

# THE ROTATOR

Vol. 101, No. 30 February 12, 2015

SAN DIEGO ROTARY CLUB

## You Gotta Have Heart!



Andy Liska  
Editor

The warmest summer I ever had was a winter in San Diego. When you arrived for today's lunch, I bet you didn't expect you would see Chair of the Day, President-Nominee **John Morrell**, boogie on stage with an (almost) old

flame; but more on that later. President **Michelle Candland** got things started by introducing the toughest guy she knows, **Joe Craver**, recently broken back and all, to lead the Inspirational Moment. Joe talked about the importance of knowing CPR, --and of *not* being the person who delivers mail to the Red Cross headquarters. The Pledge of Allegiance was led by **Debbie Day**, followed by *America the Beautiful*, accompanied by **Larry Showley**. Today's news was sponsored by **Roy Bell** of Troutman, Sanders, LLP and was masterfully read by newsman **Bert Whalen**.

Visiting guests were recognized by President Michelle, including the usual complement of SDSU Rotaracts. The Grotarian Committee hit another home run with its glass blowing event, with 65 folks in attendance. If your committee gets money from the Club, get your grant applications in by March 13, 2015. The Committee Minute was given by **Solveig Deuprey**, Chair of the Girl Scout Committee. What marketing genius came up with the brilliant idea of having cute little girls sell delicious cookies? Based upon the number of boxes of cookies on the lunch tables today, these darling young women were quite successful again. Good job, Solveig, and all of those who support this terrific committee.

February 26, 2015 is the date of one of Rotary's oldest traditions, the annual Brown Bag Lunch. **Lambert Hsu** gave us the list of this year's venues, with lots of interesting opportunities to learn about fellow Rotarians' places of work. If

you missed the opportunity to sign up today, go to the Club's website. Invisible Threat DVDs were available for distribution to Rotarians at lunch today, and the wonderful success of this student project was hailed by **Amnon Ben-Yehuda**.

Welcome to new member **Suzanne Frontz**, who should fit in well with our Club (she is a management consultant for breweries and wineries).

President Michelle then introduced our Chair of the Day, John Morrell. Although his day job does not involve cardiology, John was a natural for COD. John had a heart incident last June which delayed his rim-to-rim Grand Canyon hike by a few weeks. John was also a classmate of today's speaker, Maureen O'Connor, at Clairemont High (your editor's alma mater, too). Maureen is in charge of San Diego Project Heart Beat. Sudden cardiac arrest is the leading cause of death in the United States. It is neither age nor gender specific; even children can be at risk. Project Heart Beat's goal is to increase survival rates of cardiac arrest victims.

When a person suffers cardiac arrest, time is off the essence. Every minute that passes following a cardiac arrest reduces one's survival chances by 10%. The average response time for emergency personnel in San Diego is a respectable 6 to 9 minutes. That time, however, is often too long as only 4.8% to 9.5% of cardiac arrest victims survive, depending on their locations. Approximately 420,000 people suffer a cardiac arrest each year in non-hospital locations. A key tool to assist with increasing survival rates is the Automated External Defibrillator, or AED. Educating the public, even kids, is also a critical component of what Maureen does. To make this point, Maureen introduced Rob Hoadley, a cardiac arrest survivor, to tell his compelling story. Rob was at work on April 1, 2011 when he collapsed mid-sentence.

*Continued on page 2*

## NEXT MEETING

**February 19**

### Disaster Preparedness- Readiness Tips for Life's Show-Stopping Events

Disasters can strike at any time. Emergencies will happen. It's unavoidable.

Earthquakes, floods, wildfires, winter storms and many more of Mother Nature's nasty surprises, can wreak havoc on an unprepared community.

Captain Joseph Amador, Public Information Officer for the San Diego Fire-Rescue Department, will discuss how to take action, prepare a plan and gather information to minimize the impact a disaster may have on our lives.

Captain Amador has extensive experience that ranges over the past 24 years including naval, wild land and municipal fire-fighting. His specialties are in rescue and hazardous materials. Captain Amador also serves on the Urban Search & Rescue Team.



Peg Eddy  
Chair of the Day

## QUICK BITS

**The Rotary office will be closed on Monday, Feb. 16, in observance of the President's Day holiday.**

### 2015-2016 PROJECT ALLOCATION APPLICATIONS

If you are interested in applying for a project or committee grant, the 2015-2016 PAC memorandum and application are now available to download from our website in the "Member Downloads" page. If possible, please type your responses directly onto the application.

