



May 6, 2019

Responsibilities

Drawing, **Tom Applegate**; Words, **Danny Quisenberry**  
Pledge, **Beth Garrow**; Greeter, **Lisa Walsh**  
Reporter and Editor: **Julie Walker**  
Roto-Rooter, **Jim Brubaker**; Photographer, **Nancy Starling**

**WHAT TO REMEMBER IN THE MIDDLE OF CHANGE**  
**DAVID BERRY**

**UPCOMING PROGRAMS**

May 13: Update on Guatemala School Project, **Ryan King**  
May 20: Recipients of Community Service Funds, **Julie Baker**  
May 27: DARK  
June 3: Produce Good: Sourcing Food Waste and Feeding the Hungry, **Jeri White**

**OTHER EVENTS**

June 2: Happy Hour, **Julie Baker's** Home, 4213 Sunnyhill Dr., 5:30pm, BYOB.  
June 8: CHNR Annual (family friendly) Bocce Ball Tournament, McGee Park: **Jim Brubaker**  
**June 28: Demotion Dinner**, \$50 for guests; annual celebration of outgoing President; refer **Jos Magana**. (CHNR members paid since fee within dues invoice.)

**MEETING OF APRIL 29, 2019**

**Welcome:** President **Maureen Simons** welcomed all members and guests following **Ken Clark's** opening remarks and request to silence electronics. **Steve "Sunshine" Mott** led the singing of *America*, **George Porter** led the Pledge of Allegiance, and Words were provided by **Ken Clark**. Referring to the recent fatal shooting in Poway, **Clark** remarked that we should not be deluded into thinking "it can't happen here" as **Kelly School** and **Poway** prove that false. He asked us to "examine what's inside" and challenged each of us to "know truth, provide honesty and to support our fellow human beings." Guests were introduced.

**ANNOUNCEMENTS**

**Poker game:** **Nancy Starling** asked if anyone accidentally left the game with extra poker chips . . .they belong to **Phil Urbina**.  
**Happy Hour:** **Starling** also invited club members to the Happy Hour at **Julie Baker's** home on Thursday, May 2, 4213 Sunnyhill Drive; BYOB.  
**Rotarians at Work:** **Sam Ross**, as Vice-Chair of the Agua Hedionda Lagoon Foundation Board thanked the Rotarians who built the awning over the back door and those who weeded/gardened on Cannon Road. That help will assist staff to provide education to 8,500 children each year and to know a variety of plants and animals. Thank you.

**AVID Conference:** **Ken Clark** received a wonderful letter of appreciation from **Jeff Spanier**, AVID Instructor at Carlsbad High. **Clark** read the letter to the membership.  
**Four-Way Speech Contest:** **Mo Taylor** reported on the finals of the Four-Way Speech Contest last Thursday at Club 33. The two students from CHS (one sponsored by this club; the other by the evening club), had done exceedingly well prior to the finals, but came in fourth and fifth (of six). The winner was from LaCosta Canyon and five of the six contestants were North County residents.  
**Spirit of Service:** **Jos Magana** presented the S.O.S. award to **Steve Ahlquist** for his excellent work in guiding the Scholarship Team the last few years, plus his request of his CHS 1969 class to also donate to this year's scholarship pool. Thanks, **Steve** and congratulations!  
**Paul Harris Fellowship:** **Mimi Gaffey**, Rotary Foundation Chairman, presented **Tom Applegate** with his next PHF pin: three rubies = PHF + 9. Wow. Thanks **Tom**.



