

Kat Miller Veteran Services



Director, Nevada Dept. of Veteran Services

1st Military Police Brigade Commander in Afghanistan, Commanded Army's Largest Corrections Organizations, Combat Veteran

Speaking Topics

From Private to Colonel—and all the Bumps In Between

Never dreaming of a career in the military, Kat found herself following the promise of a college education into a life she never imagined; leading soldiers on 5 continents in both war and peace. Hear an inspiring—sometimes amusing, sometimes challenging—story of serving in the United States Army.

Celebrating the Legacy of America's Women Warriors!

Take a walk through time as Kat highlights the history of women in the U.S. Military; from 1775 through today's modern force. She will draw from her distinguished career to offer perspectives on the contribution of women warriors and why they are essential to the success of America's military.

You Need America's Veterans—More Than They Need you!

The media often portrays veterans as broken, dangerous, and unstable. While some veterans both need and deserve assistance, this inaccurate media portrayal prevents many from seeing Veterans for who they really are. Kat shares her experience as Neavda's Director of Veterans Services to showcase the contributions of America's Veterans and provide ideas about how you can support our military and veterans.

Bio

Kat is the Director of the Nevada Department of Veterans Services, responsible for supporting the State Veterans Cemeteries, Veterans Homes, and Veterans Service Officer program.

Kat served 34 years in the United States Army. Beginning her career as soldier in the Woman's Army Corps, she achieved the rank of Staff Sergeant before commissioning as a military police officer.

She has served around the world, to include Panama, Germany, Bosnia, Kosovo, Iraq, and Afghanistan; and commanded at company, battalion, and Army Command levels, earring the distinction as the longest serving brigade commander in modern Army history.

Kat's three Pentagon tours included duty as the Commander of the Army Corrections Command, supervising six correctional facilities and developing policy for the detention of unlawful enemy combatants. After retiring, she taught bachelors and masters level college course at the University of Maryland and the University of Nevada, Reno until she was appointed by Governor Sandoval as Director.

Kat's education includes a Master's of Science degree from the U.S. Army War College and a Master's of Public Administration from Roosevelt University in Chicago.



JANUARY 30, 2020

TODAY'S PROGRAM

KAT MILLER

CALENDAR

SCRIBE

MESSAGE FROM THE PRESIDENT

MEMBER HIGHLIGHTS



WHAT IS ROTARY?

Rotary is a global network of 1.2 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

The Las Vegas Rotary Club's Mission:

Teaching Youth to Succeed through Literacy, Education & Life Skills Development



Jacqueline Thornhill President 2019-2020

CLUB OFFICERS 2019-2020

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Past President Representative Randy Campanale





MESSAGE FROM THE PRESIDENT

Also, on my list of speakers was a representative from Veteran's services. I asked that the area of focus be on health-related issues. Taking care of those who take care of us by keeping us safe and preserving our freedom is the one responsibility that our government must take not just seriously, (that is a given,) but place its importance as a top priority.

Our club has long supported our active duty military through the Wetzel awards and has, during this year given financial support to the local USO. We are so fortunate to have so many veterans as club members, and we thank them for their service.

To quote from the Institute of Medicine, "The men and women in the United States armed forces confront health challenges of a scope and complexity that few other Americans ever experience. Active-duty personnel in combat directly face risks of injury or death. In addition, both combat forces and personnel serving away from the front lines may experience lengthy exposures to hazardous environments, either natural or produced by human activities. Chemical exposures, for example, may at times exceed those that would be considered safe in a civilian working environment. Beyond immediate physical threats, military personnel often must deal with the effects of being in high-intensity, stressful, and dangerous environments, sometimes for months or years at a time."

There is a laundry list of physical ailments that can result from this excessive exposure. Most of us are aware of the cancers, coronary disease, diabetes, hypertension, chronic fatigue and so many more, but what about the mental issues? We hear about PTS, used to be known as PTSD, but therapists now do not wish to label this as a disorder. Therapists hesitate to use the description of mental illness. The preference is that it is the result of a traumatic event or events. But what about veteran homelessness, drug abuse and suicide?

I am especially interested in the veteran homelessness. Why are our military veterans on the streets? Is it their choice or lack of opportunity? If it is a lack of opportunity, then the Federal government shoulders some of the burden.

Three weeks ago we heard Judith Pinkerton speak about her Music for Life program and how she delivered it to an Air Force Base in Alaska. Another member, Dr Michael Williams, works with Veterans through his skill with Transcendental Meditation. Alternative therapies, that are having some amazing results.

Is the Department of Veterans Affairs offering alternative therapies to our active duty and veterans? Members of the military, like civilians, increasingly are using dietary supplements. Although some supplements may provide benefits to health, others may compromise the readiness and performance of service members. The risks may be greatest for specific military populations, such as members of Special Forces units, who often endure harder tasks and harsher environments and therefore face heightened physiological demands.

