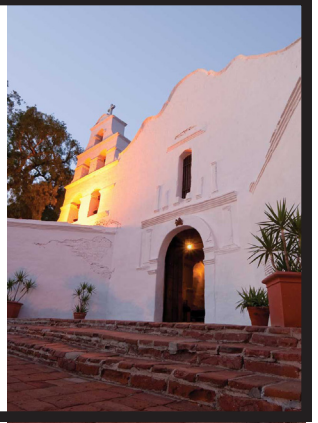




Old Mission Rotary

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



August 25, 2015

District Governor Visit



District Governor Janice Kurth spoke from the heart to Old Mission Rotary on August 25th.

Our District Governor Janice Kurth visited our Club on Tuesday, August 25th. She met with our Board of Directors before the regular meeting and was briefed on the state of Old Mission Rotary. District Governor Janice Kurth joined Rotary 11 years ago after receiving a letter from a neighbor inviting her to a meeting. At her very first Rotary meeting she was hooked! Janice was particularly inspired by Rotary's work to eradicate polio worldwide. One of her first challenges in Rotary was to mentor children and after an initial failure she bonded with a ten year old girl who she still in touch with a decade later. This girl is now studying dentistry. Janice realized the true international power of Rotary as a GSE (Group Study

Old Mission Rotary \$1500 Donation to Polio Plus



Old Mission Rotary was proud to present a check for \$1500 to the Rotary International Foundation Polio Plus Campaign. District Governor, Janice Kurth, who is passionate about Polio eradication, accepted the funds.

Exchange) team leader in East Africa. Janice noted that Rotary makes the whole world our home and the Rotarians everywhere our family. Janice recognized Jackie Carpenter for her duties as club and OMR Foundation Treasurer, Tom Sandler was thanked for his work in RYLA and Hugh Kramer for the Wounded Warrior program. Janice also proclaimed our waitress Donna as an honorary Old Mission Rotarian. Janice asked us to consider donating to the Millions for Hope Initiative. This year Rotarians in the District 5340 are working to raise \$15 million in support for the Rotary Foundation. RI President Ravi Ravindran will be the keynote speaker at the Millions for Hope Foundation Gala on October 17, 2015. at the Del Mar Racetrack.

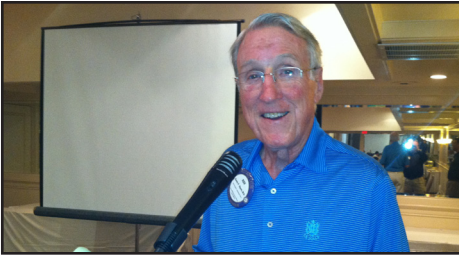
Angela We Hardly Knew Ye



Angela Kahn served as club host on August 25th and delivered the sad news that she will be moving to New York on November 1st to be with her fiancé. Angela has made a huge impact on Old Mission Rotary and we will not know what to do without her!

Angela also showed the club a brief video clip by comedian Jamie Oliver that alerted us about food waste in the US. Americans throw out about 40% of their groceries!

The Medical Minute



Dr. Kevin Glynn finished his career as the Medical Director of Respiratory Care at Mercy Hospital.

JAMA this week contained one article and two editorials about e-cigarettes. They point out this is a growing market, expected to reach \$10 billion by 2017. The World Health Organization has called for restrictions on advertisements for e-nicotine devices, especially those targeting young people. Supporters of e-nicotine devices claim they help in smoking cessation, but the evidence does not suggest they are superior to nicotine patches and gum. In addition, manufacturers aim to entice young people by flavoring nicotine cartridges with candy, fruit, and cola. Furthermore, the propellants in e-cigarettes generate compounds that degrade to formaldehyde, a potential carcinogen, when aerosolized. Finally, nicotine in any form is extremely addictive. Tobacco manufacturers are switching to e-cigarettes as conventional cigarettes decline in sales, and are lobbying to promote the products globally. China alone has 300 million smokers.

E-cigarettes may have a role in the future for smoking cessation, but evidence is scanty and potential harms are great.

Rotary Programs

- September 1- **Crowdfunding** with Matt Brennan

Old Mission and Mission Valley Sunset Social at 57 Degrees

Once you found it, 57 Degrees Wine Bar was a wonderful venue for our August 26th joint social with the Mission Valley Sunset Club. The warehouse building was located in a maze like industrial zone by the airport.

The word got out on our Happy Hour social and we welcomed members from the Kearny Mesa and Coronado Binacional Rotary Clubs as well as District Governor Janice Kurth. A highlight was a visiting Belgian Rotarian couple who were in San Diego on holiday. Rotarians enjoyed wine and craft beers in a swanky hip environment. The evening was informal and Rotarians split up into small groups to chat and mingle. We all had fun and need to do another joint event soon!



(L-R) Michael and Suzie Ditmars of the Kearny Mesa Rotary Club, Mark Lagace of the San Diego Rescue Mission and Stan Vogelsang.



(L-R) Christopher Kilrain, Robert James, Matteo Risi, Stan Vogelsang and Old Mission Rotary President Gerald Hosenkamp.



Belgian Rotarians Severina Shopova (L) and Pieter De Beus are members of the Rotary Club of Sint-Pieters-Leeuw in Rotary District 2170. The couple first met at a Rotary meeting in Brussels and were soon married. They were on holiday in California and discovered the August 26th Mission Valley Sunset and Old Mission Rotary Social at 57 Degrees Wine Bar online. Marianne Bernaldo (C) is the President of the Mission Valley Sunset Club.



District Governor Janice Kurth (L) with Lynda Wood who is the President of the Coronado Binacional Rotary Club.

What? Me Worry?



Brian Dempsey tried his best to summarize a historic and chaotic week in the stock market!