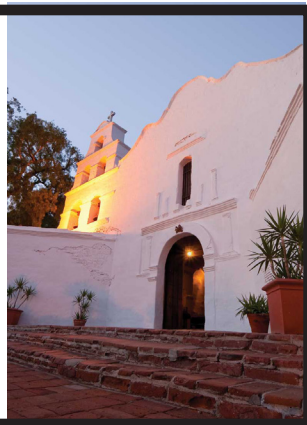




Old Mission Rotary

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

August 8 and 15, 2017



Too Cool for Old Mission Rotary? Happy Hour at the Air Conditioned Lounge



*Happy Hour at the Air Conditioned Lounge on Thursday, August 17th!
Members of Old Mission Rotary, Pacific Beach Rotaract and City Heights
Rotaract enjoy fellowship in 50's retro style!*



*A retro 50's Happy Hour at the
Air Conditioned Lounge in North
Park! (L-R) Erika Rodriguez of
Pacific Beach Rotaract, District
Governor Scott Carr and Belgica
Crespo of City Heights Rotaract.*

Photo at Right:

*Old Mission Rotary celebrated a
Happy Hour at the very hip Air
Conditioned Lounge in North
Park! Our hosts were the owners
Old Mission Rotarian Gary John
Collins and his wife Kimberly.*



*Michelle Dubbs has been pro-
posed for membership with the
classification of Website Editor.
(L-R) Judy Copeland, President
Bob James Jr. and proposed new
member Michelle Dubbs.*



Patches of History



*Dr. Allan Patch DMD spoke to Old
Mission Rotary on August 8th about
his love of history.*

Allan Patch credits his passion for history with his upbringing in a family of nine children near Plymouth, Massachusetts. Allan was always interested in both science and the arts and became a dentist. In 1982 he joined the U.S. Navy and would retired in the reserves with the rank of Captain, He notes that history has much to teach us. He is enthralled by the Greek and Roman periods and has even written two novels: *Passage at Delphi* and *Delphi's Children* as part of a series with two college classic professors as the main characters.

One theme throughout history is the eventual downfall of the arrogant and conceited. The Greeks called this "hubris" and Allan warned us to beware of this trait in ourselves and in our leaders.

Club Hosts



Bob Chalfa served as club host on August 15th. Bob has recently been appointed as the club's Fine Master and is awaiting pledges for annual fines from the membership.

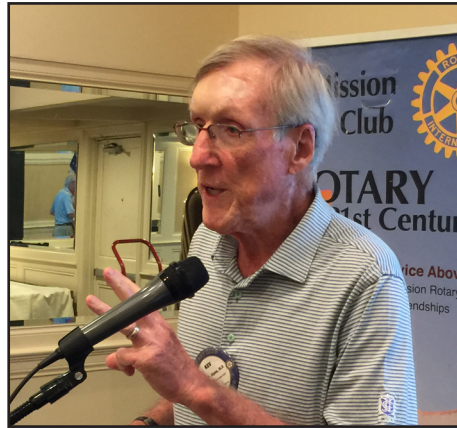


Drew Armbruster served as club host on Wednesday, August 8th. Drew is the club's Vocational Service Chairman and serves as assistant Sergeant-at-Arms.

Drew and his ten year old daughter are very involved with the 4-H Club of Home Avenue in mid-city. 4-H provides experiences where young people learn by doing. Kids complete hands-on projects in areas like health, science, agriculture and citizenship, in a positive environment where they receive guidance from adult mentors through in-school and after-school programs, and community clubs.

Drew presented three wonderful wines for raffle prizes that he admits was taken from his wife's wine cooler without her permission! This may be a severe test of their 32 year long marriage!

The Medical Minute



*Dr. Kevin Glynn regularly reports on the latest news in medicine. Kevin is the author of the book **Gasping for Air** that explores the relationship between our respiratory system and our health.*

Dr. Kevin Glynn reported on an editorial in a recent Journal of the American Medical Society. The article is about the current best approach to managing cholesterol. First, look mainly at risk of cardiovascular disease rather than results of blood tests. Address smoking, hypertension, diabetes, excess weight, and lack of exercise first. We're stuck with age and family history, but they are risk factors. Once these risks are managed, then medications help. Begin with a statin (Zocor, Lipitor, Crestor, etc.) as first line agents, adding ezetimide (Zetia or Vytorin) as the second tier. The third tier drug is evolocumab (Repatha). These have been shown in good studies to reduce the chances of a coronary event in those at risk, and lower the likelihood of more trouble in people who have already had angina or a heart attack.

O, what a tangled web we weave, / When first we practise to deceive!

-Walter Scott, novelist and poet (15 Aug 1771-1832)



On August 8th, Steve Nuñez received his third Paul Harris Fellowship award. The pin for a third award has a portrait of Paul Harris as well as two blue sapphires.

The Paul Harris Fellowship was established in 1957 in honor of Paul Harris who founded Rotary in 1905. For a contribution US \$1,000, each fellowship funds the humanitarian and educational programs of the Rotary International Foundation. These programs include an array of projects that save and invigorate the lives of people around the world.

Rotary Calendar

- Tuesday August 22nd **District Governor Scott Carr-** The Board of Directors will assemble at 11:30am to meet with the District Governor.

- **Wednesday, September 6th District 5340 Padre Baseball Game** at 7:10pm at PETCO Park against the St. Louis Cardinals.

- Tuesday September 12th **Old Mission Rotary Board of Directors Meeting** after our Rotary Meeting

- Saturday September 16th **Dinner at Alfanzo's** starting at 6pm at 437 South Highway 101 in Solana Beach.