

## Living Forward and Aging Courageously



**Jo Dee Jacob**  
Editor

One of America's top thought leaders and expert on grief literacy, Ken Druck invited us to ask ourselves, "What can I do looking and living forward to aging?" He says, regardless of your stage in life, you should "face in" to the issues of aging. Clearly a positive and edifying message, Ken

challenged each of us to look in the mirror and defy the natural desire to look younger. Instead, celebrate those facial creases and bald spots that represent valuable life experiences and wisdom. Now, you have many opportunities to "pay forward the good in your life." Embrace activities that make your heart sing. Ken anchored his presentation with a tender story about his 97-year old mother verbalizing her love for Ken. That very moment, he pledged to open his "receiver" to take in precious messages of love. He encouraged us to do the same.

Among Ken's eight suggestions to live forward, he enjoined us to leave a legacy of love, not chaos. That includes getting your house in order. Not just estate planning, but literally get your house in order. Unclutter. Deal with your stuff. Don't leave a mess for your loved ones.

The audience was treated to a pre-release film snippet from Ken's new PBS special. For more about today's exceptional program, tune in to PBS next month, or buy Ken's recent book, *Courageous Aging: Your Best Years Ever Reimagined*.

While she wasn't seated at the head table, it might have been **Cheryl Wilson** Day at Rotary as she sponsored the news, gave the Inspirational Moment and introduced visiting seniors from St. Paul's Services Talmadge Gateway. Thank you, Cheryl, for a lifetime of dedicated service to seniors.

Other highlights:

- **Beatriz Valencia** welcomed graduating seniors from Hoover Interact, and thanked Price Family Charities' for 16-years of generous support. **Robert Price**

beamed with pride as Rotarians cheered for the 22 Interact scholars in attendance, 85% who are going on to 4-year universities.

- Our eloquent and highly accomplished Chair of the Day, **Simona Valanciute**, was nearly upstaged by a visiting Rotarian from Kaiserslautern, Germany who relished being center of attention at the world's 4<sup>th</sup> largest Rotary club.
- For her weekly art talk, President **Suzy Spafford** introduced us to Bolivian Jorge Imana's 1969 mural painting depicting 200 years of San Diego History. It's located at 2164 Chatsworth Blvd and well-worth a visit. Suzy's splendid art moments this year have inspired us Rotarians and opened our eyes to beauty all around us. We will miss your lessons, Suzy, and thank you for sharing your passion.

Please extend thanks to Club 33 Rotarians who supported our program today:

- Badge: **Bob Russell, Tracy Sundlun**
- Registration: **Jordan Abushawish, James Buley, Mike Conner, Rich DeBolt, Ray Higgins, Christy White, Glenn Younger**
- Greeters: **Kathleen Carroll, Toni Giffin, Dick Green, Peter Comiskey, Dean Crowder, Peg Eddy**
- The National Anthem led by **Barbara Noerenberg** accompanied by Bryan Verhoye
- Photography by **Paul Nestor and Lisa Miller**
- Our dedicated professional staff, **Paul Devermann** Mary Radovan and Carole Ledford.

The News was sponsored by Cheryl Wilson and reported by **Mike Conner**. His joke: "You know you're getting old when you write a note to yourself not to take that sleeping pill and laxative on the same night."

## Next Meeting

**Next Meeting:  
May 23**

**Linda Sheridan  
Founder & CEO  
San Diego Cultural  
Arts Alliance**

The San Diego Cultural Alliance takes the creative talent and need of the population that is driven to acts of graffiti vandalism and redirects that energy into something sustaining and beneficial to the community as well as to their individual lives.

As the CEO and Founder of The Alliance, Linda has a 30-year history of working in both the public and private sector. From these experiences, Linda readily recognized that educating youth and community is crucial in order to mitigate graffiti vandalism and tagging. With her combined years of government & political relations and arts background, she has been instrumental in creating a fully comprehensive, well designed and effective Graffiti Education and Mural Arts Program for the San Diego region.

Linda's talk will address using the power of art to change lives and to tell us about "Graffiti Art"; why it persists and what we need to understand in order to mitigate the destructive aspects of graffiti vandalism.



**Suzy Spafford**  
Chair of the Day

## QUICK BITS

### Do you have a change of address? Changed jobs recently or have a new title?

If there are any changes in your contact information that you would like to make for the 2018-19 member directory, please contact the [Rotary office](#) **before May 31** to ensure its inclusion.

### MEMBERSHIP

Are you ready to bring in a new member? You can find the **ONLINE SPONSOR QUESTIONNAIRE** form on our website under New Member Application Forms here <https://www.sandiegorotary.club/about-us/member-information/>.



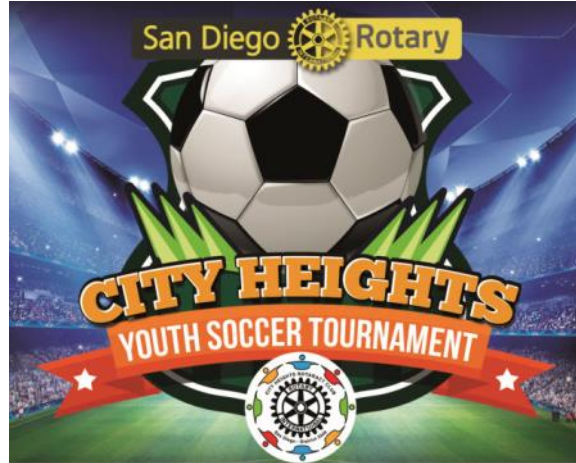
### Catch up with the City Heights Rotaracts!

