



# THE ROTATOR

Vol. 101, No. 20 November 13, 2014

SAN DIEGO ROTARY CLUB

## The Heart of the Matter



**Tom Gable**  
Editor

After a cheery welcome by **President Michelle**, Club 33 enjoyed an Inspirational Moment by **Ed Hearn** and a group rendition of *America the Beautiful* led by the Club 33 Singers (with many vocally challenged members

seen lip-synching).

**Dr. Tom Vecchione** updated us on the Mercy Outreach Surgical Team (MOST) efforts in Mexico. Now in its 27<sup>th</sup> year, MOST provides care and compassion during weeklong outreach missions to remote towns and villages in southern and central Mexico.

**Micah Parzen** was fined liberally for pitching the San Diego Museum of Man California Tower Project in Balboa Park. The Benbough Foundation has contributed \$1 million. The tower will open Jan. 1, 2015, at the start of the Balboa Park Centennial Celebration. Micah pitched naming one of 76 steps in the tower for \$5,000 each or naming one of 20 benches for \$25,000 each.

**Mike Rowan** contributed to the Rotary Foundation after announcing that Goodwill Industries had been named as one of the best places to work in San Diego in the annual U-T San Diego survey.

Club 33 welcomed new members **William Wise**, retired circuit court judge from Chicago, and **Roderick Smith**, Corporate Operations Officer for SOLUTE and former Executive Director of SPAWAR.

**Nancy Scott**, Chair of the Day, welcomed the guest from the farthest distance and provided several items from the EZ-8 Motel amenity package, including a sumptuous bath towel (dish towel size) and a Clorox bleach gallon jug of combined hair spray, conditioner, body lotion and teeth whitener. She provided a lively introduction to the guest speaker, Dr. Mimi Guarneri, a long time friend and physician.

Dr. Guarneri began her career at Scripps Clinic in interventional cardiology,

where she placed thousands of coronary stents. She began studying how patients might benefit from a more holistic approach to cardiovascular disease. She founded the Scripps Center for Integrative Medicine and served as its director for 15 years before starting her own clinic to use lifestyle-changing programs to diagnose, prevent and treat cardiovascular disease.

Dr. Guarneri showed us a chart on the rising cost of healthcare expenditures in the U.S. versus other countries – a depressing, costly trend where we are spending more and are less healthy.

Some problems relate to the old principles of treatment: “Give me an ill and I will give you a pill,” she quoted. Physicians weren’t asking *why* the patients had the problems. With integrated medicine, she began looking at the science behind the lifestyle. She began investigating eastern medicine and other holistic practices to see if new approaches could help reverse the problems because chronic disease is the biggest threat to global economic development.

What are the origins of chronic disease? Dr. Guarneri said it is about environment: the food we eat, our sense of community, attitude, lack of exercise, poor diet, stress and trauma. She said studies show that lifestyle and environment account for 70 to 90 percent of the diseases doctors see. It’s like sick fruit on a tree. You have to go deeper and look at the soil and the nutrients.

What are you eating and drinking, and are you physically fit? Why do you have high blood pressure? Why do you have obesity, stress and trauma? The integrated model of care deals with how you live your life. Of particular importance to an aging population, she cited a HALE study where individuals aged 70 to 90 years had strict adherence to a Mediterranean diet and healthful lifestyle (no smoking, daily glass of red wine) and reduced the rate of all-cause and cause-specific mortality by 50 percent.

*Continued on page 2*

### NEXT MEETING

**November 20**  
**Annual Auction**  
*Give Thanks & Give Back*

Join us for the Annual Auction benefitting our own Club committees and the local and international projects that they support. We have a wide variety of items available this year including: a trip to Ireland; gourmet dining experiences; cooking classes; wonderful “staycation” opportunities; a Charger Girl experience for your favorite youngster; cruises; fishing trips; original art; always lots of wine; gift baskets and much more.

Silent auction begins at 11:00 am at Liberty Station Conference Center with adult beverages available.

Show your support for all the good that the Club does by attending and participating in this annual event.



