



Old Mission Rotary

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

December 2- 2014



New Member Courtney Harrness



Courtney Harrness (R) was Inducted into Old Mission Rotary on December 2nd. Courtney is the Executive Manager at Copley-Price Family YMCA. He hails from New England and graduated from the University of Vermont. The induction ceremony was conducted by Stan Vogelsang (L). Barry Williamson (C) is our Membership Chair. Rick Wilson of the Mission Valley introduced Courtney.



Angela Kahn was our club host on December 2nd. Tilly, of Canine Companions is a regular and very popular guest at Old Mission!

Old Mission to meet at the Copley YMCA on December 9th



Jim Green shows us a bright red fire engine that he is donating to the Copley YMCA Holiday Party. Rotarians are asked to bring an unwrapped toy to our off site luncheon at the Copley YMCA.

Our next meeting will be off site and will start at noon at the Copley YMCA at 3901 Landis Street. As is our annual tradition, each member will deliver an unwrapped toy to the YMCA. The toy should be in the \$15 dollar range and be for small children. A catered lunch will be served.

It is bittersweet that this will be the last time we will visit the Copley YMCA as the opening of the amazing new Copley-Price YMCA (Fairmount and El Cajon) is only weeks away. After lunch, we will travel the short distance to the new YMCA for a private tour.

Wounded Warrior Holiday Dinner

Naval Hospital
Tuesday, December 9
4:30pm-6:30pm

Vocational Service Spotlight



Gary Stemple introduced Hannah Martin from his office. Gary cheerfully paid a fine at our meeting to promote his vocation!

Gary Stemple is the owner of Planfortomorrow.com; a small business specializing in estate and retirement planning. Gary is a Certified Financial Planner practioner and has been providing these services since 1987. Gary is a native of San Diego and a past president of Old Mission Rotary.

Gary is pleased to offer a phone and tablet Financial Education Application. Go to your APP Store and search Planfortomorrow for this application That includes videos and other content. Look for the hourglass!

Rotary Fellowship & International Exchange



On November 18, we welcomed Cindy Goodman of the La Jolla Rotary Club and Susan Bleicher McNeil of the San Diego Downtown Breakfast Club.

On November 18, Cindy Goodman of the La Jolla Rotary Club spoke about Rotary Fellowships. These are groups of Rotarians and Rotaractors who join together to share a common interest in worthwhile recreational activities such as sports and hobbies. Rotarians can make new friends around the world and have fun and enhance their experience in Rotary. Examples of the many Rotary Fellowships are Marathon Running, chess, wine, scuba diving and bridge. Each fellowship is operated independently of Rotary International, with its own rules, dues requirements, and administrative structure. Fellowships must be international in nature with active members in at least three countries. Some Benefits of Rotary Fellowships are that Fellowships provide opportunities for Rotarians to make lasting friendships outside of their own club, district, or country. Fellowships contribute to the advancement of world understanding and peace. Fellowships serve as an

incentive for attracting new members to Rotary and retaining existing ones.

Susan Bleicher McNeil of the San Diego Downtown Breakfast Club spoke to us about Rotary Friendship Exchange. The Rotary Friendship Exchange Program provides a means through which Rotarians in one part of the world can experience life in another country or culture. Rotarians visit and stay in the homes of Rotarians in other countries. Susan related her experience visiting and hosting a Turkish Rotarian family.

Interactions for Peace Kenya



Amanda Roussell briefed Old Mission Rotary about the efforts of Interactions for Peace in Kenya.

In June 2014, Interactions for Peace, and the Children's Peace Initiative (CPI) traveled to Kenya on an exciting adventure to help bring peace to the warring tribes in Northern Kenya. Our speaker, Amanda Roussell, was part of a team that travelled to Africa to train the CPI staff in Kenya to turn violence and aggression from a negative act of power to an intellectual peace process. The CPI-Kenya staff returned to their bases in Northern Kenya and began working with the children of all the different tribes to help build friendship and communication.

The Medical Minute

Kevin Glynn

JAMA this week featured a report about the risks of antibiotic overuse in children. Drug resistant germs have been major problems in adult general hospitals, and now these problems are appearing in pediatric hospitals as well. Researchers in Missouri surveyed forty-two children's hospitals and found only sixteen of them had an organized program to manage antibiotic administration, called antimicrobial stewardship.

Those hospitals with such programs indicated they affected seventeen percent of patients. They usually shortened the duration of antibiotic administration and got the children home earlier with no adverse results. There were fewer side effects like diarrhea, and fewer readmissions. Almost twenty percent of treating physicians, however, opposed the recommendations of the stewardship teams. Their patients had more readmissions and longer hospital stays, which argues for the value of hospital antibiotic stewardship programs.

The message for parents is to be willing to forego antibiotics if they are more risky than beneficial, stop them as soon as it is safe, and encourage infectious disease consultation in ambiguous situations.



Congratulations to Bill Turnquist who won our opportunity drawing!