

# 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, September 11, 2020—Noon on Zoom  
**Susan Day**  
**The Burn Institute**



Susan Day has served as the Executive Director of the Burn Institute for nearly 7 years and has over 25 years of nonprofit experience in management, fundraising, community outreach and collaboration.

Susan is honored to be part of the Burn Institute team and enjoys working with the fire fighters, first responders, UC San Diego Regional Burn Center and the numerous partners who support the mission to educate and inspire communities to reduce burn injuries and empower those affected by burn trauma.

Each year, the Burn Institute reaches 1,000s of youth, adults, and seniors in San Diego and Imperial Counties. With our programs and services, we help prevent fires – and the injuries that can result. For individuals with burn injuries and their families, we provide support programs and financial assistance that gives coping skills, true community, and hope.

Everything started with one doctor. One with a dream to give burn patients specialized care. Mobilizing a network of community activists, Dr. Hugh Frank, a San Diego hand surgeon, raised money for a specialized treatment center. And he made a real difference in our region.



**SEPTEMBER BIRTHDAYS!**



**HAPPY BIRTHDAY DEAR ROTARIANS!**

**Eric Rimmele**  
September 1

**Bob Bliss**  
September 4

**Steve Brodbeck**  
September 4

**Ben Vallejos**  
September 18

**Gus Slovinsky**  
September 22

**Donna Moss**  
September 25

**GOOD-BYE POLIO  
THANKS ROTARY**





## Something Different for This Week's Drawing



From September 15 to October 15 every year in the United States, the contributions of Latino and Hispanic communities are honored with the celebration of National Hispanic Heritage Month, while highlighting culture, traditions and contributions.

Beginning in mid-September, the celebrations coincide with national independence days in Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, Mexico and Chile. Mexico's Independence Day is September 16 and celebrated the evening of the 15<sup>th</sup> with El Grito (the battle cry), and festivities.

Since there will not likely be any fiestas, we put a FIESTA IN A BASKET for a lucky bidder. Bidders can use the Zoom Chat Room or text Jesse Fernandez, this week's drawing sponsor (619 370-6805). Starting bid is \$50.

Contents include: Tequila Romeo, one case of Modelo beer, 2 \$50 gift cards to the Tequila Factory – or other restaurant of your choosing, Mexican sweets, mini sombrero, piñata, limes, shot glasses and little doll. Value: \$175+

**Proceeds will benefit the Chula Vista Rotary Foundation.**





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## 21-Day Racial Equity Habit-Building Challenge\*

The Peace Building Committee of LGTRC is proud to offer participation in a “21-Day Racial Equity Habit-Building Challenge ©”. The 21-Day Challenge concept was conceived several years ago by diversity expert Eddie Moore, Jr. to advance deeper understanding of the intersections of race, power, privilege, supremacy, and oppression. We are grateful to him for publicly sharing and encouraging others to use this concept as an educational tool and to the American Bar Association (ABA) for curating the many options for daily consumption into a manageable list.

Sept. 22 thru Oct. 20 The 21-Day Challenge will begin on Tuesday, September 22 based on a syllabus developed by the ABA. The goal of the Challenge is to prompt discussion that assists each of us to become more aware, compassionate, constructive, engaged people in the quest for racial equity.

Voluntary and personal, the Challenge is completely voluntary, and participation in the Challenge shall not be construed as agreement with every word of every assignment nor a commitment by any person to a professional position or strategy. Further, participants are free to opt out of participating along the way. There is no grade at the end of the Challenge. While it is not the intention of the Challenge to cause offense, some participants may be offended by some language used in the lessons.

Course Description: the Challenge invites participants to complete 21 short assignments (typically taking 15-30 minutes), over 21 consecutive days. Assignments include readings, videos, or podcasts. It is crafted to focus on the Black American experience as participants gain perspective on elements of Black history, identity, and culture, and to the Black community’s experience of racism in America. While this Black American focus cannot cover the full diversity of experiences and opinions even within the Black community itself, much less substitute for learnings about any other community of color, this is an introduction to what should start a rewarding journey that extends far beyond the limits of this project.