**WHO AM I? JAN NADLER**

**Jan Nadler** was born in Minneapolis, MN and moved to Los Angeles when she was 24 (it was less than 30 degrees in MN and over 70 degrees in LA when she arrived). She lived in LA for 25 years, then to Palm Desert, and now 15 years in San Diego County. She has a BA in Prelegal Studies from Univ. of Michigan, an MA from Cal State Northridge and a Ph.D. from the CA School of Professional Psychology. She served on the staff of Cedar Sinai Hospital developing the first program for step-parents; she has also provided counseling to divorce care groups for 20 years; and just developed a workshop entitled "Healing Life's Regrets." As a hobby she began studying the world's religions and then converted to Catholicism. She is a ballroom dancer and plays the ukulele with **Phil Okun**. She joined Rotary when she saw a Rotary license plate and thought "it must be a message from heaven." She admires the community service Rotarians provide and is proud to be a member.

**Rotary Service:** **Pat Hurley** introduced **Eric Allen** as one of the individuals who assisted the club when we provided the ambulance to the clinic in Mexico. **Allen** is now volunteering re the Wings of Freedom Tour, May 2 – May 7 at Palomar Airport.

**ROTO-ROOTER YVONNE FINOCCHIARO**

**Yvonne Finocchiaro's** last Roto-Rooting for the month included:

- **Phil Urbina** – announced his candidacy for the City Council race in 2020, District 4. No fine . . . because he'll be fined enough.
- **Nancy Starling** – none of the poker game winners were Rotarians, but **Starling** found \$120 in her laundry afterwards (a new meaning to laundered funds). Fined \$20.
- **Gloria Foote** – was in WI to see her grandson's play. The weather went from 65 degrees one day to 8 degrees and snow the next. No fine.
- **Brian Colby** – no one in the family is sick. Hooray. His company First Team Real Estate merged with Sand and Sea Investment Team. \$20 fine.

- **Sam Ross** – The AHLF staffer who started the “gardeners” on their task also provided a snake alert . . . so the team did a FOD walk to move the potential snakes away from the work first. \$20 fine.
- **Rachel Ivanovitch** – ONE FACT we don’t know about her is that she has five children and two have dual citizenship (German and US).
- **Mo Taylor** – ONE FACT we don’t know about her is that she “has an identical twin three minutes older, but she hadn’t known they were identical until they were 50.
- **Dan Quisenberry** – ONE FACT we don’t know about him is that he found human remains on Santa Rosa Island and contacted the FBI about it. They thought he brought the remains ashore. Nope, left them for the archeologist.



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# HI-JINX

Official Publication of the

## CARLSBAD HI-NOON ROTARY CLUB

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Editor: **Jessica Jones**

Reporter: **Yvonne Finocchiaro**

Photographer: **Nancy Starling**

Web address for Make-ups: [www.rotaryclubone.org](http://www.rotaryclubone.org)

## OSTEO HEALTH, DR. RYAN AND CHRIS CUNNINGHAM

Dr. Ryan kicked off the presentation: Half of women and one-third of men over 50 will fracture a bone. Bones are strongest at age 30 and then lose one percent a year until 50/55 when hormones change and then there is a radical decline in bone strength. “The more you use something, the stronger it becomes” is also true of bone health, but it takes 4.2 times the body weight to increase skeletal strength. Cunningham remarked that six years ago an osteogenic study was concluded and showed a new method was needed to grow strong bones: the Osteo Strong Method. It emulates routines without risk to the body by 1x a week for 10-15 minutes it can reverse bone age, and almost eliminate back and joint pain, increase balance, and reduce Type 2 diabetes. Dr. Ryan offered two free sessions to club members. He indicated that the first appointment would take an hour, so be sure you attend. The office is in LaCosta at 6949 El Camino Read. Suite 103, Carlsbad. See [info@oscarlsbad.com](mailto:info@oscarlsbad.com).



Jackpot for today was \$210.

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## Carlsbad Hi-Noon Rotary Officers and Directors 2018-2019

President: **Maureen Simons**

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Community: **Julie Baker**

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Club: **Joscelin Magaña**

International: **Harry Peacock**

Past-President: **David Harrison**

District 5340 Governor: **Mel Gallegos**

Rotary International President: **Barry Rassin**

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