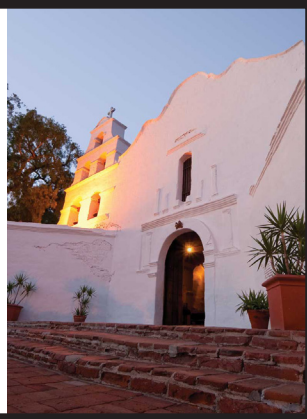


Old Mission Rotary

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



May 23, 2017

Pacific Beach Rotaract



Erika Rodriguez (L) and Jessie Case presented a program on Pacific Beach Rotaract. Erika is the president of PB Rotaract and Jessie is president-elect.

Rotaract is a global community of young adults taking action towards positive change in their community and abroad.

Chartered in April of 2016, Pacific Beach Rotaract is a community-based Rotaract Club for young professionals in San Diego. Their goal is to create a welcoming environment where young professionals can have fun while giving back to their community. Members can then grow professionally in the process. The club has ten active members and meets on the first Tuesday of every month at 7pm at the Discover Pacific Beach office. (Garnet at Haines)

Last year, PB Rotaract raised and donated \$1100. They collectively

volunteered 278 hours, hosted 16 social events and participated in 26 service events. They are particularly proud that they have collected 895 cigarette butts from Crystal Pier Beach in partnership with "I Love a Clean San Diego."

One unique and fun event was a fund raiser Pub Crawl for Polio in Pacific Beach. They have also built homes in Tijuana with the Corazon de Vida Foundation. Members also work with "Dreams for Change" to help the homeless. One project is to create safe parking lots for the homeless who sleep in their cars. President Erika is from the Santa Ynez Valley. Her Rotary life began with RYLA in high school and continued with Rotaract at the University of San Diego. She also studied abroad in Sydney and participated in Rotaract there.

Jessie Case participated in Interact at Grossmont High School and joined Rotaract at UC Santa Cruz. Members of Old Mission Rotary are asked to volunteer to mentor at PB Rotaract. This is a wonderful opportunity to support this fun and dynamic group of young people!

Celebration of Life Donna Larranaga

*Friday, June 2 at 2:00 pm.at
the Soledad Club at 5050
Soledad Road in Pacific Beach
(near Kate Sessions Park).*

Liberty Charter School



Debbie Beyer is the CEO of Liberty Charter School in East County/ She made the case that education is a business.

On May 16th, Debbie Beyer, presented a program on the Literacy First Charter School system in East County.

The Literacy First Charter Schools serve students in kindergarten through eight grade. Their mission is to help children become literate, life-long learners and responsible citizens. Their teachers are credentialed professionals with years of experience.

The Charter School system is the result of federal legislation in 1992, the government provides for the development of "charter schools" that operate outside of the

Liberty Continued side two

Club Host



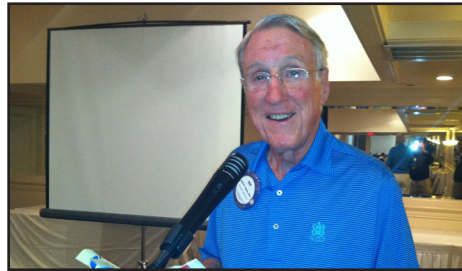
Mike Rogers served as club host on May 16th.

Mike Rogers is the grand old man of Old Mission Rotary! Mike is a San Diego native and graduated from Hoover High School in 1956. He joined Old Mission Rotary in 1962 at the age of 21. His boss at San Diego State University insisted that he join a service club and told Mike "When you're young you volunteer and work. When you are old you write checks!"

Mike worked at San Diego State advising graduates on career opportunities. His first big job was as HR Director at the fledgling Food-maker Company just as their chain of Jack In the Box restaurants were rapidly expanding. As HR Director he admits that he hired all his friends! Mike fondly remembers the first Jack in the Box commercial where a hook and ladder fire truck goes through the drive through on the way to a fire! Mike jumped headfirst into the restaurant business in 1967 with the Jolly Ox. Mike and a partner, Bob Payne, soon opened other restaurants including Tortilla Flats that Mike admits had the worst Mexican food in San Diego! They built their Continental Restaurant Systems group with dinner houses in San Diego like the Old Ox, the Boat House, Hungry Hunter, the Stag and Hound. They sold their company in the 1970s to Ralston Purina and then got into the ho-

tel business and into Real Estate Management. Mike and Bob are still business partners and are even neighbors in South Mission Beach! Mike and his wife Sheryl love to travel and have been to Europe and Africa many times. Mike is an avid hunter. They will be taking family on a trip to Kenya this fall. Mike's mother is in great health and celebrating her 101st birthday!

The Medical Minute



Dr. Kevin Glynn regularly reports on the latest news in medicine.

The May 9th British Medical Journal reported that several widely popular anti-inflammatory medicines, including ibuprofen, (Advil and Motrin) naproxen, (Aleve) diclofenac, (Voltaren) and celecoxib (Celebrex) are associated with an increased risk of heart attack. These drugs inhibit an enzyme nicknamed Cox-2 that promotes inflammation, but also reduces the tendency for blood clots to form. Thus block the enzyme and blood clots more easily. Researchers reviewed 446,763 patients taking these drugs, 62,460 of whom had heart attacks during the study period. The increased risk was significant, an extra 20 to 50 percent, and was worse with larger doses taken for longer periods of time.

The message is, these are great drugs for musculo-skeletal soreness, but take the least amount that works for the shortest time possible. Like everything in medicine, no benefit comes without risk.

Liberty Charter Continued

traditional "public school" education code. California has hundreds of charter schools throughout the state. Charter schools generally have a particular "focus" area. Each school is guided by its particular "charter" which outlines the specific manner in which the mission of the school will be implemented.

Charter schools are public schools, and funded through the use of state and federal funds, just as the "traditional" public school. Charter schools are free and often select students by lottery. They are a unique blend of business and education and our speaker, Debbie Beyer, is a CEO of the school.

Coincidentally, Old Mission Rotarian Miles Durfee is the Managing Regional Director of the California Charter Schools Association.

Rotary Calendar

- Friday June 2nd at 2pm- **Celebration of Life for Donna Larranaga** at the Soledad Club at 5050 Soledad Road.
- Saturday, June 10th-14th **Rotary International Convention** in Atlanta
- Tuesday June 13th **Old Mission Rotary Board of Directors Meeting** after our Rotary Meeting
- Saturday June 17th at 5pm **Demotion Dinner** at the Hosenkamp home in Tierrasanta.

Club Program for May 30th

Tom Sandler will introduce our Old Mission Rotary 2017 RYLA Students