



The Old Mission Bell of Old Mission Rotary



Meetings Every Tuesday at noon on Zoom
Post Pandemic at the Legacy Resort Hotel and Spa
oldmissionrotary.org

March 2021- Edition Two

Rotary International Foundation



Geoff Cochran is one of six Annual Giving Officers with The Rotary Foundation.

Geoff Cochran is one of six Annual Giving Officers for Rotary International and he represents the area of western North America that includes our club. Geoff joined us from Evanston Illinois to talk about the good work of the RI Foundation and how we as individual Rotarians and clubs can support its success.

The Rotary International Foundation (not to be confused with the Old Mission Rotary Foundation or Art Pratt Foundation) was founded more than 100 years ago. Since then, the foundation has spent more than \$4 billion on life-changing, sustainable projects.

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Art Pratt Foundation of old Mission Rotary Grant to Resounding Joy



Dr. Reuer is the founder and CEO of Resounding Joy. She is an internationally recognized and widely published expert in music-for-wellness and music therapy.

In 2004, Barbara Reuer began Resounding Joy with a team of volunteers offering music therapy as informed supportive experiences for socially-isolated seniors. Since then, they have expanded as requests for music therapy poured in from low-income communities. Over time, programs such as Healing Notes, Sound Minds, Semper Sound, Mindful Music, the Ariana Miller Music with Heart Fund and Community Connections have received generous support from the community.

Last year alone, they served over 4,000 individuals, most of whom live right here in San Diego

County. Most of Resounding Joy's clients suffer from depression, PTSD, a brain injury, Down's Syndrome, congenital heart disease, or a rare disease. The team of Board-Certified music therapists (MT-BC) strives to transform the health of San Diego County by using music as a therapeutic medium to effectively address physical, emotional, social, and cognitive goals. Music's unique ability to navigate damaged areas of the brain and transcend verbal communication makes it a powerful tool in the hands of a qualified professional.

At our Rotary Zoom Meeting on March 9th, Art Pratt Foundation President Eric Benink presented Dr. Reuer with a check for \$5107. The grant will be used for an ipad and for musical instruments to be used in their virtual online therapy sessions.

The trees that are slow to grow bear the best fruit.

-Moliere, playwright (1622-1673)

Program Calendar

Why not invite a friend to ZOOM with us?

- Tuesday, March 16th **Rotary District 5340 Sub-Regional 4-Way Test Speech Contest**

Rotary Foundation

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The mission of The Rotary Foundation of Rotary International is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

Rotarians can be proud of the RI Foundation as it has earned the highest marks from such charity watch dogs as Charity Navigator. The foundation is so efficient that for as little as 60 cents, a child can be protected from polio. \$50 can provide clean water to help fight waterborne illness and \$500 can launch an anti bullying campaign for children.

Our seven areas of focus are:

- Peace and conflict prevention/ resolution.
- Disease prevention and treatment.
- Water and sanitation.
- Maternal and child health.
- Basic education and literacy.
- Economic and community development.
- Supporting the Environment.

Stan Vogelsang is our club's Rotary Foundation Chair and he urges all members to contribute to the RI Foundation online with the Rotary Direct Program at my.rotary.org.

Here is a list of important RI Foundation terms:

- **Every Rotarian Every Year-** Donate at least \$100 per year with automatic withdrawal from checking or a credit card (\$10 per month).
- **Paul Harris Fellowship-** An award recognizing \$1000 in donations to the RI Foundation. Every additional \$1000 is recognized.
- **Paul Harris Society-** Commit to donating \$1000 per year.
- **Rotary Legacy-** Include the RI Foundation in your will or estate plan.

Best Wishes to Bea Halk



Our hearts and prayers go out to Bea Halk who has been diagnosed with breast cancer.

Bea has been a fun and vital member of Old Mission Rotary for many years after retiring from a distinguished 30 year career with the YMCA.

Bea is now an honorary member and we look forward to the day she recovers and can return to active membership again.

Rotary Calendar

- Friday, March 26th - Saturday, March 27th **Thousand Smiles Surgery only Clinic in Ensenada**
- Saturday-March 27th-Sunday March 28th- **District 5340 Model United Nations**
- Tuesday, March 30th- **Art Pratt Foundation ZOOM Board of Directors Meeting**
- Saturday, April 10th- **District Training Assembly**
- Thursday, April 15th-Sunday, April 18th- **RYLA**
- Saturday, April 24th- **Project Mercy Home Building in Chula Vista**
- Friday, April 16th-Sunday, April 17th- **District Conference**

Corona Conversation



The Corona Conversation with Don Krupp is a weekly feature now included in our Old Mission Rotary ZOOM Meetings.

Public health experts are raising the alarm that good news on the numbers front is no reason for complacency about wearing masks!

It remains essential that we continue to personally choose to mask up and respect social distancing protocols.

The CDC has issued new guidance regarding face masks that recommend masks with two or more layers of washable, tightly woven, but breathable fabric that completely covers your nose and mouth. It should fit snugly against the sides of your face without gaps and have a nose wire to prevent air from leaking out of the top of the mask. It is not recommended that you use masks intended for healthcare workers, including N95 respirators. Gaiters are only useful if they have two layers of fabric and fit tightly. The effectiveness of plexiglass face shields is unknown and questionable.

Double-masking can reduce exposure to viral particles by more than 95%. This is especially useful to know if you are getting personal services such as a haircut or working out in a gym.

So, be smart, safe and considerate and mask up!