Weekly Online Discussion Participants will be offered a Zoom chat after each week of 7 challenges. We also recommend reading “How to be an Antiracist” by Ibram X. Kendi, to be discussed book-club style as the 4th Zoom discussion.

**Register by Sept. 19th** If you plan to participate in the Challenge and would like to add your name to the list of participants, please send an email or text to Nancy Gatschet, nancy.gatschet75@gmail.com or 215-868-2993. Nancy will send you the syllabus and schedule when you sign up. The Challenge will begin on September 22 with the first discussion group on Tuesday, 9/29 and run through 10/20 concluding with the book discussion. 21-Day Racial Equity Habit-Building Challenge is the registered copyright of America & Moore, LLC. 2014. 21-Day Racial Equity Habit-Building Challenge ©

**\*The Peace Building Committee of the La Jolla Golden Triangle Rotary Club is the sponsor of the Challenge.**

**For more information, please see District 5340 Newsbits (September 6). The syllabus is accessible on the link there.**

**Remember to register by September 19 if you would like to participate.**





## Managing Stress and Anxiety During the Pandemic

The outbreak of the coronavirus and COVID-19, combined with the need for most of us to shelter at home, may be stressful for you and your family. Dr. Dan Mordecai, a Kaiser Permanente national expert on mental health and wellness, offers these tips for managing stress and anxiety in challenging times:

### Keep up social connections

Maintaining social connections is one of the most important things you can do to support your own mental health as well as others. Make a point of reaching out to those you love to keep your relationships strong even as we keep our physical distance. This is especially important for those with depression, anxiety and other mental health conditions. Ask them how they are doing—offer to lend an ear and let them know you care.

### Offer to help others

Simple gestures can mean a lot, like offering to shop for a neighbor or friend who may be more vulnerable, or letting people know you are available to help. Not only will they feel less isolated and alone, you will likely feel better as well.

### Take a media break

If you find yourself spending significant time reading or watching media coverage and notice it's making you anxious, consider limiting yourself to checking the news at just one or two times per day, and for a limited amount of time. Use trusted sources to stay up to date, like the [Centers for Disease Control and Prevention website](#), then take a break. The CDC also has good resources on stress and coping.

### Practice good self-care

Get plenty of nutrients by eating fruits and vegetables, exercise regularly and get enough sleep. We know that sleep has a direct impact on the immune system, so set a regular time each night to wind down and get some solid rest.

### Modify your exercise routine

If you are exercising at home now instead of the gym, have fun with modifying your routine. There are many resources available on the internet for working out without special equipment. Exercise is good for your mental health. Search for ideas to change it up without leaving home.

### Take a few deep breaths

Taking time to pause for just three full, deep breaths can re-set the body's "flight or fight" response. Try doing this several times throughout the day and see the difference it makes. Try free guided image exercises, which are easy to learn, is another way to help reduce stress.

### Share your feelings

It's normal, especially in times like these, to feel anxious and stressed. Know that you are not alone and that it's ok to share your feelings with a trusted friend, family member, colleague, clergy, or your physician or mental health provider. Your kids may be feeling anxious too. Talk with them about it.

### Practice gratitude

Practice gratitude by making a daily habit of writing down a few things you are grateful for. Better yet, send it to a friend and get them to share their list with you.

**If you're suffering from depression, anxiety, substance use, or other mental health concerns reach out to your primary care provider or call the consulting nurse.**







**SOME FUN FOR TODAY**

*I was lonely until I glued  
a coffee cup onto my car*



*Now everybody waves at me!*

SO THERES NO CURE  
FOR A VIRUS THAT CAN  
GET KILLED BY SOAP 🤔

I hate it when  
I'm waiting for  
Mom to cook  
dinner, and then  
I remember,  
I am the Mom.



Comedy Club 24/7  
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