

Chulatarian



**ROTARY CLUB
OF CHULA VISTA**

OFFICERS 2019-2020

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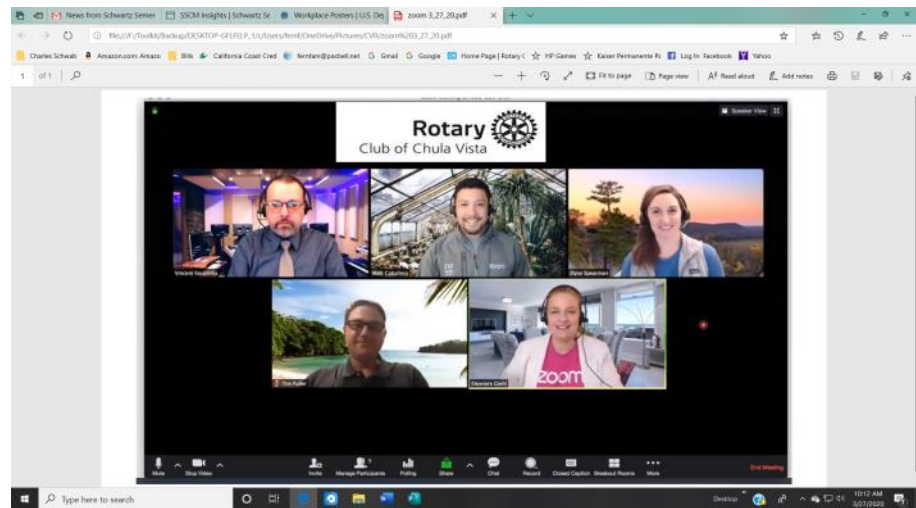
Club Website:
www.chulavistarotary.org



The weekly newsletter of the Rotary Club of Chula Vista

Chartered February 16, 1926 - Club Number 908 - District 5340
Meets Fridays at 12:10 p.m.—Join Us!
Chula Vista Golf Course Banquet Room, 4475 Bonita Road, Bonita, CA

Friday, March 27, 2020—12:00
FIRST EVER VIRTUAL MEETING



LOG IN ON ZOOM

President Bob & Team have set up a virtual meeting for our club today.

It is easier than you may think! Time to learn something new.
(Some of us are not as computer inclined than others.)

You can also log in by phone if you prefer or use the video/and or audio—some may not have the camera feature.

Give it a try! Follow instructions sent on email. Call for help ahead of time if you can as President Bob will not be able to get you organized once the meeting has begun.



CLUB BOARD MEETING
3rd Thursday of each month
6:00 p.m.

DISTRICT 5340
WEBSITE:

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Please send by
Noon Saturday
for consideration.

**Please note: Every submission
may not be included due to
space constraints.**



100 Things to do While Stuck Inside Due to a Pandemic—Part 1

Although remaining inside is a good way to protect yourself and others from the coronavirus, and is an important measure to help "flatten the curve" of daily cases that put pressure on our health care system, it could lead to a lesser evil: boredom and stir craziness.

1. Complete a puzzle: The more pieces the better! Feeling extra saucy? Take on a Rubik's Cube. More of a word person? Crossword puzzle!
2. Start a journal or blog. Sure, it can be about the coronavirus, but it could also be about a specific interest from chess to cheese.
3. If it won't bother your neighbors: Dust off that old instrument and practice.
4. Text all your exes just in case you have one more thing you wanted to get off your chest.
5. Write poetry. Perhaps you can craft a haiku for Mother's Day, or something without a specific structure. Just try it!
6. Watch all the really long movies you've avoided until now.
7. Download Duolingo, or a similar app, and teach yourself a foreign language.
8. Finally read "Infinite Jest," "Les Misérables" or even "The Stand." Go all in and read "Ulysses." You got this.
9. Meditate. Try lying down with your eyes closed, palms up and while focusing on your breath. Or spend 20 minutes sitting crosslegged and repeat a soothing word to yourself in your head. (The latter is more like transcendental meditation.)
10. Face masks, moisturizer, oh my! Treat yourself to a 10-step skin care routine you don't have time for during a normal work week.
11. Look at pictures of puppies.
12. Put together the most attractive charcuterie board possible, but you can only use foods you already have in your fridge and cupboard.
13. Take note from "Tangled" star Rapunzel, who has an entire song about how she's spent her days alone in a castle. Activities included in her ditty: Ventriloquy, candle-making, pa pier-mâché and adding a new painting to her gallery.
14. Write actual letters to family and friends. After that? Write thank-you notes to service people who you remember went out of their way for you.
15. Learn calligraphy. YouTube can help.
16. Finally read the rules to those long and intense board games you've never played with the family. Encourage the family to play.
17. Put on a soap opera. Mute the sound. Create your own dialogue.
18. Have a space in your home where all of the tupperware goes? Organize it and actually match lids to containers.
19. Try on all your clothes and determine whether they "spark joy" à la Marie Kondo.
20. Better yet, go through this process with your junk drawer and supply shelves.
21. Have a roommate meeting about how to be more considerate of one other, especially while you will likely be spending more time together. Bring baked goods.
22. Bake those goods.
23. Watch the films that won Oscars for best picture.
24. Watch films that won Independent Spirit Awards for best picture.
25. Watch films that critics say should have won those aforementioned awards.

(from *USA Today*—March 16, 2020)



THANK YOU NOTE FROM CHERYL COX:

Dear Gary,

Rotary's generous \$235 donation is now in the mail to the Friends of the CV Animal Shelter Account at The San Diego Foundation. Making a pet's stay at the Chula Vista Animal Care Facility more comfortable is much appreciated by cats, dogs and me.

Cheryl

P.S. With last week's order of beds and fleeces, we are at 60% of our goal - if you know someone who loves animals, would you please share this fundraiser with them? sdfoundation.org/cv-friends-animal-care

**GOOD-BYE POLIO
THANKS ROTARY**





TIJUANA HOME BUILD UPDATE

Project Mercy, our partner for the annual International Projects home build, has announced suspension of work until the summer.

The State Department is now limiting travel between Mexico and the U.S. for 'non-essential' activities.

Remember, with everyone at home, it is a good time to spring clean and gather household items for the Torres family.



Above left: L-R Juana (36), Daniel (33); above right: Carlos (13), Juana (mother), Jacob (11) and Ilse (16)

Juana was born in San Luis Potosi and Daniel in Veracruz. Juana was brought to Tijuana by her parents and Daniel migrated there looking for work. Daughter Ilse is intelligent and wins educational awards in her school, she hopes to be a doctor. Carlos is inquisitive and likes to fix things, he wants to be a fireman. Jacob likes learning about nature and would like to be a policeman.

Juana and Daniel make money by scavenging in the local dump for recyclable materials and earn about 250 pesos a week (@\$14). Their earnings are woefully insufficient to pay for basic household expenses and they live in very poor conditions. The living conditions near the garbage dump are poor and the family is often sick. Juana has a tumor in her head. She has had 4 operations and needs another but can't afford it. Carlos is allergic to dust, and Jacob has a learning disability.

In Juana's own words: *"We dream for a better home so that all of us in the family are together and much better off and that the children have their own space and some privacy. At the moment, the children are staying with Daniel's parents because of the condition of our current house so a decent home means we can once again live as a family. Thank you. We don't have words to tell you how we feel. Thank you for helping needy families like us because our economic situation does not allow us to have a nice home."*



ROTARY making a difference in the world and people's lives.