



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

## Board Members

President Becki Schwartz  
President-elect  
Bonnie Welch  
Past President Jen Flynn  
Secretary Kathy Olsen  
Treasurer Ryan Barnhill

## Board Members Directors

Dale Bailey  
Marsha Darling  
Mary Elington  
Louise Herr-Marshall  
Gabiella Misirioglu  
Kimberly Schafer

## Membership

Mark Matthews

## Youth Service

Mark Matthews

## Speaker Chair

Bill Ashman



## The Ocean is in a State of Emergency



More than 11 million metric tons of plastic enter the ocean each year, harming marine species and fouling beaches and coastal waters around the world. Most of that waste is carried there by rivers, with the highest flows coming from Asia.

Carl Nettleton, of Open Oceans, told us today that Open Oceans Global aims to stop this stream of plastic from reaching the ocean. Showing the links between the rivers and plastic debris on beaches is a key first step.

Uncontained plastic from five countries contributes nearly 70% of river-borne plastic to the global ocean. Brazil, China, India, Indonesia, Malaysia, and Philippines. The Pasig River in the Philippines is the worst river for plastic pollution in the world. The Rotary Club of Manila partnered with the Department of Environment and Natural Resources to clean up the Pasig River by donating 395 floating trash barriers to prevent trash from flowing into the river. Nettleton pointed out the need to rethink our approach beginning with the supply chain because we cannot recycle our way out of this situation. If we stop producing plastic today the oceans will continue to have problems for decades.

## ADOPT A FAMILY OR CHILD PROJECT



We can't stop doing little things for others. Many times, those little things occupy the biggest part of their hearts.

This photo shows the generosity and kindness of our members who participated in the Adopt a Family Project. Additionally, there were numerous gift cards for those in need at Camp

Julian Oaks, Mt. Miguel HS and the family from the Grossmont Hospital Perinatal Clinic. Thank you all very much!!!

**Notify Becki no later than this Friday, December 13<sup>th</sup>, if you are bringing a guest to our Christmas luncheon next week.**

## Upcoming Programs

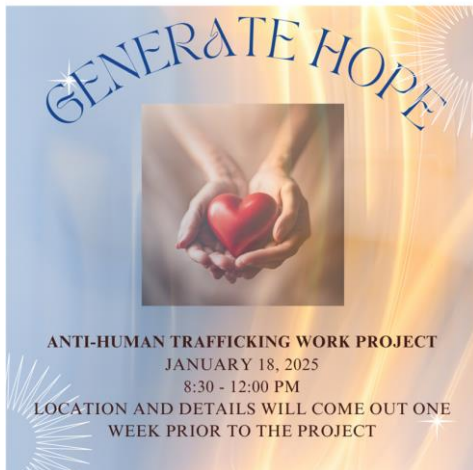
### Blanket & Coat Drive



We're holding a blanket and coat drive in conjunction with the homeless outreach lunch on 12/21. The Mt. Miguel Interact Club, La Mesa Rotary and Legacy Church are jointly participating in this homeless outreach project that will provide lunch, showers, haircuts, new clothes, blankets, etc.

**Please bring extra blankets and jackets that you are no longer using to the club on Wednesday, December 18<sup>th</sup>.**

### Generate Hope Service Opportunity



### December Birthdays

12/8 Becki Schwartz  
12/17 Maggie Eggers  
12/31 Jen Flynn

#### December 18, 2024

Victoria Floyd  
UCSD Alvarado Medical Center  
**Holiday Party**

#### January 8, 2024

Alan Turner  
Rotary Mental Health Initiative

### Lunch Time Service

**Please trade with someone if you are unable to perform your assignment.**

#### December 18, 2024

Greeter Sue Richardson  
Pledge Kathy Olsen  
Thought Ron Morrell  
4 Way Mark Matthews

#### January 8, 2025

Greeter Kim Schafer  
Pledge Sue Richardson  
Thought Kathy Olsen  
4 Way Ron Morrell

#### January 15, 2025

Greeter Marsha Starr  
Pledge Kim Schafer  
Thought Sue Richardson  
4 Way Kathy Olsen

## BIKES FOR KIDS



Mark your calendars, **Saturday December 14<sup>th</sup>, at 7 am**, we will gather at Christian Brothers Restoration to put bikes together. We need everyone that can participate to show up as we will be building **175+** bikes. We will be delivering 55 bikes to Avondale Elementary and Christian Brothers will be delivering 120 bikes to a Lakeside elementary students.

Bike Build at Christian Brothers Restoration, **10176 Riverford Rd, Lakeside.**

**If you have them, please bring the following tools with you: Box Cutter, Phillips Head Screw Driver, 15 mm crescent wrench, Allen wrenches, 13 mm socket wrench.**

Bikes will be delivered to Avondale Elementary on December 17<sup>th</sup> at 10:30. Avondale is located at **8401 Stansbury, Spring Valley.**

Join us for both of these fun events.



## Holiday Party



The 2024 Holiday Party will be held at our regular Wednesday, December 18<sup>th</sup> meeting. Please let President Becki know by this Friday (12/13) if you are bringing a guest so we have sufficient food. Wear your ugly Christmas sweater to the event.

## Wheelchair Project



In January we will have a speaker from a Los Angeles Wheelchair Foundation. The Foundation provides wheelchairs to folks in need. We would like to provide the gentleman a check for several wheelchairs. Please let Bill Ashman or Ryan Barnhill know if you can participate in this worthy cause. The cost of a wheelchair is \$100.

### December 2024

#### Disease Prevention & Treatment

12/11 100 Year Anniversary Committee Mtg 11 am  
12/21 Homeless Outreach Legacy Church & **Mount Miguel Interact @ La Mesa Village Church/Legacy Church**  
12/14 7 AM Build a Bike at Christian Brothers Restoration  
12/17 10:30 AM Bike Giveaway at Avondale School  
12/20 11:30 – 1:15 pm Distribute food to Seniors at the Adult Enrichment Center  
12/28 Rotary Rose Parade Float Decoration

### January 2025

#### Vocational Service

1/18 Generate Hope Event 8 am  
1/22 High School Music Contest  
1/25 Model UN Training  
Ivan Nolan Scholarship

## Volunteers Needed

5 or 6 volunteers are needed to carry boxes of food to senior's vehicles on Friday, December 20<sup>th</sup> from 11:30 to 1:15 pm. The event will be held at the Adult Enrichment Center located at 8450 La Mesa Blvd, La Mesa. Please Park at the Little League Field, 4900 Memorial Drive, La Mesa.

Please let Sue Richardson know that you can participate in this project.

## La Mesa Rotary 100 Anniversary Exhibit



The La Mesa Historical Center has done a nice job of honoring the last 100 years of our Rotary Club. The exhibit in the Mc Kinney House has a copy of the club charter, newspaper article announcing the first meeting and pictures of the club over the years.

**Stop in to look at the exhibit that will be up for a couple of months. It's worth the trip.**