

Proof In Music



Ginny Ollis
Editor

Opening the meeting with her usual smiles and praise, **President Suzy** gave a gracious intro to **Simona Valanciute**, our lovely and perfectly pre-music Inspirational Moment speaker. Simona reported to us on the research of the U-Curve of Happiness. In this month of celebrating older people (okay, you define it!), she shared that the "Age of 53" is when we go from the ages of stress and struggle to the acceptance of good and appreciation. And happiness.

David Oates shepherded us through the Pledge of Allegiance and *America the Beautiful*, graciously accompanied by our guest pianist Derek Paravicini. **Mark Burgess** presented the News, sponsored by **Toni Giffin** and one of the lights of Goodwill Industries. Mark reported that outstanding musical stars need at least 9,000 hours of practice to be great, and with that statistic (like most of us) shrugged off his future symphonic dreams. **Dr. Richard Coutts** then highlighted the Sharp "Arts for Healing" program, in place since 2007. Using the power of various art forms to bring patients from their holes of despair, fear, and pain, Sharp has patient art galleries and concerts. They have had an enormous history of successfully integrating the arts into the care of patients with significant mental and physical health concerns.

New members **Porsha Vogt** and **Jeff Wheeler** gave impressive self-introductions. (Read more about them on page 3).

President Suzy introduced our Chair of the Day, **Nancy Laturno**, Executive Director of the immensely successful Mainly Mozart Festival, which offers stellar international talent and presentations from May 30 – June 23. In her introduction, we discovered that Nancy had been a Black Jack dealer in Reno during her college career. (Maybe a great source for gambling tips?) Nancy introduced to us the internationally esteemed, blind and autistic musical savant Derek Paravicini, and his teacher, friend and perhaps rescue of years ago, Adam Ockelford. Derek was born extremely premature at 25 weeks of gestation, and became blind due to an overdose of oxygen therapy during his

neonatal intensive care treatment. His brain was also affected. But when Adam, author of "In the Key of Genius" and Derek met, the match pushed both to the upper horizons of the music world. Derek began playing at two on his nanny's old keyboard, and is blessed with perfect pitch and the ability to play any piece of music after he has heard it one time. He gave his first concert at age 7 in South London. He and Adam came to San Diego from London specifically for the Mainly Mozart Festival program "[Music and Autism: Empowering the Mozart in Us All](#)".

The Rotary piano was placed in the middle of the dining room, surrounded by all those in attendance. Derek, led to his chair and the instrument by Adam, touched a few keys, then burst into amazing sounds. Some of the contemporary music he played for us were "Taking a Chance on Love," "Sir Duke" (by his hero Stevie Wonder), "Hit the Road Jack", "Yesterday", and "Rocket Man". Derek's music is completely full, joyous, bright, active, brilliant, colorful, bounces like a puppy, and reverberates right through you like love or the most delicious food! (President Elect David Oates, get in here and help me with your words.) But, it was not just the music. Derek plays twice as many notes as he has fingers! He is a master switch the minute he touches a key. Rotarians responded to a request by giving him 3 notes to use, and he made them into a song, piling note on top of note on top of note, making it music AND emotion. It was like being kissed all over your neck. It was impossible not to dance all over your chair.

After a throbbing standing ovation, our guest pianist played a song just for us: the Beach Boy's "California Girls." Wonderful President Suzy gave Derek and Adam not only a Suzy Zoo picture of one of her characters at the piano, but also cookies she baked for them at home the night before. Our guests were thrilled.

Our president made closing announcements, then moved down into the still-stunned audience for an opportunity to sit with Derek at the piano and to play a few notes with him.

Next Meeting

**Next Meeting:
June 6**

**Christopher Coggan &
Kimberly Simms**

**The California Cannabis
Supply Chain**

This presentation will walk the audience through a brief history of how the current supply chain evolved, and the unique challenges that Cannabis Operators are burdened with through each step of the process. It will culminate with a focus on the existing challenges and our efforts to ensure practical regulation and normalization as a pathway to safe access, and a hedge against the ever-growing illicit market.

Our guest speakers:

Christopher Coggan is the Founder and CEO of Therapy Crafted Brands. Chris and his team are committed to education, research, and advocacy to promote unrestricted access to all plant-derived products that may improve the health and quality of life.

Kimberly Simms, Esq. has dedicated her entire legal career to the cannabis industry. She started her law practice immediately after law school with a focus on the legal and regulatory needs of the medical marijuana industry.



Stephanie Bozzuto
Chair of the Day

QUICK BITS

2019-20 COMMITTEE SIGN-UP

CALENDAR

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/>.



No lunch reminder

To ensure that we have enough seats for all of our diners, please join us at one of our two **Beverage Only** tables, or at the seating located at the back of the room if you will not be eating.

Also, please be sure you are letting the registration crew know to check you in accordingly.



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-enlist to remain on them. The [club's web-site](#) 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 (July 1) **so please sign up by June 3**. Thank you.

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

June

6 *The California Cannabis Supply Chain*

13 *San Diego LGBT Pride*

20 *Hasan Ikhrata, Executive Director, SANDAG*

27 *Annual President's Roast*

July

4 *Dark*

11 *Annual Change of Command*

GROTARIAN EVENT

Stay tuned for more details on our June 18 event at the Cabrillo National Monument and the Old Point Loma Lighthouse. Registration will open later this week on our website and on our app.



