

Regenerative Medicine



Jo Dee Jacob
Editor

“If you add an enzyme, you are making a drug.”

Ah, the things we learn at Rotary! Today’s program on stem cell research raised our average IQ three points. With 54 slides (yes, 54 slides) and big words like *viscosupplementation, regenerative and bisphosphonates*, native San Diegan Dr. Peter Hanson mesmerized us with case studies and recent clinical research on regenerative medicine. For an orthopaedic surgeon, Dr. Hanson is pretty enthusiastic about *not* doing surgery!

Updating his Rotary program from two years ago, Dr. Hanson has been working with Dr. Tal David to find less invasive treatments for patients’ aching joints. Through their clinical research with biologics, they hope to avoid complications of surgery and reduce healing time and costs. We learned about new regulatory mandates by the FDA and some hopeful approved clinical trials.

Dr. Hanson is also passionate about Chronic Concussive Syndrome (CCS), brain injuries suffered by NFL and women soccer players, Navy SEALs and high school football jocks. As Director of San Diego’s Regenerative Orthopaedic and Concussion Research Foundation, his work on CCS is sought and cited both throughout the USA and globally.

Forecasting what’s next in regenerative medicine, Dr. Hanson asked, “Can we make an organ? Maybe perfectly 3-D print a cartilage lesion and fill it in?” Then he showed us how it’s done. Pretty cool!

Despite his impressive credentials and obvious intellect, Dr. Hanson was congenial, humorous and sometimes irreverent. Speaking of irreverent humor, my table-mate, President-elect **Chris Sichel**, offered me a heaping spoonful of his custard fruit tart during the (too many) pictures of dead rat brains. Blech.

We had time for four audience questions: What about quacks in the stem cell industry? Ortho surgery has progressed so much, what about progress on soft tissues? What are risks and outcomes of stem cell injections in the spine? And, what is your confidence in the FDA?

Today’s meeting included several noteworthy announcements and accolades:

- **Rachel Inmon** inspired Rotarians to say something kind. Like toothpaste squirted out of a tube, hurtful words cannot be taken back.
- New member **Cathryn Nacario** will be a good fit for Rotary, she loves helping others.
- Rotary International Foundation/Grants and Microcredit Committee co-Chairs **Roger Haines** and **Walter Lam** earned kudos for their countless hours of research and tireless work. President **David Oates** rattled off a dizzying list of deserving international service projects supported by our club.
- President David then summarized the annual report of our San Diego Rotary Foundation. Its sole mission is to support the charitable work of the Club. This past year, the Foundation distributed a stunning \$570,000. Thank you to our generous Rotarians!
- Chair of the Day and recent patient of Dr. Hanson, **Mike Conner**, gave the visiting Rotarian one of his truly exquisite photos on glass, featuring The Milky Way. Also, he presented her a bottle of *19 Crimes* wine. If you’re not familiar with *19 Crimes*, the label is actually animated: the criminal tells his story.

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

- Badge: **Toni Giffin, Jeanne Schmelzer**
- Registration: **Rich DeBolt, Suzanne Frontz, Ron Oliver, Edgar Takeda, Jim Wynkoop**
- Greeters: **Jordan Abushawish, Steve Carlson, Ron Eisenberg, Gil Johnson, Nancy Scott, Evan Wahl**
- The National Anthem, passionately led with spirit by **Larry Showley**, accompanied by Brian Verhoye and the Club 33 Singers.
- Volunteer Photographer, **Dr. Lisa Miller**
- Our dedicated professional staff, **Paul Devermann**, Mary Radovan and Carole Ledford.

Whitney Skala’s News joke, sponsored by **Jim Fitzpatrick** of *San Diego Magazine*: One cell complained to another cell, “I can’t seem to multiply.” Said the other cell, “It’s easy, just divide.”

Next Meeting

**Next Meeting:
August 8**

**Bob Brewer
Unites States Attorney
For the Southern District
Of California**

Robert S. Brewer, Jr., a decorated Vietnam War veteran, former prosecutor and prominent San Diego litigator for decades, was sworn in on January 16, 2019, as the United States Attorney for the Southern District of California by Chief U.S. District Court Judge Barry Ted Moskowitz.

As the United States Attorney, Bob is the chief federal law enforcement officer responsible for prosecuting and defending the interests of the United States in one of the busiest judicial districts in the nation.

Bob will talk about the San Diego U.S. Attorney’s office since he took over in January. He will briefly discuss the 2 year process of getting appointed and gaining Senate confirmation. Bob will then cover the organization, challenges, priorities, and accomplishments of the office.

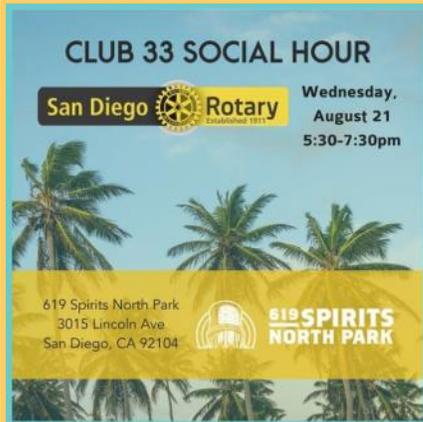


**Chair of the Day
Bob Russell**

QUICK BITS

Club 33 Social Hour

Please join us on Wednesday August 21 at 5:30 for our next social hour at 619 Spirits in North Park, located at 3015 Lincoln Avenue. 619 Spirits is San Diego's first urban craft distillery and tasting room with a full restaurant and bar, located in the heart of North Park: <https://619spirits.com/>
See you there!



