



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

Board Members

President Bonnie Welch
President-elect
Gabriella 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



Alzheimer's Disease - One Form of Dementia



Mandy Shefman, San Diego Walk4 ALZ, Walk Manager started her talk by telling us that dementia isn't the normal part of aging. While Alzheimer's, is one of five types of dementia, it is the most prevalent type and the one we hear the most about.

While there is no cure for Alzheimer's, there are treatments that can manage symptoms. Several new medications have shown to moderately slow cognitive and functional decline in early-stage cases of the disease.

La Mesa Rotary will be sponsoring a team at the Walk 4 ALZ again this year.
The walk will be at Liberty Station on October 4th at 8 AM.



Sundays at Six - Concert Series



Meet us at Harry Griffen Park on **Sunday, July 27th**, at **6 PM** for the last Concert in the Park. Bring your chair, drink and dinner if you want to hear the local band **Sonic Epidemic**.

Sonic Epidemic is a 12-piece band, inspired by legendary horn bands of the 70's bands like Tower of Power, Earth, Wind and Fire, Chicago, and Steely Dan.

Harry Griffen Park is located behind Grossmont High School at 9550 Mildren Street, La Mesa.

2025-26 CLUB PLANNING CALENDAR

July 2025

Maternal Child Health

7/16 Centennial Party Meeting – 11 AM

7/27 Club Social – Concert at Harry Griffen Park

6 PM, 9550 Mildren Street

7/30 Club Dark – No Meeting

August 2025

Membership & New Club Development

8/9 Padres vs. Boston (last Rotary game for yr)

8/13 District 5340 Governor Luis Carranza visit

8/13 Club photograph

100th Anniversary Meeting
Wednesday, July 16th, 11 AM
Prior to Regular Meeting

Lunch Time Assignments

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

August 6, 2025

Greeter Greg Erickson

Pledge Mike Fellows

Thought Dale Bailey

4 Way Test Kathy Olsen

Upcoming Programs

July 16, 2025

2025 RI Convention - Calgary

Becki Schwartz

July 23, 2025

YMCA Drowning Prevention -

LMPD Summer Camp

Greg Erickson

July 30, 2025

Dark - No Meeting

July Birthdays

7/28 Bill Ashman

7/30 Bonnie Welch

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.



Looking Ahead

We need a new photo of the club!! In honor of our Centennial Party, we want a photo for the booklet we're developing about the club's history. The last photo was taken 7 years ago.

We would like all members to attend the August 13th meeting during which the photograph will be taken. BTW, Luis Carranza, District 5340 Governor will be our guest speaker also on the 13th.

Please plan on attending this meeting for a great club photo.



Charitable Giving

The Charitable Giving Committee and the La Mesa Rotary Foundation has been thoughtfully working through the spring giving cycle requests.

Due to tighter donation levels, the following are approved for funding this cycle:

Organization	Amount
Urban Street Angels	\$ 500
Feeding the Flock	\$ 500
Cystic Fibrosis	\$ 500
GH Instrumental Program	\$ 500
Good Shepard Ministry	\$ 500
Julian Oaks Youth	\$ 500
La Mesa Parks & Rec	\$1000
Sports of Exceptional Athletes	\$1000
Alzheimer's Association	\$1000
Davis YMCA Drowning Prevention Program	\$1000
LMPD Summer Leadership Camp	\$1000

Community Projects

President Bonnie advised the members today that the Board made the decision to continue with the Bike Build project and the Fill-A-Bag at Thanksgiving. We're sorry to report that the cost of shipping and the backpacks themselves is cost prohibitive this year. Ryan advised us that the shipping cost alone would exceed \$1500 for 120 backpacks.

Club Dues

Quarterly dues will increase for all full members to \$330. The "dues only" and the "Rule of 85" will increase to \$72 per quarter. This increase is as a result of an increase of district and international dues, and increasing the weekly lunch charge by 50 cents to \$21.50. The bill will look as follows:

Club Dues - \$30.00

District Dues - \$13.00

International Dues - \$29.00

Weekly Meals - \$258 (\$21.50X12 mtgs)

Total - \$330.00

Dues Only Total \$72.00