

**District 5340****06/29/2018****Established 1993**

## Opening Remarks and Announcements



Betty started her last meeting as the President with the pledge (John) and the 4-way test (Carrie). Our club was light on attendance because many of our members were off to Canada for the Rotary Convention.

**Guests:** Margaret Smeekens (Speaker), Kimberly Stricker (Lexington Ave School Teacher) and Olivia (former student at Lexington and Cajon Valley High School)

### Thought of the day- offered by Bobbi Warren

Bobbi read for us something she found about what the meanings attributed to the FOLDS done when an American flag is solemnly folded in that triangular shape. They include, as folded reminds us of the hat of our military: (for example, 21 Gun-salute was based from the total of 1776)

- 1<sup>st</sup> for symbol of life;
- 2<sup>nd</sup> for belief in eternal life;
- 3<sup>rd</sup> for remembrance of those who have given their lives for defense of our country;
- 4<sup>th</sup> for citizens trusting in God for His guidance;
- 5<sup>th</sup> for acknowledgement to our country, right or wrong;
- 6<sup>th</sup> for where our hearts lie (pledge allegiance)
- 7<sup>th</sup> for tribute armed forces to protect our country and our flag against all enemies;
- 8<sup>th</sup> for to the one who entered into the valley of the shadow of death;
- 9<sup>th</sup> for an honor to womanhood for their faith, love, loyalty and devotion;
- 10<sup>th</sup> for a tribute to father who has given his sons and daughters for defense of country;
- 11<sup>th</sup> represents the lower portion of the seal of King David and Solomon, the God of Abraham, Isaac and Jacob;
- 12<sup>th</sup> for the emblem of eternity and the trinity, God the Father, the Son and Holy Ghost;
- 13<sup>th</sup> for uppermost stars, reminding us national motto, "In God We Trust".



### La Mesa Sunrise Rotary Leadership 2017-2018

President Betty Howland  
Imd Past Pres Lynn DeHaven  
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: John Stremlau
- 4-way test: Carrie
- Photos: Floyd Morrow
- Drawing:

**Minutes: John Stremlau**





## Announcements

Betty's said that near her home, the Carlsbad fire department has a worn flag deposit box for correct flag disposal, she is willing to drop off any worn flags for club members who are looking for a correct way to dispose of old or worn flags.

Ivan announced, Elena has a goal of more social events, and we plan to piggy back onto the Allied Gardens, 1st Friday's evening free music, food, fun and band 6 – 8pm. July 6th will be a good band. Bring blanket, a bottle of wine? No fee with easy parking at Lewis Middle School, just north of 8 on either Waring or College.



Kimberly Stricker, and Olivia, one of our 5 scholarship recipients, came. Kimberly spoke.

Webster Association, that provided the playground at Lexington Ave Elementary. On that playground is where Peace Patrol participated and put the kids in charge of the playground. Olivia received many scholarships, including full tuition and housing to Cornell University. She will attend there this fall. She was Saluvictorian (2<sup>nd</sup>) at Cajon Valley High School, she had been a Career Technical and Educational Officer, which allowed her to present to the representatives in Sacramento about how the CTE funding impacted high school graduates.

Olivia talked about her beginnings with Peace Patrol, the 5 attributes and skills of being a peace patrol. Olivia hopes to come back to San Diego after college, major in Business Administration, and help create Restaurants that will help them assist homeless people.





Kimberly and Oliva presented Betty a small trophy star as a token of their appreciation. Betty had been the club president about 15 years ago when we first met with Lexington. Davion, Evie, and a few of the others      Davion is attending UC Santa Barbara.

Janet and Betty went to Movement B, Nate Howard's fundraiser at the Downtown Library. It was wonderful.

Bobby announced that Robert Saah is hoping to go back to Liberia this December,



## Guest Speaker: Margaret Smeekens on “Real People Production”



Margaret, after two other careers, is now preserving peoples' family story. She had been a Rotary International Scholar in 1999-2000 in Amsterdam, a degree in Museology. She had worked in some of the most spectacular museums in Europe. She was the only American in the college internship group. She lives near San Diego state, so she is looking at clubs as she goes and gives this talk.

The topic of the talk is “Preserving your personal stories”. When we share our stories, we create meaning and connection. She had us do a 2-minute small chat about our own name with the member sitting next to. According to John, who sat next to Lilly, she was named by her sister Isabel, Isabella Bella Bell.

A study shows that children to better dealing with stress and such that know about their family history. Any way that you preserve a person's story is great. Video captures image, voice, mannerisms, and stories as young people more and more turn to video. Margaret recommends even if you have written your story,

she recommends adding some video parts.

We watched a short example video of Dave, who had 41 year career with National Forest Service. The stories don't have to be "exciting". They can be everyday things. A great video happened when a woman wanted video of her grandmother preparing a recipe, none of which were written down. It turned out great, a family with 4 generations interacting in the kitchen, joking and cooking, and speaking grandmother's Italian language.

Margaret gives free advice. She has found any 20 y/o can do video editing. Margaret is often hired by the children, who don't want to lose their parents stories.



## Member Highlights



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[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 Highlights



## Guest

Kimberly Stricker and Oliver



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