**IMPORTANT: Deadline to submit applications is March 13th.** Please contact [Tyler Cramer](#) if you have any questions.

[Click here](#) to be directed to the forms.

### ROTARIANS AT WORK DAY

Save the date for this year's RAW on **Saturday, April 25**. If you are interested in hosting one of the projects for this annual event, please contact [Craig Nelson](#) or [Emily Rex](#).

## BIRTHDAYS

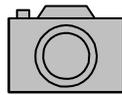
Steve Treadgold	February	16
Sid Tobiason		18
Scott Silverman		20
Larry Stirling		20
Elliott Hirshman		21

## You Gotta Have Heart!

Cont. from page 1

Amazingly (and fortunately), his boss, to whom he was speaking at the time, had learned CPR at summer camp when he was 11. Although he had never taken a refresher course, Rob's boss was able to perform CPR for 7 minutes until help came. The first responder was a police officer who unfortunately did not have an AED in his patrol car. Rob's heart stopped 5 times that day, but he made a complete recovery. Currently, San Diego Police Department sergeants carry AEDs but Rob and Maureen believe AEDs should be in every patrol car as police are frequently the first responders.

Maureen then completed her presentation with some lessons on CPR and the use of AEDs. This is where former classmate John Morrell comes in. John performed perhaps the most amazing boogie-woogie ever by a Club 33 President Nominee during a February lunch meeting. Seems he perhaps had a bit of a crush on Maureen back when Ford was President, but it was all in good fun and for a good cause. John successfully performed CPR on Annie the CPR dummy and then actually revived her to the rousing applause of the audience. Job well done, John! While we should all get CPR certification, we did learn that 100 beats (compressions) per minute (think Bee Gee's 1977 *Stayin' Alive*), with compressions a third of the way down the chest, is the way to go. Thankfully, AEDs come with written and audible instructions that even a lawyer can follow. Our lunch meetings are now a safer place, as many Rotarians stayed after lunch for additional CPR instruction.



### ROSTER PHOTOS-FEB 19.

If you do not have a roster photo on file with us or would like to take a new photo for the 2015-2016 Directory, please arrive before the meeting or plan to stay after to have Stan Lawrence take a photo.

### ROSTER UPDATES

Also, if you have new contact information that needs updating, please [click here](#) for the update form and return it to Mary.

## CALENDAR

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

### February

19 *Disaster Preparedness*

26 *Brown Bag Luncheon—No Meeting at Liberty Station*

### March

5 *Mercy Outreach Surgical Team (MOST)*

12 *John Reilly-Sea World*

## GROTARIAN EVENTS

*Attention Grotarians—this meeting is one of the requirements toward your permanent badge. Please consider attending if you have not attended one before.*

### WINTER FIRESIDE CHAT

Tuesday, February 24

5:00 pm - 7:00 pm

Location: Academy of Our Lady of Peace

This free event is open to Grotarians only (please, no guests or spouses.)

Please visit our website at [www.sandiegorotary.club](http://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

Michelle Candland, President ♦ Paul Devermann, Executive Director

San Diego Rotary ♦ 2247 San Diego Avenue, Ste. 233, San Diego, CA 92110-2943

Phone: 619/299-3309 Fax: 619/299-3340 ♦ e-mail: paul@rotary33.org ♦ website: http://www.sandiegorotary.club

# FACES IN THE CROWD



Two very adorable Girl Scouts filled the room with plenty of sweets.



Thank you to **Nancy Scott** (pictured here with **Massey Pitts**) for spreading love and hearts around the room.



Chair of the Day John Morrell and President Michelle with guest speakers Rob Hoadley, Maureen O'Connor and Loralee Olejnik.



The crowd joined in in demonstrating the proper portion of the hand to use for chest compressions during CPR.



John helped to demonstrate the use of an AED on Annie.



Our Don't Wait...Vaccinate Committee handed out free Invisible Threat dvds and encouraged everyone to be an ambassador to the cause.



Rotarians stayed after the program to get additional training in the hands-only CPR.



Our guest speakers gave additional demonstrations on the proper use of an AED to our members.

