



District 5340

8/9/2019

Chartered 1986

Opening Remarks and Announcements

Thought of the Day – Peggy

“To sit with a dog on a hillside on a glorious afternoon is to be back in Eden, where doing nothing was not boring.”

by Kilan Kundera



President Jeff opened today’s meeting by welcoming our numerous guests:



- District Governor Marta Knight, accompanied by Sandy Pugliese, and Cheryl Minshew.
- SDSU Rotaractors: Josh Barfuss, Megan Miller, Sophie Leu, Mackensie Miller, Olivia Janto, and Matthew Leong.

Jeff announced the Board had decided on **October 26, 2019** as the date for our next **Garage Sale**. Betty will spearhead because of Fern’s incapacity.

Clara was visited by Jeff and Fern and Peggy. She has an arm broken in 2 places and a damaged knee that looks pretty ugly. Yet, ever cheerful she says she’s fine. Still, keep her in your thoughts and prayers.

Elly told us that the **“Dig Deep Global Grant”** finally has a number: GG2092485. Now we can start cooking!



La Mesa Sunrise Rotary Leadership 2019-2020

Officers

President: Jeff Hall
 Imd Past Pres: Elena Alba
 Pres Elect: TBA
 Secretary: Lynn DeHaven
 Treasurer: Laurel Nishida
 RI Foundation: John Stremmlau
 Membership: Bobbi Warren
 Youth: Joanne Bergquist
 Community Service: Peggy Davis

Directors

Int’l Service: Hugo Murillo
 Pub Relations Megan O’Dowd
 Peace Chair: Clara Harris

Credits and Acknowledgements

- Pledge: Betty Howland
- 4-way test: Christine Evans
- Greeter: Peggy Davis
- Raffle: None
- **Minutes: Lynn DeHaven**



Fireside Chat for new members + one or two Board Members - Christine's house Aug. 25, 2019, at 4:00 PM- light refreshments



Fifth Friday Fellowship – In place of our regular Friday meeting we will meet August 30th at Lake Murray, hopefully near the tree we planted. There are tables there. We still need 2 portable grills to do hamburgers and hot dogs, or we'll be reduced to sandwiches. The club provides the main dish; Members are asked to bring their own chair and a side dish to share. We invited the Rotaractors.



Speaker Presentation: Marta Knight, District Governor

Introduced by Sandy Pugeliese

Marta has been a member of Chula Vista Sunrise Rotary for the past 16 years where she held many offices and Chair positions, including Club President.



She has served in many roles at the District level including GWSE, Group Study Exchange Leader to Ecuador, International Service Chair, Grants Sub Committee Chair and Assistant Governor, plus volunteering for numerous committees.

Born and raised in Tijuana, Mexico she is a 3rd generation Rotarian. Her grandfather was a founding member of the Rotary Club of Mazatlán, Sinaloa, Mexico and her father was member of the Tijuana Rotary for 47 years. Marta is proud to follow in his footsteps as he was District 4100 Governor twice! Marta and her husband Bill Knight have 4 children and 2 grandchildren.

Marta retired from her 30-year career as a Mortgage loan Officer. She helped many families achieve the dream of home ownership. Many were non-English speaking. Marta is Bilingual, Biliterate and Bicultural in Spanish. She served as President of the San Diego County Hispanic Chamber of Commerce.

Everyone stood and applauded to welcome our new District Governor.



www.LaMesasunriserotary.com

La Mesa Sunrise Rotary * Meetings each Friday 7:15 am * Marie Callender's 6950 Alvarado Rd., SD, CA 92120s



Marta's first honor was to Honor one of our members as a **Club Super Hero**.

Someone who is always willing to take on a new challenge. Always there to help, willing to support all new causes and works untiringly for the betterment of all, especially children. Our own **Jo Ann Bergquist** was the recipient of this awesome award. She was so surprised and so very touched to have her efforts recognized in this manner. Jo Ann has single handedly commanded the deep respect of the students at Helix Charter High School Interact Club. They love her and the club has grown under her leadership. She had, as her mentor, Bill Pogue who led and guided her as he slowly relinquished that position to her. She has spent many a weekend day chauffeuring those students to and from their many activities, and staying with them while they did their activities. She related to me that of all that she's done in her nursing career and school nursing and now this Rotary Chairmanship, this is the single most important recognition award she's received and she is so very touched and proud. She is the sole person in this Chairmanship because few members are willing to put in the time and travel required of it, and she has represented our club magnificently! Be sure you all volunteer to help her transport kids this year either to or from their activities. Be sure you are, or get youth certified.



