

April 22, 2013

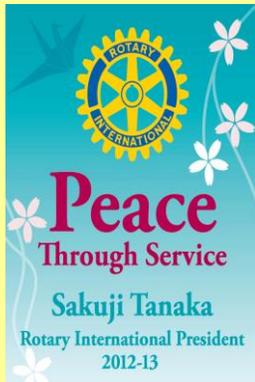
www.lvswr.org
www.district5300.org
www.Rotary.org

Future Speakers

April 29, 2013
Kim Schaefer of
Downtown Project

May 6, 2013
Jon Gray,
VP/GM LINQ
Project

May 13, 2013
Speaker:
Elizabeth Fretwell
City Manager



Future Service events

May 29, 2013
Feeding the
Homeless
Christ Episcopal
Church
St. Louis and
Maryland Pkwy
5 to 7 pm



Las Vegas Southwest Rotary Newsletter

Did you know that you can make-up for a missed meeting by attending an E-Club Rotary meeting? Just click here to see how

http://www.rotary.org/RIdocuments/en_pdf/eclub_list.pdf.

The Club meets at Lawry's Prime Rib restaurant, 4043 Howard Hughes Parkway at 12:15 p.m. every Monday. Please check the Club's website for meeting times and events at www.lvswr.org.

Welcome to our Visiting Guests

Guests - Regan Chackel as a guest of Mitchell Horst.

Announcements:

Cliff Dieterle thanked everyone that came out to Happy Feet on April 18th. A big shout-out to Adrienne Cox, Sean Tanko, Fred Fukumoto, Aric Graham, and Cliff Dieterle. Cliff also reminded everyone about "Christmas in April," to be held at St. Jude's Ranch on Saturday, April 27 starting at 9 am. Club Pres. Donnie Garritano also asked everyone to please consider attending, as it is for a good cause and we expect to be done by noon. Finally, Cliff told the Club about his recent experience at District Assembly, which he found to be very interesting and well attended.

Rebecca Collett announced that the Fremont Rotary Club's "Block Party" will be held on April 26, 2013 and that you can have that billed thru the Club. It is a big fundraiser for the Fremont Club, and is a great chance to meet other Rotarians. Rebecca also reminded everyone that District Conference will held this year May 17-19 in San Diego, CA.

Recognitions:

Ed Guthrie welcomed his second grandchild on the 16th of April, 22 inches long and just shy of 8 lbs. Congrats, Ed!

Megan Schimick was recognized for being one of the accountants in the Club and having survived tax season. \$50 to her.

Rebecca Collett was also fined \$50 for surviving tax season. She filed 51 extensions, a record for her.

Bryan Dziedziak, also one of our resident accountants, commented that there were 2 million fewer tax returns filed on time because of Congress' tardy January 3rd come-to-Jesus.

Andy Katz was asked about employment numbers. Andy says the key to surviving this economy is "flexible staffing." He also said we're all on pins and needles trying to figure out how the new health care law will shake out.

Wally Emery said that business is marginally improving. 10 weeks ago he saw the first



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Officers and Directors

President

Donnie Garritano

President Elect

Troy Lochhead

Secretary/Treasurer

Josh Satterlee

Directors

Rebecca Collett

Mitchell Horst

Bruce Pope

Eric Colvin

Fred Fukumoto

Tom Martin

Immediate Past

President

Aric Graham

Advisors

Keith Thomas

Avenue of Service Chairs

Community Service

Cliff Dieterle

Vocational Service

Rich Hinshaw

International Service

Damian Kazeangin

Club Service—Programs

Joanne Blystone

Events

Richard Bowler

Membership

Rebecca Collett

Public Relations

Gillian Naylor

Foundation

Ted Henderson

bump in 4 years. They've been marginally up the past 9 weeks. They are replacing employees that have left, but you certainly do not see the run-away hiring there was at one time. Gas consumption does appear to be down in Vegas—people are still unemployed, so they're not driving anywhere.

Dayton Blaine's take is that it won't be getting hot here or anywhere else anytime soon.

Howdy Wells says that employment is still down but they are now replacing open positions and getting good people. He does see it getting better than it has been the last 4 or 5 years, and now there just isn't much competition left out there.

Hank Falstad believes that the challenge is whether you can position yourself to take advantage of available opportunities. His company is doing very well this year, and will be a multi-million dollar operation next year. Excellent, Hank.

Gifts for the President: Donnie Garritano was given gifts from Karen and Bruce from their many travels.

Our Speaker:

Dr. Josh Satterlee



Dr. **Josh Satterlee** of Bio- Mechanics of Las Vegas is a Board Certified Chiropractic Physician and Active Release Techniques (A.R.T.) Provider.

Born in Southern California, where he also attended Chiropractic College, Dr. Satterlee moved to Las Vegas to start his professional life with wife Amanda and young heir, Adam. He specializes in strength and conditioning, rehab, and functional movement and diagnoses. Dr. Satterlee has vast experience in resolving injuries and dysfunctions that occur in rotational athletes, especially golfers. As a Biomechanics major from Montana State University, which he attended on athletic scholarship, Dr. Satterlee continues his education in functional movement with a certification in **Selective Functional Movement**



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**Rotarians at work for
the Club**

Invocation & Pledge
Doug Malan

**Introduction of
Visiting Rotarians
and Guests**
Donnie Garritano

Mr. Mic
Eric Colvin

Photographer
Ted Henderson

Reporter
**Franchesca Van
Buren**

Raffle Winner
Cliff Dieterle

Assessment (S.F.M.A.) and as a Titleist Performance Institute (T.P.I) Certified Golf Fitness Instructor.

Dr. Satterlee's earning of a Doctorate of Chiropractic degree from Southern California University of Health Sciences in 2006 was just the first step in his blossoming career to serving active individuals. Over the past few years, Dr. Satterlee has continued to better his understanding of movement and A.R.T. by coaching and treating in sporting events, and becoming an A.R.T. instructor. He has treated at multiple full and half Ironmans and currently provides treatment for **Zach Forrest**, who was named the 12th fittest man in the world at the 2011 CrossFit Games. **Dr. Satterlee** is also a certified CrossFit coach and Movement and Mobility expert, and the sports medicine advisor for many of the CrossFit gyms in Las Vegas, including **CrossFit Max Effort, CrossFit Las Vegas, CrossFit 702** and **Garage Gym 702**.

Dr. Satterlee's presentation was very interesting. One of the many impactful points he made was that the U.S. is #2 in world physical illiteracy. Interestingly, right after recess is the best time for children to learn. Who would have ever guessed?



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Josh Satterlee is happy cuz he plays all the time.



Scott Baranoff telling another dirty joke. What would we do without you, Scott?



Howdy Wells gives a positive report on the economy.



Bryan Dzieziak confesses he worked late on April 15th.



Rebecca Collett urges everyone to attend the Fremont Rotary Club fundraiser.



Wally Emery's gas stations are doing well.



Ed Guthrie is a granddad-again!!



Our music instrument donor.



Rich Hinshaw talks about the 4 way speech contest.



A Rotary Club guest (courtesy of Mitchell Horst).



Cliff Dieterle wants YOU to volunteer!



It's a pretty good lunch, isn't it?



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