



Chartered October 26, 1925
Wednesday 12:00 noon
La Mesa Community Center
4975 Memorial Drive
La Mesa, CA 91942

President Bonnie Welch
President-elect
Garbriella Misirlioglu
Past President
Becki Schwartz
Secretary Kathy Olsen
Treasurer Ryan Barnhill

Board Members

Directors

Dale Bailey
Marsha Darling
Mary Elington
Greg Erickson
Mike Fellows
Louise Herr-Marshall

Membership

Mark Matthews

Youth Service

Mark Matthews

Speaker Chair

Bill Ashman



THE MAGIC
OF ROTARY



The Tattler

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Limbs of Freedom



Herb Barrack, a certified Prosthetist Orthotist (CPO), graduate of Valhalla High School and the force behind the Limbs of Freedom organization.

Limbs of Freedom is a joint international project that began more than 20 years ago with the Calafia Rotary Club of Ensenada, Mexico and the Rotary Club of Coronado, USA, and in cooperation with the Mexican Government Family Health Group Rehabilitation Center in Ensenada. The Rotary Clubs support volunteer doctors and technicians who evaluate, fit, build, re-fit and adjust prosthetics for the indigent. Patients travel over 8 hours to get to these clinics for a life changing opportunity. They staff weekend clinics known as Limb Camps.

Herb joined with 2 UC San Diego engineers to develop a digital work flow to make prosthetics. The 3 D printing process begins with an off the shelf I Phone app to scan the patient's limb. The scans are used to build a digital model of the amputated limb and a compatible prosthesis. Then, using a 3D printer the team developed, the prosthesis is printed in just 12 hours and is 40% lighter than the traditional prosthesis. After the prosthesis is 3D-printed, the team returns to Mexico, where they fine-tune the fit.

Since 2022, 200 patient lives have been changed with 3 D printed legs. This group holds the patients on this one-of-a-kind process.

La Mesa Rotary Centennial Celebration



It's time to register for the Club's 100th Anniversary on **Saturday, October 18, 2025**. The event will occur on the Hornblower Harbor Cruise from 5:30 pm to 9 pm. Please use the QR code below to sign up.



Board Meeting

Bonnie Welch, LMR President, will be holding the first Board meeting for RY 2025-26 on Monday, July 7th. Bonnie will send a Zoom link next week.

Lunch Time Assignments

July 2, 2025

Greeter Ryan Barnsdale
Pledge Kathy Olsen
Thought Ron Morrell
4 Way Test Louise Herr-Marshall

July 9, 2025

Greeter Ron Morrell
Pledge Ryan Barnsdale
Thought Becki Schwartz
4 Way Test Marsha Darling

July 16, 2025

Greeter Dale Bailey
Pledge Ron Morrell
Thought Ryan Barnhill
4 Way Test Becki Schwartz

July 23, 2025

Greeter Mike Fellows
Pledge Dale Bailey
Thought Kathy Olsen
4 Way Test Ryan Barnhill

June Birthdays

6/16 Keith Dindinger
6/23 Don Jenkinson
6/29 Kathy Olsen

Upcoming Program

July 2, 2025



Mark Arapostathis, Mayor of La Mesa, will be our guest speaker on Wednesday, July 2nd. Plan to attend to get the latest scoop on what's happening in La Mesa.

Foundation Results Rotary Year 2024-25

Mike Fellows, LMR Foundation Chair, gave an end of the year update on the Foundation donations. We had 100% participation in Every Rotarian Every Year. Polio Plus donation exceeded the district goal for each club and Becki's goal for the Year. We collected \$3,027 for Polio Plus; the District goal was \$1,500 per club and Becki's goal was \$3,000.

Mike reminds us there are no losers when we're talking Rotary Foundation donations. The Del Mar Club sneaked in at the last minute and has first place per capita at \$2,758. We ended up in the top three at \$783.59 per capita.

District Governor Visit



Circle your calendar to be sure and attend Rotary on Wednesday, August 13th. Rotary District 5340 Governor Luis R. Carranza will be visiting our club. Luis was born in Tijuana, moved to San Diego at the age of seven and became a U.S. citizen. Luis was raised in the East County, graduated from Grossmont High School and was a volunteer (aka candy stripper) at Grossmont Hospital. Luis is a member of the Rancho Santa Fe Rotary Club.

Honored Guests

We were privileged to have Past District Governor Steve Brown and past LMR member and LMR President Dan Barrios visit us today. We were excited to visit with both friends today.