

Chulatarian



Rotary Opens Opportunities

ROTARY CLUB

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The weekly newsletter of the Rotary Club of Chula Vista
Chartered February 16, 1926 - Club Number 908 - District 5340

Friday, November 6, 2020—Noon on Zoom
ZANETA ENCARNACION
President's Program—Fun & Fellowship



Something NEW from President Z this Friday! Come join us for the inaugural President's Program of Fun & Fellowship. What does this mean? Well, I'm not sure yet! What I am sure of is ... we could all use a little fun together.

2020 has your President flying by the seat of her pants, and I bet I'm not the only one!

So take a break from a long week, and spend some time with your Rotary family for the first meeting of its kind, and the last meeting of its kind if it totally bombs :)



VETERANS DAY!



THANK YOU FOR YOUR SERVICE!



MEETING HIGHLIGHTS—OCTOBER 30, 2020

President Zaneta Encarnacion called the meeting to order and welcomed guests.

(Your editor was away from her Zoom yet again and missed the fun of breakout rooms and the drawings.)

INVOCATION By Stephen Ablahad

Let us pray silently together, each of us according to our own individual beliefs

Let us offer thanks for our food and blessings for each other. Let us be a source of hope for those in need and contentment for those who are lonely. Let us give gratitude for our opportunity to serve Rotary.

Let us give thanks to all our past leaders of this club. Grant the wisdom and vision to plan adequately and act correctly for our new Club President. From the ancient words of a Tibetan monk:

Let the forces of light bring illumination to mankind. Let the spirit of peace be spread abroad. May men of goodwill everywhere meet in a spirit of cooperation. May forgiveness on the part of all people be the keynote at this time. Let power attend the efforts of the great ones. So let it be and help us do our part. Amen

Member Directory Update

***Have you updated your contact information?
Do you need help updating your contact information?
Do you have updates for your contact information?***

Please take a moment to log into your ClubRunner account to update your contact information.

Visit chulavistarotary.org and click on "Member Area" in the top right corner. Go to My Profile, hit edit, make changes, then save. Done!





• LIVE



Brought to you by:

All those who
logged-on!

With Betty Waznis

Good afternoon Rotarians and guests. Welcome to today's edition of the Jim Biddle News at Noon. Today's News sponsored by Mora de Murguia and Baldwin and Sons.

OnStage Playhouse in downtown Chula Vista has a plan to create an open-air theater until inside performances can resume. For 35 years, the 70-seat theater has been staging live plays on Third Avenue. The new playhouse plan is to use the outdoor amphitheater in Memorial Bowl, two blocks away. Theatregoers would have reserved seats, stationed at least 6 feet apart, wear masks, and the stage would be 25 feet away from the audience. At least 12 local actor couples could be cast in scenes requiring close contact.

Chula Vista officials like the idea, but state clearance is needed. Hope is on the horizon, however. California Department of Public Health is preparing revised guidance rules for live musical, theatrical and other artistic performances. Meanwhile, our hometown theater is streaming live shows with the actors on stage but the audience watching virtually at home.

SDSU Aztec football will play in front of a live crowd for the first time this season in tomorrow's game against Utah State in Logan, the first in person game since December 21 of last year. In an ordinary season, the Aztecs would have played 8 games by this time. They have just one under their belt, last week's 34 to 6 victory over UNLV.

Mora de Murguia has worked with Baldwin & Sons, master planned community developer of Otay Ranch, for the last 28 years. She is a resident of Otay Ranch since 1999 and is involved in multiple organizations in the community including serving on your Rotary Board this year under President Z. Mora and Valdemar are proud parents of Bella who graduated virtually with Honors from NYU in May.

This concludes this week's edition of News at Noon. Today's news sponsored by Mora de Murguia and Baldwin and Sons.



