



District 5340

02/23/2018

## Club Announcements and other news



President Betty began meeting with club announcements after pledge and 4-way test, welcomed guests.

We had a large contingent from SDSU visiting us. They shared with us what year they were in and their majors- all very impressive. If you want to pay their club a visit they meet every Tues. at 7pm at the Hillel House of San Diego, 5717 Lindo Paseo, San Diego, CA 92115, Great place to do a make-up, always full of energy and fun.

Other guests include Jim Clark, who has returned for his winter with us.

Carrie and Kendall Nakao were with us again, they will be inducted as members soon. As well we had Paul Michlik and Veronica Place who both found out about us at the LM Chamber breakfast.

Betty shared with us that she has just “discovered” the Secret Stairs of La Mesa. They are several sets of public stairways in the Mt. Nevo/Windsor Hills area. They were installed many years ago to facilitate foot traffic through adjacent neighborhoods. There are approximately 530 steps, which don’t all have to be tackled in one go – perhaps we could make this part of a “Fellowship” activity! For more information

<http://www.cityoflamesa.com/298/Secret-Stairs>.

Thurs. Feb.22<sup>nd</sup> , 15 of our members attended a performance of “In the Heights” at Helix High. They donated \$160 to the Helix Foundation.

### La Mesa Sunrise Rotary Leadership 2017-2018

President Betty Howland  
 Pres Elect Elena Alba  
 Secretary Elly Dotseth  
 Treasurer Laurel Nishida  
 CommService Len Gamble  
 Club Service Fern Hall  
 Int’l Service Hugo Marillo  
 Club Programs Betty & Aaron  
 RI Foundation David Ballesteros  
 Membership Bobbie Warren  
 Pub Relations Aaron Landau  
 Youth Interact JoAnn Bergquist  
 Greeter Muff Warren  
 Peace Chair Clara Harris

### Credits and Acknowledgements

- Pledge: Diane Williams
- 4-way test: Manuel Marillo
- Photos: Floyd Morrow
- Drawing:

**Minutes: Fern Hall**





David Ballesteros presented Bobbi Warren with her second “Paul Harris” and Laurel Nishida with her 7<sup>th</sup>!! All that bling made our eyes squint.



Dave Lemox shared that he visited the La Mesa Chamber of Commerce along with Aaron Landau.

Manuela updated us on the 3 Model UN teams we will have participating in the debates on April 6-7<sup>th</sup> - 2 from Helix and one from Costa Rica. This will be held at the Kroc Peace Center USD, starting at 8am. The teams will be visiting our club and Manuela and Hugo will be hosting an “Open House” potluck at their home for the team members and club members to meet. 6235 Crystal Lake, San Diego 92119 Details to follow.



Elena attended PETS in L.A. (President Elect Training Seminar) and is full of enthusiasm for her upcoming year as President.



## Guest Speaker: Dave Lemox on “Happiness Advantage”



Dave Lemox shared that he visited the La Mesa Chamber of Commerce along with Aaron Landau and Elena attended PETS in L.A. (President Elect Training Seminar) and is full of enthusiasm for her upcoming year as President.

Our guest speaker today was Gabriel Nunez-Soria, a third generation San Diegan and Principal at Innovation High in Chula Vista has been quietly mentoring since the 3<sup>rd</sup> grade. He has worked as an educator and school leader for over 15 years. Today he shared with us his passion for a book, “Happiness Advantage” by Shawn Achor. Gabriel feels we tend to have things backwards- most people think they need to be successful to be happy- but this book shows us the opposite is true.

Happiness and contentment can lead to long term good health and learning. The way we conceptualize what we are doing is more important than what we are actually doing. What we spend the most time thinking about is what we cultivate, so by having positive thoughts we can cultivate positive experiences. To make your work situation more effective it is important to cultivate social relationships as well.

People tend to view things negatively, he gave an example of if you were shot in the shoulder would you feel unlucky that you were a victim or would you be happy you survived- it could have been worse!



## Member Highlights



### Coming Events and Reminders

- March 24, 8:30-12:50, District conference at USD,
- April 14, Yard/Garage Sale at Manuela's house
- Ongoing donations to Polio Plus
- Daily items eg shampoo, conditioner for "Fern's Bags"

### Upcoming Speakers:

- February 23<sup>rd</sup> - Gabriel Nunez on "The Happiness Advantage"
- March 2<sup>nd</sup> - Christina Meekers on "Adult Literacy Programs in La Mesa"
- March 16<sup>th</sup> - James Grisch from "Woodcrafters America"
- March 3<sup>rd</sup> - Rich Belmontez from CASA



# Guests and Visitors

Paul Michlik and Veronica Place (LM Chamber of Commerce), Kendall and Carrie Nakao (potential new members), Jim Clark (seasonal guest from Montana)



[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

**DSU Rotaract Students** (Graham McKay, Sierra Smit, Latrel Powell, Luiz Lopez, Nick Trezza, Eric Ramirez, Page Daughtery, Kevin Myron, Toni Sparrow and Daniel DeFerer, all joined us from SDSU Rotaract)



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