BIRTHDAYS

	August
Ernie Hahn	5
Ken Andersen	7
Diana MarJip-Chuh	7
Sam Rinaker	7
Mel Katz	7
Chris Deal	7
Jim Goode	8
George McKinney	9
Craig Starkey	9
Todd Struyk	9
Peter Baekkelund	11
Price Adams	11
Laurence Miller	11
Bill McDade	11

MEMBERSHIP

Please welcome our newest member to the club:



Cathryn Nacario—“**Associations -Mental Health.** Cathryn is the CEO of National Alliance on Mental Illness (NAMI).

Cathryn started her career as a Registered Nurse in the nonprofit setting working with vulnerable populations in the Cajon Valley School District and as the Executive Director of the Borrego Medical Center. Her fusion of nonprofit and for profit work is an excellent combination for bringing business acumen and compassion together for business growth and prosperity to serve more individuals and their caregivers living with mental health concerns.

Moving from New Jersey, Cathryn earned her BSN-RN from California State University San Bernardino in 1993 and the Masters in Healthcare Administration from National University in 1997. Cathryn sits on several community board including the Special Needs Trust Foundation, Mental Health Contractors Association and Chairs the Community Health Improvement Partners Public Policy Committee.

She lives in Clairemont with her husband and two daughters. On her spare time, she enjoys hiking, weight lifting and visiting wine bars.

Chris Sichel, **Toni Giffin** and **Divya Kakaiya** were her sponsors. Email: CathrynNacario@namisd.org



Save the date now for this year's Annual *Bid Big!* Auction – Thursday, December 5th!

Bid on some great auction items and unique experiences for yourself or for holiday gifts!

For more information on sponsorship or donating items – please contact [Kimberley Layton](#).

CALENDAR

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

August

8 **Bob Brewer-US Attorney for Southern District of CA**

15 **Marlee Ehrenfeld-City of San Diego 250th Anniversary**

22 **Brian Steffy- Illumina**

GROTARIAN EVENT

RED BADGERS-SAVE THE DATE AND SIGN UP!

Our annual POOLSIDE CHAT will be held on Tuesday, August 27, from 5:30-7:30pm. (Cost: free)

Please come and learn more about Club 33 and our Committees (and satisfy one of your permanent badge requirements!) as we enjoy some fellowship on a nice summer evening! We will have 8-10 Committee Chairs speak about their committees, what their committees do, and how you as a committee member can help. It will be an informative but fun evening for all who attend. Food and beverages will be provided.

This event is for Grotarians only. Please no spouses or guests.

Location: Residence of John Alioto 3614 Carleton St. 92106

[Click here to sign up](#)

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

David Oates, President ♦ Paul Devermann, Executive Director

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

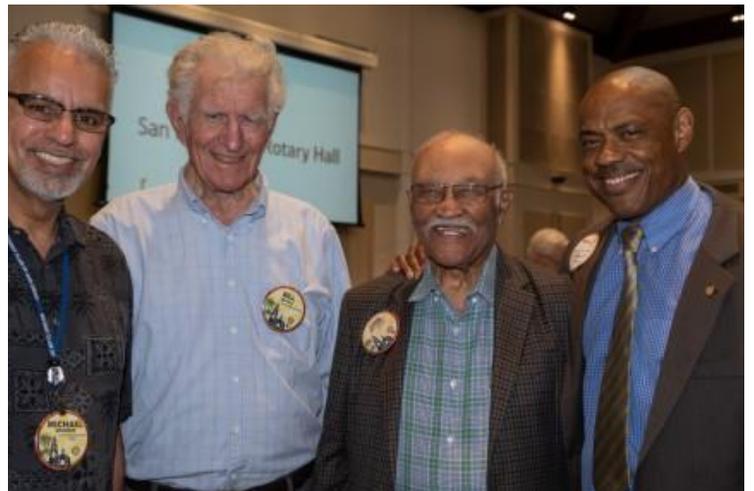
Phone: 619/299-3309 Fax: 619/299-3340 ♦ e-mail: paul@rotary33.org ♦ website: <http://www.sandiegorotary.club>

FACES IN OUR CROWD

Photos courtesy of Lisa Miller



(Left) Our Club 33 Singers led us in the patriotic song; (right) Chair of the Day Mike Conner, guest speaker Dr. Peter Hanson and President David.



(Left) Rachel Inmon inspired us with quotes from Yehuda Berg about the powerful force of words; (right) **Michael Brunker, Bill McColl, Leon Williams** and his son JJ.



(Left) **Bill Lawrence, Joe Craver and Tom Fetter**; (right) Dr. Hanson discusses his current research with **Brad Sund**.