



THE ROTATOR

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SAN DIEGO ROTARY CLUB

Taking the Mystery Out of Hospice & Palliative Care



Richard Ledford
Editor

*H*ow lucky can one Rotator editor get! My last review and report was on the horrors of WWI *but* the wonders of the medical advances that resulted. A difficult subject about which to be positive.

Then came today's program on what might be considered a difficult topic: Hospice & Palliative Care - - which turned out to be thirty minutes of solid information and advice by a panel of experienced and caring experts. In short, it was an incredible program.

But to get to that, our now thoroughly entrenched No-Fines-Today **Prez Michelle** opened the meeting and introduced the-man-with-the-bowtie, **Monty McIntyre**, to give the Inspirational Moment. Keeping with the theme for our program today, Monty reminded us that every day alive is a gift, and that we do have a choice in how we approach the end-of-life with loved ones. His advice: Let us be grateful for the time we have with others.

Steve Hubbard, who we all know can sing like the dickens, showed us today that he can also talk. Steve gave us a short history lesson on the writing of "The Star Spangled Banner", singing the 4th stanza of the song (which most of us had never heard sung before.) And did I say that Steve can sing??? Absolutely!

Thanks to the sponsorship of **Jim Fitzpatrick** and the San Diego Magazine, next up was one of this scribe's favorites: the Voice of Radio-Man himself, **Bert Wahlen** with all the news. Well, at least some of the news, and always the humor that follows!

Our Prez moved next to officially welcome *all* our visitors. And what a

simple but great idea! Prez Michelle then officiated in the presentation of Paul Harris Fellows to **Gayle Hom, Peg Eddy, Mary Colacicco**, and **Amnon Ben-Yehuda**, with Amnon receiving his 7th!

This week's Committee Minute was given by **Jim Groen** from the Bridge/Storefront Committee. Jim brought us up to speed on all the support our Club provides to this important emergency shelter for homeless, runaway and street kids. Also, we saw two new talented members join the Club today. Welcome to **Danitza Villanueva** and **Duke Sobek**!

Finally, time for the program, Prez Michelle introduced our own Maestro of PR Magic, **David Oates**. And I have to say that at first I thought David would need all his PR magic to handle the topic for today's program that most of us avoid. But with a panel of three practicing experts and David's probing and informative questions, it was a remarkable introduction to hospice care and palliative care. It had value for a number of reasons, starting with the fact that almost all of us have had some experience with a family member or friend going through an end-of-life experience. Most of us left the meeting with both some very good advice, and a sense of wellbeing and purpose. Among the tidbits served up by the panel: Don't permit "default" healthcare! Plan for what you want and be clear about it. Family/friends in hospice care tend to live longer. And finally, planning for how you want to be handled is really a gift to your survivors, helping to relieve guilt about what has been requested to be done. A program both useful and thoughtful!

NEXT MEETING

August 7

Walter Lam

The Lost Boys of Sudan

Walter Lam, himself a refugee from Uganda, fled political persecution and came to San Diego in 1986. Upon arrival to the United States, Walter recognized that there were no programs addressing the needs of African Refugees arriving in San Diego. In 1989, he founded the Alliance for African Assistance with the purpose of helping fellow refugees from Africa. Over the past 25 years, the Alliance has greatly expanded to serving thousands of refugees from all over the world.

Walter's compelling tale is on the resettlement of the lost boys of Sudan, a mixed group of adults and minors. The amazing part of this story is the transformation of these kids, who grow up to become leaders in the U. S. and in their native country of Sudan. Among all the refugees that came to America during the last 25 years, this group comprises the largest number of refugees who went back to help their home country.



Roger Haines
Chair of the Day

QUICK BITS

Attention Project Committee Chairs:

If you haven't already done so, please sign up for the **Committee Showcase on September 18th**. Contact Peg Eddy or Rick Jackson.

Send in your **favorite committee photo (high resolution)** to Paul at the Rotary office so that a poster can be made for this event and/or the November 6th Auction/Salute to Military event on the USS Midway.

You will need to secure an awesome **auction item** for the November 6th Auction. Contact Diana MarJip-Chuh for questions.

Be sure to attend our **September 4th meeting for the kick-off of our EREY competition** with another large Rotary club (you'll find out with who on that day!). It is guaranteed to be fun...there will be prizes!

