

All You Need Is Love



Andy Liska
Editor

Words of wisdom from the Beatles to wish you all a Happy Valentine's Day! Our Valentine's Day program was a very moving tribute to love that I won't be able to do justice to, but I'll try. President **David Oates** is, as he likes to say about Rotarians, everywhere.

His passion about preventing human trafficking has caught quite a bit of attention of late. Our Club's \$45,000 grant to train teachers to spot potential victims amongst their students was nicely featured on a KUSI spot and several publications including a great article in the San Diego Union Tribune. Nicely done, President David and Club 33!

Today's Inspirational Moment was given by **Dan Schneiderman** who played a great video of his Mars scientist grandfather talking about keeping things in perspective. Dan was followed by the Pledge of Allegiance and the *America (My country Tis of Thee)* led by **Larry Hoeksema** who was accompanied by **Larry Showley**. Today's News was graciously sponsored by **Larry Kuntz** and Nelson Photo. Our own newscaster extraordinaire, **Mark Burgess** gave us the "scoop" from the Bert Wahlen Memorial News Desk.

After welcoming all visitors, President David fined **Tom Cohen** and **Duke Sobek** who took a \$350 fine for the [Thumbprint Project Foundation](#), a foundation that helps homeless children. Have you or someone you know in our Club had a personal loss or tragedy? Past President (2010-2011) **Bonnie Schwartz**, Chair of the Rotary Cares Committee, encourages you to get in touch with someone on her committee who in turn will send the affected Rotarian lots of Rotary love and support. We are all one big Rotary family and no one should suffer alone. Thank you, Bonnie, and your remarkable committee! Bonnie was followed by a new member introduction for **Rachel Luis y Prado**. Welcome to our club, Rachel!

Prez David retook the helm and introduced our chair of the day, avid backpacker and MOST co-founder **Doug Arbon**. After welcoming a member from Club 22 in Rhode Island, Doug introduced our chair of the day, **Cindy Marten**. I have to admit that when I read about today's program's topic and saw

that the speaker was Cindy Marten, the Chair of the 2020 [American Heart Association's Go Red For Women Movement](#), I assumed it was not our own member, Cindy Marten. Just a coincidence, I deduced, because our Cindy, the Superintendent of the San Diego Unified School District, with 100,000 students and 16,000 employees, would be way too busy to Chair such an important committee. Boy, was I wrong.

Here is where this one gets very challenging for me. Cindy took off her Superintendent hat and spoke to us from the heart, sharing her own very personal story about heart disease. I will never do justice to it in this short piece, but I can say it was one of the most moving presentations I have ever seen. Cindy met the love of her life and her soul mate, Sergio, when she was just 17 and he was 22. Despite pressure from her family and others (it's just puppy love), Cindy and Sergio feel deeply and passionately in love and married. They had a son, Andrew, and enjoyed their special love. Tragically, at age 41, Sergio, who appeared to be in good health, suffered a major heart attack. Sergio thankfully survived a 17 hour quintuple bypass surgery. Cindy was shocked that Sergio, at 41, had such a major heart attack and began doing research. She eventually discovered Sergio had a genetic disorder that caused his body to create huge amounts of cholesterol. This condition had gone untreated for decades because Sergio had no symptoms. Thankfully, Cindy had Andrew's cholesterol checked. At only five years old, Andrew had a cholesterol reading of 500!

Unfortunately, because Sergio had gone untreated for so long, 7 years after his heart attack, he had a Basilar Artery stroke that kills 90% of those who experience one. Miraculously, Sergio received experimental treatment and lived another 10 years. As sad and touching as Cindy's story was, it had a positive ending. Cindy's passion for preventing heart attacks has resulted in a Heart Health Wellness program for her 100,000 students and 16,000 employees. Students are learning "hand's only" CPR and two lives have already been saved by young students who learned this technique. All of the SDUSD athletes are screened for heart issues. SDUSD employees are also

Next Meeting

**Next Meeting:
February 20, 2020**

**Daniel Butler,
Manager of
Government & Municipal
Relations
Waste Management**

With the uncertainty surrounding recycling programs around the State and Country, there is more confusion than ever about what can and cannot be placed into recycling bins.

Daniel Butler of Waste Management is going to discuss what the foreign markets mean to our domestic recycling programs, information on placing the right items into the correct bins, and best practices at home that can reduce waste.



Ron Oliver
Chair of the Day

afforded valuable information about this critical issues. A heartfelt thank you to you, Cindy, for sharing your very personal and very important story.

Happy Valentine's Day to you all. Check out our Facebook page for a video of the meeting.

QUICK BITS



Be sure to follow us on Instagram at @sdrotary33 and tag us on your posts and stories

Save the date for this year's Rotary Model UN Conference: March 28-29. Club 33 and other Rotary club sponsored teams of high school students (from San Diego and Riverside County schools) are given two current-day UN Resolutions to address and then undergo a day of training in analytical and negotiating skills. Their presentations and speeches are impressive! [Click here](#) to learn more about the event or contact [Jean Young](#) for more details.

