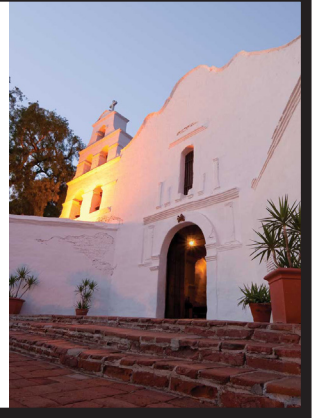




The Old Mission Bell of Old Mission Rotary

Meetings Every Tuesday at noon
at the Legacy Resort Hotel and Spa
oldmissionrotary.org

April 2022- Edition One



Veterans Center of Recovery Education



Caitriona Tilden, Ph.D. discussed Mental Health and Suicide Prevention at our April 5th meeting. Caitriona Tilden, Ph.D., is a Clinical Psychology Fellow at the San Diego VA/UCSD Consortium. Her job and passion is serving veterans at the San Diego VA Center of Recovery Education. She provides evidence-based, recovery-oriented care to Veterans with serious mental health concerns, specifically those who are experiencing psychosis. Cait discussed differences between depression, bipolar behavior and schizophrenia. These conditions are often amplified by PTSD and by alcohol and drug use. Chances are, we all know someone who has struggled with mental health challenges and suicide. At our luncheon meeting on Tuesday, April 5th we learned about these challenges and where to find resources for help.

Promoting Old Mission Rotary



(L-R) Don Krupp, Steve Nuñez, Stan Vogelsang and Bob Chalfa promoted membership in Old Mission Rotary at the San Diego Regional Chamber of Commerce Business After Five Mixer atop the University Club on April 4th.



Mark McAnelly and Tara Simpson stopped by Rotary on April 5th. Mark retired from his landscaping business and sold his house in Ramona. He has moved to Playa Tijuana and participates in various charitable works south of the border.

Program Calendar

Why not invite a friend to an Old Mission Rotary meeting?

- Tuesday, April 12th- **Preventing Suicide**

Farewell Kristine Reese



Dr. Kristine Reese was a member of Old Mission Rotary for many years. The photo was taken when she served as club host in April 2018.

On Saturday, April 2nd. Matt Risi, Tom Sandler, Stan Vogelsang and Bob Chalfa attended a Celebration of Life for past member Dr. Kristine Reese. An overflow crowd attended the ceremony which included many heartfelt testimonials and beautiful music. She loved life and people. Kristine was fun, passionate and dedicated her life to helping others. She was truly loved by her family, friends and patients.

"The life of the dead is placed in the memory of the living."

-Marcus Tullius Cicero was a Roman statesman, lawyer, scholar, philosopher and academic skeptic,

Rotary Calendar

- Monday, April 18th at 5:30pm **So You Think You've Got Talent San Diego**. Committee Meeting at the Boys and Girls Club or on ZOOM.
- Tuesday, April 19th- **Rotary Night at the Padres vs. Reds**
- Tuesday, April 19th **Board of Directors Meeting** immediately following the regular meeting.
- Tuesday, April 26th from 11:30am to 1:30pm **STAR/PAL Appreciation Lunch** at the STAR/PAL office at 4110 54th Street.
- Tuesday, April 26th at 6pm- **April Evening Social** at the San Diego Mission Bay Resort.
- Friday, May 6th- Saturday, May 7th- **Thousand Smiles Spring Clinic** in Ensenada
- Saturday, May 14th **So You Think You've Got Talent San Diego**. at Francis Parker School.

Club Host- March 29th



Brian Dempsey served as club host on March 29th. We learned that Brian is a Peacock (An alumni of St. Peter's University in Jersey City) St Peter's was the Cinderella story of this year's NCAA Championship Tournament.

Brian also reminisced that it was 50 years ago when he sailed to Vietnam on USS Saratoga and into combat over the skies of Hanoi as a young naval aviator.

VOLUNTEER APPRECIATION LUNCH



★ JOIN US FOR LUNCH WITH A LOCAL TACO TRUCK AND VOLUNTEERS OF THE YEAR AWARD PRESENTATION! ★

TUESDAY, APRIL 26TH | 11:30AM - 1:30PM
 STAR/PAL OFFICE | 4110 54TH ST | SAN DIEGO, CA

RSVP TO MAYRA AT MNUNEZ@STARPAL.ORG



Thank you to our AMAZING volunteers for making sure STAR/PAL continues to be a reliable resource for our youth and community!

STAR/PAL Volunteer Luncheon

STAR/PAL is a nonprofit organization located at Colinas Park in City Heights that is dedicated to bringing youth and law enforcement together. Their programs are led by officers of the San Diego Police Department and are free of charge to youth throughout San Diego. Old Mission Rotary has participated in several of their events in the past year. Charlotte Cofield is our club's Community Service Chair and established our club's relationship with STAR/PAL as a way to promote peace and understanding in the community between residents and police.

STAR/PAL has invited club members to attend their Volunteer Lunch on Tuesday, April 26th starting at 11:30am.

There will be a taco truck and an awards presentation at the STAR/PAL offices at 4110 54th Street on the eastern edge of Colina del sol Park. Even though the event will take place on a Tuesday, our club will be dark for lunch as we are having our April Evening Social.

Please RSVP:
mnunez@starpal.org.

He who would travel happily must travel light.
 -Antoine de Saint-Exupery, author and aviator (1900-1944)