



District 5300



President
Jordana Lane

Immediate Past President
Sean Tanko

President Elect
Ed Guthrie

Secretary/Treasurer
Paul Gustilo

Directors
Cliff Silverstein
Rebecca Collett
Eric Colvin
Fred Fukumoto
Tom Martin

Advisors

Committee Chairs

- Community Service-Paul Gustilo
- International Service-Cliff Silverstein
- Vocational Service-Fred Fukumoto and Joe Wittenwiler
- Youth/ Exchange-Adrienne Cox
- Foundation-Ted Henderson
- Club Service-Tom Martin
- Membership-Rebecca Collett
- Public Relations/Calendar/ Newsletter -Keith Thomas
- Programs-Francesca Gilbert and Ed Guthrie
- Interact Club-Karl Maisner

Tuesday, Noon

Lawry's Prime Rib Restaurant
4043 Howard Hughes Parkway
(Paradise and Flamingo)
Las Vegas, NV

501c(3) Tax ID# 81-1650174
501c(4) Tax ID# 88-6008778

PO Box 752612
Las Vegas, NV
89136

southwestrotary@cox.net

Club Phone-702-870-4655

Check out our website www.lvswr.org and our Facebook page – “Rotary Club of Las Vegas Southwest”)

#VegasStrong

Las Vegas Southwest Rotary Newsletter

8/25/20

Presiding:
Conducting:
Rotary Moment/Pledge:
[Photos:](#)

President Jordana Lane
President Jordana Lane
Cliff Silverstein

Tom Martin (see below or click on “Photos” at left for pictures at today’s meeting. Tom’s a pretty good photographer but we are sure missing our regular photo journalist. Has anybody seen the erstwhile Ted Henderson???)

Mic duty:

Pres. Jordana (later relieved by Keith Thomas...after all the President shouldn’t have to shlep the microphone around!)

Newsletter:

Obadiah Dogberry, Esq.

We also had a video hookup via Zoom for Rotarians unable to meet in person. Today we were joined virtually by **Ed Guthrie** and **Karl Maisner**.

Click [here](#) for the Zoom link to next week’s meeting on 9/1/20. Please join us virtually if you can’t personally!

VISITING ROTARIANS

None

GUESTS

[Judge Douglas Herndon](#) joined us today as a guest of **Jack Woodcock**. He is a longtime friend of **Jack** and Jack’s brother-in-law, [Ron Parraguirre](#) who currently

SERVICE ABOVE SELF



The Object of Rotary

THE OBJECT of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST The development of acquaintance as an opportunity for service;

SECOND High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service

The Four-Way Test

OF THE THINGS we think, say, or do:

- 1) Is it the **TRUTH**?
- 2) Is it **FAIR** to all concerned?
- 3) Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- 4) Will it be **BENEFICIAL** to all concerned?

Rotarian Code of Conduct

The following code of conduct has been adopted for the use of Rotarians:

AS A ROTARIAN, I will

- 1) Act with integrity and high ethical standards in my personal and professional life
- 2) Deal fairly with others and treat them and their occupations with respect
- 3) Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
- 4) Avoid behavior that reflects adversely on Rotary or other Rotarians

sits on the Nevada Supreme Court. Judge Herndon is [running](#) for the Supreme Court in the current election.

ANNOUNCEMENTS

Keith Thomas presented two announcements of possible interest to the club.

1. The Governor's Office of Economic Development has a special grant program available for the next week:

NEW! COMMERCIAL RENTAL ASSISTANCE GRANT (CRAG) PROGRAM APPLICATION DEADLINE AUG. 31

Nevada Governor's Office of
ECONOMIC DEVELOPMENT
Empowering Success

Thanks to the Nevada Governor's Office of Economic Development, the Nevada Commercial Rental Assistance Grant (CRAG) makes \$19 million in Coronavirus Relief Funds available for commercial rental relief for Nevada small businesses that have lost 30 percent or more in revenue as a direct result of the COVID-19 Pandemic.

Payments will be made directly to a landlord or leasing company; applicants are encouraged to talk with their landlords early in the process to confirm their willingness to participate. CRAG funds will be applied towards future or past due commercial rent.

