



District 5340

05/04/2018

Established 1993

## Opening Remarks and Speaker



President Betty is out for family emergency and Elena Alba (President-Elect) conducted out the meeting with club announcements after pledge (Lily Alba) and 4-way test (Carrie Nakjo), welcomed guests.



### 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 &amp; Aaron

RI Foundation David Ballesteros

Membership Bobbie Warren

Pub Relations Aaron Landau

Youth Interact JoAnn Bergquist

Greeter Muff Warren

Peace Chair Clara Harris

## Club Business and Announcements

Aaron passed out New Oasis Catalogs to those wanted them. The registration for the new classes starts on May 9, 2018.



### Credits and Acknowledgements

- Pledge: Lily Alba
- 4-way test: Carrie Nakjo
- Photos: Floyd Morrow and Bill Pogue
- Drawing: John Stremlau

**Minutes: Lynn DeHaven**





Fern reminded us that next Friday is the Bowling tournament. She and Jeff won't be there because they leave tomorrow for Guatemala on a Vision Mission. They are taking over 1400 pair of glasses that were donated, and their correction marked on them. They will be matched to persons who need that particular correction.

**David** was especially glad that we had three visiting Rotoractors because he ordered the last 19 issues of last month's Rotarian Magazine for them. That issue had a particularly nice article about the Rotoractors (college age clubs sponsored by Rotary). He thought they'd be interested in it.

He also put in a plug for **donating to the Rotary Foundation**. He said about 2/3 of our members have already donated to the Foundation this Rotary year. (A Rotary Year is from July 1, through June 30<sup>th</sup>) That leaves a third of our members who, we all hope, will consider donating at least a \$10.00 (the minimum) donation **before the first of June** when we have to report. We have several members who donate at least \$1000 per year, but, we can't donate for other members. To be "EREY" each club member has to donate at least \$10.00. For a number of years our club has been known as an EREY (Every Rotarian Every Year) club. We get major points for that distinction. The money donated goes to funding two kinds of grants as matching money. The Global Grant is up to \$100,000. The District Grant is smaller, generally up to \$30,000 if more than one club is working together. The smallest is \$6000; which is \$3000 from the club matched with \$3000 from the District. Rotary International holds donations for 3 years (to let them grow) and returns money to the District based on how much the clubs in the District have donated. Then the District matches clubs' money when they write a grant. Clubs that are EREY clubs are given preference for the money. So, it is very important that every club member donate at least \$10.00 to Rotary International Foundation. (before June 1) To do that you can go online to Rotary International as a member and donate with your credit card, or, give a check written to "The Rotary Foundation" to David and he'll see that it gets to the right place. Also, most Past Presidents can do that too.





**Diane** told us that the next "**Taste of La Mesa**" event will be on June 11. The tickets are \$40. Mary England, President of the Chamber of Commerce, usually gives us 2 tickets, complements of the Chamber of Commerce. But, even at \$40 it's worth it. It's a ton of fun. All the local restaurants come with food that they specialize in. They give out small servings to everyone. If you find a booth that has something you like you can go back as many times as you wish (until it is all gone). You get to walk around and talk with your friends, or you can talk to anyone and make friends. We usually have enough club members there to be able to sit together and visit a while. It's just fun!!! It's a party!!!



One of the Rotoactors, Charlotte thanked us for all the clothes that we pulled from our garage sale donations, and delivered to them in time for their give-away to students in need of professional clothing to wear for interviews. One was wearing a leather jacket that was among the load of professional clothes. They announced that 25 of their members are seniors this year and will not be returning in the fall, but they've already added 23 new members from the lower classmates. Next week are finals and then they're off for the summer. They will be back September 23, 2018. They had their final meeting this year, last night.

## Guest Speaker: Diane Jacobs, SD County Supervisor



Aaron introduced Diane Jacobs, our 7 term, (28 years) County Supervisor as today's speaker. He had asked her to come and talk about some of her achievements and interests that she's worked on over her tenure.

Diane started off by telling us that when she was a child she liked recess and lunch the best at school because she liked to play baseball with the boys. (She went to Rolando Elementary School) At home her father and uncles had played catch with her and so baseball was a natural for her.

