

## A Day About Hope



Ginny Ollis  
Editor

**President Suzy** welcomed a full room, as she said, of people who learn from each other, share, and perpetuate service. **Emily Rex**, threateningly inspirational just in her physical regimen never mind her lengthy roster of credentials, introduced the day's topic by relating the story of her father's cancer, and the learning from that.

**Larry Showley** led us in the Pledge and *America The Beautiful* with **Greg Zinser** on the piano. **Whitney Skala** delivered the News, sponsored by **Woody Ledford** of Ledford Accounting. Whitney mentioned another hopeful story about California hikers buried in snow and surviving with the use of straws for air!

For President Suzy's Art Moment, she highlighted the healing arts program at Scripps Memorial Hospital La Jolla with its commissioned paintings, the Wolfstein Sculpture Gardens, quilt art, blown glass, mosaics and more. Art promotes the power of healing and allows you to find pleasure during a difficult time. The arts engage and inspire you while contributing to a positive environment of healing. When you are in a healing environment, it is so important to create areas where *you can just be and reflect*. Public art changes the space and the way you feel about the space that you're in.

Mentioning that today is the 250<sup>th</sup> Anniversary of the Cabrillo landing at Balboa Point, our President then transitioned to a very respectful appreciation of our late member, **Dick Troncone**, providing the information for his memorial on Tuesday, April 23<sup>rd</sup>, 10:30 a.m. at the First United Methodist Church of San Diego, and the family's request for donations to Club 33's Foundation with designation for the Cesar Chavez Readers Committee in lieu of flowers.

**Janet McDonough** earned a huge bargain of a fine with three take-no-prisoners pleas for attention to the materials she placed on all tables. They were for various support methods to the new Scripps MD Anderson Cancer Center to be built at Mercy, at Torrey Pines, at La Jolla and Encinitas.

Following the very definite tone of Jan, **Greg Zinser** then made a Board approved presentation regarding membership: that we consider the growing number of candidates who are now or soon to be retired, and are looking for new purpose, new friends, and a new welcome.

**Paul Nestor** invited all to a fascinating Grotarian event on Monday 4/29 from 10:30 to 2pm for a privileged peak at the Stu Segal Military Training Compound (Strategic Operations). Included is free parking and lunch at the marvelous Studio Diner, all for the cost of \$25. (This editor *LOVES* Studio Diner!) Space is limited, so register fast.

New member **Sidd Vivek**, CEO of Junior Achievement (and I must point out, another relocated Bostonian) spoke of his inspiration and career avenues.

Chair of the Day Jan McDonough, Director of Gift Planning for Scripps Health Foundation, slipped in one final call for support by talking about what she did at Scripps Health Foundation and the benefits of Charitable Gift Annuity and gifts of real estate. She then introduced our guest speaker, the new Medical Director and Radiation Oncologist, Thomas Buchholz, M.D., of the Scripps MD Anderson Cancer Center. The Center opened for patient care in October, 2018.

Dr. Buchholz started by telling us that cancer care and treatment is now a road of hope. One third of the people in the U.S. are affected by cancer. There was 1.7 million new patients in 2018. Forty percent of this is avoidable, he told us. Causes that are avoidable: tobacco (no secret for years!), obesity, lack of exercise, and alcohol. And folks...use sunscreen!

After he finished his military service in San Antonio, Dr. Buchholz was invited to the University of Texas MD Anderson Cancer Center. They had surgery, radiation oncology, medical oncology, radiology, pathologists, reconstruction surgery and many support nurses, nutritionists and counselors. They believe treatment really matters!

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## Next Meeting

**Next Meeting:  
April 18**

**Dr. Larry Smarr**

**CA Institute for Telecommunications and Information Technology**

Dr. Larry Smarr is a Harry E. Gruber Distinguished Professor, Department of Computer Science and Engineering at UCSD, and the Director of the California Institute for Telecommunications and Information Technology (Calit2).

Dr. Larry Smarr has spent the last 30 years building cross-disciplinary teams using cutting-edge technology to solve real-world problems. The California Institute for Telecommunications and Information Technology, at UC San Diego/UC Irvine, is one of four Gray Davis Institutes for Science and Innovation in the UC system. Dr. Smarr will share examples from their projects in digitally-enabled disruptions of Health, Energy, Environment, and Culture, driven by innovations in wireless and photonic telecommunications, nanotechnology, biotechnology, and virtual reality.



**Martha Dennis  
Chair of the Day**

## QUICK BITS



### RESCHEDULED! CLUB 33 GOLF— FINAL ROUND

Our final round has been rescheduled to **MAY 3** at the San Diego Country Club. [Click here](#) for more details and how to register.



