

# Chulatarian



**ROTARY CLUB  
OF CHULA VISTA**

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## **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 20, 2020  
MEETINGS CANCELLED UNTIL  
FURTHER NOTICE**

## **MESSAGE FROM PRESIDENT BOB SILVAS**

Dear Rotarians:

I'd like to update you with the impact of the Covid-19 pandemic and our Club's actions. First, I strongly encourage all members to exercise best practices to curtail the spread of this virus by complying with both State and Federal directions.

Our District has cancelled many programs and earlier this week, Rotary International cancelled the annual convention in Hawaii. This morning, the Federal government announced the closure of the southern border to all traffic except for essential reasons which has put our signatory international project at risk. Should this project be postponed, we should remain committed to the family we were assigned and look at a future date once this crisis is over.

Last night, your Board authorized new actions to aide our community in dealing with impacts from COVID-19. We authorized a contribution of \$10,000 from the Club's account to the Foundation for Coronavirus mitigation. Some of the Foundation funds that are being returned will also be allocated towards this cause. If you see a need that we as Rotarians can address, please contact me or Gary Bryant. In further action, the Board authorized \$1,100 to the Southwestern College Emergency Cares Grant. In addition, a fellow Rotarian contributed another \$500 to this program.

Finally, our club and Rotarians around the world have been drawn together by fellowship. Now, this fellowship is more important than ever with the new State mandate to stay at home. Therefore, I encourage all Rotarians to reach out to one another to let them know that we are not forgotten, and we are a unified team. I will be exploring ways to enable more socialization while complying with both State and Federal directives.

Rotarians are ready to help our neighbors and friends impacted by the current situation. Let me know if you see a need that we can address, and I will respond immediately.

I would like to again thank all Rotarians who have continued to support the Club leadership during these unparalleled times.

**Bob Silvas**  
President, 2019-20



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

**DISTRICT 5340**  
**WEBSITE:**

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**Articles and Inserts:**  
**Please send by**  
**Noon Saturday**  
**for consideration.**

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



## Manage Anxiety & Stress\*

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

**Everyone reacts differently to stressful situations.** How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include

Older people and people with chronic diseases who are at higher risk for COVID-19

Children and teens

People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders

People who have mental health conditions including problems with substance use

**If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call**

911

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

**Stress during an infectious disease outbreak can include:**

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

**People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. Additional information can be found at the Substance Abuse and Mental Health Services Administration ([SAMHSAexternal icon](#)) website.**

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

**Things you can do to support yourself:**

- **Take breaks from** watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

**Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.**

\*Source: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>



## **Pandemic Hits Home**

Please be sure to keep Chula Vista Councilman Steve Padilla in your thoughts and prayers as he battles Covid-19.

He is on a ventilator in the Intensive Care Unit at Thornton Hospital.

**GOOD-BYE POLIO**  
**THANKS ROTARY**



### **FOR YOUR INFORMATION:**

March 21, District Assembly—CANCELLED  
April 17-18 District Conference—CANCELLED  
RYLA—April 17—19—CANCELLED  
Model UN—CANCELLED  
Saturday, April 25—Tijuana Home Build—POSTPONED  
Rotary International Convention—Honolulu—CANCELLED





## TIJUANA HOME BUILD UPDATE

Project Mercy, our partner for the annual International Projects home build, has announced suspension of work for the next few weeks as the crisis continues to unfold.

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

We will keep you posted on this. Remember, with everyone at home, it is a good time to spring clean and gather household items for the Torres family, who we would like you to meet today.



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.**





## *Things to Think About*

**Since everyone is washing there hands like grown ups next lets work on turn signals**



From Be Positive.

Anxiety happens when you think you have to figure out everything all at once. Breathe. You're strong. You got this. Take it day by day.

-Karen Salmansohn



**ALSO HIGHLY CONTAGIOUS IS -  
Kindness, Patience, Love, Enthusiasm,  
and a Positive Attitude**

**Don't wait to catch it from others  
Be the Carrier**

