



Old Mission Rotary

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

September 23- 2014



Art Pratt Foundation Grant to the YWCA



The Art Pratt Foundation of Old Mission Rotary presented a grant of \$7500 to the San Diego YWCA, (L-R) YWCA Grant Specialist Steve Plunk, Art Pratt Board Members Darlene Bates, Bill Turnquist, Steve Nuñez, Bob Self, Larry Edwards, YWCA CEO Heather Finlay and Art Pratt Board President Stan Vogelsang.

The mission of the YWCA of San Diego County is to help women, children, and families break the cycle of domestic violence and homelessness, and achieve self-sufficiency. Through Becky's House, Passages and the Cortez Hill Family Center, the YWCA provides extensive services including safe housing, a 24-hour domestic violence hotline, counseling, legal assistance, employment support, financial literacy training, and supportive children's programs to more than 5,000 individuals each year. The YWCA is committed to helping families recover from

trauma, improve their economic status, find permanent housing and ultimately transform their lives. Funded by individuals, corporations, foundations, and government, the YWCA relies on financial support from the community to continue providing a safe and nurturing environment for women and families. The YWCA is fortunate to have a large contingent of volunteers, whose donations of time and energy are invaluable to our mission and programs. The Art Pratt Foundation grant of \$7500 will help update the computer systems at the YWCA.

Bob James is Back!



On Tuesday, September 23, we were delighted to see Bob James (L) back at Rotary. Bob scared us several weeks ago when he suffered a stroke and was hospitalized at Grossmont Sharp. Jim Green (R) is working hard to get our club management software operating at maximum efficiency.

**Wounded Warrior Dinner
Naval Hospital
Tuesday, September 30
4:30pm-6:30pm**



On Tuesday, September 23, Attorney Ward Heinrichs presented a very informative talk on labor law.

Peace Leadership Seminar



Angela Kahn reported on the Rotary District Peace Leadership Seminar on Saturday, September 20 at the Ronald McDonald House. Bob Chalfa (R) announced that the next 1000 Smiles trip to Ensenada will be over the weekend of November 7&8.

The District 5340 Pathways to Peace Committee conducted its annual Peace Leadership Seminar for Club Peace Chairs and for those who would be interested in Rotary programs focused on peace and peacemaking. This popular annual event is designed to stimulate district and club efforts to emphasize peaceful resolution of conflict.

Angela Kahn represented Old Mission Rotary at the event on Saturday, September 23.

Topics covered at the seminar included:

- Rotary World Understanding Month (February 2015) activities
 - Rotary Model United Nations (April 11-12, 2015)
 - District 5340 Peace Forum (February 21, 2015)
 - Pathways to Peace and Peacemaker Awards
 - Rotary World Peace Conference in 2016
 - Rotary Peace Scholarships
- Lydia Stewart is the chair of our club's Pathway's to peace Committee. Our club will be sponsoring high school students for the Model United Nations next spring.

The Medical Minute



Dr. Kevin Glynn reported on the treatment of elevated serum cholesterol in the elderly. The issue is complicated because studies of therapy for elevated blood lipids have not included subjects over the age of 75. Since their lifespans are shorter, it is more difficult to demonstrate benefit from cholesterol lowering drugs like statins in the elderly. In addition there is no evidence to support starting drugs to lower cholesterol in patients older than 75 who have no signs of cardiovascular disease. Plus, the elderly are more subject to side effects, and because they often take several medications, are more at risk for unexpected drug reactions than are younger patients. Therefore when starting statins and other drugs in elderly patients, physicians should prescribe low to moderate doses, e. g. atorvastatin (Lipitor) 10-20 mgm. daily.

New Driver's License



On September 23, Mark McAnelly brought his son Rylan to lunch to celebrate Rylan's successful DMV driving test! Like his dad, Rylan is a veteran of many 1000 Smiles weekends at the Ensenada Clinic.

Rotary Calendar

- Tuesday, September 30- **Wounded Warrior Dinner** at the Naval Hospital from 4:30pm to 6:30pm
- Saturday, October 11 and Sunday October 12- **LEAD Conference** at Camp Cuyumaca
- Friday, November 7 and Saturday, November 8- **1000 Smiles Clinic in Ensenada.**
- Friday, October 24 to Sunday October 26- **District Conference at the Desert Princess Palm Springs Golf Resort.**
- Friday, November 22- **District Foundation Seminar** at UCSD from 8am to noon.
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- Sunday, January 18- Saturday, January 24- **International Assembly** at the Manchester Hyatt

Program Schedule

- 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
- October 21- Steve Lewandowski with the Veteran's Research Alliance