San Diego Rotary Established 1911

THE ROTATOR

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Put It In A Sock Or Trust The Markets?

Michelle Candland
Editor

Our eagerly awaited annual Financial Forecast meeting began with a full house and a President with a cold. Although he was fighting a seasonal bug, **President Bob** soldiered on beginning with the explanation of why he was wearing a tie showing the Dow at 10,000 when it was National Spaghetti Day...clearly an old tie which may have had some spaghetti sauce on it. **Jan McDonough**, a recovering lawyer who is now the lead fundraiser for the Scripps organization, started the first meeting of the new year with a message stressing the importance of seeking the true meaning of life. She suggested being a part of something bigger than ourselves. President Bob then casually mentioned that he retired from Procopio on Jan. 1st after 42 years with the firm. Although he officially retired, he can't seem to stop checking his email or going to the office. He is definitely going to need more practice.

Mark Burgess presented the news, which included the update that the Dow just crossed 25,000. It was sponsored by Carmen and **Jim Hughes,** who are always in the middle of something bigger than themselves. President Bob then shared the History Moment, talking about or 29th club President Dr. George D. Huff, classification Gynecology. Little known fact: Dr. Huff delivered our beloved **George Gildred**! George G. was destined to be a Rotarian from the moment he was born. Our newest member **Dr. Carolyn Ross** then introduced herself and shared her personal connection to a lifetime of medicine and her desire to become an active member of our club.

We were reminded to sign up our Camp Enterprise Legacy students by Jan. 19 and Jan returned to the mic to ask for our help with the 4-Way Test Speech Contest process. There are a record 52 Hoover Interact students signed up and they need our help refining their speeches, being good listeners and positive role models. Please contact Jan if you are willing to assist with this rewarding project.

Now on to the program! **Kim Higgins** was the referee, er...um…our moderator, and returning again this year, **Linda Stirling** and Bob Holland were prepped and ready to talk about what happened in the market last year and what we can look forward to in 2018. First, how did their predictions fare from 2017? The markets closed at 24,824 Dow and 2,673 for S&P 500. Linda's 2017 predictions were 21,500 Dow and 2,500 S&P. Bill's 2017 predictions were 23,000 Dow and 2,650 S&P.

Bill began with a quote from one of his mentors, "If you want to be successful, look for the sizzle, not the steak." Last year we had both so where do we go from here? He suggested we follow the lead of Wall Street and ignore the politics and the media. "The new tax bill will bring positive changes for the majority of Americans and with $2 trillion stashed overseas coming back on shore, the economy will be stronger, businesses will grow, employment will improve and more money will flow through the system. That's the real sizzle. Don't be surprised if 2018 is as strong as 2017. Trump has brought the sizzle to the system!"

Linda was up next. "2017 has been an outstanding year with 21% return on the S&P and the macro and micro state of the economy was very positive." What could change that? Linda said to keep an eye on the Fed. "New leadership at the helm could mean a change in direction. This year should be a good one but we will probably see more volatility. There's still room to grow and we shouldn't rule out investing abroad. Most importantly, look at your own personal balance sheet, invest accordingly and stay the course."

Questions followed and, not surprising, both Linda and Bill had differing opinions.

- Q - What strategies worked for you both?

Linda: All asset classes participated and the non-U.S. markets were strong.
Bill: Only invest in the U.S. markets. Only a few have sizzle, i.e., Amazon, Apple, etc. I don't trust any foreign markets.

- Q - What is the biggest threat to stock prices this year?

Linda: Greed and fear, and inflation caused by the Feds.

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Next Meeting

January 11, 2018

Rear Admiral Michael Giorgione, CEC, USN (Ret.)

Inside Camp David: The World of the Presidential Retreat

Never before have the gates of Camp David been opened to the public. Former Camp David commander (and former San Diego Rotarian) Rear Admiral Michael Giorgione, CEC, USN (Ret.), takes us deep into this enigmatic and revered sanctuary as he reveals the intimate connection felt by the First Families with this historic retreat.

Mike will discuss the history of the 75-year old presidential retreat, first commissioned by President Roosevelt. Weaving stories from other camp commanders and drawing on his own experiences while in command, serving President Bill Clinton and President George W. Bush, Mike will highlight the challenges of raising a family in solitude inside the retreat, the loneliness of command, and his observations of presidents at work and play in the most exclusive retreat in the world.

