

# Chulatarian

Rotary  
Club of Chula Vista 



ROTARY CLUB  
OF CHULA VISTA

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Rotary   
Club of Chula Vista

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)

**DAVID JONES**  
**ASKING THE RIGHT QUESTIONS ABOUT**  
**MENTAL HEALTH**  
Friday, October 25, 2024 - Noon



With a Sales Management career spanning 6 With a Sales Management career spanning six decades, Dave Jones normally speaks on Sales Psychology, but as a mental health advocate he is committed to reducing the stigma involved with Mental Illness.

He offers a unique perspective on depression and suicide and his compelling story may cause you to view mental illness differently. Dave is also a Suicide Prevention trainer (QPR) and is the Training and Outreach Consultant for the San Diego Suicide Prevention Council. His presentation is titled "Asking the right questions about Mental Health."

This is a compelling presentation. President Jesse had the opportunity to attend a training by Dave a few weeks ago and says—you do NOT want to miss it!



## MEETING HIGHLIGHTS—OCTOBER 18, 2024

**President Jesse Fernandez** called the meeting to order. Bernard Hernandez gave the invocation and led the pledge. Songmaster Chuck Bevan's selection this week was "That's Amore!"

Community Service Chair Gary Bryant gave an update on the Beautify Chula Vista clean up this Saturday. There will not be hands on work for Christmas in October as they only have one home lined up. Next year! Save the dates for the Veterans' Home Decorating and Take Down—December 7, 8 am and January 4. The Ronald McDonald House dinner event is set for Wednesday, December 11.

Bernard gave an update on his weekend as an Advisor at LEAD (Leadership, Ethics, Aspiration and Determination—Rotary District program for 8th graders). There were 100+ students and it was the first time back since covid. It was Bernard's first time and he said it is an excellent program overall. We sponsored six students.

Past President Mora de Murguia shared a video from Bill Gates on the ongoing work to eradicate polio. His foundation will continue to match donations 3 to 1—amazing! World Polio Day is October 24. Please consider a donation to Polio Plus. Our Club collected \$526 for the first quarter and sent the check. **Thank you** for your donations through Pancho the Polio Pig!

President Jesse reviewed the 4-Way Test as part of the Membership Moment.

He discussed actions taken at the Board meeting on October 16. He also discussed the recent audit and steps being taken to ensure efficient bookkeeping. We hope to digitize records. Minutes will be posted to Clubrunner soon.

Betty Waznis did an excellent job as usual with the Jim Biddle News at Noon. Neisha Hernandez, this week's sponsor, presented the lucky winners with beautiful fall harvest items. Winners were: Mora, Mike and Ken. Our guest speaker provided two additional gifts of passes for two to CBX—wow! Mora (her lucky day!) and Kathleen won those.

Jorge Goytorua, CEO of the Cross Border Xpress (CBX), gave an excellent and informative presentation. CBX has surpassed all expectations and is on track for continued growth—parking, etc. Thank you Jorge!

### CLUB CALENDAR

**Saturday, October 26, 5–9:30 pm—Hello Fall! Three Rotary Clubs  
Friendship & Fellowship Evening (Italian food, no charge)**

**Mini Food Drive to Support Just In Time former foster youth—see page 6**

**Friday, November 8, 8:30 am—St. Mark's Food Distribution (Hilltop & I)**

### SAVE THE DATES:

**Saturday, December 7, 8:00 a.m.—Chula Vista Veterans' Home Decorating**

**Wednesday, December 11—Ronald McDonald House Christmas Dinner  
Various shifts starting at 4:00 pm—more info to come**



## JIM BIDDLE NEWS AT NOON by Betty Waznis

LIVE



Brought to you by:

THIS WEEKS  
SPONSOR

With Betty Waznis

Hello, everyone. Welcome to today's edition of the Jim Biddle News at Noon. Today's news brought to you by Neisha Hernandez and Neisha's Dance and Music Academy.

