



District 5340

11/2/2018

Established 1993

Opening Remarks and Announcements



President Elena opened the meeting asking Fern to lead the **Flag Salute**, and Mark the **Four Way Test plus 1**.

Christine announced the Holiday Party will be held on Dec. 7, 2018 at Manuela and Hugo's home. She asks that members bring family

traditional holiday treats, enough to serve the expected 50 guests. If you don't have a family favorite recipe, make one up. These dishes will be the meal for all attendees so a variety of flavors is desirable from appetizers, main dishes, to salads, to breads, to desserts and drinks. Tantalize our taste-buds, please!



Volunteers are needed to drive refugees to the downtown Bus Station, Spanish Speakers especially are needed. You would pick them up at one of two churches serving as refuges for the released immigrants. Even if you don't speak Spanish, you can sort of herd the immigrants through the

ticket buying process at the bus station so they will get to their destination properly. If you can't drive, the two churches and ACLU would welcome donations of certain necessities these immigrants need to survive a trip. Some suggestions are: infant & adult diapers, clothes, Jackets, blankets, Pedialyte, wipes, money, ready to eat food. The ACLU is helping organize this effort. **Contact Erin Grassi at 1 707-330-6917.**

La Mesa Sunrise Rotary Leadership 2018-2019

Officers

President: Elena Lujan-Alba
 Imd Past Pres: Betty Howland
 Pres Elect: Jeff Hall
 Secretary: Elly Dotseth
 Treasurer: John Stremmlau/
 Laurel Nishida

Directors

Int'l Service: Hugo Marillo
 Branding: Dave Lemox
 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: Fern Hall
- 4-way test: Mark
- Photos: Bill Pogue
- Drawing: Carrie Nakao
- **Minutes: Lynn DeHaven**





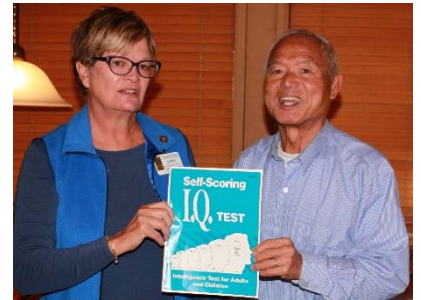
Today is the last day to order anything from Amazon through Amazon Smile and get a bonus of 2% paid to our Account. (If you specify La Mesa Sunrise Foundation) Usually they pay 1% but this is the last day of paying 2%. First, if you haven't done so before, sign up to have a percentage of your purchase price go to LMSR Foundation, Then, place your order through Amazon Smile. If you have Amazon Prime, you will still get your free shipping (unless what you order comes from a business other than Amazon) and other privileges.

The garage sale was a success. We collected about \$2000. We are still collecting money from some members who bought stuff, but didn't pay on the spot because they were busy working or didn't bring enough money. A few members didn't show up and got to pay the traditional price. If you don't show up to help and shop, we shop for you. Then you get to pay for the item, or for not taking the item. It's a fun game to play and inspires most members to show up at club functions. This year's absent members were:



Bill Pogue – Where was he? So, he got to buy a witch doctor's necklace, which, by the way, he donated. Now he can donate it again next year.

Jimmy – our Gazette publisher, photographer, as well as the local "Brain" and scientist, forgot the garage sale. For him we had a book of MENSA questions. He paid \$25 to not take it home. That's okay, we can save it for next year!



Alix – our local artist was the recipient of a lovely(?) mask. It should look lovely on her studio wall.

Paul – Our newest member didn't show up! He got to learn of our punishment the hard way. For him, we had a bobble head doll of the founder of Home Depot. He paid to leave it behind.

We have something special saved for Manuela when she returns from her trip.



Tribute to Muff Warren



Betty Read a Poem called "Pooh Bear" written by Muff (who obviously loved and was intimately familiar with all the Pooh stories) The poem recalled a number of events in those stories and evoked a lot of reminiscing for this member for sure. (Lynn) Ivan passed a booklet which enumerated events that happened in Muff's birth year and birthday, Aug 11, 1927. He invited us to share a memory for Bobbi in some available spaces within the book. Also, he invited members to share a memory of Muff. Many remarked on her remarkable energy, her volunteerism, kindness, enthusiasm. She was our greeter for a very long time! She was also remembered for her warm smile and loving spirit and sense of adventure. Those of us who traveled to Costa Rica with her remembered her bravery as she zip-lined at about 87 years of age along with us through the Costa Rican jungle. It was she who pointed out the school, her friends

supported, where we donated all those solar lights so the children could do their homework. There was no electricity where they lived in the jungle. Laurel has started an album in her memory on Facebook. Feel free to add your memories and photos to it. After the clean-up of the Garage Sale, the clean-up crew made a surprise visit to see Muff and Bobbi. They were so glad they did. They got a picture with her. When it was apparent that Muff was really close to her end, Peggy contacted Lightbridge Hospice. Her sister became the PA in

charge and Lightbridge brought their A game to help. Later that day, Muff passed away. She was smiling in that last picture and was obviously touched by that last visit from some of her Rotary friends.



Speaker: Dani Womack, President for La Mesa Club, Paster of Crosspoint church and Executive Director of 'La Mesa City Hope'

Elena introduced our speaker, Dani Womack and she introduced her responder, and super volunteer, John



Rooks, as the heartbeat of 'City Hope.' He is the dispatcher, has a therapy dog for crisis situations. City Hope responds with any kind of aid they can give to any kind of crisis situations. Most usually they help the under-served. They are called on by the Police, First Responders, Schools, churches and other agencies and they help in all kinds of crisis situations like domestic violence, human trafficking, homelessness and so on.

One project is with the La Mesa/Spring Valley School District. This district has over 600 students that meet the definition of homeless; need assistance during school breaks such as food assistance and activity ideas. For \$15.00 per bag people in the community can donate bags of food to La Mesa Arts Academy for students in need. Things that go in the bags are: cereal, Oatmeal, Complete Pancake Mix, Peanut Butter, Crackers, Rice, Beans (canned) Chili,

Pasta, Spaghetti Sauce (in a can, no glass) Mac & Cheese, Hearty Soups, Granola Bars, Beans and Franks, Snack mixes, and Box Dinners. La Mesa Noon club is instrumental in providing most of these bags for Thanksgiving. Our club has decided to chime in to provide the same service during the Christmas Season.

City Hope coordinates various organizations to assist members of the community in a variety of ways. They have a "haven" which serves as a safe place people can stay until more permanent facilities are identified. They work on reuniting families even, in a few cases, to the point of purchasing airline tickets, making deposits on rentals, rental assistance to avoid eviction. They have a Housing Stability Collaborative which requires the recipients to agree to financial coaching, budget adherence and learning how to reduce expenses and sometimes repay with community service. They are also coached in how to use personal skills to increase their monthly income. One lady who is very good at braiding hair is being coached on how to navigate the requirements for putting that skill to use as a money-maker. The Response Team makes these kinds of calls: 1. Loss of a loved one; 2. Suicide; 3. Fire; 4. Burglars; 5. Robbery; 6. Car Accident; 7. Loss of a student; 8. Domestic Violence; 9. Human Trafficking; 10. Stolen Identity; 11. Sexual Assault; 12. Any trauma or tragedy. How do they know where to go? They get calls from Police/Sheriff (law), churches, Schools, Other organizations. They also spread fliers at various events and places telling of their services.

Guests and Visitors



John Rooks/Dani Womack

SDSU Nick Aikow

Max Scrivens/Bill Pogue

www.LaMesasunriserotary.com



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

Member Highlights



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