



District 5340

02/09/2018

Club Announcements



President Betty began meeting with club announcements after pledge and 4-way test, welcomed almost more guests than members today.

Other guests were Agnes and Robert Saah, who have just returned from a visit to their homeland, Liberia. They were able to visit family as well as schools and see the life changing impact the solar lights and books have made. They will be sharing their trip with us in a few weeks, but effusively acknowledged our clubs involvement and support.



Our club has worked with Compassion For African Villages and today the Foundation presented CAV with another \$1000.00 check.



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 Morillo
 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: Jeff Hall
- 4-way test: Isabel Alba
- Photos: Floyd Morrow
- Drawing: Clara Harris

Minutes: Fern Hall





The Foundation committee met this past week and Christine Evans shared an update on the financial state of the Foundation. Monies that have been allocated for specific projects/causes have been paid and the foundation has a healthy balance.



Joan Berquist updated us on the involvement of our Helix Interactors in the Youth Forum and the book project along with students from Francis Parker..



We sang, off key to wish Isabel Alba a Happy Birthday and reinforced why “we are not a singing club”

Coming Events and Reminders

- Feb 14, Int’l Governors Convention, Greeters needed.
- 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 9th - Dr. Kevin Glynn on “The Rise in Local Tuberculosis Cases”
- February 16th - 4 Way Speech Contest
- February 23rd - Gabriel Nunez on “The Happiness Advantage”
- March 2nd - Christina Meekers on “Adult Literacy Programs in La Mesa”
- March 16th - James Grisch from “Woodcrafters America”
- March 3rd - Rich Belmontez from CASA



Guest Speaker: **Kevin Glynn, M.D.,**

“Cross-Border Tuberculosis: A Hidden Public Health Risk”

a fellow Rotarian who shared his knowledge of Cross Border Tuberculosis. Tuberculosis is one of the major world killers. It is an airborne disease and there are 9 million new cases of TB reported yearly and 1.5 million deaths. Most cases are manageable if appropriate and timely drug therapy is administered.



Transmission is spread mainly by coughing, if a susceptible person inhales the bacteria they can become infected. TB mainly affects the lungs.

The incidence of infection is greatest in San Diego and other places along the Mexican border. Most cases are imported by immigrants from S.E. Asia and Mexico. Children are very susceptible along with immigrants, HIV positive people, drug users and the homeless.

What’s being done? There is a Binational border health department, and many organizations such as Rotary are involved.

In Tijuana they are hoping to open a clinic for those who suffer from TB so they can be isolated and have monitored treatment. Dr. Glynn would like to see Rotary to partner in this project.

Dr. Glynn is also the author of another important book “Gasping for Air” which is available on Amazon.

Member’s Corner: Special Message from Bill Pogue

From: Bill Pogue
Sent: Sunday, February 04, 2018 9:16 PM
To: Alex Okello Ouma <oumapaokello@gmail.com>
Subject: RE: FW: Hello Alex Ouma Okello.

Hi Alex:

Wow! You have really accomplished a lot!!! Congratulations, and we are so very proud of you. I am sending your letter on to Jimmy Hwang, whom you may remember. He publishes our weekly newsletter, the Gazette. I will send a copy to you if He does include it. If not, I will give him a briefer summary.

Congratulations on the three children, to you and to your wife. What is her first name ,and the names of the three kids?

Hope that you can visit with us some day. Love to see you all!!!

As ever, Bill Pogue

From: Alex Okello Ouma [<mailto:oumapaokello@gmail.com>]
Sent: Sunday, February 04, 2018 3:12 AM



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To: Bill Pogue

Subject: Re: FW: Hello Alex Ouma Okello.

Hi Bill,

I am happy to hear that Lamesa Sunrise Rotary is still going strong. You're all doing a great service to the world and may God continue to bless you and other Rotarians in San Diego and around the world. And thank you for the pictures and the memories. San Diego is such a beautiful place. I would love to visit soon with my wife and babies. My wife, Vivienne and I had another baby in August of 2017 so the family is increasing in size :-). Our first child, Hannah will make three years in November this year. Our Son Jonathan makes a year in August.

We have been thinking of visiting the US in December this year but there are many things that we still need to consider. Am concerned for our babies because of the long flying hours involved. But I shall let you know if we decide to come visit this year.



My mother is getting older and she's been having problems with her knees. Doctors say it is due to old age. She's been getting treatment but not very much improvement. My sisters are both fine. My elder sister (who was once abducted and kept in rebel captivity for many years) is doing well. She graduated a few years ago with a bachelor degree in nursing. She is currently working in the north of Uganda and is very passionate about her work. She aims to study a Masters degree in public health in a few years to come.