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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

And she was good at it. She usually was the only girl playing, but she was always chosen to be on a team. She wasn't the first, and she wasn't the last chosen. That was where she learned to get along with the boys and that skill has done her well. In the time she's been on the County Supervisory Board there have only been a total of 6 women (in 28 years). All the others have been men. Yet, she made her mark and got things done.

When she first got started was in the time that El Cajon had the Styrofoam Jail. Prisoners would



frequently cut through the walls and escape. There was a new East Mesa Jail sitting un-used because of the lack of money to furnish the place and open it.

Diane submitted a proposal to stop using the current jail. She planned and executed an Open House at the East Mesa facility, arranged for the press to be there and the sheriff. Roger Hedgecock got the word out on the radio and they had a party. In the end her proposal was passed on a 5-0 vote. Unanimous! Thus, ended the weekly (it seemed) breakouts! She also was a teacher and taught at Bancroft Elementary School for a short time.

She also credits her ability to sway the Board members to her support her proposals because she is always willing to work together "across the aisle". If she thinks something is the right thing to do, then she'll work together with whomever she needs to get things done. She doesn't feel obligated to stick with a "party line." And, she continued, "that's how it should be. Reasonable people can sit down and work on solving the problems together!"

She told us of meeting a Trauma Dr. who brought her a "bleeding control kit" and suggested they put them in schools, restaurants, banks, and so on. It does take a small amount of training. A person needs to recognize when bleeding needs to be controlled and to know how to use the tourniquet and other things in the kit. It should be readily available and have a few people trained to use it when a mass shooting (which seems to be a weekly occurrence lately) happens. Diane recognized that as "the right thing to do" and has promoted putting these kits in the hands of first responders.





Another issue that is affecting our city (and others) is "Affordable Housing". This is another issue that will require working across the aisle and many departments need to be willing to work together to solve. The permits/ and city planning need to loosen some rules. One result is the concept of homeowners being allowed to build "Granny Flats" on their land where previous zoning has precluded putting another livable space on a lot where a neighborhood is zoned for single family dwellings only. The question is, "How do you prevent someone from turning it into a short-term rental?" People who buy a home in a single family only area often don't welcome the additional traffic, parking congestion and noise that too many "granny flats" could bring. So, should a neighborhood be limited to a certain number of

these flats per a number of single family dwellings? Should there be rent control on them? All these issues have to be considered. Some cities like La Mesa have agreed to allow some Granny Flats. But, that won't fix the ever-growing demand for additional lower cost housing. Diane went on to say they have established a \$25 million-dollar trust fund to build lower cost units for seniors and vets.



Another current issue our communities are facing is how to take care of Alzheimer's patients. Many are without living relatives to care for them and even if they have relatives, the care-takers do need help especially when a patient reaches the latter stages of Alzheimer's. Diane passed out literature to inform us of several programs. One, called, "Choose Well" is a free, innovative, web-based program sponsored by the County of San Diego to help older adults and their families make informed

decisions when selecting assisted living facilities. Another, launched by the San Diego County Board of Supervisors in 2014, is a bold approach to



address the cost of health care of senior residents with the diagnosis of Alzheimer's Disease or Related Dementias (ADRD). This addresses the economic burden of caring for these patients' places on their families, as well as the government and community partners. A partnership has formed between Supervisor Dianne Jacob, San Diego Mayor Keven Faulconer, Philanthropist Darlene Shiley, Sheriff Bill Gore, and Alzheimer's San Diego along with local research collaboratives are addressing the issue. She gave us a book that summarizes community costs, lifetime costs, long-term care costs, hospitalization charges, and caregiving costs. The numbers are staggering.

She ended with a couple of "true tales" that illustrate the burning need for team-work to deal with ADRD patients, not as criminals with the police, but with a clinician approach with a team of health care professionals.

## Guests and Visitors

**Alannah Sinclair and Gilda Reyes**



**Sabrina Laut, Charlotte Roberts and Renata Valent {Rotoactors, SDSU}, Abhi Rane (CS major, SDSU)**



**Thought of the Day: Always do right. It will gratify some people and astonish others!**

## Member Highlights



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