

Chulatarian



IMAGINE
ROTARY

ROTARY CLUB
OF CHULA VISTA

OFFICERS 2022-2023

Mark Scott
President
mScott@encorerealtysd.com

President-Elect
Mora Keller de Murguia
Secretary
mdemurguia@baldwinsons.com

Jesse Fernandez
Executive Treasurer
fernfam@pacbell.net

Neisha Hernandez
Past President
neishahernandez@gmail.com

Jerry May
Executive Secretary
jerrymay121@outlook.com

Directors:

Risa Baron
Lisa Johnson
Mary Johnson
Leon Redondo
Rasha Roshdy

www.chulavistarotary.org



The weekly newsletter of the Rotary Club of Chula Vista

Chartered February 16, 1926 - Club Number 908 - District 5340—
Meets Weekly, noon, 4475 Bonita Road, Bonita (CV Golf Course)

JAN MELLINGER

**When is a Good Time to be Mentally Ill?
Friday, JANUARY 13, 2023, Noon**



When is a good time to be mentally ill? Jan will talk about a topic that still carries stigma. She will offer personal and professional stories and gladly answer questions.

Jan Mellinger, LMFT, has been licensed to practice therapy for 35 years. She has worked for several agencies including the San Diego AIDS foundation, the American Cancer Society, and Vitas Hospice. She spent many years doing psych evaluations at Scripps in the Emergency Department and on the medical floor. She has been working for Lifestance Health since April 2022 doing therapy by Telehealth.

Jan is a past president of the Chula Vista Rotary Club and a 30+ year member. She is past president X2 of the California Association of Marriage and Family Therapists.

CLUB CALENDAR

January 13, 8:00 am—Project Hand @ St. Mark's Food Distribution (Hilltop & I)
January 20—Club Assembly
January 27—Wayne Rafflesberger, Author & Polio Survivor
Save the Date: February 10 - Club Valentine's Program



IMAGINE
ROTARY

MEETING HIGHLIGHTS—JANUARY 6, 2023

President Mark Scott called the meeting to order. Betty Waznis gave a wonderful invocation—be sure to read it below. Following the patriotic song, members with January birthdays were treated to a robust rendition of the Happy Birthday song—Bill Padleford, Jerry May, Carmen Sandoval and David Hoffman.

The Nominating Committee presented the new slate of officers and Board Members for the upcoming year.

The holiday decorations will be taken down tomorrow and put into storage at the Chula Vista Veterans Home. Please arrive at 8:30 a.m. at Pod C.

President Mark reported on the Holiday Food Drive between the Lions Clubs and Rotary Clubs in the region. Lots of food was collected through this good natured competition between groups.

The Project Hand/St. Mark's food distribution will be Friday, January 13, 8:00 a.m. Helpers needed!

Eduardo Reyes and Rochelle Carroll (Bonita Sunrise Club) expressed their thanks and appreciation for the Chula Vista Elementary School District Speech Contest. Our Club presented a check for \$2000 in support of this ongoing project. They need judges! Please sign up to help. It is truly an inspirational experience.

Speaker Justin Lipford shared information about the new group Emo Brown Foundation—which provides community connections, support and ways to give back to members of its network.

INVOCATION - Provided by Betty Waznis

Flight 2023 Instructions

Good morning and welcome to Flight 2023. It's time to prepare to take off into the New Year. Please make sure your Positive Attitude and Gratitude are secured and locked in the upright position.

All self-destruct devices: pity, anger, selfishness, pride, and resentment – should be turned off at this time. All negativity, hurt, and discouragement should be put away. Should you lose your positive attitude under pressure during this flight, reach up and pull down a prayer. Prayers will automatically be activated by Faith.

Once your faith is activated, you can assist other passengers who are of little faith. There will NO BAGGAGE allowed on this flight. God, our Captain, has cleared us for take-off. Destination – a New Year filled with new hope, new chances to help and serve, new joy and new beginnings. Stay blessed and welcome to 2023.





IMAGINE
ROTARY

JIM BIDDLE NEWS AT NOON

● LIVE



Brought to you by:

THIS WEEK'S
SPONSOR

With Betty Waznis

Hello, everyone. Good to see you today. Welcome to today's edition of the Jim Biddle News at Noon, sponsored by Dr Rasha Roshdy and AMNA Sanctuary.

Waterlogged San Diego County got hit yesterday by a bomb cyclone storm, closing the Ocean Beach Pier, threatening mudslides on coastal bluffs, 35 mile per hour onshore winds and 12 to 20 foot waves. The storm unleashed even stronger winds and heavier rain across Northern California on Wednesday, triggering evacuations and power outages. This storm is the third atmospheric river that's hit California in the last two weeks, prompting Governor Newsom to declare a state of emergency. The weather service says California could get four more of these subtropical "Pineapple Express" storms by Jan. 17 or 18. The storms do help the county's seasonal precipitation. Since the rainy season began Oct. 1, Lindbergh Field has recorded 4.12 inches of rain, nearly an inch above average.

California's largest reservoirs remain very low after the state's driest three years on record, but a major source of reservoir water, the Sierra Nevada snowpack, is measuring 174 percent of average for this time of year. If the rest of the rainy season turns out to be very wet, experts say there is a chance that California's reservoirs could refill in the summer.