By this time, we understand how serious COVID can be for our health, overall productivity and the nation's economy. We're now learning that brain fog is no joke. Recent research suggests a great reason to keep up with your vaccinations: COVID's capacity to reduce your intelligence. Using data from more than 100,000 people who completed online tests in England, the authors of a study published in the New England Journal of Medicine found that those recovering from COVID had measurable cognitive deficits. Even participants who had mild COVID with no more symptoms showed deficits equal to a 3-point loss in IQ compared with uninfected participants. The loss was worse in those who experienced more severe infections. Those whose symptoms lasted more than 12 weeks had the equivalent of a 6-point IQ loss on average, and those who had been admitted to intensive care had the equivalent of a 9-point loss.

The 2024 Nobel Prizes were announced last week in a series of ceremonies and dinners. Out of 12 winners in the 6 categories of chemistry, physics, medicine, economics, literature and peace, 9 were from American universities. The winners are:

- **Chemistry:** for creating completely new kind of proteins with countless beneficial uses.
- **Physics:** for pioneering research on artificial intelligence
- **Medicine:** for the discovery of microRNAs, and how they contribute to heart disease and cancer
- **Economics** for studies that show the importance of the rule of law and honest institutions for a country's prosperity.
- **Literature:** Han Kang, a South Korean novelist whose works confront historical trauma

**Peace:** The Japan Confederation of A- and H-Bomb Sufferers for their efforts to achieve a world free of nuclear weapons

A SpaceX Falcon rocket lifted off from Cape Canaveral on Monday morning, carrying a NASA probe designed to explore Jupiter's icy moon Europa and search for the building blocks of life. The \$5-billion Europa Clipper mission, designed and built by the Jet Propulsion Laboratory, is the largest planetary probe ever built by NASA.

Scientists have worked for a Europa mission ever since NASA's Galileo probe found that the moon probably has a subterranean global ocean, heated by Jupiter's gravitational forces. With water, an energy source in the form of heat, and potentially organic compounds, scientists say Europa could be hospitable for alien life.

The Europa Clipper is now on its 1.8-billion mile, 5½-year journey to the solar system's largest planet. Its journey to Europa will not be direct. It will get a gravity assist by sling-shotting around Mars early next year, then will boomerang back around Earth in late 2026 before zooming toward Jupiter and the gas giant's icy, dynamic moon. The probe is scheduled to arrive in 2030 and gather data for more than four years.

Bernard and Neisha both grew up in Chula Vista (off of Orange Avenue) in the 1970's and 80's . They attended Rohr Elementary School together. In high school, Neisha transferred to the Chula Vista School for the Creative and Performing Arts while Bernard continued on to Castle Park. The two still saw each other, though, as Neisha drove Bernard to karate lessons on Saturdays. As lifelong family friends, their lives weaved in and out of one another's until they were tricked by Neisha's brother into a date. And, the rest is history! Now they have 4 kids (ages 12-24) and run their dance and music school together.

This concludes today's edition of the Jim Biddle News at Noon. Today brought to you by Neisha Hernandez and Neisha's Dance and Music Academy.



**MEETING HIGHLIGHTS—OCTOBER 18, 2024**



L-R: Bernard Hernandez shared photos and his experiences the past weekend at the District LEAD training event for 8th grade leaders. Risa Baron, Jorge Goytorua with winner Kathleen Carroll and Past President Mora.



L-R: This week's sponsor of the news Neisha Hernandez pictured with Ken Weimer, Mora de Murguia and Mike Green.



BEAUTIFY CHULA VISTA—CLEAN UP—OCT.19



L: President Jesse, Max Scrivens, Gary Bryant, Duane Buckingham, Kathleen & Joe Carroll. (Not pictured Carmen Sandoval);

Top: With CV-Eastlake club: Richard Arroyo, Max, Miguel Hernandez, President, others, Gary on bucket



Rotarians in Action: L-R President Jesse, Max Scrivens and Gary Bryant removing trash from the neighborhood near the Chula Vista DMV.



## COFFEE WITH THE BOSS



Rotary International President Stephanie Urchick was in town for the Escondido Club's Centennial Celebration. The Golden Triangle Club hosted a coffee visit with her early Monday morning. She provided candid responses to many questions. An excellent chance to meet fellow Rotarians. (Pictured with President Jesse).

