sheet.

When his father passed away not long after, he returned to Pennsylvania to help his mother. He then joined the Air Force in 1955 and served as Officer of Information Services for two years at Wright Patterson Air Force Base.

Don returned to Van Nuys immediately after his discharge, he recalls, and went to work at the newspaper in retail and real estate advertising. His mother had moved to California before him and was food editor for the Valley News & Green Sheet. His uncles, Ralph and Maurice Markham, both worked at the paper, as well. Don recalls that his mother and uncles served on the management committee for the newspaper and were involved in the overall operations, from equipment acquisition to printing and distribution.

In 1974, the newspaper was acquired by the Tribune Corporation. After his Uncle Maurice passed away, his mother and Uncle Ralph retired not long after. Don continued to work at the newspaper – now called the Daily News – and focused his efforts on circulation and facility improvements. By the time he retired in 1984 as director of special projects, Tribune Corp. had sold the newspaper to Jack Kent Cooke and a new printing facility was planned for Valencia.

Don's next adventure was with the 1984 Olympic Committee. "I was responsible for the production and distribution of the Olympic Record," Don says, "a daily paper printed in English and French that related the previous day's Olympic event results." Working 12-14 hours a day, seven days a week, he and his team distributed the Olympic Record to all venues and villages from Santa Barbara to Los Angeles.

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**"Rotary offers the opportunity to serve, involvement in the community...new members are showing a lot of enthusiasm for the object of Rotary..."**

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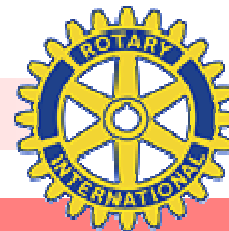
After the Olympics were over, Don planned to retire to help his wife, Marilyn, manage their investments. But he went back to work instead – this time with an architect to build Mulholland Estates. "We moved more than a million cubic yards of dirt to build those homes," Don recalls.

At the end of that 10-year project, Don did finally fulfill that commitment to help Marilyn manage their investments. The two of them are also very

active in First Presbyterian Church of Encino where they met more than 43 years ago. Both are elders of the church and currently serve on the property and finance committee. Don also speaks with pride about their daughter, Lorrilyn, who works in TV news.

And what about Rotary? Don joined the Van Nuys Club in 1958 at the invitation of his Uncle Ralph, who was a member. For 47 years, he has joined in the club's community and social activities. President of the club in 1971-72, Don values Rotary highly. "Rotary offers an opportunity to serve, involvement with the community and the connection with other clubs – locally, nationally and internationally," he says.

*Contributed by Andrea Reinken*



# "Service Above Self"

## Rotary Club of Van Nuys

### Upcoming Programs

- March 23 **Lt. Col. Willy Buehl, Jr., USMC**, our liaison for our recent 'care package' program for troops in Iraq...with a current Iraq update. Meeting down stairs at the 94th Aero Squadron Restaurant.
- March 30 **Leo O'Biecnas** will tell us about his experiences as a court mediator and all the things that happen on that job. Chair of the day: Jim Sullivan.
- April 6 **Career Day** — get details from Leo O'Biecnas or Ken Benson.
- April 13 **RI Foundation** — report from PDG Ken Banks — "Why and Where."

#### BIRTHDAYS

- April 9 Lauren Ross
- April 19 Sharma Sherbank
- April 26 Melva Schlick
- April 27 Jim Sullivan
- April 28 Pete Satuloff

#### HOT DATES

- April 16 **District Assembly** 8 a.m.—1:30 p.m. at the Pierce College Performing Arts Center.
- April 23 **25th Annual Van Nuys Invitational Track Meet** at Birmingham High School. Victory Blvd. at Woodley.
- May 11 **President's Day** — mark your calendar to hear Dennis McCarthy, *Daily News* reporter.
- May 19-23 **District Conference**, Doral Resort Hotel in Palm Springs.
- June 9-12 **SF Valley Fair**, Rotary beer booth, see Flip Smith.
- June 18-22 **RI Centennial Convention**, Chicago, IL, Celebrating 100 years of Rotary!

We're on the web! [VanNuysRotary.org](http://VanNuysRotary.org)

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## The Spotlight's on...

### Stroke/Heart Attack Info (Forwarded by Pete Satuloff)

**This might be a lifesaver if we can remember the three questions!**

#### Is It a Stroke?

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, this lack of awareness can spell disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

**Ask the individual to smile.**

**Ask him or her to raise both arms.**

**Ask the person to speak a simple sentence.**

If he or she has trouble with any of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

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#### Heart Attack Self-Help

A cardiologist says if everyone who gets this message sends it to 10 people, you can bet that at least one life will be saved. Read this. It could save your life.

Let's say it's 6:15 p.m. and you're driving home (alone, of course) after an unusually hard day

on the job. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home. Unfortunately, you don't know if you'll be able to make it that far. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

#### HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Since many people are alone when they suffer a heart attack, without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these **victims can help themselves by coughing repeatedly and very vigorously.**

**A deep breath should be taken before each cough, and the cough must be deep** and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

**Tell as many people as possible about this. It could save their lives.**

**BE A FRIEND AND SEND THIS ARTICLE TO AS MANY FRIENDS AS POSSIBLE**

