



Opening Remarks and Speaker



President Betty started the morning with a Paul Harris award for Aaron. He received his Paul Harris pin embellished with five jewels. That means that he has donated \$6000 (\$1000 for the plain pin plus a jewel for each successive \$1000) so far to the Rotary International Foundation's Paul Harris society. Way to

go Aaron. We thank you for your generosity.



Betty asked for a show of hands for who would go to the Governor's dinner. If we can get **8 people** there we can have a full table. If we have more than 8, some will have to spill over to another table, maybe 2 tables for us. We were very close with the show of hands so please, if you weren't there, consider signing up so we can all be together. It's more fun that way. It's June 4th at the La Jolla Marriott Hotel. Sign up on the District Website.

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: Lisa Berlanga
- 4-way test: John Stremlau
- Photos: Floyd Morrow and Bill Pogue
- Drawing: NONE

Minutes: Lynn DeHaven

GOVERNORS DINNER

Monday, June 4, 2018

La Jolla Marriott Hotel

4240 La Jolla Village Dr, La Jolla, CA 92037

5:30-8:00 pm

Annual District Awards and Induction Ceremony



Bowling Tonight- Betty reminded us that Bowling starts at 6:00 PM and Ivan had a map for us to be sure we get there.



Betty, having been absent last week, took a moment to remark on our recent awesome Rotarian at Work Day. Ivan displayed a few pictures of the inspirational phrases that were painted on the bathroom walls in the kindergarten area. There were a few pictures of the sun-catchers and gardens that were installed along with ten fruit trees that were planted. She felt it was the most well attended and best turn-out Rotarian at Work Day in recent memory. The pictures certainly supported that belief.



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La Mesa Sunrise Rotary * Meetings each Friday 7:15 am * Marie Callender's 6950 Alvarado Rd., SD, CA 92120s

Guest Speaker: Nate Howard, Movement BE



Bill Pougé introduced Nate Howard, a former Helix High graduate, former 4 Way test participant who actually won the state-wide contest, former debate club participant and former Interactor who has had a long history with us.



Nate told us that after Helix High and all that he attended USC. There, away from all the positive support he'd experienced at High School, he felt somewhat adrift and questioning his identity because once more he was experiencing people he met as having their preconceived notions about him as a black, male, student. He again saw a need to project himself as his own self-identified person; an educated black, male, person who wrote poetry and who was smart. (He was influenced by Mike Angelo and Winston Hughes.) He saw a need for people who, like himself, were judged by the boxes they were put in by the news media, police, and society in general, to have an outlet or platform to establish their own "story". After college he put into action his "Movement

Be." He has based its platform on the same successful premise that he used in the speech and poetry club back in High School: "First, be who you are before others put you in a preconceived box." (This after school club start with 8-10 students and grew to have 30 – 40 students giving their free time to stay after school to attend the meeting once a week.)



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Now his movement, recently formally legitimized by becoming a 501c3 charity, goes to different venues like Lincoln High School, Morse High School, Monarch School for homeless children, CPMA, and other groups that have a high concentration of marginalized or under-represented youngsters. Using a poetic Framework, he encourages students to “find their story.” When he first says that, he finds that students will start with the box society sees them in like, “I’m a black. I’m a male and I play sports. I’m dumb.” But, he says he tells them that’s not you. What do you like, what do you fear, what are you good at, and what gives you pleasure, what makes you feel powerful or sad? Write it in a poem framework, or in prose, and don’t worry about form or spelling or syntax. We’ll deal with that later. After they’ve done some introspection and written then he provides a place to post their “story” similar to Facebook. People can “like” it or “comment” on it. He also gives them time to share orally. Some form groups like a “Slam Poetry Group.” This style delivers the piece orally in an in-you-face mode. It doesn’t have to rhyme like most Hip-Hop pieces, but it is loud and has a cadence at times. It may have body movement as well. It has been wildly successful with those who feel disenfranchised. He said most students who attend, feel unworthy or have a poor self-concept and this program allows people to change their self-image and to feel empowered and confident. This framework helps character development, which is not normally addressed in today’s core curriculum centered schools. It’s about, says Nate, “teaching LOVE.” That is self -love first, before loving others and loving what you are doing. Nate continues, now, to connect in more schools and in more places where there are a number of students who haven’t been heard.

He asked Veronica to come up and tell how her position as “program director” is pointing them toward including an active fund-raiser portion, and how to become an indispensable addition to every-day school curriculum. She also shared that they are having, in the near future, a fund—raising event on June 22 in the downtown Library from 5:30 – 10:00 PM. It will be held in the Shiley Room on the ninth floor. We all are invited to come.

Nate gave me permission to share his contact information:

Nate Howard

3913 Ingraham St. U304

San Diego, CA 92109

nate@movementbe.org

To sign up to go to his event go to

<https://www.eventbrite.com/e/1st-annual-be-the-voice-a-celebration-of-youth-tickets-48440508785>

Maybe we can get a group for a table there as well!!



Member Highlights



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Guessts and Visitors





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