I am still in South Sudan and have been working here since 2015. Yes, indeed famine is severe here. This is partly because of conflict and insecurity. Conflict makes it difficult for residents to grow crops and enhance their own livelihoods. I work for World Vision International and we have projects that are trying to address the famine problem. Thanks to the generosity of donors from America, Canada, Australia, Germany, South Korea and other places.

Presently I am employed by World Vision as a Project Manager for Governance and Food Security. I offer leadership on two projects; 1 - Local Governance and Service Delivery Project (LGSDP) and 2. Food Security and Livelihoods (FSL). We started implementing the FSL project in January of 2018. The FSL project aims to improve the resilience capacity of residents in the target areas. We plan to train about four thousand farmers in modern farming techniques, train residents on marketing and value chain development to make them earn more money from their harvests, and set up demonstration gardens on pest control among others. We will supply farmers with seeds and train them on seed multiplication to make them produce their own seeds in the coming year. We also plan to train mothers on nutrition, breastfeeding, how to prepare a healthy meal for infants, and support initiatives to reduce infant mortality. My role in the FSL project is to train local staff, oversee the project budget, build the capacity of a local partner, who will then lead the implementation of the project in the third year until the year 2022.

I also manage the LGSDP. My role in this project is similar to the FSL project. The LGSDP aims to improve the involvement of citizens in planning local development initiatives. Conflict in South Sudan often stems from feelings of marginalization. This project, therefore, aims to facilitate inclusive development and equitable distribution of services in the community. Over the past three years, my team and I helped create development planning committees in several villages in Warrap State (size is about 17,594 square miles). This is bigger than the geographical sizes of Hawaii, Connecticut, Delaware, and Rhode Island combined. We've trained residents to develop and prioritize local needs and engage with their local government to deliver on these needs. We've

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also trained the committees on conflict resolution and community reconciliation. The committees that we educated are actively involved in resolving local conflicts. Despite all that we've achieved, many challenges remain. The primary ones are poverty and weak government institutions to sustain and ensure functionality of the groups that we helped create and train. Warrap is fairly peaceful compared to other parts of South Sudan. In 2018, we'll continue to engage residents in peaceful conflict resolution and train government officials to perform their roles more efficiently.

Am very passionate about the work that I am doing here. However, after almost three years here, I will be looking for something more challenging in the near future. I feel that I have achieved everything that I possibly can in my current role. My long-term objective is to work with the government of Uganda at the national level where I can influence public policy. I am presently studying another Master degree in Public Policy and Management of the University York in the United Kingdom. It is a distance learning program so I study mainly online. Graduate school is so demanding but I am determined to complete and graduate in 2019. I am learning a lot about governance, public administration, and the policy process.

Pardon me for writing too much. It has been a while since we communicated :-)) I have attached a few photos for you.
Best wishes, Alex

On Thu, Feb 1, 2018 at 8:24 PM, Bill Pogue wrote:

Hi Alex:

Great to hear from you!!! How is your sister and Mom?

What are you doing in South Sudan? We get reports that famine is severe there, As elsewhere.

Thanks again for the wonderful and outstanding garment which you gave to me!!!

Here is a picture of you talking to La Jolla Golden Triangle Rotary Club, Feb 5, 2011, Seven years ago!!!

Rotary still has close ties with USD, with scholars going there for peace and reconciliation studies.

The scholars are now post graduates, and do not have sponsor clubs, councilors, etc; we miss them, however.

Most national clubs (Rotary, Kiwanis, Lions Clubs, etc.) are showing declines in membership, the last few years.

Several local service clubs have closed. This is due to the upcoming generation's lack of interest in Group activities.

Also, they are accused of being less interested in others, but more in themselves. However, our La Mesa Sunrise Rotary club remains strong and active.

La Mesa Sunrise Rotary Club continues to be vital and does well. We have about 42 members now, and Attendance is about 25 per meeting. I will send to you a copy of our current newsheet, the Gazette.

We are all pleased that the Polio Plus campaign appears to have almost eliminated Poliomyelitis world Wide.

If polio is the next disease to be successfully eradicated, this will represent only the third time this has ever been achieved, after smallpox and rinderpest. ... Only three countries remain where the disease is endemic—Afghanistan, Pakistan and Nigeria.

Global caseload. Polio cases have decreased by over 99% since 1988, from an estimated 350 000 cases in more than 125 endemic countries then, to 37 reported cases in 2016.

Can you send to me a current picture of yourself, which I could take and show to the La Mesa Sunrise Rotarians? Keep in touch. We highly value our friendship with you!!!!!! We would be thrilled if and when You visit us again!!!!!!!

As ever, Bill Pogue

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Guests and Visitors



SDSU Rotaract Students (Lauren Louie, Mia Panlilio, Marowskia Petry, Aruh Aragon, Michelle Sabin, Lorin Miller and Nick Zalkow all joined us from SDSU Rotaract. They are always an inspiration to see and hear about their accomplishments)

