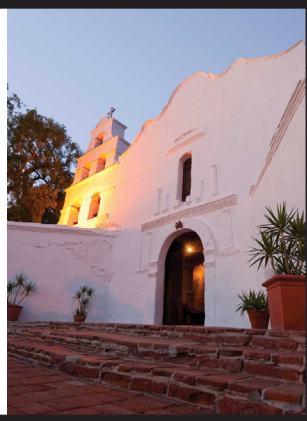


Old Mission Rotary

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

November and December 2017



Bobby We Hardly Knew Ye...



President Bob James Jr. is off to Fresno and new opportunities in the commercial real estate business! Bobby will be missed!

Old Mission Rotary was stunned to hear the news that our amazing president, Bob James Jr., will be leaving the club to pursue new professional opportunities in the Central Valley. Bob works for CBRE Group, Inc. which is the largest commercial real estate services and investment firm in the world and he could not turn down an offer to re-locate from San Diego to Fresno where he will have greater responsibilities and autonomy in the company. We wish the very best for Bob and Kathleen!

**Club Program
January 9th
Lydia Stewart
Farb Middle School
LEAD Students**

Holiday Party!!

Old Mission Rotary celebrated the holidays with an amazing evening at Fred and Leah Cutler's Del Mar home. On Saturday, December 16th club members and significant others enjoyed wonderful drink, food and fellowship. The Cutler House was beautifully decorated for Christmas and a festive spirit was in the air.. The party was catered by Green Leaf Catering & Events and the food was delicious. There were wonderful; cheese and fruit plates and entrees of Thai chicken satay, BBQ meatballs and turkey sandwiches. We even enjoyed cheering against the Los Angeles Chargers while watching the game on a 95" flat screen TV. Special thanks to Fred and Leah for opening up their home for a remarkable evening!



Our host Leah Cutler (R) with Michelle Dubbs in the kitchen where all the action always is!

Holiday Party Continued Page 3

Honorary Rotarian Thousand Smiles Hero



Michael Nussbaum, MD. was inducted into Old Mission Rotary as an Honorary Member by acting President Stan Vogelsang.

Old Mission Rotary was proud to induct Michael Nussbaum, MD. as an Honorary member. He has served on the Thousand Smiles Foundation since 2009 and his specialty is Anesthesiology and he assists the medical team that performs the Cleft Lip and Cleft Palate surgeries in Ensenada. Mike is married to Mariana Nussbaum, also an MD, and they have four children who routinely volunteer at the Thousand Smiles clinics.

Talent Gala News!

Our annual club fund raiser "So You Think You've Got Talent San Diego" is scheduled for the evening of Saturday, May 12th at Francis Parker School. Profits from the event will be distributed between the Thousand Smiles Foundation and the Old Mission Rotary Foundation.

Thousand Smiles



Bob Chalfa is a founding member of the Thousand Smiles Clinic in Ensenada and he briefed the club on the success of the November weekend clinic.

Bob Chalfa serves as the International Service Chairman for Old Mission Rotary. Bob has been involved with the Thousand Smiles since its beginnings in 1985. Bob Chalfa reported on the fall Thousand Smiles Clinic in Ensenada Mexico. The clinic took place on Friday, November 3rd and Saturday, November 4th. There was some concern that the construction of the new surgery suite at the clinic would interfere. Despite the disruption, the clinic treated 127 dental and cleft palate patients which is a typical number for a weekend clinic.

Thousand Smiles, a 501(c) 3 foundation, provides free dental as well as, various associated medical procedures to under served babies, children, young adults and geriatric residents in Mexico. Their resources come from Rotary Clubs, volunteers, grants and other kind donations. Old Mission Rotary donates about one third of the annual operating budget. These funds come from the "So You Think You've Got Talent San Diego" fund raiser.

Sheriff Bill Gore



San Diego County Sheriff Bill Gore (R) with acting Old Mission Rotary President Stan Vogelsang.

Count Sheriff Bill Gore visited Old Mission Rotary on November 21st to give our club an update on the state of local law enforcement in San Diego.

A San Diego native, Sheriff Gore holds a Bachelor of Arts degree from the University of San Diego and a Master's degree in Public Administration from Seattle University. Sheriff Gore's family is rich in law enforcement experience. His father and older brother were a part of the San Diego Police Department and his middle brother was a San Diego County Deputy Sheriff. His wife was one of the first female FBI agents in the United States. He and his wife, Natalie, have a grown son.

Sheriff Gore's law enforcement career spans over 44 years. He spent 32 years in the FBI, where he rose to the level of Assistant Director. He served as Special Agent in Charge (SAC) of the Seattle and San Diego Field Divisions, where he implemented the FBI Cyber Crime Squad and Joint Terrorism Task Force. After retiring from the FBI, Sheriff Gore served as Special Advisor and Chief Investigator to the San Diego County District Attorney. In 2004, he was appointed by Sheriff Bill Kolender to serve as Assistant Sheriff over the Law Enforcement Services Bureau and then as Undersheriff, where he

was responsible for the day-to-day operations of the Department. William D. Gore was appointed as the 29th Sheriff of San Diego County on July 3, 2009, and elected a year later in June 2010. Sheriff Gore oversees one of the largest Sheriff's Departments in the nation with 4,200 employees, an annual budget of \$758 million, and a service area of over 4,400 square miles including a 60-mile international border. Along with patrol and investigative operations, his department provides air support, search and rescue service, and forensic support for the San Diego region. His department operates seven detention facilities county-wide and provides security to nine courthouses.

