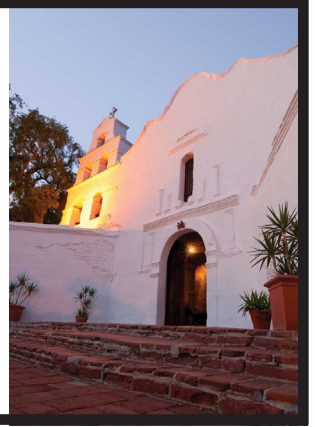




The Old Mission Bell of Old Mission Rotary

Meetings Every Tuesday at noon on Zoom
(Post Pandemic) Legacy Resort Hotel and Spa
oldmissionrotary.org

November 2020- Edition Four



Captain Encouragement



Captain Encouragement is faster than a speeding bullet! More powerful than a locomotive! Able to leap tall buildings at a single bound! Look! Up in the sky! It's a bird! It's a plane! It's Captain Encouragement!

Our program this week showcased an innovative program aimed at empowering kids to resolve conflict without violence. The creative concept was conceived by Nicholas Domingo, AKA Captain Encouragement.

*Captain Encouragement
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Thanksgiving with STAR/PAL



Charlotte Cofield and Lee Kaminetz proudly display a certificate from STAR/PAL thanking Old Mission Rotary for participating in a Thanksgiving meal delivery to families in City Heights.

Old Mission Rotary provided funds for full Thanksgiving meals for two deserving families in City Heights. The food baskets were delivered by STAR/PAL on Saturday, November 21st by a procession of five low rider cars escorted by San Diego Police Department black and whites! Charlotte Cofield and Lee Kaminetz represented Old Mission Rotary.

Charlotte Cofield is our club's Community Service chair and she was so impressed by STAR/PAL that she reached out to them in the summer. Our first opportunity to support them was a school backpack give away in the fall. The mission of STAR/PAL is to engage underserved youth with law enforcement and develop trusting and long term relationships. STAR/PAL offers free programs for underserved and at-risk youth

in San Diego that are led by law enforcement officers. These programs focus on violence prevention, mentoring, leadership, civic engagement, outdoor enrichment, and physical fitness.



Captain Encouragement Continued from Page One

Captain Courageous explained that there are no role models in the main stream media for Generation Z (Currently between 8-23 years old and numbering nearly 68 million in US).

Nicholas and his Captain Encouragement character have been holding assemblies in elementary schools across the country where he promotes skills to for kindness and understanding. A key goal is to educate young kids about bullying. His target audience is children in tough home situations who need to develop self care skills.

Comic books, videos and video games are tools to reach these troubled kids during the Covid-19 era. Captain Encouragement broadcasts on the youtube channel and his programming includes math and science.

Nicholas thanked Rotary International for providing guidance and great advice over the years.

When I despair, I remember that all through history, the way of truth and love has always won. There have been murderers and tyrants, and for a time they can seem invincible. But in the end they always fall. Think of it, always.

-Mohandas Gandhi

Rotary Calendar

- Tuesday, December 22nd- **Old Mission Rotary DARK**
- Tuesday, December 29th- **Old Mission Rotary DARK**
- Tuesday, January 12th- **Old Mission Rotary ZOOM Board of Directors Meeting.**
- Tuesday, January 26th **Art Pratt Foundation ZOOM Board of Directors Meeting**

Corona Conversation



The Corona Conversation with Don Krupp is a weekly feature now included in our Old Mission Rotary ZOOM Meetings.

As the holidays approach, families are making plans to get together to reconnect and celebrate.

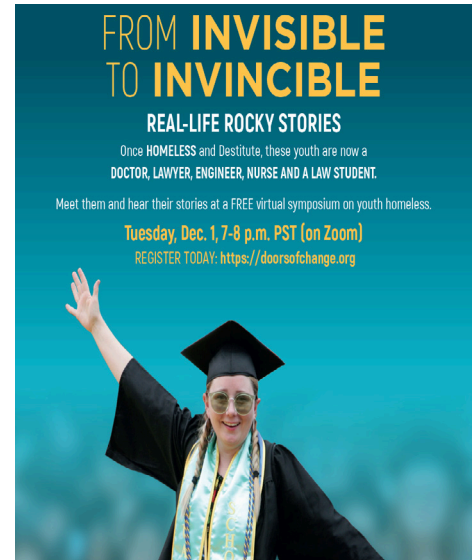
However with a second wave of the Coronavirus pandemic already upon us it's important we all take steps to protect ourselves and our loved ones. The spread of the disease is accelerating and family gatherings are proving to be a major source of new infections. In the first three weeks of November alone, 3.3 million Americans have tested positive and 27,000 have died from the disease. 86,000 Americans are hospitalized.

The Center for Disease Control (CDC) has a website dedicated to helping Americans make choices to keep safe and stay well and it's well worth your time to visit: <https://www.cdc.gov>.

If you are going to make plans to be with family for the holidays it's best to keep your gatherings and try to confine it those already living with you. To the extent possible, enjoy your meal outside and keep people spaced apart. Wear a mask when you're not eating. If you must eat indoors, open the windows and doors to increase ventilation in the house.

Keep Thanksgiving Happy. Make safe choices for you and your family for the holidays.

Doors of Change Zoom Event



Doors of Change assists homeless youth in Ocean Beach by reaching out to them with art and music programs.

Old Mission Rotary has embraced Doors of Change as a Community Service partner. Before the pandemic, our members had the opportunity to cook and serve two Sunday dinners to homeless youth at the Episcopal Church in Ocean Beach. Face to face programs were put on hold with the pandemic. Our club foundation has since donated money and obtained a district Covid-19 Grant to fund packages of food and toiletries that Doors of change distributed to the kids living on the street.

Doors of Change will be presenting many remarkable and inspirational testimonials during their zoom event *From Invisible to Invincible* program scheduled for December 1st.

Program Calendar

Why not invite a friend to ZOOM with us?

- December 1st- **The League of Women Voters** and Making Democracy Work.