### ELDER FRAUD: BE AWARE & REPORT SCAMS



Free information session with an FBI Intelligence Analyst for seniors, caregivers, and neighbors

**WEDNESDAY  
NOVEMBER 13  
AT 11:30 A.M.**

**Norman Park Senior Center  
270 F St, Chula Vista, CA 91910**



Seniors are increasingly targeted by scammers looking for financial gain. Learn about common elder fraud schemes, the signs and symptoms of elder fraud, and what law enforcement is doing to protect seniors and prosecute scammers. Find out what you can do to prevent falling victim to these scams and report instances of fraud to local law enforcement.

**REGISTER FOR FREE**  
[SDElderFraud.com](http://SDElderFraud.com)

This presentation is made possible by the FBI San Diego Elder Justice Task Force in partnership with the FBI San Diego Citizens Academy Alumni Association, AARP California, and the San Diego Seniors Community Foundation's Senior Center Coalition.



## SICK CALL



Chris Lewis recently spent five days in the hospital. He may be having a procedure in the next few days.

Please keep him in your thoughts and prayers.

Send notes or cards to:  
n2766 Degen Dr., Bonita 91902



**BRING GENTLY USED SHOES TO THE  
THREE CLUB EVENT THIS SATURDAY**

The flyer below is from the Chula Vista Sunrise Club that provides additional information on where the shoes are going.  
**It is led by the Hilltop High Interact Club!**

The flyer is for a 'Soles4Souls shoe drive' organized by the Hilltop High Interact Club. It features a green and blue color scheme. At the top left is the Hilltop High School Interact Club logo. The main text reads: 'SOLES4SOULS Turning shoes and clothing into opportunity. Join our Hilltop High Interact Club's Soles 4 Souls shoe drive. Donate your gently worn shoes, and make a difference in the life of a child! Bring your donations to our CVSR Meeting on Thursday, October 17. Soles4Souls creates sustainable jobs and provides relief through the distribution of shoes and clothing around the world.' There are two bullet points: 'Soles4Souls partners with schools across the U.S. to get shoes to children who are experiencing homelessness, eliminating a barrier to educational and extracurricular opportunities.' and 'Soles4Souls cares for our planet and for people by extending the life of shoes and clothing that might've otherwise been prematurely discarded.' Below this is a photo of children in a schoolyard. At the bottom, it says 'Thank you for helping us create opportunities for those in need! The shoes you collect are going to change lives!' and lists the organization's values: RELIEF, OPPORTUNITY, EVERYKID, and THEPLANET.

**SUPPORT JUST IN TIME FORMER FOSTER YOUTH**

Our Club is supporting a Mini-Food Drive to support Just In Time (JIT) (former foster youth) participants with food insecurity and/or experiencing homelessness.

We will be collecting food donations for the next two Fridays, with a specific focus on ready-to-make meals. This is a great opportunity to support youth and families served by JIT! Bob Silvas is lead.

**Items needed:**

- Ready-To-Eat Items (Protein Bars, Applesauce, Nut Butters, Jerky)
- Canned Goods (Vegetables, Soups, Pastas, Beans)
- Dry Goods (Rice, Pasta, Instant Noodles, Cereal)
- Cooking Essentials (Seasonings, Cooking Oils, Flour)



*Hello Fall!*

you are invited to a



*Rotary Friendship & Fellowship Evening*

Join us to celebrate and meet Rotarians from our three Rotary clubs!  
Enjoy delicious Italian food, appetizers, desserts, wine, beer and champagne!

Saturday, October 26th from 5:00PM to 9:30PM  
2017 Chardonnay Terrace  
Chula Vista, CA 91913

Come ready to mingle and experience the magic of Rotary friendships!

There will be a people scavenger hunt game from 6:00PM to 7:00PM  
with a bottle of Austin Hope Wine as the prize!

Please RSVP via text to Carmen Sandoval at (619) 948 1703  
or Lourdes Valdez at (619) 850 9871

We look forward to seeing you!



*This is going to be great fun.  
Sign up with Carmen*