**Sheryl Reichert**  
Chair of the Day

**Don't forget to bring your crisp \$20 bill for the opportunity drawing the Hughes so generously match each year!**

## QUICK BITS

**COMMITTEE NEWS: FISH ACROSS THE BORDER Trip**  
**The next Fish Across the Border committee trip will be Friday, January 9th thru Sunday, January 11th, 2015.** Everyone will gather at the Hotel Coral in Ensenada on Friday afternoon between 4-5 pm. At 6 pm, we'll follow an Ensenada Rotarian to their warehouse where we will assist in filling food bags. On Saturday morning, we'll have breakfast together then split up and distribute food, blankets and toys to the needy. That afternoon, we'll gather at the home of Rotarian Dr. Eloy Perez and enjoy a fiesta to celebrate another year (San Diego Rotary's' 21st!) We'll return on Sunday morning, having enjoyed a great weekend of Rotary fellowship! Please contact [Bob Fletcher](#) for more information or if you would like to participate.

## BIRTHDAYS

Steve Coopersmith	Nov	17
Paul Palmer		18
Irene Wells		19
Steve Porter		19
Neil Larson		20
Shandon Harbour		20
Gordy Lutes		20
Bridget Meckley		20
Larry Kuntz		21
Jerry Van Erft		23
Divya Kakaiya		23
Rich Debolt		23

## The Heart of the Matter *continued*

In the Lyon Diet Heart Study, subjects following the Mediterranean-style diet had a 50 to 70 percent lower risk of recurrent heart disease. Her prescription for the basics: Be disciplined and decrease saturated fat and cholesterol and consume more fruits, vegetables, and whole grain products. She recommended green leafy vegetables, apples, blueberries, and the SMASH group of fish (Salmon-Mackerel-Anchovies-Sardines-Herring), fatty fish high in Omega-3.

As you decrease body fat and start losing weight, you won't need an additional blood pressure medication, she said. Try to walk 10,000 steps a day. Get a pedometer. The exercise will lower your blood sugar and blood pressure. You will lose weight and sleep better at night.

She believes we can turn genes on and off depending on how lead our lives. She said the Amish have the obesity gene, but they also walk 18,000 steps a day and avoid becoming obese. Physical exercise trumps the obesity gene.

Stress is about how you see the world. You are the only one who can change that, she said. Mental health is tied to physical health. Anger is the number one cause of issues. It raises blood pressure and constricts the arteries. Cynicism and hostility raise stress levels.

Exercise improves factors that reduce depression. She recommended yoga, breathing exercises and meditation. She cited a 2012 study that showed a 48 percent reduction in stroke and heart attacks among people who learned to meditate.

To rise above the negativity, she said to follow the Rotary model of service above self. Practice appreciation. Do your forgiveness work. When people hang onto grudges for 10 to 20 years, the only person they are damaging are themselves, she said.

Rotarians, some in better shape than others, asked questions about getting devices for measuring body fat, diet ideas and reducing stress. She recommended a biometrical impedance analysis (BIA) device for measurement and the Mediterranean diet. Dr. Guarneri's talk was so motivating that a quick survey of tables after the lunch indicated only about half the brownies had been consumed.

## CALENDAR

ALL MEETINGS ARE HELD AT LIBERTY STATION CONFERENCE CENTER UNLESS OTHERWISE NOTED

*Nov*

**20** *Annual Auction*

**27** *Dark - Happy Thanksgiving*

*Dec*

**4** *Mac McLaughlin – President and CEO of the USS Midway*

**11** *Mayor Kevin Faulconer*

**18** *Holiday Party at the Omni Hotel (adjacent to Petco Park)*

**25** *Dark - Merry Christmas*

## GROTARIAN EVENTS

**The Nutcracker with the City Ballet of San Diego**  
**Friday, December 12th**

Live music performed by the City Ballet Orchestra under the direction of John Nettles. Live vocals performed by the Pacific Coast Chorus.

**The show will begin at 7:30, but please join us for pre-show drinks at the Grant Grill at 5:30**

**Ticket cost—\$59 (drinks are not included)**

**To purchase tickets, please visit our website or [click here.](#)**

**Meetings: Every Thursday at Noon, Liberty Station Conference Center, 2600 Laning Road, San Diego, 92106**

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# FACES IN THE CROWD



Chair of the Day Nancy Scott with guest speaker Dr. Mimi Guarneri and President Michelle.



