



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

Greg Erickson

Youth Service

Mark Matthews

Speaker Chair

Bill Ashman



Jay Gleeson, an Eric Paredes Foundation volunteer, spoke to us today regarding their mission. Eric Paredes life was lost to an undetected heart condition at the age of fifteen. Eric was a healthy, happy, outgoing energetic young man with a passion for life. This tragic situation was the genesis of the Eric Paredes Foundation that performs heart screenings, places AED's, demonstrates CPR, implementing cardiac emergency response plans and advocates for new laws and better prevention.

The community screenings, focused on middle-school and high school students, screens for sudden cardiac arrest (SCA). SCA is caused by a malfunction in the heart's electrical system or structure. It can be caused by an abnormality you're born with or inherited, or it can develop as the child grows. The screening process includes health history, family history, EKG's, and Echo cardiograms. To date 45,000 children have been screened 700 were found to have cardiac abnormalities, and 300 are at risk for SCA.

The group holds 6 screenings each year throughout SD County. We can help by getting the word out to our families, friends, and neighbors. Registration is online at [www, EPsavealife.org](http://www.EPsavealife.org). The next screenings will be held on February 17, 2026, at Castle Park HS in Chula Vista and April 19, 2026, at Grossmont High School.



Lunch Time Assignments

December 24 & 31st

Club is Dark

January 7, 2026

Greeter Mary Elington
Pledge Bill Ashman
Thought Ryan Barnhill
4 Way Test Dr. Jay Thompson

January 14, 2026

Greeter Marsha Darling
Pledge Mary Elington
Thought Mike Fellows
4 Way Test Jim Kline

January 21, 2026

Greeter Ron Morrell
Pledge Marsha Darling
Thought Becki Schwartz
4 Way Test Mary Elington

January Birthdays

1/19 Martin Brickson
1/23 Steve Loser
1/30 Dale Bailey

Upcoming Programs

December 24, 2025

Club Dark - No Meeting

December 31, 2025

Club Dark - No Meeting

New Year Party



The holiday party will be a New Year Party this year. We will be holding the New Year Party at 5:30 PM on **Friday, January 9th**, at **RCP Offices**. Food will be catered by the Pizza Brothers again.



Santa took on an all-new role at La Mesa Rotary today, he showed up at the fine master. Hum, members aren't sure how they feel about this seemingly contradiction a week before Christmas.



Jay Gleeson is with President-elect Gabriela, Kathy Olsen, and Greg Erickson. La Mesa Rotary is proud to sponsor the Eric Parades Foundation as part of our Charitable Giving program.

Service Opportunities

Event	Date/Time	Location
Club is Dark	December 24 th	
Club is Dark	December 31 st	
New Year Party	January 9 th 5:30 PM	RCP Offices 8240 Broadway, Lemon Grove
High School Instrumental Contest	January 21 st	