Sheriff Gore is well known for his regional approach to law enforcement and for his energetic deployment of technology to the front lines of enforcement. He spearheaded the creation of the Law Enforcement Coordination Center, which serves as an all-crimes intelligence fusion center for the San Diego region, and a Rapid Response DNA Team that uses forensic DNA to solve property crimes. He created a Border Crimes Initiative, including Operation Stonegarden, which brings together federal, state and local resources to combat crime along the southwest border. We learned that since the State of California has been mandated to reduce its prison population, more of the burden has been shifted to county jails. Now, our county jails are housing long term convicts with sentences over one year.

The world is more malleable than you think and it's waiting for you to hammer it into shape.

-Bono, musician

Art Pratt Grant Elderhelp

On November 7th, the Art Pratt Foundation of Old Mission Rotary presented a grant of \$3189.25 to ElderHelp. The non profit organization provides personalized services and information that help seniors remain independent and live with dignity in their own homes. Outreach Manager Carrie McClellan accepted the funds at our meeting. The money will be used to install video conferencing equipment in the ElderHelp headquarters to facilitate meetings with off site volunteers and staff.



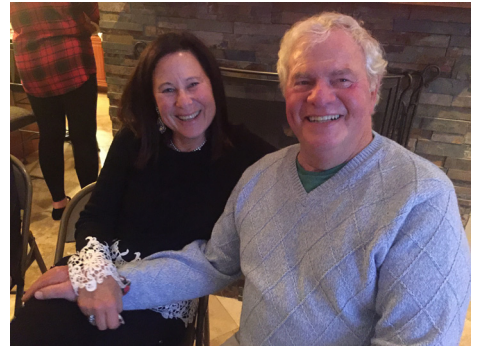
(L-R) Eric Benink, Judy Copleland and Gary John Collins at the December 16th Holiday Party.

We all too often have socialism for the rich and rugged free market capitalism for the poor.
-Martin Luther King, Jr.,

Holiday Party Continued from Page One



The red sweater boys: Gil Klecan (L) with Jerry Hosenlamp.



A very jolly couple: Ellen and Larry Edwards!



(L-R) Bob Chalfa and Judy Copeland of the Art Pratt Foundation, Carrie McClellan of ElderHelp, Past President of Old Mission Rotary Bob Self, Art Pratt member Gary Collins and Executive Secretary of Old Mission Rotary Stan Vogelsang.



Kay and Brian Dempsey stretch out after gorging themselves on the amazing catered buffet!

Alfonso is Back... and Better Than Ever!



A very healthy Alfonso Fierro (R) sat with Mark McAnelly after a long absence from a nasty fall.

On November 14th, Alfonso Fierro returned to his first meeting at Old Mission Rotary after many months of recovery from a bad fall. Alfonso broke both his hip and his right femur. When members first visited him at a rehabilitation hospital, Alfonso was drugged up and confined to bed. Of course, Alfonso was desperate to get back on his feet and especially back to the restaurant. We were all thrilled to see Alfonso and very impressed that he is looking so fit.



(L-R) Mark McAnelly with Mike and Teresa Lewis.

Walmart



Stan Vogeksang had an exciting career in Inventory Control that took him all over the world!

Why did Kmart fail and Walmart succeed? Kmart started as Kresge In 1899 and Walmart opened its first store in 1962. 1981, Kmart had 2055 stores and Walmart had 687. Stan explained that Kmart expanded too quickly and gobbled up many other businesses in an attempt to cover the entire retail spectrum. In contrast, Walmart used a one store model and channeled profits back into keeping existing stores "fresh." Walmart offered everyday low prices and took advantage of efficiencies of scale. Stan noted that inventory management is all about the right inventory at the right place and at the right time. Walmart used technology to automate their supply chain with one warehouse serving 100 retail stores. Bar coding of high worth merchandise and pallets allowed for "just in time inventory" practices. Walmart also operates their own truck fleet allowing them to efficiently move inventory around. Today, Walmart has 11,600 stores with 5400 in the United States. 6,200 retail units are open in 27 countries outside the United States. The inventory process for Walmart is amazing. Inventory teams that specialize in specific departments can count as many as one million items in an 220,000 square foot

store over 11 hours. Walmart has invested in a state of the art computer center that allows them to analyze their data quickly. Whenever inventory problems are uncovered, the philosophy is to correct errors and not to assign blame. By the way, Stan informed us that the friendly Walmart greeter is really a security person trained to watch what's going in and out of the store!

Diane Love



Diane love served as our club host on November 14th. Diane is an avid gardener and produces an abundance of fresh vegetables in her Bay Park backyard garden.

Thank you Donna!



Acting president Stan Vogelsang presented our amazing server, Donna, with her holiday tip at our December 19th meeting. We are so happy and lucky to have Donna taking care of us over the years at the Best Western Seven Seas! We have even made Donna an honorary member of Old Mission Rotary!

The Medical Minute



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

*Kevin is the author of the book **Gasping for Air: How Breathing Is Killing Us and What We Can Do about It***

This week's JAMA contains several articles and editorials about the newest guidelines for managing high blood pressure. A 2017 review and update emphasizes both the systolic and diastolic blood pressures. (the top and bottom numbers) Most evidence suggests the systolic is more important. The best way to start treating high blood pressure is with non-medical measures. These include weight control, exercise, moderate salt intake, and no tobacco smoking. Medical treatment should be used for anyone over 65 whose systolic is over 130 or diastolic over 80, especially if diabetes or kidney disease coexist, or over 140 if younger than 65. Expect two or more different drugs will be required for control. Use of home monitoring is essential since blood pressure fluctuates throughout the 24 hours of the day, and is often highest in the doctor's office. (so-called white coat hypertension.). The take-home message is, begin treatment at lower levels than previously thought necessary, tailor treatment for each individual person, and take into account other risks for cardiovascular disease.