



# ROTARY CLUB of La Jolla

## *News Bulletin*

02.21.25

**Our next Speaker on March 04, 2025: Helen V. Griffith, Ed.D., Superintendent, *An Update on the Preuss School at UCSD***



**Helen V. Griffith, Ed.D.** is the inaugural executive director of **The Preuss School UC San Diego**. Most recently Griffith was the founding executive director and CEO of e3 Civic High, a public charter high school located in the San Diego Central Public Library, a role she held since 2012. Griffith has over 25 years of experience as an educator and principal, specializing in leadership development, school transformation and creating equitable educational experiences for all scholars.

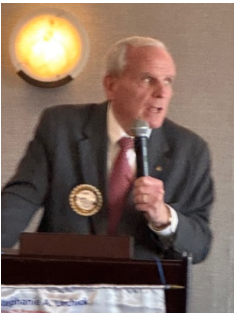
Prior to opening e3 Civic High, Griffith served as dean of students at Crawford High School, vice principal at Lincoln High School and founding principal of Millennial Tech Middle School.

Griffith earned a bachelor's degree in communication from **UC San Diego**, as well as a master's degree in educational technology and a doctorate degree in Educational Leadership from **San Diego State University**.  
***She is the only educator to have opened three new schools in the County of San Diego.***



**Please RSVP to Natasha Vossen's email re:  
our next luncheon on March 04, 2025,  
[nataschavossen@san.rr.com](mailto:nataschavossen@san.rr.com)**

## Hi-lights from last week's Meeting:



**President Bob Teaff** called the meeting to order at 12:30 p.m.



**Zeke Knight** led the club in the pledge of allegiance and as an invocation, read a portion of the St. Francis hymn below, that was part of the funeral ceremony for **Ron Spellman** last Friday:

*Make me a channel of your peace  
Where there's despair in life, let me bring hope  
Where there is darkness, only light  
And where there's sadness, ever joy.*

## Guests of Rotarians



**Dr. Jane Reldan** introduced her guest, **Abigail Kolko**. Abigail, a nurse practitioner, gave a summary of the work she had been doing recently in Nashville.

**Edna Pines** introduced her guest, **Meaghann Hogan**, who has recently moved to California from Dallas. Meaghann made some brief comments noting her interest in seeing all of the good that our Rotary Club has done.



## HAPPY BUCKS \$\$\$



**Chuck Dick** gave **\$50** in honor of his “being a better person for having known **Ron Spellman.**”

**Talyssa Davilla** gave **\$50** in honor of what she described as her happiness.



**Don Lincoln** gave **\$50** in honor of Duke University having won some basketball games.



**Sid Stutz** gave **\$30** in honor of his granddaughter turning 30 today and **\$20** in honor of **Zeke Knight**, whom he described as a Rotarian who is an advocate for having a “singing club.”





**Bill Boehn** gave **\$50** in honor of having been seated next to **Judy Collins** when he attended one of her concerts.

**Zeke Knight** introduced his Wife Ellen and offered **\$53.00** in **Happy Bucks** to celebrate their **53 years of marriage**.



## Announcements

**Midge Coburn** relayed her plans to meet with the new members of the Club to go over the “Passport to Rotary” brochure created for them as a guide to Rotary and the completion of the **Rotary Red Badge Program**.

## Community Service Update:

The meal packing project at **Torrey Pines Church** last Saturday was a big success. Seventeen volunteers from our club participated, including 6 from our **Interact** branch. Several other Rotary Clubs participated, as well members of the church. **30,000 meals** were packed by the volunteers, and it only took an hour and ½. Once packed they were taken by trucks to Los Angeles for distribution. A few of our 17 meal packing volunteers, Edna Pines and Laura Applegate not pictured, also participated.





**Cindy Goodman** reported that in about two weeks the **La Jolla Light** will run an article regarding the **Welcome to La Jolla sign**. She indicated that any members, and/or their businesses, who wish to make a contribution to the sign project, would be recognized in the article. She indicated that contributions can be made on-line or by credit card submitted to **Pat Stouffer**.

**Bob Teaff** announced that he had just received a Xmas card from the Rotary Club in Sasebo Japan.

**Midge Coburn** announced that **Penny Shurtleff** and her husband, **Gordon**, had come down with Covid. She suggested that Club members may wish to send a Get-Well email or text message to Penny.

## Last Week's Speaker—Dr. Kim Bell



**Russ King** introduced **Dr. Kim Bell**, a Doctor of Physical Therapy. Dr. Bell treats patients with dizziness and vertigo and is the author of a new book ***“Navigating the Healthcare System As a Dizzy Patient.”***

**Dr. Bell** spoke in detail about how to prevent falls as we age. She described falls as the number one cause of hip fractures. Dr. Bell indicated that among the causes of falls can be the side effects of medication, high or low blood pressure, alcoholism, problems with eyesight and diabetes. She encouraged the management of chronic health conditions and of exercise to maintain muscle strength, which is affected by aging and suggested ways in which we can make our homes safer. Dr. Bell provided flyers to the Club members which describe free wellness and

exercise programs to help people prevent falls.

Dr. Bell also spoke about vertigo, which she described as mostly spontaneous and with no known cause. Among her suggestions for possibly helping to prevent vertigo were vitamin supplements, stress management and preventing dehydration. Finally, she stressed the importance of maintaining strength, balance, endurance and flexibility.



If you or someone you love is suffering with dizziness, vertigo, or chronic imbalance, request a consultation with Dr. Bell here.

[:https://www.betterbalanceinlife.com/request-a-consultation/](https://www.betterbalanceinlife.com/request-a-consultation/)

Dr. Bell's book, "Navigating the Health Care System as a Dizzy Patient" is available for purchase on Amazon here: <https://amzn.to/3CtKkRt>

She wants to help you get your life back!

The meeting was adjourned at 1:30 p.m., by President Teaff.

## **Important Note:**

**There will be no meeting Next Tuesday February 25<sup>th</sup>. We will be Dark! Don't come, Stay Away!**

**Our Next Meeting Date will be March 4<sup>th</sup>.**

