



September 15, 2017

"Very little is needed to make a happy life. It is all within yourself; in your way of thinking."

We were greeted with a full agenda, which always is happy news because the meeting is full of energy and exciting information. Prez Betty Howland briefly introduced the guests: Len's wife Kimberly Gamble, and our speaker Suellen Treadwell.

Suelen Treadwell - Cancer Survivor



Suellen Treadwell is cancer survivor and La Mesa resident and was introduced by Aaron. Born in Elmhurst, Illinois and grew up in Wilmette. In high school science she learned of our bodies and about animals and plants and how everything is so well organized. She thought that can't just happen. It's too planned. She began to investigate the Baha'i faith. She was amazed to learn they thought of their founder as the "Christ" in person. The faith, as she described it, sounds closely aligned to the Christian beliefs, belief in one God and helping others is encouraged. Many of the excerpts she read from their holy book were very similar in message to excerpts from the Christian Bible (as is the Torah, and Koran). Not long after High School she moved to San Diego where she met and married a young man who was of the Baha'i faith who was also a wounded Vietnam Vet, who was in a helicopter crew and was severely wounded in an accident. He lost an eye and was honored for valor and had a purple heart and retired at the age of 20. In 1972 -2001 they lived in Africa to help in any way they could as self-supporting volunteer missionaries in a number of small African countries. Political unrest was rife and they found by 2001 it was too dangerous to stay in Africa after the Communists took over, so they went to the Czech Republic. There they found that their language was most difficult and they couldn't own land or become citizens so they made the decision to return with their children to the USA in 2001. After working in a variety of jobs from 2001 to 2009 they moved to La Mesa, CA. Soon after Sue Ellen was diagnosed with Ovarian Cancer.

Some cancer statistics she shared were that in the USA 38.5 million men & women will be diagnosed with cancer this year. 50 million women are currently living with Ovarian Cancer. 22, 440 will be diagnosed with Ovarian Cancer this year and about 14,000 of those will die, because by the time Ovarian Cancer is diagnosed, it is usually at stage 3 or 4. It is difficult to find at its earlier stages because there is no clear-cut diagnosis. Sue feels she's is lucky to be a dependent of a Veteran because Balboa Naval Hospital has provided her with very excellent care. She said faith has helped her cope with calamity and she's sure that is true for others who are faithful in whatever religion they follow. She tries to follow a teaching that says "be generous in prosperity and thankful in adversity. She is comforted by "Bring thyself to accounting each day for I have made death as a joy to thee. (similar to Christianity)

She is amazed at how specific treatments are becoming. She has a Brach 2 virus and through genetics she discovered one of her 3 daughters has that propensity to get that virus. Since that daughter is beyond child-bearing age, she elected to have her ovaries removed. So, now she doesn't have to fear getting Ovarian cancer.



What has helped her remain cheerful beyond the obvious excellent medical treatments which is number one, is the terrific emotional support from her close and extended family. Another help has been that she has researched models of stalwart determination such as the survivors of the Holocaust and Ann Lindberg's biography (mother of the Lindberg baby that was kidnapped) who described a process of reaching a point of not feeling sorry for yourself. Those have helped her accept

NEXT MEETING

September 22, 2017

Club Assembly

Save This Date

Rescheduled - Club Picnic
Sept. 23 - Leadership Conference

Cancer Survivor

what is and be at peace with it. Her advice.....if you are diagnosed with cancer, seek out interfaith support. It enables you to leave life free and content.



Muff won !

This Weeks Business Guest Jerry Kubitsky



Aaron introduced our **businessman of the day**; Jerry Kubitsky, of Summit Transmissions and Auto Care. This owner has been tinkering with cars since he was 13 years old, when he helped a neighbor install a Volvo engine in a Simca Sports car. He has owned more than 85 cars and motorcycles and restored a number of cars, including his parents '66 Ford Mustang. He and his wife Sandy have owned and operated Summit Transmissions and Auto Care, which has been in business since 1982. They have earned over 450 Five Star reviews and have worked on some famous cars such as the Original Bat-

mobile, Ferrari from Ferris Bueller's Day Off, and a 66 Ford Mustang that sits in the Ronald Reagan Presidential Library.

He has a strong interest in philanthropy and has organized benefits for supporting Multiple Sclerosis, and American Diabetes Association. Currently, he is on the State Board of the Automotive Service Councils of California which works with State Legislators and the BAR to improve the automotive industry and protect consumers.

Jerry spoke about caring for our cars briefly. He likened dropping off our cars at the shop for repair with a brief explanation of what's wrong and then leaving to being invited to a party with the statement, "Please come to my party; it will be held at the bay." There's a need for **MORE** information in both cases. You're left to look for a needle in a haystack. Far better, he said, is to write down on a piece of paper a description of what is happening, when it happens, and what is the result of it happening. Tell things like, "It happens when it is cold or hot or tell how long does it lasts and what it sounds like." Be specific. Then when they call to get you to approve the needed work you should ask, "How is this specific to the problem as I wrote it?"