Eligible entities can receive up to \$10,000, or up to three months in rent, whichever is less. Fund awards will be based on actual cost of rent and any applicable charges due under a lease (not to include payments for property taxes and utility payments), as well as the percentage of lost revenue as a result of the COVID-19 Pandemic.

Application deadline is Monday, Aug. 31 at 5 p.m. [Full details here](#) including eligibility, requirements, [FAQs](#) and more.

APPLY FOR GRANT NOW

2. The Republican party is hiring campaign workers for up to \$200/day to work through the election in November. Contact Keith for contact information.

Pres. Jordana again announced that District 5300 has received a grant of \$25,000 from RI for a Covid-19 project. The Las Vegas area has been granted \$8,000 of that total given the critical need for food support here. The Las Vegas clubs have decided to partner with "Delivering with Dignity" to deliver prepared meals to people most in need that are housebound.

1. She is looking for volunteers to help deliver food on "Rotary Food Heroes Day" which will be Tuesday, September 15 with volunteers distributing fully prepared meals between 11 am and 1 pm.

2. They are recruiting a minimum of 35 volunteers who will deliver about five meals each within a pretty compressed geographic area. Anyone over 18 can volunteer.

3. Non Rotary members can volunteer as well. If you wish to double up in a car, that is perfectly okay.

4. The deadline to volunteer is Tuesday, September 1 but all are encouraged to get us names and contact information as soon as you can.

5. Clubs are encouraged to prepare greeting cards to accompany each meal. You can order them from Rotary if you wish.

6. Delivering with Dignity receives the \$8,000 grant for 1,330 meals. September 15 will be designated as Rotary Food Heroes Day and we will be promoted by Delivery with Dignity for media coverage.

7. If anyone would like to donate personally, each meal cost is \$6.00 and you may do so by visiting their website: [Delivering with Dignity](#)

RECOGNITIONS

Tom Martin was asked about the significance of 9/1 in his Rotary life. He correctly identified that it was the anniversary of the year that he was inducted into Rotary 39 years ago. He said at the time the club was looking for new and younger blood and he fit the bill, joining at around the same time as John Haycock, Steve Van Meetren, and Randy Capurro. He said he was in the tire business at the time and Fred Aberle and Chris Publow (both then members of the club) were also in the tire business so there had to be a big pow wow at the time to make sure it was ok to bring in another tire guy. Good thing they said yes, because Tom has made an awesome Rotarian! Awesomeness apparently didn't get him out of the fine of \$50!

Ed Guthrie was also asked about a recent anniversary. He said, well, not a Rotary anniversary but the 47th anniversary of the best decision he ever made, which was to marry Seral. Asked how they celebrated the day, he said "we just kicked back and enjoyed the day". Asked how they made it that far, he said, "She's a saint!" Saint or no saint, Ed still had to cough up 47 bucks.

GIFTS FOR THE PRESIDENT

Bruce Pope allowed as to how it was still early in **Pres. Jordana's** year and she is still learning the ropes, so he thought he would get her a puzzle gift that is not too hard to solve; A SIX PIECE PUZZLE! And to make sure she gets good training and doesn't start too slow, he gifted her not one but **three** puzzles (each of six pieces!)

The recommended gift this year is JIGSAW PUZZLES! (or "dealer's choice", she said.)

JOKE OF THE DAY

None

DRAWING

Sean Tanko was the big winner!

This year, **Pres. Jordana** has decreed that if there is no outright winner on the first draw, the pot will roll over to the next week. Table pot winners continue as usual.

Blast from the Past (each week I will try to upload pictures or other memorabilia from the past for your viewing pleasure.) The first person to let Obadiah know who is in the picture below will win a free blue Battle Born face mask. Can't figure it out? Click [here](#) for a couple more pictures which will give it away.



PROGRAM

Our program today was presented by Sandra Abdullah, LCSW, who is the Director of Behavioral Health for [Nevada Health Centers, Inc.](#) (NVHC), a non-for-profit which holds the distinction of being the largest Federally Qualified Health Center in the State of Nevada.

Attached is a copy of her bio and the handout.