These several potential health disciplines and many others I hope are being considered as additions to the standard medical practices. Many of us civilians practice a combination of many. Shouldn't our military and veterans be offered both as well?

Additionally, first responders are also exposed to many of the same health challenges. They deserve our care and compassion as well.

. Jacqueline Thornhill



CALENDAR

ROTARY EVENTS ARE LISTED IN RED / GUEST SPEAKERS & PROGRAMS IN BLACK

2/06	Theresa Bower - 2020 Census
2/11	Breakfast with Books
2/13	Kimberly Mull - Advancing Response
	to Personal Violence Across the Country
2/20	Russ Swain
	Past Presidents' Review
2/27	Bill Houghton -
	4 Way Speech Contest
2/28	Blood Drive Lawry's
3/05	Dan Stover - Music Competition
3/10	Breakfast with Books

4 Way Test Speech

Regional Competition

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Signups also on your home computer at http://fifthwheel.lvrotary.us



3/12

3/19

4/2

3/26 Daniel Reichman - Artificial Intelligence

Paul Vautrinot - Freedom Behavioral

John Restrepo - Factors Affecting the Local Economy

4/9 Arnold Stalk - Veterans Village Helping Veterans 4/16

Matt Christi - Director of Advancement Destiny Rescue

4/23 Marie Walsh - Valedictorian Luncheon

4/30 Steve Hill - Las Vegas Convention & Visitor Authority

5/7 **Clark County Fire Chief John Steinbeck**

5/14 Marta Meana - UNLV

25 CLUB GRADUATION





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PAST PRESIDENTS

1971-72 1972-73

1973-74 1974-75 1975-76 1976-77 1977-78 1978-79 1979-80 1980-81 1981-82 1982-83 1983-84 1984-85 1985-86 1986-87 1987-88

1988-89 1989-90

1990-91

1991-92

1992-93

1993-94

1994-95

1995-96 1996-97

1997-98

1998-99 1999-00

2000-01

2001-02

2002-03

2003-04

2004-05

2005-06 2006-07

2007-08

2008-09 2009-10 2010-11 2011-12

2012-13 2013-14 2014-15 2015-16 2016-17 2017-18

2018-19

Les Saunders*	1923-24	Dr. Harold Boyer*
Bill Ferron*	1924-25	Angelo J. Manzi*
A.A. Hinman*	1925-26	Keith Ashworth*
Frosty Mildren*	1926-27	Robert E. O'Connell*
Fred Hesse*	1927-28	Don Ashworth*
Dr. F.M. Ferguson*	1928-29	David F. Welles*
Dr. William S. Park*	1929-30	James J. Corey*
Charlie Dimock*	1930-31	Darrell Luce*
Leo McNamee*	1931-32	Albert H. Purdue*
A.E. Cahlan*	1932-33	Michael Hoover
Douglas Dasheil*	1933-34	Donald L. Aikin*
Marion Earl*	1934-35	Joseph J. Buckley*
Dr. Roy Martin*	1935-36	Irwin Kishner*
K.O. Knudson*	1936-37	James Cashman III*
Frank Gusewelle*	1937-38	Mike Meyer
Tom Connolly*	1938-39	Doug L. Peterson
Archie Grant*	1939-40	M.J. Wiens, Jr.
Otto Underhill*	1940-41	Keith W. Bassett*
Bryan Bunker*	1941-42	Kenneth E. Miller*
Cyril Wengert*	1942-43	James M. Gamett
Fred O'Donnell*	1943-44	Robert L. Moore
Frank Case*	1944-45	Robert L. Forbuss*
Victor Shurtiff*	1945-46	Gary A. Martin
Max Kelch*	1946-47	John A. Smith
Ed Ciliax*	1947-48	Caty Crockett
Lorin Ronnow*	1948-49	Clifford R. Beadle
Leonard Fayle*	1949-50	Ralph J. Rohay
Allye Lawson*	1950-51	Dr. James M. Jones*
Harry Allen*	1951-52	Tom A. Thomas
Les Edwards*	1952-53	Tom J. Krob
Wayne Kirch*	1953-54	James E. Hunt
George Boman*	1954-55	James R. Tucker
Spence Butterfield*	1955-56	Kathy Dalvey
Walt Hunsaker*	1956-57	Steve Casey
Ted Brandt*	1957-58	Ned Phillips
Julian Moore*	1958-59	Brock Fraser
Ray F. Culley*	1959-60	Randy Campanale
C.T. Harris*	1960-61	Russ Swain
Ollie Gardner*	1961-62	Karen Whisenhunt
Tom Underhill*	1962-63	Tom Axtell
Vern Willis*	1963-64	Sharon McNair
Ward Wengert*	1964-65	Randy Donald
Bill Southard*	1965-66	Ginger Anderson
Dr. Vince Sanner*	1966-67	Steve Linder
Walter Wehner*	1967-68	Mary Ann Avnet
Dr. Robert Robinson	David Thorson	
Harold Wandesforde	Michael Gordon	
Mark C. Mielke*	1970-71	James Kohl

* Deceased



2019- 2020 RI President **Mark Daniel Maloney**

District 5300 Governor Luanne "Lu" Arredondo





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You Mind Your Business, We'll Mind Your Books!

