

Chulatarian



**UNITE
FOR
GOOD**



**ROTARY CLUB
OF CHULA VISTA**

BOARD 2025-2026

**President
Ben Koala**

koalacpa@gmail.com

**President-Elect
Rasha Roshdy**

seducator2014@gmail.com

Treasurer

Risa Baron

rbaron@republicservices.com

Secretary

Bill Torre

wtorre@sbcglobal.net

Past President

Jesse Fernandez

fernfam@pacbell.net

Executive Secretary

Carmen Sandoval Fernandez

csandovalzf@gmail.com

Directors:

Jeanette Badal

Kathleen Carroll

Mike Green

Bernard Hernandez

Jan Mellinger

www.chulavistarotary.org

P.O. Box 324 Bonita CA 91908

Editor: Carmen Sandoval

Fernandez

csandovalzf@gmail.com



The weekly newsletter of the Rotary Club of Chula Vista
Chartered February 16, 1926 - Club Number 908 - District 5340
Meets Weekly, Noon, 4475 Bonita Road, Bonita (Chula Vista Golf Course)

**SOCIAL MEDIA ADDICTION
JAN MELLINGER
Friday, November 7, 2025, Noon**



Long-time Rotarian Jan Mellinger is a Licensed Therapist. This Friday, she will address how social media has changed our culture.

She will also discuss the effects of social media on mental health, relationships and social development.

Jan has been a licensed therapist since 1986 and was employed with Scripps for 24 years. She served as President of the California Association of Marriage and Family Therapists—1994-1995 and 2018-2019.

In her fun time, Jan enjoys her cats, horses, quilting and cooking.

**GOOD-BYE POLIO
THANKS ROTARY**



UNITE
FOR
GOOD

MEETING HIGHLIGHTS FOR OCTOBER 24, 2025

President Ben Koala called the meeting to order. Jerry May gave the invocation, led the pledge and helped with the song of the day, in Chuck Bevan's absence. Where are you Chuck?

Upon reconvening, President-elect Rasha Roshdy introduced guests and visiting Rotarians. Bill Torre shared about the Christmas in October work performed last Saturday.

Thank you to everyone who brought food for the food drive. Please bring more on November 7th. Eye glasses are beginning to appear in the bin on the welcome table—keep them coming!

Betty Waznis provided the Jim Biddle News at Noon. Carmen Sandoval was the sponsor and the drawing winners were: Diane Flint Wages, Krystina Torres and Tana Lorah.

Carmen Sandoval introduced the guest speaker Lisa Lindgren, the Executive Director of Senior Gleaners of San Diego County. They work to help alleviate hunger and food insecurity in our region by gleaning unneeded fruit from backyards and larger lots. Volunteers work to pick the fruit and get it to local food banks for distribution.

It is a much needed program and they are working to expand awareness in South County. Current numbers show only 10% of the food gathered is from South County. Volunteers are covered by the non-profit's insurance. Homeowners who provide access to Senior Gleaners get a tax break for their donation to the cause, the fruit does not go to waste—a WIN-WIN!

They are available to reach out to other groups Rotarians may be connected with: churches, scouts, garden clubs, businesses interesting a community volunteer activity. Very interesting!

INVOCATION GIVEN BY JERRY MAY

Tonight, All Hallows Eve, several hundred years ago,
Martin Luther founded the Protestant Reformation. May
we be ever mindful of the freedom of religion we have in
this country.

Let us pray -

Dear Universal Being – we are blessed to have freedom of
religion and that means we honor all forms of worship of
You. In rotary, we begin our meetings with an invocation.
We acknowledge Your omnipotence and that You care for
us and we care for all life as we know it. We pray today for
world peace, the end of hunger and respect for all life.

May You help us to Serve Above Ourselves and do our
part to bring our prayer to fruition,

Amen and Shalom

UNITE
FOR
GOOD

JIM BIDDLE NEWS AT NOON by Betty Waznis

LIVE



Brought to you by:

THIS WEEK'S
SPONSOR

With Betty Waznis

Hello, everyone. Welcome to today's edition of the Jim Biddle News at Noon, today brought to you by Carmen Sandoval. A stretch of Interstate 8 in San Diego is the riskiest road in America, according to a new Allstate report. The 8 around Exit 7 to the 15 earned the distinction with its web of interchanges where frequent sudden stops, complex merges, and lane changes make the area susceptible to car crashes. Allstate ranked roads based on 2024 data of rates of hard braking, and speeding 15 mph over the posted limit.

There have been 76 crashes around the 8 and the 15 so far this year, 40% resulting from unsafe speed and another 40% from unsafe turning or lane changes. About a dozen caused major or minor injuries, and one was fatal. Last week's fatal crash that killed a 25-year-old La Mesa police officer and the driver she stopped to help was in the vicinity of this intersection.

