



# Old Mission Rotary

Meets Every Tuesday at noon at the  
Best Western Seven Seas Hotel  
Hotel Circle South  
[oldmissionrotary.org](http://oldmissionrotary.org)

June 16, 2015



## A Gift of a Van to UABC



*Old Mission Rotary presents the keys to a van to the Universidad de Autonoma de Baja California (UABC) in Tijuana. Dr. Miguel Fraga of UABC (Far Right) and representatives from UABC with Old Mission Rotarians Stan Vogelsang, Bob James, Niles Sharif, and La Jolla Sunrise Rotarian and Thousand Smiles President Dave Irwin.*

The San Diego Old Mission Rotary Club has donated a one-ton enclosed van to the Universidad de Autonoma de Baja California (UABC) medical school in Tijuana, Mexico. The van will be used to transport lab equipment and medicine to local area clinics as far away as San Quentin, some 200 miles south of the border. Old Mission Rotary participates with UABC, San Diego State University School of Public Health and UCSD Medical School in the VIIDAI project. The VIIDAI Project takes over 100 medical and public health students to treat the indigenous people of the Lomas de San Ramon Colonia on the Pacific coast of Baja California. Old Mission Rotary provides direct support to the Salvador Díaz Mirón school which serves as the center of the farm worker community. Old Mission Rotary has built out a full kitchen, computer lab and library for the school. This year, Old Mission Rotary painted the entire school inside and out and constructed a concrete pad with a steel roof covering for a shaded dining and events space. Old Mission has even organized baking classes for women who have never used an oven before. The Colonia has been in the news lately as farm workers who pick tomatoes and strawberries have been striking for a modest living wage from 80c to \$1 per hour. What is really exciting is the synergy created by members of Old Mission Rotary to link the independent efforts of the Universidad de Autonoma de Baja California (UABC), Thousand Smiles and Frances Kitchen to share resources and coordinate their efforts.

## Back from Brazil !



*President-Elect Jerry Hosenkamp and his wife Jean have returned from Rotary International Convention in São Paulo Brazil.*

On June 16th, President-Elect Jerry talked about his experience at the RI Convention in São Paulo Brazil. Jerry and his wife Jean also took the opportunity to visit Rio de Janeiro and fulfill a life long dream of seeing the massive Iguazu Falls. As president, Jerry intends to find ways to assist our Wounded Warriors who live in the area. He is particularly concerned about the veteran suicide problem.





*Our Pledge of Allegiance with host Eric Benink with his eight year old daughter Peyton on June 16th.*

Our club hosts for June 16th were Erik and eight year old Peyton Benink! Eric's grandfather, Johannes, was Dutch and escaped from a Nazi labor camp. Johannes served in the Dutch army in Indonesia and married Eric's Chinese grandmother. In 1962, the couple immigrated to Chicago. Eric noted that he was born when his dad was 20 and his mother was 18. Eric was admitted to the California bar in 1997. He received a Juris Doctor and Master of Business Administration degree from the University of San Diego in 1996. Eric began working in the Enforcement Division of the Department of Corporations, California's securities, commodities, franchise, and finance and mortgage lender regulator and is now a partner at Krause Kalfayan Benink & Slavens, LLP. Eric and his wife Rosanna are active in the very busy lives of their daughters Peyton (eight) and Zoe (thirteen).

**Rotary Programs**

- June 23- **Climate Change** David W. Pierce
- June 30- **Women Wonder Writers!** Debra Postil

## Medical Minute



The Journal of the American Medical Association (JAMA) this week contained a report from the Institute of Medicine on cognitive aging. The brain ages, just like other parts of the body. The process is gradual and lifelong. It is not a disease and does not herald dementia. It merely indicates slowing of certain functions. It does, however, have major public health consequences. For example, elderly people lose an estimated \$2.9 billion each year on financial frauds. Studies suggest individuals can promote their cognitive health: physical activity, managing high blood pressure, diabetes, and cardiovascular risk factors help, as does avoiding tobacco. Elders should be aware of medications that influence brain function. Social and intellectual activity, seeking ways to learn, and getting adequate sleep are also likely helpful for prolonging good cognition. Elders should be careful about activities for brain stimulation marketed to the public. Many are yet unproven. As science comes to understand more about the biology of aging, we can expect further advances. Elderly patients are concerned and families, friends, and physicians need to recognize this in order to help them.

## Urban Angels



*Jeffrey Willman of Urban Angels (R) with president Matt. Jeffrey spoke to the club on June 9th.*

Urban Angels is a 501(c)3 Nonprofit Organization formed to nourish and provide food for the homeless of San Diego.

From cooking to serving to cleaning, Urban Angels runs the entire kitchen at Connections Housing, a state of the art service center and residential community designed to reduce street homelessness. The provide food services to Connections residents 7 days a week, every day of the year. Jeffrey Willman was inspired to found Urban Angels after getting to know the local homeless people living on the streets by his Gaslamp residence.

*Those who will not reason, are bigots, those who cannot, are fools, and those who dare not, are slaves. -Lord Byron, poet (22 Jan 1788-1824)*

**Rotary Calendar**

- Monday, June 22- **District Governor's Dinner** at the La Jolla Marriott
- Thursday, June 25 at 7:30am- **Art Pratt Board Meeting** at the Copley-Price YMCA
- Saturday June 27- **Demotion Dinner** at Casa Castro