### CLUB 33 SOCIAL HOUR

We look forward to seeing you at our **April Club 33 Social Hour at Waypoint Public on Wednesday, 04/17 at 5:30 PM.** Waypoint is located in Northpark, and offers an impressive selection of craft beers, wine and cocktails, in addition to a delicious food menu. Enjoy some appetizers or perhaps stay for dinner!

Waypoint Public-3794 30th St.  
SD 92104

## BIRTHDAYS

### April

Don Teemsma	15
Camille Newbern	16
Joyce Gattas	16
Steve Oggel	18
Geri Warnke	18
Chris Wright	19
Doug Taber	20
Ryan Kussner	21

## A Day About Hope

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Many advances have been made in cancer treatment since then – robotic minimal invasive procedures, better tumor delineation, image guidance, improved dosage delivery, genomics, tumor and normal tissue sequencing, new targeted therapies – all enormously accelerating the pace of change. Today there is an 85% chance of cure from leukemia. (One of his associates is Jim Allison, the 2018 Nobel Prize winner in the field.) Dr. Buchholz emphasized that early detection is the best answer. As is prevention. He talked about the value of community services, knowledge and clinical trials.

Scripps Anderson Center is the only one of its kind on the entire west coast, sharing an alignment of principles: patient in the center, clinical research and education, nurse navigation, and integrating with the national community. We all left recognizing both our good fortune and the enormous hope we could now realistically hold. Questions from the audience confirmed that **John Morrell's** wife's life was saved at Mercy, that exercise supports and increases the immune system, that some chemotherapy drugs are in short supply because the manufacturers are not making enough profit from it and that targeted personalized therapies are needed because there are variations in most cancers.

**President Suzy** closed another informational and inspirational meeting, one leaving us with a sense of hope.

### Memorial Services for Dick Froncone

*Tuesday, April 23 at 10:30 am*

*First United Methodist Church of San Diego  
2111 Camino del Rio South  
San Diego, CA 92108*

*Reception immediately following services*

[Click here to view Dick's obituary.](#)

*In lieu of flowers, the Froncone family is suggesting that a donation be made in Dick's honor to the Club's Foundation designating The Cesar Chavez Readers Committee*

## CALENDAR

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

### April

**18 Dr. Larry Smarr-CA  
Institute for Telecommunications and Information Technology**

**25 Four-Way Test Speech  
Contest-District Finals**

### May

**2 Mike Fasulo-President &  
COO, Sony Electronics**

## GROTARIAN EVENTS

**Stu Segall Productions Tour  
Monday, April 29  
10:30am-2:00pm  
Cost: \$25 per person**

This very rare opportunity to tour San Diego's only Hollywood Film Production Studio: Stu Segal Productions, a 70,000 sq. foot studio is located on 5 acres in Kearny Mesa. It is the filming location of many television series such as Renegade, Silk Stockings, Veronica Mars, and countless ads, documentaries, and TV specials.

Today, the entire facility is dedicated to Strategic Operations, used for "real life" training for special operations for the military. Currently, it is a training center for medical students throughout the country, prior to their being deployed to conflict areas.

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

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

Suzy Spafford, President ♦ Paul Devermann, Executive Director

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# ANNUAL MEMBER SURVEY



It is time for the annual survey of our members. As we value your opinion, we would greatly appreciate it if you would take a few minutes to complete the survey that was emailed to you on Monday, April 8. Please follow the link and complete the survey in its entirety by April 22. All replies are completely anonymous, and we included space for any additional comments.

Thank you for your support and participation.

Paul Devermann  
Executive Director

## MEMBERSHIP

Please welcome our newest member to the club:



**Sidd Vivek**—“**Youth Organization-Junior Achievement**”. Sidd is the President and CEO of Junior Achievement of San Diego County, joining the organization in January 2019.

He was born and raised in Boston. He graduated from The George Washington University with a BA in Political Science.

Before joining JA, Sid spent the last 11 years working for the YMCA of San Diego. He worked as their Director of Marketing, then as Development Director, then finally as their the Director of Strategic Partnerships. He has been immersed in youth development programs throughout central San Diego, including robotics in underserved communities and gang/drug prevention.

**Michael Brunker, Frank Pavel and Alan Spector** were his sponsors.

Email: [SVivek@jasandiego.org](mailto:SVivek@jasandiego.org)

## 2019 MR./MRS./MS. SAN DIEGO NOMINATIONS



Club 33 needs your help in proposing a candidate or two for the prestigious annual “Mr.-Mrs.-Ms. San Diego” award which will be selected in late June by our Past Presidents.

