



# THE ROTATOR

## ROTARY CLUB OF SAN DIEGO

Vol. 94

September 6, 2007

No. 10

### NEW MEMBER

**Leroy Tomlinson**, Chief Consulting Engineer-Retired, General Electric, was introduced at our Sept. 6 meeting. His classification is "Retired-Engineering". Leroy is a former member of General Electric Elfun Society and currently holds membership with American Society of Mechanical Engineers.

### READ IT OR WEEP

The surprise fine for not wearing your pedometer, Rotary pin, and especially for not reading your *Rotator* came from **President Geri** at yesterday's meeting. It was depressing and amazing to see just how many people don't read this newsletter...you should be lost if not reading it. In any case, President Geri collected \$360 from our membership that will benefit the production of Club 33's "Don't Wait...Vaccinate" educational video. Thanks for the proceeds, but **read your Rotator!** If you don't, how will you keep up with us?

### ROSTERS

If you did not pick your new 2007-08 roster at the Sept. 6 meeting, it will be available AFTER the meeting only on the following dates: Sept. 13, 20 and 27. After that, they will be mailed to you and \$10 will be charged to your membership account.

## FAT THURSDAY!



*Editor:*  
*Richard Ledford*

**L**ook, I know it's a very serious subject, but you try to be the editor of the day when obesity is the topic. I mean, that's a pretty "heavy" burden for any scribe. Never mind. We can chew the "fat" later because there was a lot to report from our Thursday meeting!

**President Geri** called us to order and **Dee Van Horne** shared with us an inspirational moment, followed by **Greg Zinser** who led us in "America the Beautiful" and accompanied by **Larry "fingers" Showley** on piano. **Bert Wahlen** did the news, but got booed for his attempt at humor. **Paul Hartley Jr.** introduced our newest member, **Leroy Tomlinson**. Word to the wise, Leroy... dressing like Paul is not recommended! Next up was **Dick Tronccone** presenting **Linda Stirling** with a prized Paul Harris Fellow award. And then it happened! Why, dear Lord, do I always have to be the editor when **Bob "Fishin-Fool" Fletcher** makes his announcements? This guy has to be the human most feared by fish, but, truth is, Bob does great work with his catch, sharing with so many in need. Next trip is Sept. 24-26.

Yours truly announced the activation of the Club's 4-Way Test Speech Contest Committee. **John Morrell** pushed the next Grotarian event on Oct. 1 with a special opportunity to view the Dead Sea Scrolls exhibit at the San Diego Natural History Museum. Next up was Captain Hartley who encouraged attendance at the annual Rotary Sail & BBQ at the San Diego Yacht Club on Saturday afternoon, Oct. 13. All members and their families are invited.

### NEXT MEETING

Thursday

Sept. 13, 2007

Sheraton West

Bel Aire Ballroom

"The New United Way"

**Douglas F. Sawyer**

**President & CEO**

**United Way of San Diego County**

The business world is constantly changing and evolving. Companies need to respond to such changes if they want to succeed and grow. The same is true for charities.

"The New" United Way of San Diego County looked at changes in both the needs of the region and the desires of businesses and donors. This has led to a bold and sweeping change in how it does business. The New United Way is focusing its efforts around creating positive, lasting and measurable change in the areas of child abuse, chronic homelessness, and financial stability.



Chair of the Day  
**Phil Blair**

*Continued on page 2*

# CALENDAR

## SEPTEMBER

- 20 **Joseph Nyumah Boakai**  
Vice President, Liberia  
Sheraton East
- 22 World Community Service  
Work Day
- 27 **Warren Kessler, M.D. &**  
**Carol Salem, M.D.**  
Westin Horton Plaza

## COMMITTEE MEETINGS

- Sept. 13 Grotarian  
Pt. Loma Room  
2nd Floor
- 4-Way Speech Contest  
Monterey Room

# BIRTHDAYS

Valerie McCartney	9
Mary Walshok	10
Shelly Brockett	1
Dee Van Horne	11
Dudley Beckett	12
Jim Jessop	12
Bob Smith	12
Tyler Cramer	13
Jack Damson	14
Betty Hubbard	14

## FAT THURSDAY

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The Club has two biggie events that need special attention. Don't miss the Pedometer Patroller's "Green Walk" this Saturday, Sept 8. The walk begins at 9 a.m. in Mission Bay, but we will gather at 8:30 at **Frank Panarisi's** RV that will be parked on the street just south of the visitor's center which is just north of the Hilton Mission Bay. Look to finish by 10ish and regroup for refreshments, good fun, lots of humor and prizes for unique categories! The head honcho/namesake on this event is none other than **Dick Green**, our podiatrist, who must think that we might all need treatment after the walk!

The other possible major event is a (fun)draiser planned for Oct. 12, (7-11 p.m.) Diana's Disco Dance party to help build the Diana Venable Scholarship Fund. **Wayne Goodermote** gave us details on a chance to dance our little feet off. But act fast! This is an event where we **MUST** guarantee 200 people in attendance and RSVP's **MUST** be into the office by **Sept. 11<sup>th</sup>** or the event will be postponed. Please try to attend to help us with a great evening of fun and festivities with President Geri leading us in the "Macarena", while Paul & Charlotte Hartley show off their ballroom dancing along with ballroom dancing champion, **Jerry Doran!** A D.J. will be spinning music from the 50's to the 90's.

President Geri continued with recognizing the Camp Enterprise Crew for their wonderful work and for the photos in this month's "The Rotarian" magazine. The generous mood of our President was fleeting... her next move was to relieve "take-my-termites-away-please" **Greg Augustine** and his fly swatters, "super-sized-shuttle-now with super-

sized-pockets" **John Hawkins** (who kind of deserved it), "pie-in-hand" **Ray McKewon** and "feed-the-poor, feed-the-hungry" **Jim Jackson** of a combined fine totaling \$1,750. Satisfied with the bloodletting, President Geri introduced our Chair of the Day, orthopedic surgeon, **Richard Coutts**, who in turn introduced our own Rotarian **Dr. Gene Rumsey Jr.** who covered the bases on the subject of obesity. No joke on this one. We are apparently a very chunky society with over 2/3 of the general population overweight. At the high end of weight, morbid obesity, we subject ourselves to numerous avoidable diseases such as diabetes, cardiovascular and arthritic joint problems. Gene discussed various gastric bypass procedures that are used to help those people with underlying genetic and metabolic conditions that can not be solved by exercise and diet alone. Since public awareness of this epidemic is the first step towards universal control and solution, we all left wiser, more sensitive and compassionate towards those who are plagued with these issues.

(Continued on next column)

“Properly practiced  
creativity can make  
one ad do the work  
of ten.”

— William Bernbach

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**Meetings: Every Thursday at Noon, Sheraton San Diego Hotel & Marina**

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