



District 5340

09/28/2018

Established 1993

Opening Remarks and Announcements



Elena introduced some thoughts on how we want our club to function. She suggested we outline some norms. We already say the 4 way test, but we need to understand and follow it. So we are starting with the following suggestions and continue to develop.

1. We will introduce ourselves to every new-comer.
2. We will make sure to encourage social activities outside of club time.
3. We should make sure to thank speakers and guests formally
4. We will mix up where we sit in order to build new relationships
5. We will reach out to members who aren't attending
6. We will keep side conversations outside of the main meeting area.
7. We will keep Rotary politically neutral.



Robert shared that would be a fundraising event for Compassion for African Villages tonight, Sept. 28. It's Comedy show at Winstons. Robert shared with us that we "have shown him the act of giving and he wants to give back".



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: Elena Lujan-Alba
- Photos: Floyd Morrow
- Drawing: Ryan, SDSU rotaractor
- **Minutes: Fern Platt**



District business

Laurel reminded us that the Foundation seminar Sept.28th at Grossmont college 8:45am

Also coming up are

Oct.16. District council dinner

Oct.20. Peace leadership seminar

Sept.29. Social event at Alba's - screening of Big Lebowski and White Russians served to start promoting our them for May 10th, 2019. All are welcome and bring friends.

Nick from Rotaract announced that their club is starting a mentor ship program at SDSU. The idea is to help Rotaractors transition to Rotarians. There is more information listed on their website.

He asked us to sign up as a mentor. The Rotaract executive board will match up mentors with mentees.

<https://www.sdsurotaract.org/mentor.html>

The Helix Interactors are assisting in a bar b que Oct.7th at Noah Homes. Interactors will be volunteering but are in need of some drivers. Contact JoAnn if you can help.



Today we are inducting a new member: Ivy Blumberg- works at Diego Hills with students with challenges wanting to get ahead. She primarily teaches science. Ivy's mantra is "I have not failed, I have found 10 thousand ways that didn't work".

Elena presented her with a certificate of membership, the object of Rotary, a banner, pins and we all welcomed her with our customary hug. Ivy is in charge of Thanksgiving and Christmas programs for the students and expressed interest in having our club become involved.



Speaker: Ernest Linkous, a Reiki Practitioner.

Ernest lives right here in San Carlos and has been very involved with community projects, as well as assisting with Honor Flight which flies veterans to Washington DC to visit the memorials.

Ernest worked for many years as a successful financial advisor as well as teaching Reiki and meditation.



www.LaMesasunriserotary.com



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Ernest spent 3 years to complete the study of Reiki at Harvard University. Reiki is an alternative, holistic healing developed in 1922 in Japan. Reiki practitioners use a technique called *palm healing* or *hands on healing* to transfer energy to encourage emotional and physical healing. It is also referred to as "healing touch". It has been proven that people can heal faster through natural treatments.

It is the use of energy. What is energy? It moves stuff. He demonstrated with a pendulum. It is feeling your energy field. Everything we touch, see or smell has energy and toxins which can manifest into disease.

Reiki practices five daily principals: Just try one of these daily, it will change your outlook.

(which are quite similar to our 4 way test):

1. Just for today
2. Do not be worried
3. Be grateful
4. Do your duties fully
5. Be kind to others

There are over 130 different modalities of alternative healing. The top 3 are Acupressure, Accupuncture, and Reiki.



Another fundraiser for Compassion for African Villages is a wine tasting Sat. Oct 6th at Spacebar. Contact Alex for further information.



Bill Pogue reminded us to reach out to those members that are unable to attend, Bobbi, Muff, David Ballesteros.



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Bill Pogue also shared with us **The 5th Annual Rotary District 5340 Interact Symposium** that was held at the Liberty Station Auditorium, on September 22. Rotary 5340 Governor Mel Gallegos addressed it, as did Bill Ashburn (La Mesa noon Rotary), and others. Interactors from Helix Charter High School who attended were Pres. Alice Hua, Rachel Hua, Kelsey Kepku (Membership), and Mai Nguyen, and Rotary Facilitator Jo Ann Berquist, and Bill Pogue; and representing Patrick Henry High School Interact were Isabel and Alan Alba.



Lectures, fun games and exercises were attention getters. We all met many Interactors from other schools, and made new friends. Topics included trafficking (by Project Concern International), End Polio Now, Surfers Unite Rotary, etc. A great day!!! Thanks to Richard Arroyo, Esq., who has arranged this for all five years



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Member Highlights



Guests and Visitors



SDSU Rotaractors
Nick/Nick



Lauren/Olivia/Elena



Sophie/Ryan



Nick/Luis



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