Jeff Hill
Chair of the Day

QUICK BITS

CONGRATS TO PRESIDENT BOB ON HIS RETIREMENT!
After more than 42 years at Procopio, he has retired! Effective immediately, please use his new email address bobrussell45@gmail.com. He will no longer be using his Procopio phone number or email address.

HOLIDAY PROGRAM VIDEO
Missed our December 14 holiday program? Click here to view the video.

YOUTH PROTECTION UPDATE – Per the District, the online training is still being revised. Anyone who has submitted an application and completed the IntelliCorp is provisionally certified until the online training can be completed.

BIRTHDAYS

	January
Bruce Doole	8
Beatriz Valencia	8
Bob Myers	9
Jim Hall	9
Ruben Andrews	9
Roger Haines	10
Celia Ramirez	10
Jo Dee Jacob	11
Sam Carpenter	12
Jack Carpenter	12
Mike Clark	12
Paul Hartley	13
John Littrel	13
Gil Johnson	14
Anthony Pretto	14

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Bill: I disagree. I think the Feds are a non-event and we shouldn't over react to the Black Swans (example 9/11). Use major events that cause short-term dips to invest in more sizzle.

- Q - Could any external factions have a major effect on the markets?

Linda: If you stay the course, you can ride out any knee jerk events. The market is a great place to invest if you're prudent.
Bill: When Don Bauder was in San Diego, he never bought any stocks because he always thought something bad would happen. He lost out on a huge opportunity to make money.

- Q - What about Bitcoin?

Linda: Crypto currency represents the desire to get government out of our business. Don't buy more than you can afford to loose.
Bill: It's a disaster! It will disappear. The public is being suckered!

- Q - How about investing in cannabis?

Linda: That's more speculation than investing.
Bill: Another sucker play! A "Tulip" investment.

Here are their 2018 year-end predictions:
Linda: 27,500 Dow and 2,900 S&P 500
Bill: 30,000 Dow and 3,200 S&P 500

President Bob closed with a thought compliments of Tim McGraw ... "Always be humble and kind."

In Memoriam

John S. Hattox, M.D.
1921-2017

It is with a heavy heart that we announce the passing of Club 33 member and friend, Dr. John Hattox.
John has been a member of our club since 2000.
He passed away on December 30th.

A date for the memorial service is still pending.

CALENDAR

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

January

11 Michael Giorgione

18 Ian Riseley, RI President

25 Gary McCord

February

1 Hillary Theakston-The Clearity Foundation

GROTARIAN EVENTS

Annual Fireside Chat
Tuesday, January 30
Time: 5:30 pm - 7:30 pm
Cost: Free
Location: Academy of Our Lady of Peace
This event is for Grotarians only. Please no spouses or guests.

Red Badgers – please come and learn more about Club 33 and our Committees as we sit by the fire on a cool evening in San Diego. Click here for complete event details and to register.

Night at the Cygnet Theatre
Wednesday, February 7
Time: 6:45 pm - 9:30 pm
Cost: $42

Join us for the West Coast premiere performance of the critically acclaimed The Last Wife.

Click here for more details and on how to purchase tickets.

BEQUEST SOCIETY

If one of your New Year's resolutions is to become a member of the Club 33 Bequest Society, an easy way to do so is to merely designate our Rotary Club of San Diego Foundation as a named beneficiary to your retirement account(s). There is no need to change or amend any estate planning documents as the beneficiary designation form to a retirement account directs the retirement funds at the owner's demise, not a will or a trust.

By naming our club Foundation as a partial or full beneficiary to your retirement account, the designated amount or percentage you have stipulated on the form will go quickly and easily to Rotary, thus allowing you to become a member of the Bequest Society and enjoy the special events hosted each year for members.

Usually you can obtain a new beneficiary form online, or by contacting the custodian of your retirement account(s), or by contacting your investment advisor. Once you have made this beneficiary designation change to benefit our Foundation, please let the Rotary office know.

(As is good practice, please consult with your own tax advisor regarding this suggestion.)

Happy New Year,
Peg Eddy

SERVING OUR COMMUNITY OVER THE HOLIDAYS

Thank you to all of our members who took some time out of their busy holiday schedules to help spread the cheer to our active duty military, our veterans, military families and to the kids at the Storefront. Wonderful food was served and holiday gifts were handed out to very appreciative groups of individuals. You made this holiday season a bit brighter for many!

Sylvia DuBeau and **Peg Eddy** at Operation Homefront.

Paul Hartley, Mark Stuart and **Jim Groen** with staff members of the Storefront.

