

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



Jean Kalker and Lisa Montenko from the Cystic Fibrosis Association visited with us on Wednesday. Cystic fibrosis (CF) is a genetic disorder that affects the lungs and digestive system. Jean discussed current treatment regimens, prevalence of the disease and ongoing research. Treatment focuses on managing symptoms, improving lung function, and preventing complications. Jean discussed current treatment regimens, prevalence of the disease and ongoing research.

10% of cystic fibrosis patients don't respond to therapies because of their rare gene mutations. The Cystic Fibrosis Association is encouraged by the research with mRNA therapy. mRNA therapy is one way to deliver the correct genetic instructions to cells, which would allow them to make functional CFTR protein regardless of an individual's CF mutations.

Lisa gave a very moving talk on growing up in a Cystic Fibrosis household. Unfortunately, Lisa's younger sister has Cystic Fibrosis and is in the 10% with a rare mutation. Lisa explained the multiple challenges a CF patient experiences and how it impacts the entire family.

La Mesa Rotary Centennial Celebration



Party Time! Are you registered for the Centennial Celebration? The event will be held on **Saturday, October 18, 2025**, on the Hornblower Harbor

Cruise from 5:30 pm to 9 pm

Please use the QR code below to sign up.



October Birthdays

10/11 Ryan Barnhill

10/11 Louise Herr-Marshall

10/17 Mary Elington

10/31 Dr. Jay Thompson

Lunch Time Assignments

October 8, 2025

Greeter Marsha Starr

Pledge Martin Brickson

Thought Jim Kline

4 Way Test Scott Elam

October 15, 2025

Greeter Scott Elam

Pledge Marsha Starr

Thought Martin Brickson

4 Way Test Ron Morrell

October 22, 2025

Greeter Guy Elam

Pledge Scott Elam

Thought Marsha Starr

4 Way Test Martin Brickson

October 29, 2025

Dark - No Meeting

Upcoming Programs

10/8/2025

Kristen Iverson - Friends of the Library

10/15/2025

Roger Haines - Solar Cookers

100th Anniversary Meeting

Wednesday, October 15, 11 AM
Prior to Regular Meeting

Upcoming Community Projects



Bike Build will be held at 8 AM on Saturday, November 8th at Christian Brothers Restoration. The bikes will be given to second graders at La Pressa Elementary School on November 18th.

Please note this is a month earlier than usual. Due to the rising costs

and tariffs Mark secured the bikes earlier.

Christian Brothers Restoration is located at 10176 Riverford Road, Lakeside.



Urban Street Angels is a local program that helps homeless youth. The program offers a unique blend of supportive housing, on-the-job employment training, and holistic mental health services.

We will be assisting with providing 120 youth with a Thanksgiving and

Christmas meal. The Program will provide the turkey and ham; our part is to serve and provide the sides.

The Thanksgiving meal will be held on Monday, November 24th and the Christmas meal will be held on December 17th.

Marsha Starr will be coordinating this event. This may be early for some of us to think about the holidays, but this is to get it on your radar. More details to come later.

Walk 4 Alzheimer's



When: Saturday, October 4th

Time: 8 AM

Where: Liberty Station

Distance: Whatever you can manage
Course is 5 K or 2 laps

Ryan Barnhill, our captain, is organizing the La Mesa Rotary team. We will have two tents and breakfast for our walkers.

Register at:

<http://act.alz.org/goto/LaMesaRotary>

or use this QR code.



Camp Julian Oaks



Camp Julian Oaks will be holding their annual BBQ Fundraiser on October 25th at 11 AM. The BBQ will include a Hike-a-Thon as part of the event. See Becki Schwartz if you're interested in sponsoring a hiker.

Thousand Smiles - Looking for Volunteers



Thousand Smiles is in need of volunteers. Discover the incredible 40+ years mission that doctors, nurses, and Rotarians undertake to provide life-changing cleft palate, cleft lip and dental treatment to child in need in Mexico. These children with maxillofacial deformities receive the care they deserve, FREE OF CHARGE.

The next two scheduled trips are November 7th and 8th and February 6th and 7th.

FALL CHARITABLE GIVING CAMPAIGN - Deadline 10/31/2025

The Rotary Club of La Mesa, California, Foundation (the "Foundation") is proud to support deserving programs in need through its Charitable Giving Program. Through the generous contributions of community members and members of the La Mesa Rotary Club, the Foundation offers semi-annual donations following a review and approval process for each Charitable Giving Request submitted to the Foundation by the Rotary Club of La Mesa. The following are the Foundation's guidelines for Charitable Giving Requests. The Foundation reserves the right to waive, amend or supplement these guidelines at any time or as circumstances may require.

1. Charitable Giving Requests may be made be submitted by any person on behalf of a charitable organization qualified as a charitable entity under Section 501(c)(3) of the Internal Revenue Code.
2. Each Charitable Giving Request must be accompanied by a separate letter from a member of the La Mesa Rotary Club who shall serve as the sponsor for the Request. Each sponsor letter shall specify why the Foundation should consider the Request.

3. Each Charitable Giving Request shall specify how the charity will use the funds being requested.
4. The combined amount of Charitable Giving Requests submitted by any one charitable organization during each fiscal year (July 1 through June 30) shall not exceed the sum of \$1,000.00.
5. Each Charitable Giving Request must contain the organization's federal and state tax identification numbers.
6. Each organization must be able to attend a La Mesa Rotary Club meeting via a representative for the purpose of receiving the donation subject to the deadlines set forth below.
7. Charitable Giving Requests will be provided to the Foundation through the La Mesa Rotary Club.
8. The Foundation will duly consider Charitable Giving Requests recommended by the La Mesa Rotary Club. However, the Foundation reserves the right to increase, decrease, deny, approve, or place any limitations or restrictions on any Charitable Giving Request.

The La Mesa Rotary Foundation was created as an Internal Revenue Code Section 501(c)(3) Foundation to accept donations to support the work of the La Mesa Rotary Club. The La Mesa Rotary Club supports activities to benefit underprivileged, elderly, children, and world-wide projects. Evaluation of competing applications to determine which activities will be funded and the amounts shall be based on "impact": Relative Impact. Preference shall be given to activities that will be significantly impacted by the amount of the contribution. For example, a contribution of \$1,000 to an organization with a \$25,000 budget has more impact than one to an organization with a \$1,000,000 budget. Impact might, however, be assessed on specific projects within an organization.

Local Impact. Preference shall be given to projects that specifically benefit La Mesa and East San Diego County. Organizations that serve East County shall be given preference even if the organization is located elsewhere.

Member Impact. Preference shall be given to projects in which La Mesa Rotary Club members have invested substantial time and treasure. All submissions need to go to Kathy Olsen, Chair of the Community Giving Committee at kolsen@rcpblock.com by October 31, 2025.

Service Opportunities

Event	Date/Time	Location
Fall Charitable Giving Opens	October 1, 2025	
Walk for Alzheimers	October 4 th ; 8 AM	Liberty Station
Centennial Anniversary	October 18th; 6 PM	Hornblower Cruise
LEAD	October 11 th and 12 th	Camp Cuyamaca
Camp Julian Oaks Annual BBQ Fundraiser	October 25 th	Camp Julian Oaks, Julian
Fall Charitable Giving Closes	October 31, 2025	
Bike Build	November 8 th	Christian Brothers Restoration 10176 Riverford Road, Lakeside
Bike Give Away	November 18 th	La Pressa Elementary School
Thanksgiving Meal Servers	November 24 th	Urban Street Angels
Christmas Meal Servers	December 17 th	Urban Street Angels