**GOOD-BYE POLIO
THANKS ROTARY**





MEETING HIGHLIGHTS—October 30, 2020

Our guest speaker, Tracie Arlington with Play it Safe Defense, gave a very interesting presentation and sent this as a follow-up:

Hello Rotarians - Thank you so much for attending the presentation and many thanks to Zaneta and Mary for inviting me. I know that trying to learn self-defense via ZOOM is like trying to learn to



swim via video

Hopefully I was able to provide some safety information and tips that empowered you; knowledge is power. Self-defense is about awareness, preparation and a strong mind-set. Think about "possible attack" scenarios before they happen so you have a script for your brain. Walk about confidently and "What if" yourself and your family. *Like any safety drill, there needs to be a plan.*

As promised, I am sending you the following resources:

Safety Hand-out *is attached*

My favorite safety APPS

Videos: defense against chokeholds, ground defense and multiple attackers

My favorite personal protection devices

Book recommendation

COVID-19 SCAMS: <https://www.fcc.gov/covid-scams>

Remember, "Awareness" is 90% of self-defense. Look confident and listen to your body's signals. Creepy and inappropriate people usually give off a "red flag." Set your boundaries and stay with people.

Don't forget, alcohol and date-rape drugs are the #1 weapon used on women. **Make sure you read the article on "Date & Acquaintance Assault." It's in the hand-out I attached.**

My favorite safety APPS:

Fake phone call APPS: "Fake me out of here" and "Fake Me a Call"

bSafe <http://getbsafe.com/> (Fake phone call and GPS and alarm) ***has a corporate package

Noonlight: <https://www.noonlight.com/>

Aspire News (Domestic Violence) <https://www.whengeorgiasmiled.org/aspire-news-app/>

Physical Techniques on Video:

Choke-hold against the wall: <https://www.youtube.com/watch?v=tgfvfMkDeAA>

Being pushed into a car: <https://www.youtube.com/watch?v=8IAIfOnjZUU>

Video: "defense against the frontal choke-hold, between the legs in the rape-position."
<https://youtu.be/Iv0uBYKOXxo>

Multiple attackers: <https://www.youtube.com/watch?v=wUvZLuIrzQk>





MEETING HIGHLIGHTS October 30, 2020 (Continued)

A Technique EVERY child should know: Your child is picked up from behind. We call this technique, "Slippery fish, wiggly fish, fish with legs:" https://youtu.be/O_FQKEAn-Oo

Personal Protection Products I Like:

(get a chunky pen and flashlight with a wrist-strap)

◆◆◆◆ **Personal Protection Products I like: key chain alarm, Kubaton-key chain metal baton, Flashlight Stun-Gun,**

Pepper-Spray: (remember to check the expiration date and shake it once a month)

Runner's pepper spray:

<http://damselcatalog.com/discount/PRO31320>

BOOK RECOMMENDATION:

THE New Superpower for Women by Steve Kardian
https://www.amazon.com/New-Superpower-Women-Situations-Unthinkable-ebook/dp/B01M7WUY61/ref=sr_1_1?ie=UTF8&qid=1494284355&sr=8-1&keywords=steve+kardian

WE Travel:

We can teach small groups of children, teens or adults outside. **Please contact me for details. I also have online classes for children and can meet with teens via Zoom.**

<https://playitsafedefense.teachable.com/>

Let me know if you want to be added to my "mailing list" for future classes. I do **NOT** spam. You can also follow me on Facebook or Instagram as I post class information there too.

Feel free to contact me ANYTIME.

Blessings and protection to you and your family. Happy Halloween!



Tracie

Dr. Phil Interview

<https://www.youtube.com/watch?v=IBDhOdzImUA>

On-Line Coaching Videos

<https://playitsafedefense.teachable.com/>

Thank you Tracie!





HEADS UP ROTARIANS!

Be sure to see the most recent issue of the Rotary International magazine.

Drawing sponsor Duane Buckingham will have three \$50 gift cards.

YOU could be a lucky winner with a little homework!

(Hint: pay special attention to article titles)

Via Zoom

Open to Rotarians, Rotaractors,
Family and Friends – registration
is not required.



Rotary Foundation Seminar
November 7, 2020
9-11am



Rotary
District 5340





HAPPY BIRTHDAY DEAR ROTARIANS!



NOVEMBER BIRTHDAYS

Leon Redondo
November 5

Ben Koala
November 6

Francisco Escobedo
November 6

Cheryl Shields
November 25

Jesse Fernandez
November 29





SOME FUN FOR TODAY