Jerry will return in October to be the main speaker. That will be an interesting talk!!!

Speakers for September

La Mesa Sunrise Rotary Leadership 2017 - 2018

<i>President</i>	Betty Howland
<i>Pres. Elect</i>	Elena Alba
<i>Secretary</i>	Elly Dotseth
<i>Treasurer</i>	Laurel Nishida
<i>Community Service</i>	Len Gamble
<i>Club Service</i>	Fern Hall
<i>Int'l. Service</i>	Hugo Morillo
<i>Club Programs</i>	Betty & Aaron
<i>Club Foundation</i>	Christine Evans
<i>RI Foundation</i>	David Ballesteros
<i>Membership</i>	Bobbi Warren
<i>Public Relations</i>	Aaron Landau
<i>Youth</i>	JoAnn Bergquist
<i>Greeter</i>	Muff Warren
<i>Peace Chair</i>	Clara Harris

Announcements

Clara Harris reminded us that tomorrow, Saturday, September 16, 2017 is **the Peace Leadership Seminar** sponsored by District 5340 Pathways to Peace Committee. Several people from our club are signed up to go. She thanked them! This Seminar is being held at the Ronald McDonald House from 9:00 AM–12:30 PM. She also announced a celebration for **International Peace Day** to be held on September 17, 2017 from 3:00 PM – 5:00 PM at Aztec Park, 7945 Morocco Dr. La Mesa CA. The focus is on Peace and inclusion and creating safe and welcoming communities that embrace diversity in all its forms.



Christine refreshed our memories of a surprise, anonymous donation of \$3500 we received from someone who had been helped as a child. They wanted the money to go for helping disadvantaged children and trusted us to spend it wisely. After much discussion, Lisa and other teachers at Diego Hills school (which services many disadvantaged students who are struggling to finish High School) wrote a couple of proposals for using the money in the spirit that it was given. Our Board chose one of those proposals to receive a grant of a sum of \$2,500 from that donation.



Christine asked Lisa Berlanga to describe what will be done with the money. She told us backpacks will be filled with items that can sustain a homeless student with needed items, specific to that student's needs. It may include, toiletries, underwear, jackets, & food or gift cards to grocery stores; Or whatever else that student may need for a short-term relief.

Jo Ann Bergquist told us about the Interact Leadership Forum she attended with four of the Helix Interactors last Saturday, while the rest of us were enjoying the TEA. Interactors from all the District's Interact Clubs gathered from 7:40 AM until 4:00 PM last Saturday (Sept. 9) to hear speakers and do activities designed to enhance Leadership skills. She was the supervisor and TAXI for the Helix group.



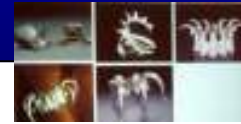
Our next community Service project will be to hold a **pumpkin carving event at Harriet Tubman Village Charter School for the second-grade classes on October 23, 2017 from 1:00 PM to 3:00 PM.** Volunteers will be needed to work with small groups of children to carve the pumpkins. The tools necessary to do the job will be provided. Come dressed in grubbies: And be ready for FUN! Let John Stremmlau know if you can volunteer. * As a sideline: We (our club) are hoping to create a Butterfly Garden at Harriet Tubman school.

We spent about 10 minutes taking a survey as a precursor to a future Strategic Planning Session.

We celebrated Mark Wheeler's birthday!!



CLEAN OUT YOUR JEWELRY BOX FOR ROTARY



The Four-Way Test

Is it the **TRUTH**?

Is it **FAIR** to all concerned?

Will it build **GOODWILL** and better **FRIENDSHIPS**?

Will it be **BENEFICIAL** to all concerned?

Our **LMSR # 5**
Is it **FUN**?



**ROTARY:
MAKING A
DIFFERENCE**

2017 - 2018

Ian H.S. Riseley
Rotary Int'l. President

Scott C. Carr
SD Rotary District 5340 Governor



It's Tea Time!

September 9, 2017

Fern Hall and Christine Evans reported that the Tea was a great success. Fern told us that she counts an event a success not just in terms of profit, but in terms of all the fellowship and friendly relationships that are the result of working together to get things organized and done. The planning sessions always include some snacks and tale-telling about different ideas along with recollections of past experiences and a putting together of many heads and talents. It's team-building at its best. She overheard many positive statements about how "fun" the event was and how good the food was. Everyone seemed to be having a wonderful time.

Christine talked about success in terms of the money. Diane Wilson's opportunity drawings brought in \$860 alone. Overall, we netted about \$5,700. Half of that will go to our Foundation Fund and the other half will be split among the people we honored.



It's Tea Time! Cont.