RYLA Applications are now being accepted to serve as a facilitator at the next Rotary Youth Leadership Awards (RYLA) program scheduled for April 17th-19th in Idyllwild. Please visit ryla5340.org and click on the Facilitator tab to learn more about the program and to find an application. If you have any questions, contact our club member Paul van Roon at 619/980-2334 or paulvanroon@icloud.com.

BIRTHDAYS

February

| | |
|-------------------|----|
| Sid Tobiason | 18 |
| Jordan Maharaj | 23 |
| Michelle Candland | 23 |
| Alison Fleming | 23 |
| Chris Grassa | 23 |

MEMBERSHIP

Please welcome our newest member to the club:



**Rachel Luis y Prado—
“Manufacturing Services, Additional Active”**

Rachel is the Chief Operations Officer for Workshops for Warriors, a nonprofit school founded in 2008 to provide quality training and accredited STEM educational programs for veterans, transitioning service members, and other students to be successful in their chosen manufacturing career field.

Rachel grew up in Naples, Florida. She attended the University of Central Florida then obtained her Masters in International and Intercultural Communication at the University of Denver. After deciding that she didn't want to be a ski instructor, she flipped a coin and headed to Washington D.C. For 15 years, she did research and development for the Graduate Management Admission Council.

She met her husband, Club 33 member **Hernan Luis y Prado**, “at a gas station a few hundred miles from D.C.” He asked her on a date, they eloped a year and a half later and now have two beautiful daughters and two awesome pets. Rachel joined Hernan at Workshop for Warriors, its founder and CEO.

Dick Eger, Mia Harenski and David Oates were her sponsors.
Email: r@wfw.org

2020-2021 Grant Applications are now available!

It is that time once again for the annual Club 33 Project Allocation process to begin. If you wish to submit a grant application for next fiscal year which begins July 1, [click here](#) to complete the online application.

Applications are due no later than March 15, but please submit applications as soon as possible. If you have any questions, please contact [Paul](#) at the Rotary office, or PAC Chair [Steve Coopersmith](#).

Please remember that funding for ongoing service projects are not automatic. Every project, whether established or new, must be reviewed for funding consideration annually.

CALENDAR

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

FEB

20 Daniel Butler-Waste Management

27 Paul Jablonski-MTS

MAR

5 Sandy Kerl-SD County Water Authority

GROTARIAN EVENT

March—no event scheduled

Save the date for these upcoming events:

April 24 - Moxie Theatre for a 6pm viewing of “Shiv”

May 12 - Spreckels Organ Pavilion

Red Badgers—a reminder that attending two Grotarian events are one of the requirements for obtaining your permanent badge. These are a great way to meet fellow new members in a more informal setting. You can also volunteer to help set up for the events! Please contact Grotarian Committee Chair [Tina Jenkins](#) if you have any questions.

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

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FACES IN OUR CROWD

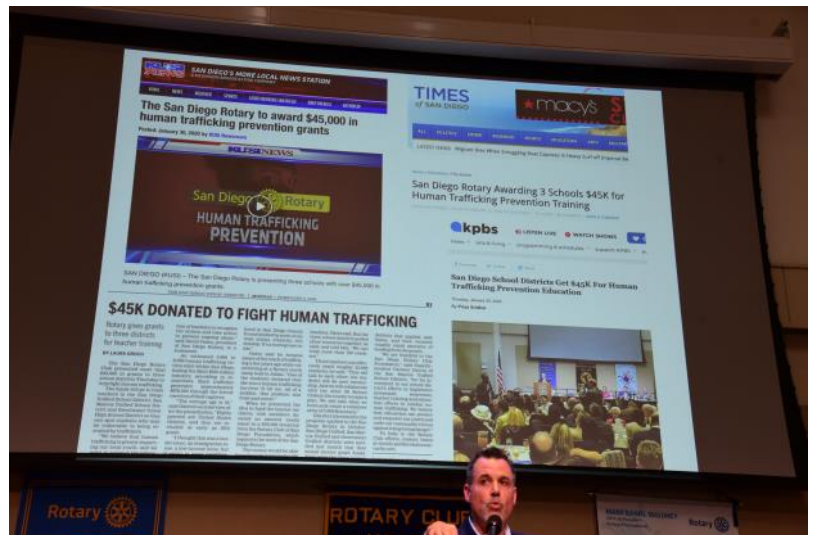
Photos courtesy of Paul Nestor



(Left) Cindy Marten with her mother, Fern Siegel; (right) Cindy with several staff members of the American Heart Association and Club 33 members who are supporters of the Go Red for Women movement.



(Left) Daniel Schneiderman presented the Inspirational Moment with a tribute to his “Grandpa D”; (right) Past President Bonnie Schwartz encouraged members to reach out to those who might need that special message of caring and support.



(Left) Hernan Luis y Prado looks on proudly as his wife, Rachel Luis y Prado, is introduced as a new member; (right) President David proudly displays how “We Are Everywhere.”