Passengers on a Monday excursion with Capt. Dave's Dolphin and Whale Watching out of Dana Point were thrilled to see a once-in-a-blue-moon sight when a gray whale gave birth to a calf right beside their boat. First, they saw the gray whale acting strangely, swimming in circles. Then the wrinkly newborn appeared. The pair swam around by the boat for about 45 minutes. Capt. Dave's crew said it was the only live viewing of a whale birth in the 25 years they've been in business.

The Mega Millions jackpot increased to an estimated \$940 million, after another drawing Tuesday resulted in plenty of losers but not a single grand prize winner. The next drawing is scheduled to be held tonight. The jackpot is the sixth largest in US history and largest since someone in California won a record \$2.04 billion Powerball prize on November 8. Just remember - Bob Bliss can't win everything.

For those who might care: the Chargers beat the Rams 31-10 on Sunday at SoFi Stadium to improve to 10-6 and, coupled with Baltimore's loss to Pittsburgh, move into the No. 5 playoff seed in the AFC. They can clinch the conference's top wild card with a victory in their regular-season finale at Denver on Sunday.

Dr Rasha Roshdy brings a wide range of experience to share with the club. She is a native Egyptian who has been a naturalized American citizen for 23 years. In addition, she's been: Investigative reporter, Author of two books, Foreign language instructor for Navy SEALs, Stand-up comedienne, Ghostwriter and grant writer, Business college professor, Independent contractor for private and public sector business and International educator and speaker

She is now the head of AMNA Sanctuary, a non-profit organization that prepares immigrants and refugees to enter the U.S. workforce. This concludes today's edition of the Jim Biddle News at Noon. Today's News sponsored by Dr. Rasha Roshdy and AMNA Sanctuary.





MEETING HIGHLIGHTS—JANUARY 6, 2023



L-R Eduardo Reyes and Rochelle Carroll (CVESD) accept contribution from our Club for the Speech Contest from Lisa Johnson (representing the Community Programs Committee) and President Mark.



Rasha Roshdy provided cash gifts for this week's drawing winners. L-R: Duane Buckingham, Kathleen Carroll and Michael Monaco claimed the prizes. Hey! Where did our president go?





FEBRUARY SERVICE PROJECT – SENIOR GIFT BAGS FOR VALENTINE’S DAY

On February 10th, before our Valentine’s Day program, we will assemble 50 gift bags to be distributed to seniors through St. Paul’s. Thanks to Mary and her team, we have suggestions of items we can donate for the bags. If you don’t want to provide 50 of something, please just provide what you can. We will have plenty of items. Lisa has donated 50 red bags and Cheryl has donated 50 Chik Fil A gift cards - so we are off and running!

Option – make a cash donation or donate on our website and specify this project, and Mora, Cheryl, and Lisa will shop for you.

There are many seniors who can’t get out for holidays and special occasions, but we can still make occasions special for them with our gifts!

- Canned/non-perishable food items
- Cleaning supplies
- Kitchen, bathroom and home care items
- Hygiene care items
- Clothing
- Cleaning supplies
- Laundry detergent
- Fabric softener
- Dish sponges
- Toilet paper, kleenex, paper towels
- Blankets
- Socks
- Sweatshirts
- Trash bags
- Denture cleaner
- Eye glass cleaners
- Puzzles
- Gift cards for fast food restaurants
- Note cards
- Pens/pencils
- Crossword, Sudoku, or other brain game books
- Candy/treats (wrapped)





IMAGINE
ROTARY

JUDGES NEEDED!

Chula Vista Elementary School District is reaching out to invite us to be judges at the upcoming annual speech contest in February.

This year, there will have two sessions - one in the morning and one in the afternoon. Judges will need to arrive at the District office at 7:30 a.m. or 12:30 p.m. on the designated date for each grade level. The dates are as follows:

- 4th Grade: February 21
- 5th Grade: February 23
- 6th Grade & Middle School: February 24
- Finals: February 27 (morning session only)

Please let Giovanna Castro know if this is something you're interested in by January 13.

If you're interested, please indicate whether you prefer the morning or afternoon session and your availability for each of the days listed above. I appreciate your consideration!

GIOVANNA.CASTRO@cvesd.org

JANUARY IS

"Vocational service gives Rotarians the opportunity to help others escape poverty and gain a measure of self-respect. As business and professional leaders, we have a duty to lead and encourage good ethics through vocation." Carlos Frum, PDG D6440



VOCATIONAL
SERVICE
MONTH

Rotary 

www.rotary.org





VOLUNTEERS NEEDED!

PROJECT HAND—ST MARK’S FOOD DISTRIBUTION

When: Friday, January 13, 2023; 8-11 am. Will require standing and some lifting

Where: Parking lot of St. Mark’s Lutheran Church, 580 Hilltop Drive, Chula Vista. **Please park on the street as their parking lot will be needed for the food distribution line.** The best place to park is on I Street on the south side of the church campus. Enter the campus through the driveway off I Street.

What we will be doing: (8:00 – 9:00 am) volunteers will be breaking down the pallets of food and putting the food into boxes/bags that to be given to families and individuals. Drive-up and walk-up lines open at 9:00 am and continue until food is gone.

Who to contact when you arrive: Johnny Vioria, Project Hand Manager. He will coordinate what area needs your assistance.

Water: Water will be provided. Take breaks as needed.

What to wear: Comfortable clothing and shoes depending on the weather. Wear your Rotary t-shirt if you have one. They will provide a safety vest but if you have one wear it.

COVID Protocols/Practices: Masks are optional so this is an individual decision to wear one or not.

**GOOD-BYE POLIO
THANKS ROTARY**