BIRTHDAYS

June

Glenn Rossman	3
Chuck Pretto	3
Doug Arbon	5
Julia Brown	5
Craig Benedetto	6
Chuck Nickel	6
Tracy Sundlun	7
Katie Sawyer	9
Tom Fetter	9

In Memoriam



Ewart "Chip" W. Goodwin, Jr.
1938-2019

Chip was a Club 33 member for 20 years.

[Please click here for his obituary and for service information](#)

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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MEMBERSHIP

The following applicants were recommended to the Board of Directors by the Membership Committee and will be approved for membership unless objections are received at the Rotary office by June 12:

- Cathryn Nacario - National Alliance on Mental Illness (NAMI) - "Associations-Mental Health"
- Jordan Maharaj - San Diego State University - "Education-State University-Development"
- Jabez LeBret - Sisu Academy - "Education-High School, Additional Active"
- Brandon Steppe - David's Harp Foundation - "Education-Music and Multimedia"

Please welcome our newest members to the club:



Porsha Vogt—“Senior Care-In-home Services”. Porsha is the owner of Golden Care, a senior in-home agency for one-on-one care. She enables seniors in Carlsbad and San Diego County area to live safe, happy lives in their own homes for as long as they can.

Porsha has a degree in Business Management from the University of Colorado and brings her background in finance and entrepreneurialism to the service of seniors and their loved ones through Golden Care.

Joe Farrage, Dick Troncone and Daniel Amaro were her sponsors.

Email: porsha@getgoldencare.com



Jeff Wheeler—“Senior Care-In-home Services, Additional Active”. Jeff is the owner of Nurse Next Door Home Care Services, a home care company that offers a range of services from companionship to 24/7 care. Jeff wanted to start a business that made a difference in the lives of those in need and that brought joy into people's lives.

Before starting a Nurse Next Door franchise, Jeff worked in the nonprofit sector for 10 years. Through his work in various nonprofits (San Diego Oceans Foundation, The Leukemia & Lymphoma Society, and the American Lung Association) he had the opportunity to organize local fundraising events, raise millions of dollars and volunteer his time cleaning our oceans and beaches, raising white seabass for reintroduction into our oceans, restore local wetlands and bird sanctuaries, raise money for cancer research and other diseases, and work with patients and their families.

David Oates, Bill Earley and Pam Luster were his sponsors.

Email: jeff.wheeler@nursenextdoor.com

FACES IN OUR CROWD

PHOTOS COURTESY OF PAUL NESTOR & LISA MILLER



(Left) Nancy Laturno from Mainly Mozart served as our Chair of the Day; (center) new member Porsha Vogt with her friend and sponsor Joe Farrage, and her parents; (right) Betsy and **Scott McClendon** joined us today.



(Left) Guest pianist Derek Paravicini with his teacher, author Adam Ockelford, and **Katie Fulhorst**, rehearse our opening patriotic song; (right) the audience watched in awe as Derek performed.



President Suzy presented Derek with thank you gifts of personalized artwork and homemade cookies.

HOOVER INTERACT

Thank you to Emily Sabory, Hoover High graduating Senior, class valedictorian and Cardinals Interact, for sharing her speech with us. Emily delivered this speech at the Interact graduation event at Price Philanthropies. She will be attending UCLA in the Fall. We wish her and the rest of the graduating Interacts the best of luck!



I have traveled to a different continent, I have spoken in front of hundreds of people, and I have been able to network with countless professionals. These three statements would not have been possible without Rotary.

As a sophomore, Rotary taught me the power my voice held. I competed in the 4– Way Speech competition 3 years in a row and I have learned so much about myself and the way that we can impact the lives of others through the simple action of speaking. Rotary has shown me that the most powerful thing in the world is a voice with reason, and that as much as I might scream, it will never hold the same impact as the passion in my words. **Jack Berkman** has taught me that my passions are meaningful and that they can open the eyes of others and comfort those who need it most. **Lisa Miller** has taught me that regardless of what others might believe, we have the power of influencing their opinions.

As a junior, I stepped foot in a different continent for the first time in my life. As someone whose geographical reach basically stopped at Los Angeles, traveling to Hungary was the adventure of a lifetime. I met people from Italy, Romania, Russia, Turkey, Slovakia, and many more. I learned about their customs and their culture and, unfortunately, had to break it to them that high school was nothing like a musical.

As a senior, Rotary has given me countless opportunities. By taking advantage of these opportunities, I have learned about my future career as a surgeon through my internship and an orthopedic clinic. Most importantly, I have realized that life is not about what awards I hold under my belt, but rather the people I meet.

I have grown into a strong, independent woman largely because of Rotary. But Rotary has not only helped me, but most of my peers as well. Ten of us were able to travel to Europe, nine of us had the privilege of being empowered at RYLA in order to become the strong leaders we are today, four of us were able to be a part of Model UN, and nine of us were able to spend a weekend learning about business at Camp Enterprise; thirty-two people whose lives rotary has changed radically.

Speaking for all of them is me...Rotary, we thank you from the bottom of our hearts, for all of the love and support you have provided to us, and extend to you our everlasting gratitude.

Thank you for the experiences, the happiness, and most of all, for your time.