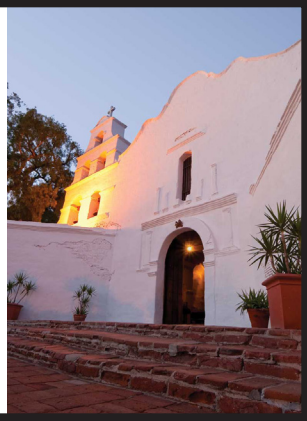




Old Mission Rotary

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

November 10, 2015



Rotary Foundation



Club Rotary Foundation Chair challenged the club to participate in the Every Rotarian Every Year program that supports the Rotary Foundation. Our club goal is to have 100% of our membership participate in annual giving to the RI Foundation. Many members take advantage of automatic monthly deductions from a credit card.

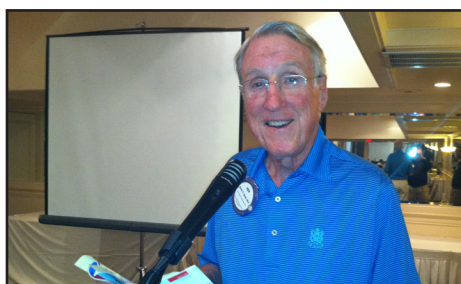
"Why is it that when we talk to God we're said to be praying, but when God talks to us we're schizophrenic?"

-Lily Tomlin

Rotary Calendar

- Saturday, November 14- **Rotary District Foundation Seminar** at the Escondido Center for the Arts from 8am-noon
- Tuesday, November 17 at 1:30pm- **Art Pratt Board Meeting** at the Best Western Seven Seas immediately following the regular meeting.

The Medical Minute



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

The New England Journal of Medicine this week reports results of the SPRINT trial for high blood pressure. This involved treating patients to a target blood pressure of 120/80 rather than 140/90. More than 9,000 people enrolled in the study. All were at increased risk for cardiovascular disease due to hypertension. The study went on for three years and then was halted because the lower blood pressure group had significantly fewer heart attacks, episodes of heart failure, and strokes. No excess of fainting spells or falls due to blood pressure being too low were observed in the more aggressively treated group. Most of the patients needed three or four drugs to get to target blood pressures.

The conclusion of the study is that hypertension should be treated aggressively, with a goal of 120/80 in most people, even if three or four drugs are required to reach that objective.

Club Host



Richard Trefflich served as club host on November 10th. He is the very busy father of five boys! One of his son's will be playing the Tustin Cobras in a Pop Warner playoff game this weekend! Richard and his wife Diana are from Los Angeles and Richard has been a Rotarian since 2000.

Celebrate The Power of Rotary Nov. 14

...AND STAY FOR THE BEER AND STREET TACOS!!!



Witness fast paced presentations on some of our district's inspirational service projects and the positive impact they're having worldwide! Your \$20 registration covers the beer and street taco fest afterwards!



**NOVEMBER 14, 2015
8 A.M. TO NOON**

**CALIFORNIA CENTER FOR
THE ARTS - ESCONDIDO**

REGISTER TODAY AT

WWW.ROTARY5340.ORG