A candidate should be a living person, not now in government elective office, who has contributed outstanding community service and leadership to the San Diego region in a variety of ways and over a long period of time.

If you would like to propose a candidate, please contact [click here](#) for a nomination form. **The last day to submit a nomination form is June 3.**

We thank you in advance for your consideration and interest.

Cordially,

**Fred Frye, George Gildred, Mike Morton, Sr., and John Morrell**  
“MMM San Diego” Coordinating Committee



# ROTARIANS AT WORK DAY

## JOIN US FOR ROTARIANS AT WORK DAY ON SATURDAY, APRIL 27

Rotarians At Work (RAW) Day happens the last Saturday in April each year. Started in 2006 as a joint effort between two Rotary Districts (one in the United States and one in Mexico), Rotarians at Work Day continues to grow. Each year, Clubs around the world identify hands-on projects that all members can participate in to help their local community on this single day.

This is a great day to bring your kids, grandkids and prospective rotary members to see our club in action.

Our list of available projects are listed below. Remember to wear your San Diego Rotary t-shirt. If you do not have one, the RAW committee will be handing them out at our Thursday meetings.

[Click here for more detailed information on each project and to register.](#)

### **Balboa Park Nursey**

Time: 9:00 am – Noon

# of volunteers needed: 15-20

### **Cooper Canyon with Hoover Interacts**

Time: 9:00 am – Noon

# of volunteers needed: 10-15

### **San Diego Zoo**

Time: 9:00 am – Noon

# of volunteers needed: 100

### **St. Paul's Senior Center**

Time: 8:30 am – 12:30 am

# of volunteers needed: 8-12

### **San Diego Humane Society—FULL**

### **Storefront Youth Shelter**

Time: 8:00 am – Noon

# of volunteers needed: 10-12

### **Jackie Robinson YMCA**

Time:

# of volunteers needed: 10-20

### **Fort Rosecrans National Cemetery**

Time: 8:00 am – Noon

# of volunteers needed: 25

### **Boy Scouts**

Time: 12:00 pm – 3:00 pm

# of volunteers needed: 6-8

### **San Diego Canyonlands with City Heights Rotaract**

Time: 9:00 am – Noon

# of volunteers needed: 5-15



# HOOVER INTERACT

## Cardinals Interact Interview Team Thank You



Club 33 members who participated in the interviews: **Duke Sobek, Mia Harenski, Julia Holladay, Aimal Laiq, Treacy Sommer, Joe Farrage, Ben Wood, Linnea Arrington, Daniel Amaro, Dick Eger, Richard Coutts, Lisa Miller, Glenn Younger, Judy Thompson and Beatriz Valencia.**

A big thank you to all the Rotarians who participated with the Class of 2022 Cardinals Interact Interviews. I am so proud of how things went and of the support provided by this club.

We interviewed 100 students and 50 were selected. The 50 students selected represent 50% girls and 50% boys. Within that population, 60% of the students selected have a GPA below a 3.0. This is a very excited group. They began calling and texting their friends and family as they learned about their acceptance into the program.

One of the incoming students lives in Tijuana. He supervises his siblings across the border (to and from school each day) while attending Hoover High School. His desire to become an Interactor was compelling enough to consider him. With the program's attendance requirements, his living in Tijuana, and demanding responsibilities, on first look it appeared as if he would not be a fit for the program. After some conversations with his family and meetings with staff, they decided to take a chance and the team is excited to have him as part of the Cardinal family.

The students who were not accepted into the program will be recommended to other programs at Hoover High School. Hoover Community Connections, a group of organizations to connect Hoover students to other opportunities is partnering with Price Philanthropies to find a place for the students.

**David Kvendru**  
Hoover Interact Committee Chair



# FACES IN OUR CROWD

Photos courtesy of Paul Nestor and Lisa Miller



Guest speaker Dr. Thomas Buchholz, (pictured on the right with **Dr. Bill McDade** and **Dean Crowder**.)



(Left) **Chris Sichel** with Mary Braunwarth of Scripps Health Foundation; (center) **Geri Warnke**, **Jim Hughes** and President **Suzy** chat before the meeting; (right) **Rob Fletcher**, **John Neuhart** and guest **Don Zeppernick**.



(Left) President **Suzy** with **Mary Ball** of Scripps Mercy Hospital; (right) **Chris Sichel** and **Alan Spector** welcome new member **Sidd Vivek**.



(Left) **Hal Sadler**, **Joe Craver** and **Wendy McKinney**; (right) **Steve Oggel** with his guest **Sally King**, and Editor-of-the Day **Ginny Ollis**.