Marta went on. She said her goals this year are simple. She wants to keep the year pretty simple having only a few District events. There has been

some push-back from clubs who found district events were interfering with club event dates and activities. She wants the clubs to have a year to breathe. She had a Power Point with pictures to highlight her goals, show us her team, and tell us about what District Events would occur and highlight the International Rotary Convention. She talked about her Rotary Ah-Ha moment and wondered if we could recall our own moment when we realized Rotary would be our avocation for life. It could be as simple as someone innocently saying something, or as big as an event as getting to put polio immunization drops in a

child's mouth. Whatever inspired you to know that helping others in many ways was your cup of tea....



That's an Ah-Ha moment. She asked, "Do you remember who invited you to Rotary?" Perhaps that led to your inspiration. Then she told about a man who was invited and when he first walked in to his new club he spied his next-door neighbor of many years, who had never invited him to Rotary. Don't you wonder why? She talked about the parade of Flags carried by Rotaractors at an International Convention and how inspiring that spectacle was. Whatever your Ah-Ha moment is or was she wants you to remember that's why you love Rotary. And how do you answer the question, "What's Rotary?" she told us that she answers it simply, "**We're people of Action!**" If they ask for more, then elaborate! "Rotary is an organization that gives ordinary people like you and me the



opportunity to do the extra-ordinary things that help people.”

She values her experience as group leader of a group leadership study exchange to Ecuador where they visited about 20 schools of all flavors. They donated many school supplies and included notes written by 3rd and 4th graders in our schools to the children. Those personal notes from our kids were a big hit. David Ballesteros spearheaded the trip. the first school they visited had the mechanical cow (a machine that makes “milk” from soy beans.) This machine was donated from several Rotary clubs, ours included via a District Grant. This addition added a lot of nutrition to the children’s sparse diets. What wasn’t served at school was used to make puddings and sauces by the mothers who were taught how to enrich their poor diet with the “milk.” They visited one school and all the children were dressed in their Sunday best clothes. They gave each child a plastic bag with 3 pencils and a small plastic pencil sharpener. They could only communicate with hugs and smiles because the children spoke only their native language. So, they demonstrated how to use the sharpener by twisting their pointer finger on one hand in the hole they made with their fist with the other hand. The children were fascinated.

They visited a prison where the prisoners were children, ages 13 – 17 years old. They all wore leather aprons and were making various leather trivets. The machines they worked with were provided with a Rotary Grant. Hopefully they boys would have a saleable skill when they got out of prison.

Marta shared some facts about Rotary. There are 220 countries with Rotary Clubs active. There are 34 Zones. There are 535 Districts. And there are over 33,000 clubs, worldwide. Rotary connects the

world. Think what can be accomplished by working together!



Remember when we were asked to track our volunteer hours? Well there were 850,000,000 hours of volunteer hours logged that year. Marta urged us to

keep track of our personal volunteer hours. Knowing the time you put in can be a valuable asset on your resume. It can also be a selling point when you are trying to get sponsors.

Rotary’s core values since its 1905 inception haven’t changed. They are: diversity, integrity, service, leadership, and fellowship.

She urged us to always work to grow Rotary and be creative. Include Rotary families. Don’t let Rotary interfere in family life or compete with it; include your family in Rotary activities. You don’t have to wait to be club President. Be President and delegate tasks to others.

Her goal for the District “Grow”. We’re staying stagnate. We gain membership and lose membership. So, she says, better than striving to grow by five or ten members and then losing eight, just retain your current members and work to add more. Retention is as important as gaining more. If you haven’t done a strategic planning recently, do so. Contact Diane Crawford, she would be a good help.

Most of all, always wear your Rotary Pin. People ask about Rotary when they see it.



What is 5340 doing this year? It has a slimmed down venue.

- Rotary Zones 26 – 27 Institute
- Rotary Leadership Foundation, October 24 (also World Polio Day)
- Rotary Citations – post your achievements, like sponsoring an Interact Club, or Rotaract, RYLA, Further relationships with clubs in other countries (Mexico, Dist. 4100), sister clubs (Costa Rica)
- District Conference in Coronado April 17 – 18, 2020, at the Coronado Community Center 1845 Strand Way, Coronado 92118
- Rotary Foundation Seminar Nov 9, 2019
- Rotary Leadership Institute Jan 29
- District Training Assembly March 21, 2020
- District 5340 Conference Apr. 17 – 18, 2020
- [Rotary International Convention, Honolulu, Hawaii](#) Jun 06 – Jun 10, 2020

Marta left with us a jar to collect pennies for polio. Keep it at the sign-in table. And, finally, with this admonition: Keep your goals simple.

- Keep it fun
- Get results
- Make friends.



We gave her a standing ovation!



Member's Highlights



Guests & Visitors

Cheryl Minshew/Sandy PUGeliese



SDSU-Rotactors

Sophie Leu/Mackensie Miller/Mathew Leong



Megan Miller/Josh Barfuss/Olivia Janto



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