



Opening Remarks and Announcements



Elena attended a meeting at the El Cajon Rotary club where she was given 2 certificates acknowledging our club and Alex in particular for participation in their book projects.

Mark also brought his father Richard Wheeler who is in town visiting. Carrie Nakoa removed her red badge now that she has completed all the requirements...and more than that!



Elly attended the District event.

Janet shared an event that is happening Oct.20 to help clean our streets organized

by Envision La Mesa. Envision is a group dedicated to helping improve our neighborhoods one step at a time. Come and help if you can.



Clara informed us that tomorrow, Oct.20th is the Peace leadership training forum for Peace chairs. It will be held at Ronald McDonald house from 9am-12:30pm.



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: Elena Lujan-Alba
- 4-way test: Mark Wheeler
- Photos: Bill Pogue
- Drawing: Lisa B.
- **Minutes: Fern Platt**





SDSU President of Rotaract Renata Valente shared a video that their club made to promote their mentorship program. They are asking for volunteers who can help students transitioning from Rotaractor to Rotarian, career advice and planning, incorporating service you're your life, interview and resume tips, navigating post grad, networking skills and more. This is your chance to pay it forward. If you are interested find out more at their website: <https://www.sdsurotaract.org/>



Garage Sale: Sat.Oct.27th 7am-1pm; Sorting will happen on Wed. Oct.24th 11am-5pm; Set up Fri. Oct.26th 9am-1pm. Come when you can to lend a hand and have some fun!

The Helix Interact Club is in need of some help. Contact Bill Plogue if you are interested. They meet once a week on Thurs. 12:48pm-1:18pm



Fallbrook club partnered with us with a DDF for a kitchen at Quingoma School in Lauro de Freitas in Bahia, Brazil. The club is proposing a visit to Brazil next year- anyone interested in joining them?

Other news: November 14th we will be helping Diego Hills with their Thanksgiving Celebration

Speaker: Sarah Heirendt / Diana Kutlow, San Diego Site Director of Hands of Peace

Our guest speaker today is Sarah Heirendt- San Diego Site Director of Hands of Peace, and Diana Kutlow Director of Development. Hands of Peace is a non-profit interfaith organization brought over from Israel empowers young 15-17 yrs. Old. It gives Israelis, Palestinians, and Americans teens an opportunity to raise their voices as leaders of change in a secure environment.



Founded in Chicago 2003- Rotary has helped them to get started in San Diego – running a 3 wk dialogue program with 3 sections:

1. Summer program
2. 2nd year: leadership development & personal growth
3. American & Middle East alumin program: ongoing dialogue, education & leadership development.



Their program focuses on:

- Empowering young people to find their voice and learn how to use it in a non-violent manner for the benefit of their societies
- Developing peacebuilding and leadership skills among Palestinian, Israeli and American young adults and supporting ongoing leadership development
- Promoting intercultural exchange and education in our wider communities
- Affirming human rights for all



The next session will be July 10th-29th. For more information go to <https://handsofpeace.org>

We can get involved by being a host family, volunteering time, encouraging a teen to apply, attend education events, and club support.

<p>San Diego Connection</p> <ul style="list-style-type: none"> • 48 participants in San Diego each summer, including local youth • 30 Host Families of all religions • 200+ Volunteers • Over 1,000 people engaged in HOP (includes Farewell Banquet, Cultural Cooking Night, Religious Services, Afternoon Programs) • Religious partner organizations include Temple Solel, Muslim Community Center, Palomar Unitarian Universalist Fellowship and Christ Presbyterian Church 	<p>THE ROTARY CONNECTION</p> <p>Rotary & HOP share common values of service, world understanding, peace and goodwill.</p>  <ul style="list-style-type: none"> • District 5340 has awarded a District Grant to HOP for the last four years. • Numerous clubs have supported, including but not limited to: Encinitas Coastal, Encinitas, San Diego Coastal, La Jolla Golden Triangle, Del/Mar Solana Beach and La Mesa Sunrise. The program is also supported by three clubs in the Chicago area. • We are working towards a Global Grant and a strong model with the Pathways to Peace committee. 	<p>In Their Own Words</p> <p><i>"I came to HOP with my own set of assumptions and my own version of the truth. What I found was that what I knew was only one small slice of the truth."</i>—Jessica, American participant</p> <p><i>"Hands of Peace gave me the chance to raise up my voice and talk with confidence. It gave me the motivation to get back home and start working on myself and on others towards peace and a better future."</i>—Rawan, Palestinian Citizen of Israel</p> <p><i>"I didn't think I was going to become a friend with an Israeli participant but, after I got to know them, I became friends with all of them."</i>—Ahmad, Palestinian Participant</p> <p><i>"I will take Hands of Peace with me to everywhere I go, every experience I will have, and every way I will choose."</i>—Ilor, Jewish-Israeli participant</p>
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Member Highlights



Guests and Visitors

SDSU Ronata Valente /
Kimberly Lober



Sarah Heirendt/ Diana Kutlow



Richard Wheeler/Max



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