



THE OLD MISSION BELL



Issue #30 _____ A Publication of Old Mission Rotary www.oldmissionrotary.org
March 6, 2010

Kelly's is the Place...

Please note: We are meeting at Kelly's Steakhouse at Town and Country...at least until you hear otherwise!

Innovations Academy provides Volunteer Opportunities

Former Old Mission Rotarian, Jose Cruz, returned to share his excitement about the Innovations Academy Charter School. They need volunteers to assist 4th and 5th grade students with reading. If you would like to volunteer contact the school:



Innovations Academy Charter School

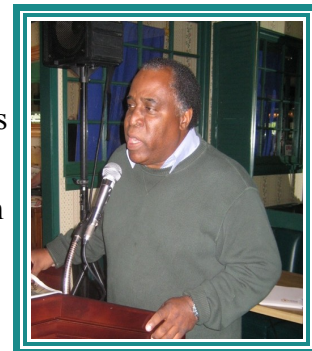
123 Camino de la Reina, Suite 100 East
San Diego, CA 92108
(619) 501-6327
info@innovationsacademy.org

Music Hath the Power to...Change Lives

The San Diego Center for Children is a little-known but very powerful influence on the lives of children caught in difficult situations. Sundiata Karta reflected upon the impact of the center, especially its focus on music.

Mr. Karta began his presentation with a video that told the true story of an adopted boy with a history of violence. He had to be watched continually, to the point where his parents had been advised to relinquish him. The Center for Children proved to be his life saver, especially the music aspect. The boy, now 16 years old, is well-adjusted and happy.

Through music the children can express their emotions in safe ways...a tool that heals from within.



The center works with emotionally disturbed children for 1—3 years, focusing on behavior modification.

A principal factor in the center's success is a staff that really cares about the kids. Parents say their children find “joy, hope and happiness” at the center.

Serving children from 6 to 18, the center provides an education, with a strong emphasis on music. They have a school choir and performing percussion group.

Research has demonstrated that just 5 minutes playing an instrument reduces stress. The goal is not to “master” the instrument, but to have fun with it.

There is scientific evidence that not only music, but the arts in general, are natural to us...they are in our genes. It is not a surprise that bringing the arts into our lives makes us happier.

Special Olympics Receives Art Pratt Grant

Jamie Brown, Regional Director for San Diego Special County Special Olympics, proudly accepted a check from the Art Pratt Foundation for \$5,000. It is the mission of Special Olympics to provide sports activities for children with intellectual (and often



physical) disabilities at no cost. The money from the grant will be used for training and competitions in Special Olympics sports.

Meeting “Hosts” (pledge, invocation, drawing prizes...and “Who Am I?”):

March 9: Kevin Glynn

March 16: Bob Graham

March 23: Sally Hardisty

Programs:

March 9: Andrew Bones: International Hiking

March 16: Bill Bodry: Challenge Center Update

March 23: Eric Benink: **White Elephant Sale:** Invite everyone to join the fun...a super opportunity to bring a friend to Rotary. Also ask others to contribute “nice” items for the silent auction. These might be things you received as gifts but cannot use.

Events:

April 24, 2010: Rotarians at Work Day: Interactors will be joining us at Copley YMCA to do some painting and sprucing up...no hard labor! The more the merrier!

May 15, 2010, 6:00—10:00 P.M. Fiesta! Lots of great music, dancing, food, drink, silent auction treasures... and more! The event is again at the Challenge Center, and will feature the same band. The planning committee is looking for sponsors. There are two ways to sponsor: with money or with service. The best way to find sponsors is through your personal contact. Contact Bob Miller if you have suggestions for sponsors. The committee will do the soliciting.

Notes:

★ If you would like to help install new

playground equipment at Mission Valley YMCA, contact Rick Wilson. The equipment was provided through an Art Pratt Foundation grant.

District News

Travel to other lands...

District 5340 is planning two Rotary Friendship Exchanges. The RFE program gives Rotarians and their partners the opportunity to experience other cultures firsthand, by participating in reciprocal visits with Rotarians from other countries.

We have tentative plans for a visit from a Turkish district in October 2010, and a D5340 visit to Turkey in 2011, as well as a trip to India in early 2011, with their return time TBD. South Africa is also on the list for a later exchange.

Louise Andres is looking for some volunteers to make up the District RFE team. The team will decide what districts to exchange with, when to do it, and how to pick participants, as well as act as planners and leaders of the exchanges. If you are interested in being a part of this exciting new program, please contact her.

More information:

www.rotary.org/en/serviceandfellowship/Fellowship/RotaryFriendshipExchange/Pages/ri/default.aspx

Run/Walk for Water

At Mission Bay Park, De Anza Cove at 10:00 a.m. on April 12, will be the Live Earth worldwide event to promote greater awareness of water issues. Participants can walk or run 6 kilometers, the distance that women and children walk every day around the world to get water, the most basic item humans consume. Every day they do it—we can give one to help! Water is a Rotary focus areas, and the run/walk is an easy opportunity to raise support. Be outside, raise the heartbeat a little, and breathe fresh air amongst others who are enthusiastic about life and living. Clubs can seek sponsorships for their runners/walkers and use the income for projects in their communities or as a

cash contribution to a Future Vision grant. So get a group of rambunctious, fun-loving Rotarians together for fun. More information:

www.liveearth.org

Semper Fi - Let's go to the Ball Game

Baseball Season is almost here- The Miramar and Camp Pendleton Rotary Clubs would like to take as many Marines as possible to the Padre game on April 19th vs San Francisco but we need a little help.

Tickets are only \$8.50 each and we are trying to

offer them in blocks of 50 tickets. This is a designated ROTARY night at the ballpark. Please join us as we try to show these warriors how much we appreciate them.

Contact - Mike Stelman 858-229-5615-
mstelman@aol.com

Check the district website for all the latest in District 5340: www.rotary5340.org.

President: Eric Benink: ebenink@kkbs-law.com

Editor: Pat Paschall: bappip@sbcglobal.net