



## Opening Remarks and Speaker



President Betty started the morning with the pledge and the 4-way test. Meeting jumped our Guest Speaker: Brittany Kirk, SunlightRetreats.org.



### La Mesa Sunrise Rotary Leadership 2017-2018

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Youth Interact JoAnn Bergquist  
Greeter Muff Warren  
Peace Chair Clara Harris

### Credits and Acknowledgements

- Pledge: Carrie
- 4-way test: Clara Harris
- Photos: Floyd Morrow and Bill Pogue
- Drawing: David Lemox

**Minutes: John Stremlau**



## Guest Speaker: Brittany Kirk, [SunlightRetreats.org](http://SunlightRetreats.org)



Brittany Kirk, a past President of the USD rotary club, and former member of the La Jolla Rotary Club met her husband through Rotary. She works part time at USD and has a two year old son. Brittany had worked for the Armed Services YMCA. Dave and Cheryl Lemox met Brittany when they volunteered with the YMCA Wounded Warrior Projects.

In 2012, Brittany had just been promoted to National Services at the YMCA. Then, while overseas on vacation, Brittany was raped. The trauma completely wrecked her. She had PTSD, gained 60 pounds, and would only talk to her boyfriend. After being attacked she had to take Plan B and go through six months of being tested for STD's.

Through a website she learned that her symptoms were "normal" for rape survivors. One in five women is raped in her lifetime and one in 71 men. Currently in San Diego, there is a rape kit backlog, 2,800 kits that still need testing. After the invasiveness of the rape kit, to not have it processed seems Horrible. There is federal funding available.



Brittany found that there were lots of rape victim's hotlines, but not many places to go for healing, recovery and support. She wanted a safe place to heal, but found nothing that seemed workable.

She attended a YMCA women's retreat that, even though it had nothing to do with sexual assault survivors, was a big help and the start of her recovery. She got Magnus, who she trained to be a therapy dog. She was eventually able to get past the trauma and created a website for survivors.

Brittany wanted to help others learn how to grow beyond trauma and heal, so she started Sunlight Rape Retreats. Along with Shiva Ghaed, a clinical psychologist and trauma specialist, they held a retreat for fifteen survivors.

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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



They had GREAT feedback on the helpfulness of the event. They had many volunteers. – Clinical volunteers, acupuncturists, Love on a Leash, etc. (many from her past experiences at Armed Services YMCA). There is a second retreat planned for August 24 - 26, 2018. It takes about thirty people to run the event. The cost of \$250 per survivor covers food, lodging, liability, and insurance. She has twenty one reservations so far, and can accommodate up to thirty five at this new location. The retreat is for ages eighteen and up. Checks are accepted, and should be made out to Sunlight Retreats

EMDR was asked about, which is a form of therapy for PTSD. taps or buzzes, where you recall the event and the therapist "brings you back", by the tapping or buzzing. Brittany said that the short weekend does not work for long term treatment methods, but those methods are discussed.

## Club Business and Announcements

- In and Out Dinner: The In and Out Dinner will be held at Lynn's house, June 1<sup>st</sup>, at 7 p.m. There is a sign-up sheet. If you have something you want to bring, list it, but feel free to think of more. Carpooling is recommended because parking can be difficult. There will be NO MORNING MEETING that day.
- Board Meeting, Wednesday, May 23rd at Alba's.
- District Conference = Their In and Out Dinner, is June 4th, 5:30-8:00 at La Jolla Marriott. The club will pay for red badge members. 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. Sign up on the District Website.
- Christine - if there are any receipts needing reimbursement please present them, so finances can be cleaned up before year end. Bowling Tournament did make money, no total is available yet.
- Alisa, from Harriet Tubman, brought a card signed by all the staff thanking us for all the accomplishments of our Rotarians at work day.
- La Mesa Courier has the article about the Liberia book drive, thank you Dave and branding committee.
- David Ballesteros announced there were 10 members who still have not contributed for this current rotary year to the Paul Harris Foundation.



Last week's speaker, Nate Howard, has a fundraiser coming up at downtown Library 6.22.18. We are hoping to have a group attend..



- Janet announced that the Helix High School recipients of the “Bill Pogue Scholarships” have been selected. The top three were so good, that the committee couldn't select only two, and instead funded extra to make it three scholarships.
- Innovation High School - two students have been selected and will be presented.
- The Katz scholarships, which we helped start, is ongoing



Closing remarks: Dave Lemox is the winner of today's drawing. Dave also won the big raffle prize at the bowling tournament. Next week's speaker is the Chief of Police.

## Heartfelt thankyou note from CPS

On Sat, May 12, 2018 at 2:31 PM, Ochoa-Wingate, Madelyn <[Madelyn.Ochoa-Wingate@sdcounty.ca.gov](mailto:Madelyn.Ochoa-Wingate@sdcounty.ca.gov)> wrote:

On behalf of our children and our Agency we wanted to give thanks to all of you for giving our children the opportunity to see the Maritime Museum and for lunch in Little Italy.

The pre-teen's had never been to the Downtown Bayfront nor have they been on any of the ships. They were really excited about the pizza at Felipe's and especially the dessert.

It's the little things that we take for granted but mean so much to our Foster Youth ☺ Again, Thank you for the opportunity, taking your time out on a Saturday to organize the event and for Lunch!!!!

Mil Gracias!  
**Madelyn Ochoa-Wingate**, Protective Services Supervisor  
 Child Welfare Services, East Region, Neighborhoods for Kids  
 County of San Diego Health & Human Services Agency  
 O: 619-401-3683





## Member Highlights



## Guessts and Visitors

Brittany Kirk and Cheryl Lemox



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