



## Opening Remarks and Announcements



Thanks, Ellie, for her hosting of our Solstice Party last Dec 21s.

Jan 8th Bd Mtg, at Ellies house since Jeff & Fern's house is still in remodel.

Rotary District 5340 Golf Tournament in Rancho Bernardo is coming up.

Rotary Peace Conference, January 17 & 18, at Ontario Convention Center

David Ballesteros left a voice message that was played for all of us to hear. Because his wife Delores needs his constant attention, he will need to change his membership from our club to the San Diego E-Club, which has a once a week evening meeting. David is a 35 year Rotarian after starting at a club in Imperial



Valley. David has been a big part of many of our international project, and getting District Matching Grants.



Fern Announcement 1 - our annual tea is planned for sometime between March and May. We really need suggestions for honoree's. So, if you know of anyone that our club should recognize, please let Fern know your suggestions.

### 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:
- 4-way test:
- Greeter: Ron Rice
- Raffle:
- **Minutes: John Stremlau**





JoAnn told us about her group of Interactors that volunteered at Noah Homes Enchanted Village last December. Thank you to the club members that volunteered to drive students out to Noah, and back. 12 students volunteered. The Enchanted village is wonderful, and is done in the Orchard that WE planted it!

NEXT WEEK, we will collect recyclable plastic bottles and aluminum cans. Separate from each other please. No glass.

#### Member announcements:



Lynn told us about her vacation trip to Dallas, where she has a couple of sisters-in-law, and loves going shopping there. Her luggage was 1 pound overweight on the return trip home, so she almost shopped TOO much.

Fern told us about her car accident, totaled her little Lexus, no one suffered permanent damage, so it now is a bit more healing for Fern, and trying to find a new car.



Jeff went back east for his 50th High School reunion. While in high school, Jeff's parents and sister moved to



England, leaving Jeff in New Jersey. He did go to NYC, and found that staying in Weehawken NJ, meant he only had a 10 minute ferry ride to NYC central, he recommends staying there. \$50 happy dollars assessed for 50 year reunion. Jeff, later added more info on his trip, and side trip to Washington DC, and the Afro American Museum, and that all local police officers are required to go to the museum as well as the Holocaust museum.



Isabelle, has gotten her drivers permit, and is spending a year learning to drive. Peggy, on Nov 20th she got a total knee replacement, to match her prior first knee replacement. Stand tall Peggy.



## Speaker Presentation on “Discovering the I in Team”, by Jimmy Karam



Jimmy Karam, Jimmy Karam Consulting, Leadership and Mental Skills Training. Retired Navy 2016. and in addition to his day job, he now is doing this Leadership and Mental Skills Training. His answer to “Who Am I”, Professor, Coach, program manager. But really, he said, we are all about, “Who Am I here and now.”

Adam Smith quote: how the butcher, baker, brewer don't provide our dinner through benevolence, but through their own self-interest. In Wealth of Nations, Adam Smith discussed the separation of duties. Not selfishly, which is at the expense of others, but with the benefit of others.

We all look for self-fulfillment through success of others.

Jimmy has been a coach for 10 years. And was in the military 20 years. He finds that if he proclaims "team first", he loses a younger audience. Specifically, that the person he is talking to is thinking "what is in it for me".

Erickson - Theory of 8 stages of development: adolescence is: who am i & where do I fit in. So, THOSE kids aren't ready for "team first". Next following stage, is young adult: where there is the conflict of independence and interdependence. Erickson believes: Searching for one's identity is a lifelong process.

Poway football, his story about helping each kid figure out who that person was.

At about age 13, you see specialization happen. prior to that, he believes "effort" should be stressed.

Mid-life crisis is ANOTHER example of who am I, and where do I fit in.

Questions included: Millennials? he finds it is STILL about finding out each person’s concerns and issues, and that once that is understood, the millennials do still participate. He is on SNAPCHAT, so that he knows and sees what his kids are saying and feeling, that he found his daughter would post how she feels, because a snapchat post is temporary, so he has to be on snapchat to be aware of what she is saying.

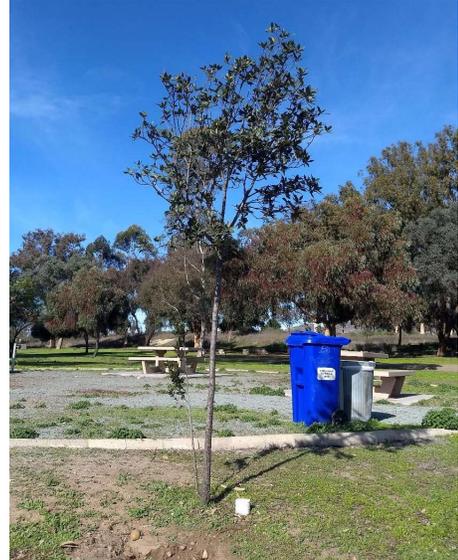
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## Member's Highlights



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



La Mesa Sunrise Rotary \* Meetings each Friday 7:15 am \* Hooleys Irish Pub, Grossmont Center, La Mesa, CA 92142