Mike Caruso, Bonnie Schwartz, Greg Sterner, Lynn Congemi, Doug Taber, Deirdre Maloney, Dick Eger, Diana MarJip-Chuh and Steve Oggel at the Veterans Village of San Diego Residential Recovery Program's annual holiday event.

AJ Antun, Bink Cook, Bonnie Schwartz, Dan Amaro, Lynne Rossman and **Glenn Rossman** at the Airport USO.

MEMBERSHIP

Please welcome our newest member to the club:

Carolyn Ross, M.D.—"Medicine-Integrative and Eating Disorders." Carolyn is in private practice, specializing in the treatment of eating disorders, obesity and addictions.

She is a graduate of Purdue University and the University of Michigan Medical School. She completed her residency at Loma Linda University Medical Center.

Carolyn moved to San Diego one year ago after practicing in Denver, Colorado for 10 years. She continues to commute to Denver once a month to visit patients and her family...and to hit the ski slopes!

Divya Kakaiya, Lynn Congemi and Alan Spector were her sponsors.
Email: crossmd@me.com

FOUR-WAY TEST SPEECH CONTEST

The **Hoover Interact speech sub-committee** is busy working with a **record 52 high school students** who want to go through the speech workshops led by **Jack Berkman** and Jan McDonough. They need your help on **Fridays from 3 to 5 p.m**. at Price Philanthropies at **4305 University Avenue, Suite 600, San Diego, CA 92105** (assembly room) to mentor the kids on speech writing and presentation skills.

Workshops go on for seven weeks from **Friday, January 5 to February 16 with the contest to be held on Friday February 23 at 4:00 p.m.** On the week of the contest, we also need Rotarians to help with the kids to practice their speeches and give them feedback and positive reinforcement. Call or email **Janet McDonough** to volunteer. 619-813-8368 or janet.mcdonough.law@live.com

FACES IN OUR CROWD

(Left) President Bob tried his best to not spread his cold to anyone; (right) Bob with guest speakers Linda Stirling and Bill Holland, and Chair of the Day Kim Higgins.

(Left) Kay Davis, **Jay Arnett**, **John Littrell**, Charlie Littrell, **Frank Pavel**, Cindy Hedgecock, **Ian Gill** and Madeleine Pavel; (right) Thank you to Jan McDonough for presenting the Inspirational Moment.

CAMP ENTERPRISE-LEGACY APPLICATIONS

Members of San Diego Rotary Club 33 are allowed to nominate an eligible high school junior to attend Camp Enterprise as a "legacy." **The definition of a legacy is a son/daughter, grandson/granddaughter, direct relative of the member or close family friend.** Rotary Camp Enterprise is on **March 15 – 17, 2018 at Camp Cedar Glen, Julian.**

Below *are the steps for you, the nominating Rotarian*, to complete for the nomination of your legacy candidate:

Step 1: Check with your nominee and nominee's guardians as to their interest in attending. Share this website for information: *http://www.sandiegorotary.club/service/camp-enterprise/*
Step 2: Confirm nominee can attend the entire duration of Camp from Marcy 15-1, 2018
Step 3: Obtain permission from nominee's school to miss two days of school.
Step 4: Fill out the nominee information form and send to Christy White no later than **January 19, 2018**
Step 5: Ensure student has a ride to our Rotary meeting on Thursday, March 15. (Camp Enterprise Student Chair will confirm nominee's spot in Camp)

Please complete the information and return the form via mail or email by **January 19, 2018**. If you have questions please contact Christy White at 858-336-4795 or Bridget Meckley at 619 886-3606.

******COMPLETE APPLICATION PACKETS ARE E-MAILED TO THE STUDENT IN MID-FEBRUARY******

CLICK HERE FOR THE NOMINATION SUBMISSION FORM
CLICK HERE FOR THE LEGACY PARENT INFORMATION PACKET

RYLA

Save the Date - RYLA 2018

Facilitators are needed for the 2018 RYLA (Rotary Youth Leadership Awards). Join the fun and be a part of this outstanding Rotary youth leadership program scheduled for April 20 through 22, 2018 in Idyllwild, California. RYLA is a three-day leadership conference for high school juniors from throughout District 5340. Details and an application are available at ryla5340.org. Please contact our club's RYLA chair Paul van Roon at (619) 980-2334 or email him at paulvanroon@icloud.com for any questions. We welcome your participation!

