



Old Mission Rotary

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

June 30 and July 7, 2015



Art Pratt Foundation Grant A Reason to Survive



On July 14th, the Art Pratt Foundation of Old Mission Rotary presented a grant for \$7950 to A Reason to Survive. This non profit uses art programs to assist troubled youth. (L-R) Art Pratt Treasurer Bill Turnquist, Art Pratt President Stan Vogelsang, the Director of Development for A Reason to Survive Wendy Endsley, Bill Edwards, Bob James, Bob Self, Matt Risi and Old Mission Rotary President Jerry Hosenkamp. The funds will be used for a computer lab.

Francis Parker Interact Gala Support

Old Mission Rotary greatly appreciates the efforts of the members of the Francis Parker Interact Club who helped so much with the talent gala fund raiser in May! The students were instrumental in selling raffle tickets, assisting with pledge cards and above all in baking and serving amazing brownies for our dessert at intermission!



L-R) Old Mission Youth Chair Darlene Bates, Francis Parker Interact Advisor Victoria Helm, Isabella Cady, Briana Sanchez, Megan Tankersley, Kathryn Valverde and Haley Gale. Not pictured but worked the night of the gala were Larsen Hayes and Ashna Aggarwal.

Welcome Marvin Eugene Love



Marvin Love (C) was inducted into Old Mission Rotary on July 14th. Club Executive Secretary Stan Vogelsang (R) and Rotary District 5340 Membership Chairman conducted the ceremony. Marvin's classification is Law Enforcement-Retired.



Bill Turnquist receives a Light Up Rotary pin for his service to the Art Pratt Foundation of Old Mission Rotary. Bill serves as the treasurer where he shepherds over the corpus and advises the board on the strategic distribution of funds. Last year the foundation distributed \$180,000 in grants.



Bea Halk served as club host on July 14th.



New club member Marvin Eugene Love (C) and his wife Diane with Club Executive Secretary Stan Vogelsang. Marvin and Diane have been married two years and both enjoy volunteering now that they have some free time in retirement.

Frank Dungan has been proposed for membership in Old Mission Rotary

Rotary Programs

- July 21- **Western Service Workers Association** with Brandon McDonald
- July 28- **An Alternative to SDG&E** with Bill Powers
Alternative to SDGE with Brandon McDonald
- August 4- **Kids and Music Learning** with Dr Bill Bailey
- August 25- **District Governor Visit** with DG Janice Kurth

Home Start



Linda Mustari is the CEO of Home Start and presented a program on July 14th.

The Home Start motto is “Strengthening Families. Protecting Children.” CEO Linda Mustari discussed the many services that Home Start provides for parents and children. Home Start works tirelessly to help families identify and use their strengths to build a better future for themselves. They are committed to a community based on a collaborative effort to reach children and families and prevent child abuse and neglect. They offer health care counseling and mental health services. They operate a Maternity Shelter Program and help with family finances and job searches.

Rotary Calendar

- Saturday, August 1 from 8am to noon **Membership Rally - The New Focus** at the Joan B. Kroc Institute for Peace and Justice USD
- Tuesday, August 4- District Council - “New Year Party” at the Cordiano Winery from 5:30-8:30pm
- Friday-Saturday, August 7-8- Thousand Smiles Clinic Ensenada Mexico

The Medical Minute



Dr. Kevin Glynn

The Journal of the American Medical Association (JAMA) recently reported on a study of vegetarian diet patterns and colon/rectal cancer. The subjects were 77,000 Adventists. Some were total vegans, others ate dairy products, fish, or occasional meat. The study lasted twelve years, and the mean time of follow-up was seven years. 490 people developed colorectal cancer. The incidence in non-meat eaters was twenty percent lower than in meat eaters. Pescovegetarians, those who eat fish, did the best, with a forty percent reduction in cancer incidence during the time of observation.

Another study reported mortality rates in people who eat nuts (mostly peanuts) regularly. Two cohorts, one from the southeastern U. S., and another from China, 206,000 people, were followed for five years. Nut-eaters died twenty percent less, mostly from fewer heart attacks.

So, thumbs up for fruits, vegetables, nuts, and fish.!

*There is nothing worse than a sharp image of a fuzzy concept.
-Ansel Adams, photographer
(20 Feb 1902-1984)*

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