

What a Sweet Memory



Richard Ledford
Editor

Alzheimer's disease. It is likely that most Rotarians have or have had a loved one with a disease associated with aging. From personal experience, this Editor watched a lifetime of family history fade as dementia slowly took it away from my wife's mother. So coming just after Valentine's Day, a day of love and memories, our program was both interesting and poignant. And what better way to start the program when **Prez Elect Suzy**, subbing for the sometimes ruthless but strangely humorous **Prez Bob**, announced it was National Singles Day. Yup... Valentine's Day just ended, so I guess we needed to give Singles equal time. No one paid any attention when she reported it was also National Wisconsin Day, thankfully. But leave it to **Joe Craver** to step in and settle things down, just as he's done with so many things.

Providing our Inspirational Moment, Joe shared some amazing facts about V-Day: 189 million stems of roses sold, 1 billion greeting cards and 35 million boxes of chocolate bought. Then he brought it home by reading the wonderful card Rayma-Lew, his wife of 65 years, gave him. As it turns out, Valentine's Day was also their anniversary. Congrats to this special couple!

Solveig Deuprey joined the podium to lead us in the Pledge, followed by *God Bless America* with **Greg "Silver-Back" Zinser** on the ivory. The news was brought to us by **Paul Hartley III**, in honor of this father, the late Paul Hartley, Jr., and was presented by **Mark "Cell-Phone-At-The-Mic" Burgess** (ask Mark about that one!). Prez Elect Suzy had a number of announcements to share: a prospective member's reception next week (register on our website) and bring-the-money-honey because the Girl Scouts will be selling cookies at next week's meeting!

Subbing for Prez Bob has some requirements because Prez Elect Suzy did Bob's usual "looking-back in Rotary", this time covering #36 president, Ralph E. Bach, in 1946-1947. As it turns out, there was a big brouhaha

about the club's Rotator editors whining about this and that. Guess nothing much changes around here!

New member intros were next and boy, did we welcome a couple of good ones. If you're in the audience, you can tell this by how all the club Committee Chairs start scribbling notes and jockeying for the new member's attention. We welcomed **Katie Sawyer**, the Executive Director of the San Diego Women's Foundation and **Peter Comiskey**, Executive Director of the Balboa Park Cultural Partnership.

The effervescent **Divya Kakaiya** reminded us of the March 13 Grotarian event at the Women's Museum of California, encouraging all new Rotarians and veterans to attend.

Prez Elect Suzy introduced the incredibly fit and young-looking **Greg Sterner** (he really did just turn 50!) who runs Fitness Together at Liberty Station. Greg then introduced our speaker for the day, Dr. Tiffany Chow. Now if you were expecting a boring USC research doc, you would have been wrong. Dr. Chow surfs and apparently disposes of boyfriends that do not appreciate the scientific value of a good wave.

What Dr. Chow delivered today was both an understanding of the underlying causes of Alzheimer's disease (AD) such as we now know them, but also a peek of what we might do to in the way of preventive maintenance. Physical activity and "cognitive reserves" are just two that will help you keep those sweet memories right where you want them... and where you'll remember them!

You can [click here](#) to view Dr. Chow's presentation slides or contact the Rotary office if you would like to listen to the audio file.

Suzy closed with this "thought for the week" (a Buddhist quote compliments of last week's Rotary PETS seminar): "Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."

Next Meeting

February 22, 2018

**Kimberly Becker,
CEO
San Diego International
Airport**

Kimberly Becker began her role as the new president/CEO of the San Diego County Regional Airport Authority on May 1, 2017. She will discuss how she and the more than 400 agency employees are operating San Diego's air transportation gateways in a manner that promotes the region's prosperity and protects its quality of life. We'll hear all about the current and future infrastructure plans for this vital economic engine.

She joins the Airport Authority as it adds new nonstop air service, builds a new Customs and Border Protection facility to accommodate rapid growth of international arrivals, and plans the replacement of the 50-year-old Terminal 1. Additionally, the Authority Board just completed a five-year strategic plan.



**Gil Johnson
Chair of the Day**

QUICK BITS



Club 33 Golf Tournament—3rd and Final Round

March 23 at 9am—San Diego Country Club

Join us for the final round of our annual tournament. Contact Golf Chair Rich Donnelly to sign up! rdonnelly@DWA-SD.com

San Diego Rotary App



You can download the San Diego Rotary app on your phone and tablet from the App Store or Google Play. Just search “San Diego Rotary” in the store. The app will make it much easier to access information and keep up-to-date on what is happening in the club. (This app is only for San Diego Rotary Club members.)

Save the date!
Thursday, March 29
is Picture Day for the
2018-19 Member
Directory.



BIRTHDAYS

February

Erin Zlotnik	20
Alison Fleming	23
Chris Grassa	23
Michelle Candland	23

MEMBERSHIP

Prospective Member Reception February 22, 11:30 am - noon

Bring a prospective member to a pre-lunch reception on February 22 for an opportunity to meet with fellow Rotarians and Board members, and to learn more about Rotary. They can then enjoy a complimentary lunch and hear our guest speaker, Kimberly Becker, President and CEO of the San Diego International Airport, talk about their current and future infrastructure plans. [Click here to register for the reception.](#)

Please welcome our newest members to the club:



Peter Comiskey—“Associations-Balboa Park.” Peter has been the Executive Director of the Balboa Park Cultural Partnership since 2013. Their focus is on the advocacy and collaboration for the cultural organizations within the park.

Peter is from Australia and moved to the US in 1998. To give us an insight into his personality, Peter recommended two of his favorite shows to watch on Netflix: The Windsors and Little Lunch (which his 9-year-old really enjoys, too!)