Read about their most recent events and projects [here](#).

## BIRTHDAYS

### May

Michael Holland	20
Ray Uzeta	20
Ann Bethel	23
Arnulfo Manriquez	24
Ed Chaplin	24
Rick Huenefeld	25
Justine Wong	25
Jim Brown	26
Mort Jorgensen	26
Judy McDonald	26
Mike Meaney	26
Charlene Zettel	26
Trevor Blair	26



### Volunteers needed for our City Heights Youth Soccer Tournament

Our second youth soccer tournament will be held on **Saturday, June 1 and Sunday, June 2 from 8am-4pm at the Rosa Parks Field in City Heights** (4380 Landis St., 92105). We need volunteers to help with organization in leading up to the event and during the tournament.

Our inaugural tournament last year brought in 250 boys and girls, ages 9-14, for 2 days of free soccer, with free referees and free water and food. We expect the same size again this year.

If you would like to volunteer for this event, please contact [Nick Bernal](#) or [Daniel Amaro](#). And if you would like to make a donation towards the tournament, please contact the Rotary office.



If you would like to propose a candidate for this year's prestigious annual "Mr.-Mrs.-Ms. San Diego" award, which will be selected in late June by our Past Presidents, please contact [click here](#) for a nomination form.

**The last day to submit a nomination form is June 3.**

## CALENDAR

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

### May

23 *Linda Sheridan, San Diego Cultural Arts Alliance*

30 *Pianist Derek Paravicini and author Adam Ockelford*

### June

6 *The History, Evolution and Challenges of the California Supply Chain*

## GROTARIAN EVENTS

### Pro Kids Golf Academy + City Heights Rotaract Club

**When: May 21st from 5:30-7:30pm**

**Location: Pro Kids Golf Academy 4085 52nd St, SD 92105**

**Cost: \$15 per person**

Join us for this joint event with Pro Kids Golf Academy and the City Heights Rotaract Club. We will hear about the great work both groups are doing in City Heights, take a tour of the Pro Kids facility, enjoy food and beverages, and even get to hit the course!

[Click here to register](#)

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

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# 2019-20 COMMITTEE SIGN-UP



To my fellow San Diego Rotarians,

Welcome to our upcoming year! Thank you for being everywhere the need for service calls both here at home and, through our Rotary membership, connecting with the world to put humanity in motion!

Thank you especially for those who actively participate in one of our committees. You join the several hundred of us who dedicate time toward selfless giving. Volunteering in one or more of our projects also enables us to form deeper friendships and connections with each other.

For those of you still evaluating what committees to join, I promise this. If you possess a passion for supporting a particular group of people, other San Diego Rotarians stand ready to work with you — within your time constraints — towards that effort. We understand that balancing work, family, and Rotary can seem daunting. Rest assured, we offer service opportunities that can meet those requirements and still benefit others.

Every year you have a new opportunity to select where you wish to serve. Even if you have participated in certain committees this past year, you must re-sign-up to remain on them. The [club's website](#) identify our committees and their purpose. Some of the committees meet monthly, and others only meet on an as needed basis.

[Click here to sign up](#). Simply click on the buttons next to the committee(s) you would like to join and then click the "Done" button at the bottom of the page to submit your selections.

Some of the committees will need to prepare their schedules and rosters prior to the start of the new year [so please sign up by June 3](#).

**Remember, the Rotary year begins anew on July 1st, so you must re-enlist for the committees you have worked on in the past.**

From the bottom of my heart, thank you for what you will do for others.

Dave Oates  
President-Elect



# HOOVER INTERACT



The 2019 graduating class of the Hoover Interact Club pictured with President Suzy Spafford, Robert Price, Beatriz Valencia and additional members of the Interact staff.

The partnership between Price Philanthropies, San Diego Rotary, and Hoover High School, which began in 2002, has created different ripples that have impacted our Cardinals lives for the better.

I want to say thank you to Robert Price for all his support with the Cardinals throughout the years and to our Cardinals Interact staff who work every day to ensure that our students have the best program we can offer.

And to all the Rotarians who have donated countless hours helping the students from the Rotary 4-Way Speech workshops to setting up visits for our students to learn about careers. Thank you to **David Kvendru**, our committee chair, for always making time to ensure we have what we need.

The Class of 2019 was the first class of Cardinals Interact to begin in the 9<sup>th</sup> grade which was a big change in 2016. The results of making the change are evident in the final results. We had 85% of the Class accepted into 4-year universities, which is a first for Cardinals Interact!

The Class has completed 6,757 community service hours within our program, which is a record for our students, and those hours do not include hours they served as leaders in their school clubs and sports!

Congratulations to the graduating Cardinals Interact class of 2019.

Beatriz Valencia  
Executive Director  
Price Philanthropies-Cardinals Interact

# FACES IN OUR CROWD

PHOTOS COURTESY OF LISA MILLER



(Left) Guest speaker Dr. Ken Druck, President Suzy and Chair of the Day Simona Valanciute; (right) Cheryl Wilson's Inspirational Moment was inspired by seniors who defy the stigma of age, including a 75-year-old who ignored her physical limitations and rode a motorcycle to tour California.



(Left) Rotarians **Larry Showley**, **GT Frost**, **John Morrell** and **Jan McDonough** visited with graduating Cardinals Interact students who joined us today; (right) Interact class president Miguel Arias shared his experience as an Interact.



Spotted at our meeting: (left) Peter Comiskey and **Pat Caughey**; (right) **Chris Sichel** with guests Dan Novak and Drew Moser.