



# Old Mission Rotary

Meets every Tuesday at noon at the  
Best Western Seven Seas Hotel  
Hotel Circle South  
[oldmissionrotary.org](http://oldmissionrotary.org)

July 15, 2014



## Excelsior Chess



*Mike Hedman of Excelsior Chess addressed the club on July 15.*

Excelsior Chess provides scholastic chess programming to youth. Their mission is to develop strong minds and communities through the game of chess. The program operates at the Joan Kroc Salvation Army Center.

Mike explained that the roots of chess go back 1500 years to India. The game spread to Persia, to the Muslim Arab world and eventually Europe. The Excelsior Chess program is funded by fees but also allows inner city youth to participate and learn the game. Young chess players also work with the *San Diego Brain Foundation* with monthly chess matches at the Joyce Beers Community center in Uptown. Mike is always looking to hire part time coaches. He proudly announced that he does practice age discrimination and preferring to hire people who are over 60!

## Club Host Lyll Young



*Lyll Young served as club host on July 15. Lyll and his wife Vesta are both members of Old Mission Rotary and are adored by all of us!*



*Hugh Kramer announced that the next Wounded Warrior Dinner will take place on Tuesday, July 29 at the Naval Hospital. The food will be catered by Rick Hackley's Kearny Mesa Boll Weevil restaurant.*



*Vocational Service Chair, Brian Dempsey, will call upon each club member to deliver a one minute commercial on their present or past vocations. Brian gave the first presentation by telling us about his two careers.*

*Brian served 23 years as a Naval Aviator where he flew in F-14 fighters off of aircraft carriers. For the past two decades, Brian has been providing financial services as an advisor for Edward Jones Investments. His office is in UTC.*



*Tyler Silva and his wife just returned from their very first cruise vacation! The ship sailed to various ports in Mexico!*

## Dr. Kevin Glynn The Medical Minute

A report in the May JAMA Psychiatry indicated a change in the demographics of heroin users. Previously, hard drug users began as teenagers but now, white, suburban dwellers who began by abusing prescription drugs are progressing to IV heroin in order to get the high their addiction demands. In addition, heroin on the street costs less than black market prescription pain killers.

An article from South Africa compared nicotine replacement with and without varenicline (Chantix) to assist smoker to stop. Follow-up evaluations at 1,3, and 6 months showed quit rates 15% higher with the combination. The study was limited by the fact that nearly 40 per cent of the group dropped out before completing the study. More studies are needed to draw conclusions about long term effectiveness and safety.



*Dr. Kevin Glynn briefed the club on the alarming increase in Heroin use in the US and on news about combinations of drugs to help smokers quit.*

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**International Service!  
Volunteer for the next  
Thousand Smiles Clinic  
Friday-Saturday August 1-2  
Arrange for Transportation and  
Hotel in Ensenada at  
[www.thousandsmiles.org](http://www.thousandsmiles.org)**



*The Pizarro Brothers stopped their show in the middle of a number to pose for President Matt in front of hundreds! The boys performed at the Spreckels Organ Pavilion on Tuesday July 17 as part of the Balboa Park Summer Nights Concert Series.*

*A person may cause evil to others not only by his actions but by his inaction, and in either case he is justly accountable to them for the injury.*

*-John Stuart Mill,  
philosopher and economist  
(1806-1873)*

### Program Schedule

- July 22- Stella Villaseñor & Mike Beuoy from **Rebuilding Together - San Diego**
- July 29- Louise Andres **District Governor Visit**. Louise will meet with the Board of Directors at 11am at the Best Western Seven Seas.



*International Service chair, Bob James, was caught "sans" Rotary pin during President Matt's announcement that there will be fines for missing Rotary pins. Sergeant at Arms, Larry Edwards patrolled the room and collected \$1 for every missing pin! Bob encouraged club members to travel down to San Quentin in August to paint the Salvador Diaz Miron School.*

### Rotary Calendar

- Tuesday, July 29 at 11am **Board of Directors Meet with District Governor Louise Andres** before the regular meeting at the Best Western
- Tuesday, July 29 **-Wounded Warrior Dinner** at the Naval Hospital
- Friday, August 1 to Saturday, August 2- **Thousand Smiles Clinic** in Ensenada.
- Thursday, August 14 at 730am- **Board of Directors Meeting** at the Mission Valley YMCA
- Monday, August 18 at 2pm **Projects Committee Meeting** at the Mission Valley YMCA
- Friday, August 22 to Monday August 25- **Salvador Diaz Miron School** painting project at **Colonia Lomas de San Ramon**