Ben Clay, Patti Roscoe and Nikki Clay were his sponsors.
Email: peter.comiskey@bpcp.org



Katie Sawyer—“Foundation-San Diego Women’s.” Katie is the Executive Director of the San Diego Women’s Foundation.

In just one year under Katie’s leadership, SDWF has granted \$201,000 to support homeless youth.

She is a graduate of LEAD San Diego’s Impact program, a long time volunteer as a coach for Girls on the Run at Monarch School, and she and her husband Eric love to travel and spend time outdoors.

Glenn Rossman, Trevor Blair and Kathlyn Mead were her sponsors.
Email: katies@sdfoundation.org

CALENDAR

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

February

22 Kimberly Becker, CEO-San Diego Intl. Airport

March

1 Camille Newbern-San Diego Rotary in Africa

8 Cindy Marten-Superintendent-SDUSD

GROTARIAN EVENTS

Women’s Museum of California
2730 Historic Decatur Road
Suite 103, 92106

March 13 5:30-7:30 pm
Cost: \$20 per person

Please join the Grotarians as we tour the Women’s Museum of California located in Liberty Station. The museum is one of only three stand-alone museums of women’s history in the country. It was founded in 1983 as the Women’s History Reclamation Project. A docent will give us a tour of the permanent exhibits at the museum, as well as the current exhibit entitled, “March to Empowerment.” After the tour, we’ll enjoy adult beverages and heavy appetizers.

[Click here](#) for more event details and to register.

FOUR-WAY TEST SPEECH CONTEST



YOU ARE CORDIALLY INVITED TO THE FOUR-WAY TEST SPEECH CONTESTS
We encourage all of you to attend and show your support for the participants.

Hoover Cardinals Interact Speech Contest

When: Friday, February 23, 2018 at 3:00 p.m.

Place: Price Philanthropies, 4305 University Avenue, 6th floor assembly room, San Diego, CA 92105

Directions: 8 to 15 South to University, turn left on University and look for the tallest building on the right.

Then turn right on 43rd street, parking garage is first driveway on your left

Information: Janet McDonough, Jack Berkman or Beatriz Valencia

Club 33 Four-Way Speech Contest

Our Lady of Peace Academy, St. Augustine High and High Tech High Interactors

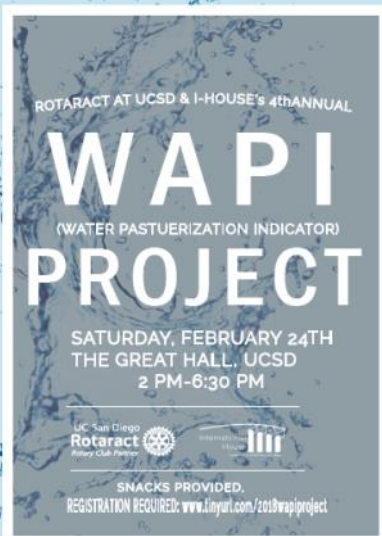
When: Monday, February 26, 2018 at 5:00 p.m.

Place: Our Lady of Peace Academy, Carondelet Room, 4860 Oregon Street, San Diego, CA 92116

Information: Janet McDonough, Jack Berkman or Lauren Lek

We hope to see you there!

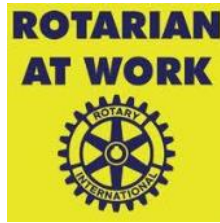
4th Annual WAPI PROJECT



Join the RI Foundation and Microcredit Committee and the UCSD Rotaract on Saturday, February 24, where they will again be making WAPIs (Water Pasteurization Indicators) for distribution with solar cookers. The Committee is hoping they can distribute some of these during their upcoming trip to Kenya and Uganda. Each year, our RI Foundation and Microcredit Committee provides a small grant for this project.

For complete details on the project and for registration information, [click here](http://www.tinyurl.com/2018wapiproject).

ROTARIANS AT WORK DAY 2018



Save that Date
Saturday, April 28, 2018

Rotarians at Work Day is a Rotary International program where Rotarians all over the world go into the community on a single day to provide service. Our club has supported this program since its inception. This is a great day to bring your kids, grandkids and prospective rotary members to see our club in action.

Besides planning to attend, if you know of a community project that you and your fellow Rotarians can complete typically in four hours or so on Saturday April 28th, please contact committee chairs Chris Christopher at 619 777-3427 or at cchristopher@dardenbrothers.com, or Emily Rex at 619 607-1001 or at emily.rex@dprr.com.

If you would like to serve on the committee to help find and manage one of our projects, please contact Chris or Emily as well.



Rotarians At Work April 2017 - at
Balboa Park Nursery

WILSON TIGERS FOREVER INTERACT CLUB

The Wilson Middle Interact Club were excited to visit with San Diego Olympic Medalists and have the opportunity to see (and touch) the medals up close! Thank you to JJ Fetter, gold and silver medalist, Kelly Mitchell, silver medalist, and Mark Reynolds, 2-time gold medalist and a silver medalist.



FACES IN OUR CROWD



(Left) Chair of the Day Greg Sterner, guest speaker Dr. Tiffany Chow and President Elect Suzy Spafford; (center) Congratulations to Joe Craver and his wife on celebrating their 65th wedding anniversary on Feb. 14; (right) Dr. Tiffany Chow.



(Left) Newsman Mark Burgess doing a last minute check on the DOW; (right) Solveig Deuprey led the crowd in our patriotic song.



(Left) Divya Kakaiya announced the March Grotarian event; (right) Our Greeters in action: **Ramona Walker, Mark Stuart and Daniel Amaro.**