Probably the thing that hit our writer the most is that Nevada is ranked 51st in the USA for mental health. An anonymous donor has stepped up and provided a donation that will enable her to triple her staff size. (And I'll bet that you thought that all enablers were bad!)

Thanks so much, Sandra, for an informative and interesting presentation.

CONCLUSION

We ended the meeting by standing and reciting the Four-Way Test:

ROTARY



THE FOUR-WAY TEST
of the things we think, say or do

first

Is it the TRUTH?

second

Is it FAIR to all concerned?

third

**Will it build GOOD WILL
and BETTER FRIENDSHIPS?**

fourth

**Will it be BENEFICIAL to
all concerned?**

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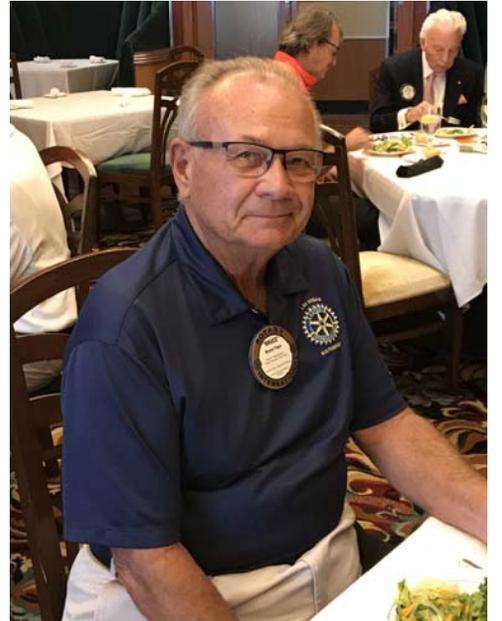
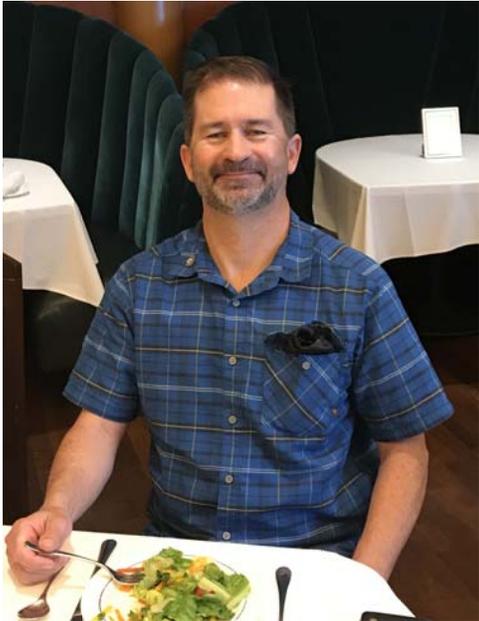
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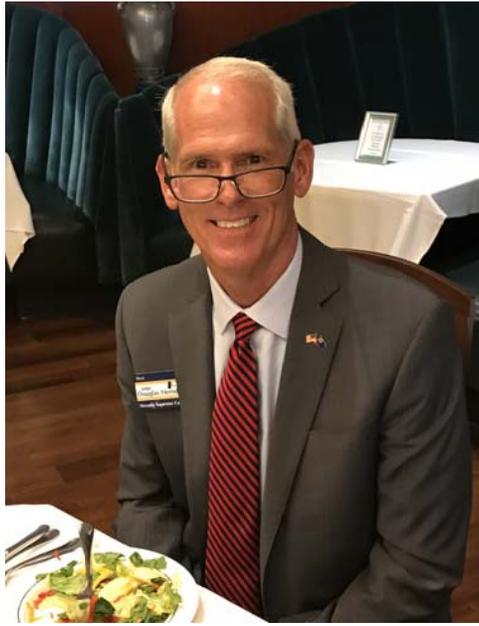
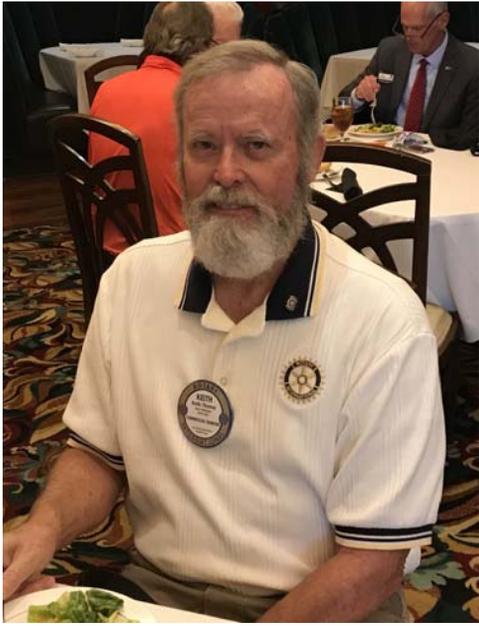
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INTERNATIONAL