THE LAS VEGAS ROTARY CLUB



PP Jim Kohl gave the invocation.



PP Michael Gordon gave us some wonderful info then led us in song.



At **President Jackie's** head table were **Marie Walsh**, **John Ingeme** and our speaker **Daniel Liles**.



President Jackie and PE Richard Jost presented a check for \$4,000 to Chris Palladino of Junior Achievement.



Val Hatley missed the Joker, but doubled his bet with \$10.



Bob Werner won

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PEOPLE OF ACTION



Bob Werner introduced a visiting Rotarian from Germany.



Chantay Ben Shimon our Global Grants Scholar, expressed her appreciation for our club sponsoring her.



Toni Kern announced our club's "Together We Read" program.



Kirk Alexander was our Sergeant at Arms.



the Lawry's Bucks.



President Jackie presented our speaker Daniel Liles with our Share What You Can Award.



The Officers for the 25 Club

President - Carey Grohs
VP - Rene Gamero • Secretary - Rose Falocco
The 25 Club meetings are held on the 1st Thursday
each month at 11:15 A.M. at Lawry's The Prime Rib



FRANKS

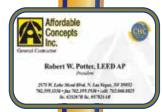
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SCRIBE JANUARY 23, 2020

- · President Jacqueline Thornhill called the meeting to order.
- · Past President Jim Kohl gave the invocation.
- Past President Michael Gordon led the club singing God Bless America, followed by the Pledge of Allegiance.
- . The Sergeant at Arms was Kirk Alexander
- There was 1 International Rotarian, 1 visiting Rotarian and 5 Guest of Rotarians introduced.
- Special guest, Chantay Ben Shimon, the Global Grants Scholar sponsored by the Las Vegas Rotary Club and District 5300 was recognized and applauded.
- The drawing began at \$3,920.00 plus this week's donations. The Ticket Winner was **Val Hatley**, who received a prize of \$10 and the Lawry's Bucks Winner was **Bob Werner**.
- · President Jacqueline Thornhill announced:
- The People of Action Campaign is one of our check boxes for the Presidential Citation so please continue to send photos to Jackie.
- The Bill and Melinda Gates Foundation is extending their partnership with Rotary and adding an additional \$150,000,000 to eradicate polio.
- · Reminder that the International convention is June 6-10 and is being held in Hawaii.
- District conference is in Pasadena May 1 to May 3, 2020.
- · There is one Business Card Ad still available in the Wheel.
- Olena Balybina from the 2019 Ukrainian One World Delegation let us know that Oksana Tjupa, is the Charter President of the newly formed Rotary Club in Kyiv, Ukraine.
- · Janet Linder underwent surgery and reports are that it went well.
- · Remember to recycle the wheel and tickets and to keep the Green Book moving.
- President Elect Richard Jost presented: Chris Palladino, Jr. Achievement of Southern Nevada, a Community Grants Award of \$4,000 to help 40,000 kids learn financial literacy and job readiness.
- Toni Kern provided an update to the new project "Together We Read". Rotary will be partnering with Spread the Word Nevada with funding from a Bill and Melinda Gates Foundation grant. The content and structure are still in evolution, but updates will be shared as plans begin to firm. Shannon Brown from Will Beckley Elementary has agreed to assist in the project execution. An informational questionnaire is scheduled to go out 2/15/2020 from a data base provided by Shannon at Beckley. Anyone interested in this project please contact Toni Kern.
- Shannon Brown said that Will Beckley is proud to sponsor "Together We Read" and have the opportunity to give back to this Club. On another note, Career Day is on Friday, 2/7. If you can participate please contact Shannon Brown.
- 25 Club President, Carey Grohs introduced a new 25 Club International Project, Destiny Rescue which was introduced at the 2019 Peace Conference. The 25 Club Goal is to raise \$3,000 to rescue 2 girls from human trafficking. She also announced that the 25 Club graduation will be held at McFadden's on Jan.29.
- · Marie Walsh announced Breakfast with Books on February 11.

Shawn or Melanie to find out your status.