Nancy presented the visiting Rotarian from the farthest distance with some unusual sundries from her EZ 8 Motels.



Mike Rowan was heavily fined for passing around the news article that honored the Goodwill Industries as one of the top places to work.



President Michelle presented Vicki Zeigler Nevarde, daughter of the late Dr. Paul Zeigler, with his framed club badge. Cheryl Wilson delivered a very touching eulogy in his honor.



These lovely ladies of Club 33 joined us for lunch today.



The Senior Services Committee held their annual Warm Clothes Drive at the meeting.

## New Member News

**Rod Smith** was introduced to the Club today. His classification is “Consultant-Defense IT-Additional Active.” Rod is the Corporate Operations Officer at SOLUTE, Inc., a company that specializes in developing defense-based info system solutions and engineering services. His sponsors were Phil Blair, Andy Liska and Mel Katz.

Email: [smith.rod@solute.us](mailto:smith.rod@solute.us)

Bus: 619-758-9900

Cell: 858-220-6532



**William Wise** was introduced to the Club today. His classification is “Retired-Judiciary-State Court.” Bill is a retired Illinois Circuit Court Judge. He is currently an adjunct professor at the Thomas Jefferson School of Law. His sponsors were Alan Spector, Dick Eger and Mia Harenski

Email: [wwise4444@gmail.com](mailto:wwise4444@gmail.com)

Cell: 847-651-3140



## A Message from our Senior Services Chair

Dear Rotarians – thank you, thank you for making today one of the best “Warm Clothes Drive” that the Senior Services Committee has had. Your generosity will keep many seniors warm this winter. It certainly warmed my heart and made me so very proud to be a part of the San Diego Rotary Club “Community.”

*Cheryl Wilson  
Chair, Senior Services Committee*

## Service Information



Budd Rubin will be holding a memorial and celebration of life for his wife, Joanne Lee Rubin on Sunday, November 23. Please contact Budd at [buddrubin@aol.com](mailto:buddrubin@aol.com) or Craig Rubin at [chrubin@san.rr.com](mailto:chrubin@san.rr.com) if you would like to attend.

Location: Paradise Point Hotel—Bay View Ballroom  
1404 Vacation Rd., San Diego, 92109

In lieu of flowers, donations can be made to The San Diego Museum of Art, one of Joanne's favorite places in San Diego and where she proudly served as a Docent for many years.



## District Event

### **FOUNDATION SEMINAR** –*learn more about where your EREY donations go!*

Ever wonder what The Rotary Foundation does? Who benefits from the grants? You'll get the answers on Saturday, November 22. Keynote speaker Deepa Willingham has a deeply moving story to share. She was honored earlier this month at the White House as one of Rotary's 2014 Women of Action. Hear fascinating stories from the point of view of grant recipients about how District and Global grants have changed their lives. 100% EREY Clubs and 100% Sustaining Member Clubs will be honored with their BANNERS. New Rotarians will have the opportunity to gain a better understanding, of the Foundation purpose. Blue Badgers will find even more reasons to be passionate about "Service Above Self".

### **Saturday, November 22, 2014**

Great Hall - International House Great Hall - UC San Diego

7:30 - 8:30 Registration & Continental Breakfast (Fruit, Pastries, Juice, Coffee, Tea, Water)

8:30 - 12:00 Speakers, Presentations, Club Recognitions

Cost:

\$20 Rotarians

\$15 Rotarians Who Joined in 2014

\$10 Rotaract and Interact Members

Parking is Included

To register for this event, visit the District website or [click here](#).

## STEM COMMITTEE

The Club's STEM Committee continues to grow and spread its impact in the City Heights community. The following is an article by Club Member and Hoover High School Principal **Joe Austin** about our accomplishment to date.



FROM THE PRINCIPAL'S OFFICE

# STEM program taking shape

By Joe Austin

Hoover High School Principal

An amazing program is taking shape in the Hoover Cluster.