The [San Diego River Park Foundation](#) has successfully purchased a 58-acre parcel from a private owner, a parcel that includes [Mildred Falls](#), San Diego County's tallest waterfall, located about five miles west of the [Pine Hills](#) community. Its dramatic cascade drops roughly 300 feet to where Ritchie Creek plunges toward the San Diego River. More than 250 donors raised more than \$300,000 to buy the property. Ownership of Mildred Falls will help protect a golden eagle nest, a California gnatcatcher habitat, southwestern pond turtles, arroyo toads, cougars, and other large mammals. The purchase continues the foundation's effort to protect land along the 52-mile San Diego River.

If you're giving out Halloween candy tonight, you're not alone. In spite of rising chocolate prices and inflation pressures, 2025 is expected to be a record year for candy sales in the United States, with about \$3.9 billion spent on Halloween candy alone. This year, Reese's peanut butter cups dominate as the top Halloween candy choice, but some new favorites are emerging. Amped-up flavors and textures are big this year. Extreme sour, freeze-dried versions of SweetTarts, Skittles and Lemonheads, chile-coated gummies and Nerds for those who want something different and exciting. Dots, which have been around for 80 years, has come out with a "ghost edition." The new drops are all tinted the same light green, so you don't know what flavor you're getting. Jolly Rancher jumped into the mystery game with [Trickies gummies](#), which jumble colors and flavors so a green one tastes like cherry.

The price of chocolate candy has risen over 29 percent since Halloween last year, resulting in a sales drop of chocolate Halloween candy. Chocolate bar shrinkflation is kicking in with mini candy bars shrinking even smaller and fewer pieces in a bag. There is still a market for traditional candy corn — 22 million pounds of it will roll off Brach's lines this year, with many haters and many fans nationwide.

Our Major League Soccer expansion team, the San Diego Football Club - SDFC — has made it to Round One of the MLS playoffs and has a win on the scoreboard. They played to a sold-out crowd of 30,000 last Saturday at Snapdragon Field, beating the Portland Timbers 2 to 1. Game Two of the best-of-3 series will be played tomorrow night in Portland.

Today's sponsor, Carmen Sandoval Fernandez is a past president, our Chulatarian editor, and International Projects Committee Chair. She is also our Club's Executive Secretary, and says, she is "still learning!"

Carmen had a varied career in public transit, non-profits, the regional chamber and Caltrans. She does NOT miss work one single bit and keeps busy with her large extended family, Master Gardeners, the Bonita Valley Garden Club — and more! Wonder grandchild Maricela who lives in Chicago, no longer a baby, is now 3 ½! Her baby brother Mauricio is 9 months and super cute! Carmen and Jesse go to see them as often as possible — next in November — the 4th trip this year.

This concludes today's edition of the Jim Biddle News at Noon, today brought to you by Carmen Sandoval and the International Projects Committee.

UNITE
FOR
GOOD

MEETING HIGHLIGHTS FOR OCTOBER 31, 2025



L-R: President-elect Rasha Roshdy was the doctor in the house, President Ben showed up as Superman and member-pending Wendi Messina was a happy pumpkin.



L-R: President Ben with lucky winner of the produce box donated by Tina Matthias—Risa Baron! Tana Lorah was the winning bid with \$100 on the Halloween gift basket, donated by Gary Bryant.



Great support for the Food Drive! One more week!



L-R: News sponsor Carmen Sandoval Fernandez with this week's drawing winners—Diane Flint Wages, Krystina Torres and Tana Lorah. Congrats and thanks for your support of our Chula Vista Rotary Foundation.

UNITE
FOR
GOOD

HAPPY BIRTHDAY DEAR ROTARIANS!



Leon Redondo—November 5

Ben Koala—November 6

Darrel Johnston - November 19

Cheryl Shields— November 25

Jesse Fernandez—November 29



L-R: The **Christmas in October** project—a community activity organized by Dr. Emerald Randolph for many years—expanded this year with some major renovations—not just yard work! It has been several weekends now and many other groups—including the CVPD—have helped out. Our Club made a \$ donation and Bill Torre, John Lorah and Gary Bryant were on hand to lend some muscle as well.



UNITE
FOR
GOOD



MARK YOUR CALENDARS

GOLF TOURNAMENT POSTPONED—FEBRUARY TBD

Friday, November 14—**Food Distribution at St. Mark's—8:30 am**

Friday, November 28—**DARK—No Meeting—Thanksgiving**

Wednesday, December 10 - **Ronald McDonald House Dinner**

Friday, December 19 — **Holiday Program & Bake Sale!**

CHULA VISTA ROTARY 100th ANNIVERSARY CELEBRATION
February TBD, 2026

TRIVIA NIGHT— Friday, March 13, 2026, 5:30 pm