*Club 33 member **Tom Vecchione's** story is featured in the **January 2018 issue of the Rotarian**. Click here to read the online article or read below.*

Ordinary Rotarians can find themselves in extraordinary circumstances. In their own words, they tell us
What it's like to...

Change lives through surgery
Thomas Vecchione, Rotary Club of San Diego

As our bus arrived at the hospital, a line of women in shawls accompanied by wide-eyed children stretched from the hospital entrance along the dusty cobbled street. There must have been at least 200 people waiting. It was barely dawn.

On that chilly November day in 2005, my colleagues and I, members of the Mercy Outreach Surgical Team (MOST), were in Tehuacán, about 150 miles southeast of Mexico City. I'm a plastic surgeon, and I had been making trips like this since the late 1970s. In fact, I met my wife, Sylvia, a recovery room nurse, when we served on a mission to El Salvador.

The MOST program dates to February 1988, when 58 children from rural Mexico arrived at Scripps Mercy Hospital in San Diego. Thirteen months later, our team made its first trip to Mexico, traveling more than 2,000 miles to Oaxaca. MOST continues to make weeklong trips to Mexico twice a year. To date, we've visited 26 towns there and helped more than 13,000 patients.

On our first trips, we found the medical facilities to be very crude. The hospitals were basically just big rooms, more like outpatient clinics. There was very little equipment, certainly no X-ray, and no post-op out there in the wilderness. The plastic surgeons down there are good, and we've always made a point of sharing our medical knowledge and expertise with them, but we were all hampered by what we had to work with.

That's why, on that first visit to Oaxaca, we limited ourselves to helping only the simplest cases: burns, scar revisions, procedures we could do with local anesthesia and not have to worry about a lengthy follow-up. Safety was our immediate concern. I don't want to take any chances when I have a child's life in my hands. Our worst fear was bleeding, and there were two or three times I really had to sweat a little. I was operating on a child's palate once when he started bleeding, and all I could do was put my finger on it to stop it. But our care and caution have paid off: In nearly 30 years, we've never lost a child.

Memories of patients stick with you. I remember the scared little boy in Morelia who insisted we all say a prayer before we put him to sleep – and who, when he awoke in recovery, his eyes still closed, whispered in Spanish, "Forgive me for my sins." A nurse started crying. I also remember the teenage boy who, following surgery to repair a bilateral cleft lip, looked in a mirror, smiled, and said, "Now I can kiss a girl."

In Pachuca in 2010, there was a beautiful, dark-eyed girl with a hairy nevus – a pigmented birthmark covered in thick hair – across part of her forehead and cheek. The difficulty of removing the nevus and applying skin grafts took four or five surgeries over a number of years. She's a young woman now, and she still comes back to say hello. And then there was the boy in Zamora who had suffered such terrible burns that the scars had adhered his chin to his chest. We fixed that, again over the course of many visits. He continues to return, now as a young man helping and reassuring the latest round of scared young patients.

And on that chilly November morning in Tehuacán, there was a boy named Juan who stood ramrod straight in his tattered white shirt and threadbare jeans holding his mother's hand. He was like a little soldier ready to do battle. Across his upper lip, he had spread a strip of neatly cut electrical tape. When I examined him, his mother told me Juan had been using the tape to hide his open cleft lip for three or four months. He also thought the tape might heal his lip and make it grow back together. I explained to Juan that we could heal his lip in a 35-minute operation – and the next morning, that's what we did.

On our earliest missions, I noticed there were always some local people helping out. I saw one of those men was wearing a Rotary shirt, and when I got back to San Diego, I joined Rotary. If it weren't for the Rotary clubs in Mexico, we couldn't do what we do. It's always good to have friends like that in a foreign country. When a problem arises, they always know somebody who knows somebody who can help out.

Today we travel with a team of almost 50 people: several surgeons, the very best pediatric anesthesiologists, and top-flight nurses to handle all aspects of our mission, from pre-op through the operating room and into post-op and recovery. Now we can handle the most complex cases, though if there's ever any doubt, we'll try to find a place to do it more safely. On our first trip to Oaxaca, we treated 40 patients; we had to turn away a lot of patients who, if we had had them back in the United States, we could have taken care of right away. In 2015, on our weeklong missions to Morelia and San Cristóbal de las Casas, we helped more than 860 children.

When will we stop going? We show up, and there are 400 or 500 kids waiting outside a clinic; clearly there's still a need. And as long as there's a need, we want to be there. It's the best thing I can do with my life.

As told to Geoff Johnson