The program is focused on STEM education – Science, Technology, Engineering, and Math. But it's really just another example of our cluster of schools working together with community partners to improve the quality of education in City Heights and to create opportunities for our children.

It started as the brainchild of Chuck Pretto, who was president of San Diego Rotary's Club 33 last year. As president, Pretto set a goal for the club to extend Rotary's existing educational outreach – primarily focused on middle and high schools – into the elementary schools, and to focus on igniting an interest in STEM.

Joyner Elementary was the pilot school for this program last year, and the Rotary STEM committee, led by my friend and fellow Rotarian Bink Cook, developed the list of events that took place on a monthly basis and engaged third- through fifth-graders in our PrimeTime program. The pilot projects took the form of three major themes:

### Science

Ocean Discovery Institute provided hands-on, life science learning experiences that were extensions of what students learn in their existing third, fourth and fifth-grade programs. Lessons were led by institute teachers, and they handled all of the instructional supplies. For those of you who've worked with Ocean Discovery Institute in your classrooms, this was a natural extension of a successful City Heights partnership.

### Technology

"ThoughtSTEM" computer programming is the work of doctoral candidates from UC San Diego who've developed engaging curriculum for a "WYSIWYG" ("What you see is what you get") programming language



Students at Joyner Elementary School learn fish anatomy while dissecting and printing fish in an after school STEM enrichment program implemented by San Diego Rotary Club, to excite youth about science, technology, engineering and math learning and careers. *Estudiantes de la Primaria Joyner aprendieron acerca de anatomía de peces por medio de disecciones e imágenes durante un programa de enriquecimiento STEM después de clases organizado por el Club Rotario de San Diego, dirigido a motivar a los jóvenes a aprender y escoger carreras dentro de las áreas de ciencias, tecnología, ingeniería y matemáticas.*

called Scratch. Scratch was developed by MIT, and the foundation of this computer language is the same as that used in more robust, industry-standard languages, such as Java. Students learn to use Scratch to create "video games" through the "ThoughtSTEM" curriculum, and without realizing it, they become computer-programming experts.

### Engineering

Finally, we connected with a retired engineering professor from Cal State San Marcos, who led sessions where students worked in broken toys (electronic, mechanical, etc.), which they worked to deconstruct using a variety of tools, diagnose the problem using multi-meters, and then put them back together. Our students had an amazing success rate when it came to repairs, and the level of confidence from the beginning of these sessions to the end was remarkable.

Thanks to the success of the pilot

program at Joyner, Bink Cook wrote a report to our Rotary Club's Project Allocation Committee this spring proposing that it fund a larger version of the program this year. The proposal secured almost \$10,000 in support for the 2014-15 school year.

Our hope is to publicize the 2014-15 Rotary STEM program and to create multiple opportunities for students in the K-8 portion of our cluster to work with Hoover students, teachers, and Academy partners.

**Here's a list of offerings in the cluster:**

- Computer programming, up to eight schools: You identify a teacher or staff champion, and Rotary pays for their "ThoughtSTEM" training and curriculum. Your students, under the direction of your trained staff, continue to program their hearts out.

[ PROGRAM, P5 ]

## PROGRAM, from P3

• **BotBall**, four to six schools: This is a robotics program that's promoted by the San Diego Science Alliance where students work as a team to build robots that can accomplish different tasks. Hoover will have its own team, and our students will gladly volunteer to support your teams. The Science Alliance hosts competitions, and we would have enough schools involved to coordinate some of our own.

• **Ocean Discovery**, up to four elementary schools, 60 students per school: This would be a four-lesson unit, each building on the

last, with students working in small cooperative groups, with lessons that are tied to Common Core. In order to maximize the number of schools involved, we are asking for elementary schools to match Rotary's contribution of \$600 for this program.

The Reuben H. Fleet Science Center will bring its Family Science Night program to your school, in conjunction with your own science showcase. Hoover Academy students will piggyback at these events to promote our school's STEM programs and we'll host a STEM showcase of our own, highlighting our four STEM Academies, and giving families a chance to learn about these unique programs.