# February 26, 2015 - Brown Bag Lunch

Registration has begun on our website for our annual Brown Bag Luncheon which will be on Thursday, February 26.

**There will be no meeting at Liberty Station on this date!**

Be sure to register early as each location has limited space available.

Attendance at a Brown Bag Luncheon is mandatory, just like our regular Club meetings.

Lunch will be provided at all sites. Guests are welcome (\$30 per guest)

DEADLINE TO SIGN UP FOR A LUNCH IS BY MIDNIGHT, FEB. 20.

More information and a link to register can be found on the Club's website and here....

<http://www.sandiegorotary.club/event/brown-bag-lunch-2/>

## *2015 Brown Bag Lunch "Menu Selection"*



San Diego History Center

Rueben H. Fleet Science Center

US Navy

American Red Cross

Art Institute of California

San Diego Humane Society & SPCA

San Diego Convention Center Corporation

San Diego Workforce Partnership

The Old Globe

U-T San Diego

Karl Strauss

San Diego State University

Phil's BBQ

*Thank you to all of our participating hosts!*

## New Member News

Please welcome our newest member to the club.



**Suzanne Frontz** - "Management Consultant-Wineries & Breweries." Suzanne is the President of Metz & Associates.

**David Oates, John Morrell and Laura Buckley** were her sponsors.  
(B) 408-839-0054

[Suzanne@metzassociates.net](mailto:Suzanne@metzassociates.net)

## Fishing Committee

To all Rotarians who love sport fishing!  
**SPACE IS LIMITED AND SELLING FAST!**

**September 2, 4:00am**—This year we will be fishing aboard the boat Searcher out of Fisherman's Landing in Point Loma. You will check in by 4am and the boat will leave shortly thereafter. It is an extended 1 1/2 day trip that will fish offshore for tuna, yellowtail and dorado. We will return to Fisherman's Landing at 8am on Sept. 4th. The price is \$465.00 and the trip is limited to 28 passengers. You can check out the boat at [Searchersportfishing.com](http://Searchersportfishing.com). The trip will be sponsored by Turners Outdoorsman and will have angler giveaways and jackpot prizes. This trip will sell out fast so don't wait! Contact Celia at 619-226-2403, or call Fisherman's Landing at 619-221-8500. Let's fill the boat with Rotarians!

Thank you,  
**Bob Fletcher**  
Chairman, Fishing Committee

## Alcazar Garden Planting

**If you missed last month's event, here is another opportunity to join in on preparing the gardens for the upcoming Centennial Celebration at Balboa Park.**

**Friday, February 27, 9:00 am-12:00 pm**

Up to 25 volunteers are welcome and lunch will be provided, courtesy of the Friends of Balboa Park.

Family and guests are also welcome.

[Click here to sign up](#)



# Grotarian Event

Thank you to **Paul Nestor**, **Kathy Koenig**, and the Grotarian Committee for putting together a wonderful evening at Nic McGuire's glass art studio on Tuesday, February 10th. Everything from the food, to the music, to watching Nic McGuire and his crew create a spectacular piece of art was amazing!





## SUPPORT CAMP ENTERPRISE!!!

Putting on the annual event for nearly 90 students is no easy task. It takes nearly 50 Rotarians, more than 40 Rotaracts and approximately \$35,000.

While the generous endowment fund we have covers most of it, we certainly appreciate the past support we've received from those willing to help underwrite the Camp's cost each year. Doing so will ensure we can continue to fund this valuable program each year!



Many of you purchase a Camp Enterprise T-Shirt that we sell a couple of weeks prior to Camp. We'll have some limited amounts available this year before the March 5 and March 12 Rotary programs. We know there are several Rotarians who are gracious to support, but not keen on having another T-shirt in many dresser drawers. So with that, we'd like to offer you other ways to help out. Thanks to the creativity of our own Rotarian, **Michael Anderson**, we're putting together a "Friends of Camp Enterprise" program with the following different sponsor opportunities in addition to the T-shirt purchases:

Sponsor a student (90 opportunities): \$50

Sponsor a team (10 opportunities): \$500

Sponsor a cabin (13 opportunities): \$750

Sponsor a meal: (Breakfast, Lunch or Dinner - 7 opportunities): \$1,000

We'll proudly include your logo at our Friends of Camp Enterprise signage at Camp as well as give recognition in our post-Camp Enterprise Rotator edition.