RUSSELL-HAMPTON CO.







ROTARY CLUB
JORDANA
Jordana Lane
REAL ESTATE SALES
ACTIVE MEMBER





Sandra L Abdullah, LCSW
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Nevada Health Centers, Inc.
1799 Mount Mariah Drive
Las Vegas, Nevada 89106
sabdullah@nvhealthcenters.org
Direct: 702.220.9918 Ext. 1318

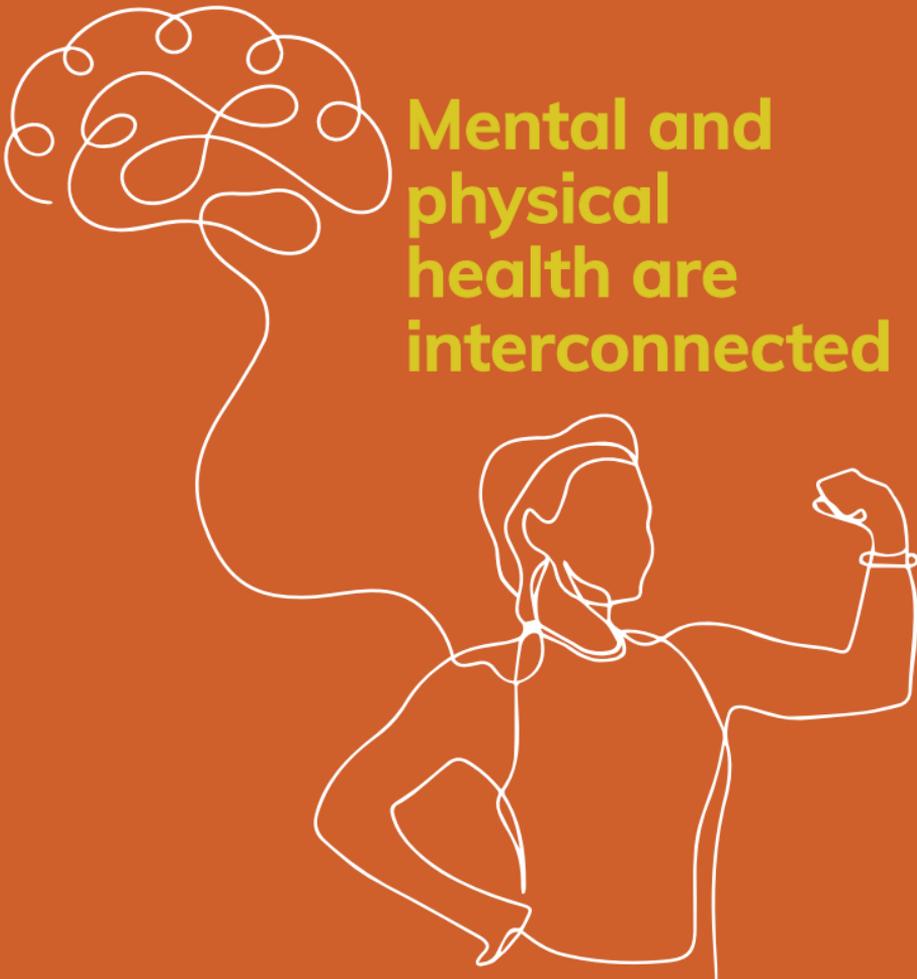
Biosketch

Sandra Abdullah, LCSW, is the Director of Behavioral Health for Nevada Health Centers, Inc. (NVHC), a non-for-profit which holds the distinction of being the largest Federally Qualified Health Center in the State of Nevada. In 2015, Sandra developed and implemented the process for the integration of behavioral health into the NVHC primary care treatment environment which includes Family Practice, Women's Health, Pediatrics, and Dentistry. Currently Sandra oversees the day-to-day operations of behavioral health services and serves as a behavioral health practitioner.