- President Jackie Thornhill for Director Melanie Jo Muldowney announced that through the end of June, the Club will offer a Foundation match of 50% or up to 500 points to obtain your first Paul Harris award or to increase your current level. Contact
- President Elect Richard Jost announced the fund raiser tickets are for sale. He encouraged everyone to take at least 2 tickets.
- Michael Williams said that RYLA will be held 3/21-3/23 in Big Bear, CA. Our Club will be sponsoring 15 students so if you know of someone that would qualify please talk to Michael.
- President Jacqueline Thornhill for Deb Granda reminded us of the Red Cross Blood Drive on February 29 from 10:00 AM to 3:30 PM we will be holding our first Blood Drive at Lawry's the Prime Rib. Donors and people for logistical help are needed. Schedule yourself in the Green Book.
- Past President Jim Tucker announced that the Superbowl Board is SOLD OUT!
- Marie Walsh introduced our program speaker, Daniel Liles, Instructional Coach at Will Beckley Elementary School.
- Daniel Liles was the 2011-2012 Ambassadorial Scholar to India which was sponsored by District 5240 in California. Thru his photography and comprehensive narrative, we were able to understand the many cultural differences and challenges he experienced as he set out to find and execute a meaningful Service Project. He generously shared his personal growth from acknowledging cultural bias that he did not know existed to how the experience molded him and guided his career path and choices he makes even today. It was that experience that led him to Will Beckley and ultimately to our Club.
- President Jackie Thornhill presented our speaker with a "Share What You Can" award to benefit the local USO and then adjourned the meeting.

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Saturday, April 25th, 2020 6pm - 10pm | Cuisine & Octane Annual Fundraising Event





- Specialty Food Stations
- Entertainment
- Silent Auction
- Live Auction
- Networking
- Arcade Games
- Commemorative Photo
- Emcee
- Open Bar





Cost Per Person: \$100.00

The Rotary Club of Las Vegas uses proceeds from this event to support our club mission of "Teaching Youth to Succeed Through Literacy, Education and Life Skills Development"

Contacts Janice Lencke - <u>jlencke@cligroups.com</u> or 702-994-1950 and Erik Astramecki - <u>Erik@IntrinsicTG.com</u> or 702.300.1632



















January 30, 2020

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District 5300 Club 813

Website: www.lasvegasrotary.com Email: admin@lasvegasrotary.com Executive Director: Shawn Noorda

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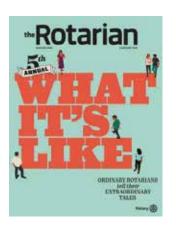
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Don't miss
The January Issue of
THE ROTARIAN



- 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?

MAKE-UP DAYS AND PLACES

Monday (1st, 2nd, 4th)	Southwest	Lawry's Prime Rib	12:15 p.m.
Tuesday (1st, 3rd)	Las Vegas Summerlin	TPC Club House	7:00 a.m.
Tuesday (1st, 3rd)	Downtown	Hugo's (Four Queens Hotel)	12:00 p.m.
Tuesday	Henderson	Wells Fargo building (122 S. Water St.)	Noon
Tuesday	Mesquite	Holiday Inn Express	Noon
Tuesday (2nd, 4th)	Las Vegas West	Canyon Gate Country Club	12:00 p.m.
Tuesday (varies)	Red Rock Rotary	PKWY Tavern (9820 W Flamingo Rd)	6:30 p.m.
Tuesday	Pahrump Valley	China Wok	Noon
Wednesday	Boulder City	Milo's Cellar	6 PM
Wednesday	Моара	UNR Cooperative Extension	7:30 a.m.
Wednesday (2nd, 4th)	LV After Hours	Art 2 Art Gallery	6:00 p.m.
Wednesday	LV Spring Mountains	The Den LV (9837 W. Tropicana Ave)	5:30p.m.
Thursday	Boulder City Sunrise	Boulder Creek Golf Course	7:00 a.m.
Thursday	Green Valley	Wildhorse Golf Club	7:00 a.m.
Thursday	Las Vegas Rotary	Lawry's Prime Rib	Noon
Thursday	Mesquite Sunrise	Oasis Golf Course (Red Room)	7:30 a.m.
Friday	North Las Vegas	Los Prados Country Club	7:15 a.m.
		Off Lone Mtn. betw. Decatur & Jones	

Fogo de Chao

5:00 p.m.

Wheel Print: Bill Houghton, Horizon Print Solutions

Las Vegas "Won"

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Rotary Web Sites

Rotary.org - Rotary International District 5300.org - District 5300 Site www.LasVegasRotary.com - Our Club Site



Friday

Rotary At A Glance

Rotarians Members - 1,207,102; Clubs - 34,823; Districts - 538; Countries - 200+; Rotaractors Clubs - 7,868; Members - 180,964; Countries - 162 Interact Clubs - 18,005; Members - 414,115; Countries - 132