



Old Mission Rotary

Meets Every Tuesday at noon at the
Best Western Seven Seas Hotel
Hotel Circle South
oldmissionrotary.org

September 9 & 16- 2014



New Member!



On Tuesday, September 9, we were thrilled to induct Angela Kahn into Old Mission Rotary. Katherine Willey presents Angela with a Middlebury College shirt. Angela earned a Masters Degree in French at the Liberal Arts College in Vermont. Angela was introduced to Old Mission by Omar Calleros but knew about Rotary from her dad and uncle who were both Rotarians back in Pittsburgh



Angela Kahn accepts her Four Way Test and Object of Rotary plaques from Executive Club Secretary and Past President Stan Vogelsang. Angela has already volunteered to attend the Rotary Peace Leadership Seminar on September 20th and to serve as our LEAD advisor for the weekend of October 11 and 12 at Camp Cuyamaca.

Don't Miss the Party!



On Tuesday, September 30, Old Mission Rotary will be celebrating the 100th Birthday of member Vesta Young! Jim Green (R) has been shuttling Vesta and Lyall (C) around town to medical appointments as well as Rotary. Jim has been using his business computer skills to help us maximize the capabilities of our ClubRunner Rotary software.

City Heights



On September 9, Ken Grimes (L) and Myrna Rodriguez of the City Heights Development Corporation were introduced by Program Chair Richard Trefflich. They presented a program about the many CHDC efforts to improve the lives of the diverse City Heights community.

Interact Students Attend Rotary District Training

Members of the Francis Parker Interact Club participated in the District 5340 Interact Training Session on Saturday, September 6 at the Braille Institute. The event was a huge success with 120 people attending representing 30 Interact clubs, 3 prospective clubs, and 25 Rotary Clubs. The professional trainers did an excellent job teaching both students and advisors leadership skills, and dealing with such topics as membership growth and retention, service projects, fund-raising and publicity. Special thanks to our Interact Advisor Victoria Helms and our Old Mission Youth Service Chair Darlene Bates for also attending the training event.



Francis Parker Interact showcases their charitable work at the Club Fair on the campus of Francis Parker School. The students are looking forward to Project Mercy!

Vocational Service



Miles Durfee (R) briefed the club on his job with the California Charter Schools Association. Miles is the the Managing Regional Director for Southern California. Angela Kahn and Barry Williamson listen intently.



(L-R) Executive Club Secretary Stan Vogelsang and President Matt Risi meet with District Governor Nominee Marilyn Sanderson. Marilyn is a member of the La Mesa Sunrise Club and will be our District Governor in 2016-2017.

Come Fly Away



On September 16, Keith Wilschetz of the San Diego Airport Authority presented a fascinating program on Airport Planning at Lindbergh Field. The airport will soon build a new 3000 car parking garage at Terminal Two and will construct a transportation hub on the north side of the airport to tie in with the rail and trolley systems.

The Medical Minute

Dr. Kevin Glynn reported on a study in which 450 patients with hypertension and a history of stroke, coronary artery disease, diabetes, or chronic kidney disease were trained to monitor their blood pressure at home and adjust dosages of medications to maintain satisfactory blood pressure levels. Results indicated that after a year of observation, the intervention group had systolic pressures nine mm. Hg lower than those patients who had usual care.

A review of pain treatment in the elderly recommended that acetaminophen (Tylenol) be used as the first line analgesic, and that non-steroidal anti-inflammatory drugs such as ibuprofen (Advil, Motrin) and naproxen (Aleve) not be used continuously for more than a couple of weeks, because of the risk of gastrointestinal bleeding, kidney failure, and coronary blood clot formation. Tramadol, an analgesic used commonly in post-operative pain control, was recommended as a third choice, with opioids, like oxycodone (Oxycontin) and hydrocodone (Vicodin) to be strictly rationed because of their risk of habituation.

Program Schedule

- September 23- Ward Heinrichs on Labor Law
- September 30- Vesta's 100th Birthday Party!
- October 7- Bob Goodman on Preserving our History through Stories
- October 14- Karen Strabala on Rotary Youth Exchange

Rotary Calendar

- Thursday, September 18 at 730am Art Pratt Foundation **Board of Directors Meeting** at the Copley YMCA
- Saturday, September 20- **District Peace Leadership Seminar** at USD
- Monday, September 22- **Got Talent Committee Meeting** at the Rotary District Office in Old Town starting at 5:30pm
- Saturday, September 27- **Project Mercy House Building** project in Tijuana
- Saturday, October 11 and Sunday October 12- **LEAD Conference** at Camp Cuyumaca
- Friday, October 24 to Sunday October 26- **District Conference at the Desert Princess Palm Springs Golf Resort.**
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- Saturday, November 22- **District Foundation Seminar** at UCSD from 8am to noon.
- Sunday, January 18- Saturday, January 24- **International Assembly** at the Manchester Hyatt
- Saturday, January 31- **Pre-Pets Meeting** from 8am to 3pm
- Friday, February 20 to Sunday February 23- **PETS at the LAX Marriott**