

Chulatarian



**ROTARY CLUB
OF CHULA VISTA**

OFFICERS 2018--2019

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The weekly newsletter of the Rotary Club of Chula Vista

Chartered February 16, 1926 - Club Number 908 - District 5340
Rotary Club of Chula Vista meets Fridays at 12:10 p.m.
Chula Vista Golf Course Banquet Room, 4475 Bonita Road, Bonita, CA 91902

October 5, 2018

CALTRANS



Ron Caraet serves as the District Division Chief of Construction at Caltrans District 11, which includes

San Diego and Imperial Counties. His responsibilities include oversight of 92 staff and engineers and management of most construction projects in the region.

Ron previously worked as the Project Manager/Construction Engineer on the Interstate 805/State Route 52 Corridor where he managed projects from the environmental phase through construction. During this time, Ron also led the effort to develop procurement documents for the District's first Design Build Project, Interstate 805 North, one of the first 10 Design Build pilot projects in the state.

After promoting to Senior Transportation Engineer in 1999, Ron worked on several high-profile projects, including the State Route 125 Gap/Connector and Toll Road, State Route 52 Extension in Santee and on the State Route 905 extension through Otay Mesa.

His experience and ability to effectively communicate and collaborate with transportation partners and contractors have given Ron the leadership skills to continue delivering high quality transportation projects throughout the region.

Ron began his career Caltrans in 1989 following his graduation from San Diego State University with a Bachelor of Science Degree in Civil Engineering. He grew up in National City and graduated from Sweetwater High School. Ron and his family currently live in the Eastlake area of Chula Vista.

Coming Soon

October 12 Update on Club Activities

October 13—Christmas in October

October 19—Taking Charge of Your Health

October 20—Social event at the home of Carmen Sandoval



CLUB BOARD MEETING
2nd Thursday of each month.
6:00 p.m.
Administrative Office of Sharp
Medical Center
751 Medical Ct
Chula Vista
619-502-5839

DISTRICT 5340

Publication Information
Chulatarian Newsletter is published
by The Rotary Club of Chula Vista
P.O. Box 626
Chula Vista, CA 91912
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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.**

Friday September 28, 2018

Please go to :



Chester Santos, also known as the International Man of Memory, has the incredible gift of remembering just about everything. In 2008 he won the U.S. Memory Championship. He memorized a deck of cards in 90 seconds, as we'll as an incredible feat of memorizing the entire U.S. Congress, the names, seats, districts, committees, etc, a total of 4,000 pieces of data that he recalled for a contest. Chester does not attest his memory ability to super powers, but rather as a result of memory training. He tours the country to show others how they can train their brain to increase memory capacity. Chester opened up his presentation by asking club members to listen to a list of items he selected and then asked if a club member could recall those same items. A few members could recall the items, but several immediately forgot. Chester walked the audience through a second exercise where we were asked to close our eyes and visualize two famous opposing politicians standing in front of each other. We were asked to visualize what they were wearing, then asked to visualize them holding a pie, what the pie looked liked, tasted, texture of the pie, etc. Thankfully, we were not asked to visualize cleaning up the potential mess, but we were asked to recall specific details from our memory about what we visualized. The exercise was to show when we create associations with words using our senses of hearing, taste and sight, we create stronger and more powerful memories for recall

News at Noon

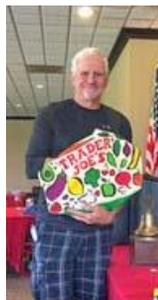
Sponsored by: Bob Bliss



Bob Bliss is the best CPA on E Street in Chula Vista, just ask him. Robert Bliss is that quiet guy who usually makes our meetings and too often wins the drawing prizes, but Bob does interesting things with numbers in his work of tax preparation, bookkeeping, payroll calculations, and filing for extensions on every tax issue you can imagine. That is how he spreads his work out through the year, by simply filing for an extension of your return. See Bob Bliss "the quiet accountant."

"

Winners



Miscellany



A very big thank you to Carmen Richardson for taking pictures and doing a masterful job of taking notes on the whole meeting. She will, hopefully continue doing this for as long as she can. It makes the editor's job a lot easier.

The continuation of Carmen's report on the speaker is as follows:

Why is it we often cannot recall a person's name despite having plenty of information about a person, details, (you may see them every week at Rotary and still can't recall their name) etc., but if an elephant crashed into the room, we would most likely never forget the details that surrounded the event. Per Chester, when we use our senses to form associations to words, we train our brain, muscle training, to improve our recall ability. Chester shared science concluded one of the best way to "exercise" our brain is to learn a new language. The final exercise for the audience was to recall a list of 15 items in sequential order. Rotarians were asked to form associations using our senses which ultimately created a silly story to help recall the words. For the Rotarians present what words are missing in the sequence? monkey, rope, kite, house, paper, shoe, worm, envelope, pen, river, tree, cheese, dollar. Dan presented Chester with the Rotary plaque to honor his efforts and donate on his behalf to eradicate polio. To learn more about Chester have the opportunity to order his memory training at a discount for Chula Vista Rotarians, please visit: www.chestersantos.com and contract him directly.