Sandra received a Masters of Social Work from George Williams College in 1985. As a clinical social worker for more than 30 years, Sandra has provided clinical social work services, supervision, and instruction in a variety of settings including public schools, community based behavioral health agencies, private inpatient psychiatric hospitals, and as a private practitioner. Sandra successfully utilizes talk therapy, specifically Cognitive Behavioral Therapy, crisis intervention techniques, and her overall training as a social worker to assist individuals, couples, and families in identifying their core issues as well as their treatment needs and goals that ultimately starts them on their journey of stabilization and a better quality of life. Sandra finds this skill set is also beneficial in sustaining a highly functional interdisciplinary treatment team whose primary purpose is to create the best and most successful treatment experience for the patient.

Sandra's volunteer experiences have been within the realm of that which she feels most familiar and passionate about – helping others. These experiences include assisting with services for AIDS patients, serving as a “big sister” with Big Brother/Sister Programs, and representing children in foster care as a Court Appointed Special Advocate. Sandra has served on the Board of the Women's Homeless Shelters in Chicago, Illinois and she is currently on the UNLV Advisory Board for Behavioral Health Integration. She has professional membership with the: International Association of Trauma Professionals, National Association of Social Workers, and Academy of Certified Social Workers. She is also involved with professional groups including: National Alliance on Mental Illness, Mental Health and Private Practice Marketing and Management, and Gestalt Practice.

Sandra is passionate, compassionate, committed, determined, hardworking, a doer, a thinker and a feeler, a leader and follower, a teacher, and a support system for family and friends. She believes these qualities lend to the importance she places on showing up and being present and accessible to her patients, coworkers, and colleagues.



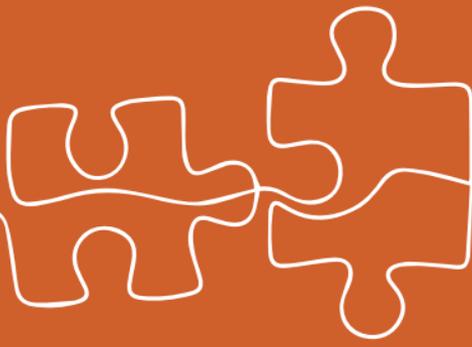
**Mental and
physical
health are
interconnected**

WE CARE ABOUT BOTH

Our physical health impacts how we feel and act. Our mental health affects our ability to manage illness and injury. Health is complex. So, to best support our patients, our Mental Health Therapists and Addiction Counselors work with our Primary Care Providers—also called family medicine providers—to help you manage your overall well-being.



NEVADA
HEALTH CENTERS



A team approach to getting and staying well

INTEGRATED SERVICES

- Talk therapy
- Addiction counseling
- Psychiatric evaluation
- Pharmacy
- Family medicine, pediatrics and women's health
- Dental health

BENEFITS OF COUNSELING AND THERAPY

Behavioral health care can benefit patients in many ways:

- Stress management
- Improved relationships
- Emotional stability
- Addiction recovery
- Healthy communication
- Self-discovery and growth
- Coping skills
- Grief management
- Better control of thoughts
- Better life balance

Therapy and addiction counseling are available at multiple Nevada Health Centers locations.

Cambridge Family Health Center

3900 Cambridge St., Ste. 102
Las Vegas, NV 89119

North Las Vegas Family Health Center

2225 Civic Center Dr, Ste. 224
North Las Vegas, NV 89030

Eastern Family Medical Center

2212 S. Eastern Ave.
Las Vegas, NV 89104

Sierra Nevada Health Center

3325 Research Way
Carson City, NV 89706

Martin Luther King Family Health Center

1799 Mount Mariah Dr.
Las Vegas, NV 89106

Henderson Family Health Center

98 E. Lake Mead Pkwy, #103
Henderson, NV 89015



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