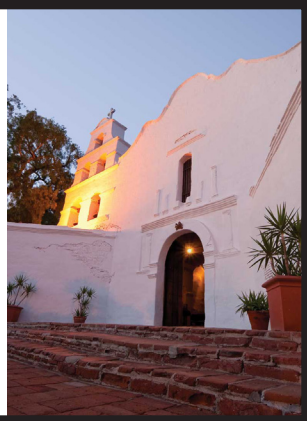




Old Mission Rotary

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

September 29 and October 6, 2015



Project Mercy



Gary Stemple (yellow shirt) led the Old Mission Rotary team at Project Mercy in Tijuana on Saturday, October 3rd.



Bernadette Castro working on one of the three houses that Old Mission Rotary built in one day for grateful Mexican families!

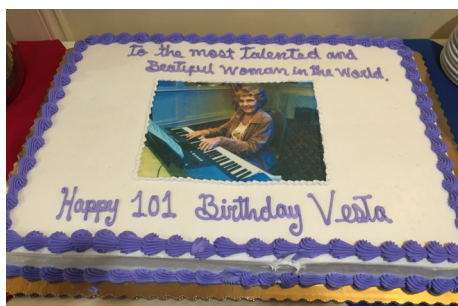


Gary Stemple (R) and Mark McAnelly with Maria who received a can with \$50 collected by Old Mission Rotarians!

101 Party for Vesta



Vesta Young celebrates her 101st birthday at Old Mission Rotary. It was a joy to hear her music!



Old Mission Rotarians enjoyed an amazing birthday cake at Vesta's 101st birthday party!



Gary Stemple introduced the President of the Kearny Mesa Rotary Club- Lillian Chu.

Farewell Angela!



Angela Kahn attended her last meeting at Old Mission Rotary with her mom Carol as a special guest. Angela is moving to White Plains New York. We will miss her enthusiasm and grand heart!

Old Mission Rotary to Sponsor Rotoract Club



Erika Rodriguez is organizing a new Rotoract Club for young professionals. Steve Nuñez serves as an Assisntand District Governor this year. The board of Directors of Old Mission Rotary has voted to sponsor the new Rotoract Club.

Club Host



Mike Rogers joined Old Mission Rotary in 1961!

Mike Rogers is working on a biography of every Old Mission Rotary president that has served since he joined the club 54 years ago. Mike and Sheryl just returned from Europe where they were lucky enough to get tickets to both Jimmy Buffet and Crosby, Stills and Nash concerts in Paris!

The Play's the Thing...



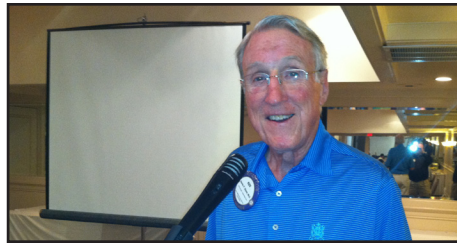
Mark Sickman delivered a fun program on how to get your plays produced.

Making Music



Bill Bailey spoke to the club about re-introducing music to children in the schools with his very popular Music IQ Program.

The Medical Minute



Dr. Kevin Glynn regularly reports on the latest news in medicine.

The latest edition of the Journal of the American Medical Association (JAMA) contained an editorial on the human microbiome and its relation to the future practice of medicine. All animals live in close contact with microbes. We have literally trillions of them on our skin, and in our intestinal and respiratory tracts. Some are bacteria, others viruses, still others fungi. Most do no harm, and many are helpful, breaking down nutrients and inhibiting toxins. They are remarkably variable: for example, the bacteria between the teeth are different from those on the tongue. Some can only reside where there is a certain type of surface, e. g. in the stomach vs. in the bowel. Some, like skin organisms, require dryness, while others need moisture. Whenever we run fever, change our diet, or ingest medications, we change the mix of organisms in our body, and this often causes trouble. Antibiotic-induced diarrhea is a notorious example of this because it can persist long after the offending medicine has been stopped. Science is just now beginning to look at how complex these relationships are. They promise to have major effects on how physicians will approach diseases in the future.

Next Rotary Program

• October 13- **Nature & Wildlife Artist and Safari Expert** with Fred Krakoiwak



Bob Chalfa has been elected to the board of directors of the Art Pratt Foundation of Old Mission Rotary.

Rotary Calendar

- Friday, October 16- Sunday, October 18- **VIIDAI Trip** to the Salvador Diaz School in San Quintin Mexico
- Saturday, October 17 from 6pm-10pm- **Millions for Hope Gala** at the Del Mar Fair.
- Thursday, October 22 at 7:30am- **Art Pratt Board Meeting** at the Copley-Price YMCA
- Saturday, October 24- **Francis Parker Project Mercy Project** in Tijuana.
- Saturday-Sunday, October 24-25- **LEAD Conference** at Camp Cuyamaca
- Tuesday, October 27 from 4:30pm-6pm- **Wounded Warrior Dinner** at the San Diego Naval Medical Center

"We can't solve problems by using the same kind of thinking we used when we created them."

-Albert Einstein