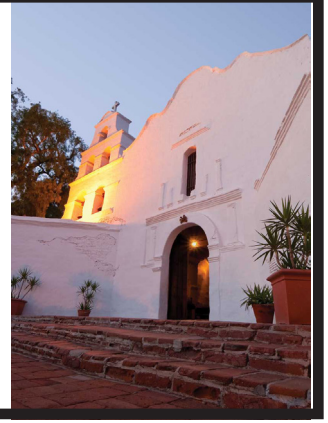




The Old Mission Bell of Old Mission Rotary

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

August 2023- Edition One



A Novel of Hope and Healing



Suzy Ryan is an author, educator, Ironman athlete and a self published author.

Our club program on Tuesday, July 25th was presented by a very intense and passionate Suzy Ryan. After twenty-plus years of teaching bright-eyed, enthusiastic pupils and tired-eyed, apathetic ones, Suzy Ryan realized each and every student had a story to tell.

Her debut novel, *Saving Summer*, was born out of a desire to offer a bridge of hope for students, encouraging them to see themselves as victors rather than victims. The book, *Saving Summer*, is autobiographical. The protagonist is a young girl named Summer who is abused by both her mother and step father. The step father kicks the young girl out of the house and on to the street when she is only 16 years old. This event actually happened

Suzy Ryan

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An Unsung Hero of Old Mission Rotary



We are so grateful to Donna Mayment for her dedicated service to Old Mission Rotary. Among other administrative tasks, Donna coordinates our weekly luncheons with the Legacy Resort.

Donna and her husband Jack just celebrated their 59th anniversary!

Chamber of Commerce Snapdragon Stadium



President Stan Vogelsang represented Old Mission Rotary at the San Diego Chamber of Commerce event at Snapdragon Stadium on Thursday, July 20th.

Our Rotary Club is a member of the chamber and invests in a table to promote Rotary membership at Chamber events.

STAR/PAL Back to School Event

FREE back to School GIVEAWAY

SERVING THE COMMUNITY SINCE 1958

STAR/PAL

Saturday August 19th, 2023
10 AM - 1 PM
5249 52nd Place
San Diego, CA 92105

FREE Resources
Free Backpack & School Supplies
Eye Mobile Clinic
Youth Activities

Registration is required in order to receive a backpack!

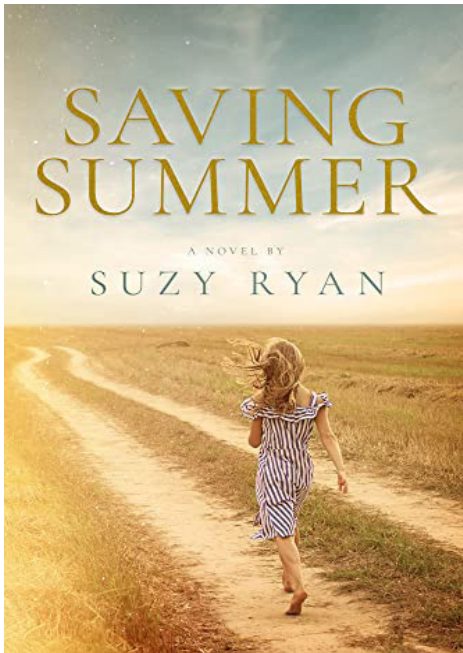
Contact Mayra Nunez at mnunez@starpal.org for backpack registration.

Logos: Eyemobile, L.A. MAESTRA CREDIT UNION, LA MAESTRA COMMUNITY HEALTH CENTERS

Old Mission Rotary is proud to support the STAR/PAL Program that connects at risk youth with San Diego law enforcement. The next opportunity for Rotarians to participate is with a Back to School event on Saturday morning, August 19th. All members, family and friends of Old Mission Rotary are encouraged to attend to help out with the distribution of school supplies. Our club Community Service Chair, Charlotte Cofield, is coordinating our participation.

Keep it simple. The more you say, the less people remember.
-Fortune Cookie from Hop Kee Restaurant in New York City Chinatown.

Suzy Ryan
Continued from Page One



to Suzy and left her homeless with nowhere to go. As with Suzy's real life experience, Summer overcomes the narcissistic adults in her life by relying on a variety of characters to survive her upbringing in the 1960s, 70s, and 80s.

Judi Copeland remarked that the cover of the Saving Summer book is striking and beautiful. The author then explained how she self published her book so she could control every aspect including the cover art. Suzy has always been an athlete and credits her excellent physical conditioning with helping her survive SCADS (Spontaneous Coronary Artery Dissection) which is an emergency condition that occurs when a tear forms in a blood vessel in the heart.

Suzy's book, Saving Summer, is available on Amazon.com.

District Governor Don Fipps will be visiting next Tuesday, August 8th. Club members are asked to make every effort to attend and to arrive no later than 12:15pm

The Waves Project



(L-R) Founder Steve Rubin presented a program on The WAVES-Project. Bob Chalfa served as club president while Stan Vogelsang was on vacation. Lisa Locke is a Rotarian who works with WAVES.

The WAVES Project was established to help wounded veterans experience the freedom and challenge of scuba diving. The unique properties of the aquatic environment enhances interventions that are ideal for combat wounded veterans as they rehabilitate from various injuries received in combat such as amputations, spinal cord injuries, PTSD, Traumatic Brain Injuries, along with a host of other injuries received in battle. Scuba diving takes the advantages of the properties of water, including weightless and limited audio input, allowing Combat wounded veteran's to exercise in a therapeutic environment.

WAVES Founder, Steve Rubin, stated that since the organization started in 2012 there have been:

- 2165 Diving Certifications
- 276 Professional Certifications
- 9435 Diving Events
- 89 Boat Charters

WAVES also works closely with seven national parks where veterans help with mapping of underwater dive sites and clean up.

WAVES has a very close relationship with the Rotary Club of Temecula. Past Temecula Rotary President Lisa Locke explained how her club fund raises for WAVES. Members of Old Mission Rotary were very impressed by this unique amazing program!

Rotary Calendar

- Friday-Saturday on August 4th and 5th- **Thousand Smiles Clinic** Ensenada Baja.
- Tuesday, August 8th- **District Governor Don Fipps Visit.**
- Tuesday, August 15th **Board of Directors Meeting** immediately following the regular meeting.
- Saturday, August 19th at 10am- **STAR/PAL Back to School Event** 5249 52nd Place
- Saturday, August 19th at 10am- **San Diego Festival of Books** at the University of San Diego. Contact Rotarian Jessie Case to volunteer: info@handsonsandiego.org

A Club Host Who had never been to Yosemite!



Gary John Collins served as club host on August 1st. Gary, Kimberly and their nine year old son recently returned from a ten day California RV driving vacation. Highlights included hiking and sleeping in an unheated tent in Yosemite, a ocean front stay at Moss Beach by Monterey, riding horses in Santa Barbara, staying in a boulder rock themed room at the Madonna Inn in San Luis Obispo and relaxing pool side in sizzling Palm Desert.