



District 5340

10/12/2018

Established 1993

Opening Remarks and Announcements

Visitors and Guests

SDSU Rotaract: Josh Barfuss, Gabby Hernandez, Matt Benjamin, Tomi Osinfolarin and Renata Valente (President of Rotaract)

Guests: Allyson Cummings (El Cajon noon), Vera Dolansky (potential new member when she returns from a 2 month trip) and Cindy Carpenter (Our former member who moved to Minnesota)

Club Business

- President Elena began the meeting with an announcement that with Bobbi and Muff out (Bobbi is caring for Muff) the morning check-in at our club was suffering. So, she sent around a sign-up sheet asking each of us to sign up to take a morning meeting to come in a bit early and do their jobs.
 - Lay out name badges in ABC order
 - Put out the sign-in sheet and paper badges for guests
 - Greet the guests and tell them about open seating, introduce them to a member to talk and make them comfortable
 - Identify the speaker and introduce them to Ivan or whomever is doing the technology.
 - Clean up and put away all the badges and sign-in stuff at the end.
 - Collect money from the visitors for breakfast (\$10.00) and give it to John Stremlau or Laurel or Betty.
- Our Club Christmas observation is December 7, 2018, which coincides with an event the Rotaract is planning. Their President Vanessa explained that they are planning a concert benefit at SDSU to host local artists showing their wares. They will hold this event at 6:00 PM in the Student Union Courtyard. We thought we could help with that in some way and it would be our Christmas celebration too.

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 Stremlau/
 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:
- 4-way test:
- Photos: Lynn DeHaven
- Drawing:
- Minutes: Lynn DeHaven**



3. On September 29th Rotarians and friends gathered at Elena and Ivan Alba's house for an outdoor viewing of "The Big Lebowski" which will be the theme of our Bowling Fundraiser in May.

4. As you can see, some of us even swam in the (heated) pool. We drank White Russians (if you watch the movie, you'll know why) and started planning our costumes for the bowling event. We all had a great time at this event! A Board Meeting was held on October 9, 2018. No significant or pressing matters were discussed – but they did brainstorm for projects we could do locally.



- Example: La Mesa Noon club makes bags of food for food challenged families to be sent home for the Thanksgiving long weekend holiday. They can't afford to do that for Christmas, but perhaps we could cover that time period. Elly and Lynn volunteered to go to their club and observe how they accomplish that project.
- Betty observed that an old hotel can be transitioned into a center for housing and providing services for homeless veterans.

5. Our Garage Sale is October 27, 2018 and we need stuff (that will sell). We don't need any dishes. Thank you. We want saleable items. If you wouldn't buy it, we don't want it. Please drop the stuff off at Fern and Jeff's house and Betty, who is house sitting, will see that it gets into the garage. Don't put it on the sidewalk, put it in front of the garage door. The address is: 6210 Lake Shore Drive, which is the San Diego extension of Baltimore Dr.

6. Today we honored Elly Dotseth, who received her first Paul Harris award. We were so honored to honor her contributions to humanity. Thank you, Elly!!!

Paul Harris Society – Most Rotarians donate not only to their own club, but to "The Rotary Fund" which is the fund that pays for grants. It provides matching funds for the Grants our clubs write to do helpful things worldwide. It's also known as TRF funds. (The Rotary Fund) After you have donated \$1000 over time, you are presented a Paul Harris pin. The first has a plain profile of Paul Harris. The second thousand gets a blue gem. After five blue gems you start getting red gems. When you reach the \$10,000 point your pin gets a new shape and a clear gem. If you give \$1000 annually (\$84 per month) you get a flag to put under the pin. This is all to recognize that you are a significant supporter of Rotary and what we stand for. You are helping us fund what we do; work for peace in a manner that uplifts humanity.



7. Paulo shared a power point of what our contribution (\$10, 000) to the Guingoma School Project his former Rotary Club in Brazil sponsored in a very poor area of Brazil, provided. He showed us the playground that was leveled and made safe for children to play on. He showed us the tables and cooking pots the money bought as well as a cook stove. It provided a long table with a sink, and a pass-through opening to the dining area. I think it also provided a refrigerator, but I must have missed that somehow. This kitchen provides 240 meals per day to 100 – 120 students of whom many were malnourished before. We did this project with privately donated funds because we had our one matching grant designated for water filters in Honduras. So, we literally had two \$10,000 grants, but one was done without matching funds from the district. We have some very generous people in our club and the other clubs that donated funds to our two most worthy projects.

Speaker: Harold Brown/Sheila, CEO of ECTLC (East County Transitional Living Center)

Elena introduced our speaker, Harold Brown and his helper Sheila, a Rotarian, and a CEO of ECTLC (East County Transitional Living Center). He is a Veteran, and he personally has experienced drug addiction and homelessness. But, he was given a hand once and made a turn-around and now giving a hand is his avocation.

Started in 2003 with the acquisition of an old Motel 8 on six acres, it took about six years to work into what it is now; a home with many services for 400 men women and children who range in age from newborn to about 17 years of age. Some are intact families, but most are single parent families. That translates to 400,000 meals per year.

What is unique about this facility which is faith based, is **everybody works**. They earn their way into having the skills to be self-supporting. They get there in increments starting with very low rent. They work in the kitchens, and housing area and are paid a small amount with which they are expected to pay their lodging costs. There are many jobs in the kitchen, bathrooms living areas, outdoor areas. They pay between \$100-\$200 per week. Women and children stay in the old motel. There is a men's facility in Dulzura on 12 acres. For the first 28 days there is emergency housing. There are rules that must be abided at all times: stop all addictions (including smoking) They have many programs: parenting classes, life skills classes, recovery celebration, anger management, human trafficking, subsidized housing, and domestic violence remediation, laundry & clothing. The members are guaranteed no medical or court dates for 90 days. They are put to work. They recently got a new facility that is a 10-bedroom 6-bathroom facility. They have 100 families on a waiting list.

In Phase 1 they learn to work, and they stay for 28 days in a housing facility. They partner with Goodwill who hires many of them. In Phase 2 and 3 they are workers. They may work in food services and they cater events. There is a culinary arts program. They work with donated food. They provide good healthy meals at 17 cents per meal. The facility also provides a GED educational program that recently has had a standard change. This GED makes them college ready. It is equivalent to a full High School diploma. They even have scholarships available. The resident's work covers about 80% of the annual costs. They work concession stands at sporting



venues, over 35 Spring Training baseball games, and the Rose Bowl. They also have agreements with the State of California Forest Service, various fire-safe councils, and downtown business partners in El Cajon. In 2015 they were proud to be selected to work the concession stands at the 2015 NFL Experience at the Super Bowl in Phoenix.

They also have a Parent Cooperative that teaches parenting, health, and homework assist. The parents are expected to man the facility. They recently were helped by Cajon Valley School District to get WIFI, and routers so that the homework can be accomplished on the Chrome books that are sent home with the students to get their homework done. While the parents are expected to be there to help, this is a **good opportunity to volunteer**. They need people with math skills to help, and good reading skills. This is a safe learning environment.

In the future they hope to open dormitories. November 8 is their annual fund-raising event. You can contact them at 619 442-0457 (ext. 1117) or www.ectlc.org.

