



District 5340

8/23/2019

Chartered 1986

## Opening Remarks and Announcements

### Announcements:

Cooking for Sunlight retreat is tonight at 4:00 p.m. Saturday leaving Elena's at 7:00 a.m. for only women to take breakfast.

LM Noon Club is holding a blood drive Wednesday 8/28/19, from 9:00 a.m. - 12:00 p.m. at the La Mesa Community Center, 4975 Memorial Drive. Make an appointment online.

Fireside chat, new members understanding of Rotary at Christine Evans' house, 4:00 p.m. "call if you get lost"



Christine is Table Captain at a Survivors of Torture fundraiser, 9/10/19, 11:30a.m. - 1:00 p.m. She has some tickets available at no cost

She attended a meeting of the club which her brother in law is current President of. At that meeting he reminded all that this is Membership month.

EVERYBODY is on membership committee. We will provide invitation cards.

### La Mesa Sunrise Rotary Leadership 2019-2020

#### Officers

President: Jeff Hall  
 Imd Past Pres: Elena Alba  
 Pres Elect: Elly Dotseth  
 Secretary: Lynn DeHaven  
 Treasurer: Laurel Nishida  
 RI Foundation: John Stremlau  
 Membership: Christine Evans  
 Youth: Joanne Bergquist  
 Community Service: Peggy Davis

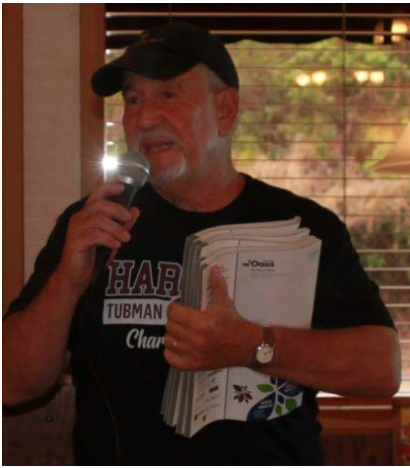
#### Directors

Int'l Service: TBA  
 Pub Relations Megan O'Dowd  
 Peace Chair: Clara Harris

### Credits and Acknowledgements

- Pledge: Christine Evans
- 4-way test: Betty Howland
- Greeter: JoAnn Bergquist
- Raffle: None
- **Minutes: John Stremlau**





Aaron announced that Oasis catalog is just out, he brought some for interested members. And noticed that there is also an available display rack at the front of Marie Callender's with copies of the catalog. Registration opens 8/28/19. Early registration does get a discount.

Noon club had 3 boxes of spiral notebooks for Harriet Tubman Village Charter school; Aaron wanted to publicly thank the Noon club for the donation.



**TUB TRUG EASY USE BUCKET**

Alix came up with a flexible bucket with handles. She has been using it to recycle water from her sink/shower. She was raised by environmental fanatics and has saved shower warmup water for years. The website is [www.tubtrugs.com](http://www.tubtrugs.com) Our club motto this year is

Environmental...



10/5/19, annual conference Interact Symposium at Liberty Station from 8:30 a.m. - 3:30 p.m. Yesterday was the first Helix High Interact meeting, and 70 students showed up. JoAnne was overwhelmed. AND, Ellie announced, that our past youth certifications had expired. She worked hard to put a link to UPDATE this, so we will be working for each one of us to get our certification done. We all need this, even for things like assisting JoAnne with driving students to events.



Fifth Friday, 8/30/19, we WON'T meet for breakfast here. We will, instead, meet at 5:30/6:00 p.m. for a picnic at Lake Murray. Enter from the main Kiowa Drive entrance, go all the way in to the big parking lot, to the main concession stand near the boat ramp. Picnic tables are behind the concession stand -you may want to bring a chair. Bring family, friends, people.

There is a fundraiser at the Heritage of Americas Museum at Cuyamaca College on Thursday, 8/29/19. 5:00 p.m. reception starts. Program at 6:00 p.m. 12110 Cuyamaca College Drive West, El Cajon.







With no "who am I" speaker, Jeff told us a story. Jeff's nickname came from a neighbor businessman, David Greenberg, who decided that each of us needed a nickname, and since we were in San Diego, it should be Mexican of source. So, Jeff was named "Heffe". He was introduced to Fern as Heffe. So now at Jeff's house - Heffe, Chico, and his son (who is called Fidel because he tells everyone what to do.)

## Speaker Presentation: "Compassion for African Villages", by Richard Makao

Alix introduced her friend, a fellow Compassion for African Villages board member, and is her first Rotary superhero. He travels all over the world, regularly to Africa. President of Rotary of El Cajon Sunset. Thursday, 6:00 p.m., El Cajon Library.

Richard Makao, first 3 members are needed to take a quiz. Richard participated in the book drive to Liberia. (in fact, it was only from John Stremmlau's scatter day)



We had a quiz: Richard held up a shopping bag and asked "what was used to make this bag?" (Answer: hand) He held up a softball size thing, and asked what we thought it was. Then a small plastic box, asking how we thought it was made, and how long it took to make it. It was made by a girl with her feet, and it took her 3 weeks. She also made the shopping bag.

Differently abled people - in Machakos school for the physically challenged, they visited, and found that the students seemed to be depressed, so they did a refurbishment - scraping and repainting. The existing murals had been painted by the students, so they had to paint around them. They added skylight panels to the roof, and achieved a 60% reduction in the power bill to cut down the cost of lighting the rooms. Now with natural light, the rooms seem much better lit and a better environment

Great thanks to the LM Noon club, for a \$4,000 donation to Compassion for African villages. In the DG's magazine in Kenya there was an article about the grant, and the school.

We watched a video where our guests this morning participated in the project taking school supplies, etc., and



installing new water tanks. They formerly scooped water up from standing water in buckets and carried it back. They also brought soccer balls to each school.

Rotary Club of El Cajon Sunset, always has multiple projects going on.



Guests Randy, Mary, and Allie came up to personally add to the telling of their trip. Randy lives here in North Park and does landscape design and installation. For a lot of what you see, you are hit by a sense of extreme poverty. They were in a lot of industrial areas, where they saw a lot of people walking. Everywhere they would see people with jugs to carry water. Animals were also being walked places for grasses, and for water. The water that people were gathering from was the same water the animals were drinking, and defecating in.

Mary Adsit, and daughter Ali - Mary wanted to show her daughter helping 3rd world country and she was very glad that they went to the school for the disabled. She said that travelling with Richard was wonderful. At each visit to a school, they would gift to each child a pencil or a crayon, and she was impressed at how much they were thankful for what we considered a small thing.

In addition to the windows, they have also provided 8,000 diagnostic kits for the clinics that they visited.

In two weeks, we will want a new "who am I". Volunteer if you haven't done this in the last 2 years. We want to know you.!



[www.LaMesasunriserotary.com](http://www.LaMesasunriserotary.com)



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



## Member's Highlights



## Guests & Visitors

Randy Laurie/Richard Makao/Alison Cummings



Jenny Saar/Mary Adsit/Ali Adsit



## Member's Highlights