BIRTHDAYS

Dean Crowder	Aug	4
Armon Mills		4
Chuck Dunning		4
Daryl Ferguson		4
Patrick Schulze		4
Ernie Hahn II		5
Mel Katz		7
Ken Andersen		7
Diana MarJip-Chuh		7
Jim Goode		8
George McKinney, Ph.D.		9
Craig Starkey		9
Todd Struyk		9

New Member News

Danitza Villanueva - "Publishing-Periodicals-Local, Additional Active" - introduced herself to Club 33 today. Danitza is the Publisher with Giving Back Magazine, a monthly publication that spotlights the people and organizations of the region that are giving back to the community.



Vernon Aguirre, Bob Kelly, and Tom Karlo were her sponsors.

(B) 619-260-8353
(C) 619-778-2397
(E) danitza@gbsan.com

Duke Sobek - "Social Service and Welfare-Neighborhood House Association" - introduced himself to Club 33 today. Duke is the Senior Director of Human Resources for this non-profit organization that provides twelve social service programs to San Diego County.



Mary Colacicco, Patti Roscoe and Joyce Gattas were his sponsors.

(B) 858-715-2642 x273
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CALENDAR

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

Aug

7 **Walter Lam - The Lost Boys of the Sudan**

14 **Bio Fuel Products Panel**

21 **US Attorney Laura Duffy**

28 **Sheriff Bill Gore**

Sept

4 **Innovadora**

Grotarian Events

Summer Poolside Chat
Tuesday, September 9, 2014
5:00 pm - 7:00
Location: Morrell residence

This is a chance for new members to learn more about Club 33 and our wonderful committees. Chairs from different committees will describe their committees, activities and ways you can participate. Dinner will be provided. This event is open to Grotarians only (please, no guests or spouses.)

KPBS Tour
Tuesday, September 23, 2014
4:30 pm - \$30 per person

Don't miss this wonderful opportunity to tour KPBS and see the newly remodeled second floor -- the Joan and Irwin Jacobs KPBS News Center.

Please visit our website at www.sandiegorotary.club for more event details and to register.

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

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FACES IN THE CROWD



President Michelle, Chair of the Day and program moderator David Oates, with guest speakers Jill Mendlen, Suzi Johnson and Jan Jones.



Peg Eddy, Amnon Ben-Yehuda, Gayle Hom and Mary Colacicco were recognized for their contributions to Rotary International with Paul Harris Fellow pins presented to them by President Michelle.



Dick Murphy, Joe Craver and Sheriff Bill Gore



Past President Chuck still believes in the importance of reaching out to prospective members and he spent time getting to know two prospects at the meeting.



Monty McIntyre delivered the day's poignant Inspirational Moment.



Hoover Interact Chair **Jeremiah Doran** and Vice Chair **Mia Harenski** joined **Beatriz Valencia** to welcome the student leaders of the Interact program.

Military Affairs Committee Members at Christmas You Missed

Here is a photo from Saturday, July 26, at the Armed Services YMCA event. We had a nice group of MAC members helping on Saturday. In the photo, from left to right, **Bink Cook, John Alioto, Katie Fulhorst, Jim Wynkoop, John Van Dusen** aka Santa Claus, **Claudia Obertreis, Peg Eddy** and **Kate Carinder**. Part of the group worked from 7 am to 10 am, and other committee members worked from 8 am to 11 am, staffing the craft booths where military dependents decorated pine cones and small Christmas trees.

Although it was a warm morning, the military families enjoyed all of the sounds and sights of Christmas at the Community Center in Tierrasanta, which had been decked in colors and Christmas decorations. Bink brought one of her granddaughters and her granddaughter's friend, both high school seniors, who were here from Florida visiting Bink for a week. All got into the spirit and enjoyed seeing the military personnel and their families enjoy the Christmas they missed.

The MAC volunteers were gracious, hard working and welcoming at this special event.



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You can also choose to sponsor the Rotator in the name of your child, new grandchild, etc., and include a photo.

We have different sizing and pricing options:
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Please contact Jim Wynkoop at Jim.Wynkoop@SuperSonicImagine.com, or cell 760-579-1798 for more info.