

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



Mental Health Crisis How Can Rotary Help?



Alan Turner, District 5340 Chapter of the Rotary Action Group on Mental Health, spoke to us about the Mental Health Initiatives of Rotary District 5340 and Rotary International. Alan has done such an excellent job with our District's Action Group that he has been appointed to the Rotary International worldwide committee on Mental Health. Alan, a member of the Rancho Bernardo Rotary Club, is also the District's Foundation Grants Committee.

We learned that 1 in 5 U.S. adults experience mental illness each year.

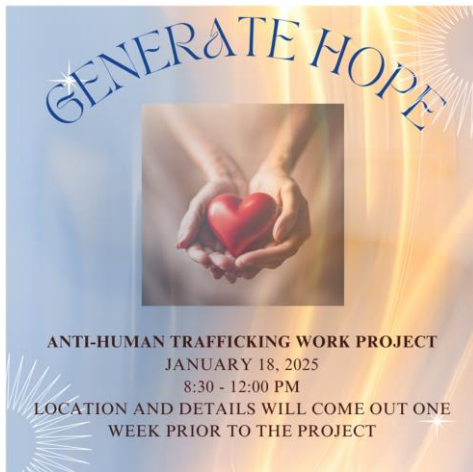
5,566,000 adults in California have a mental health condition (that's 6X the population of San Francisco). 396,000 Californians aged 12-17 have depression, 13% of these children have had serious suicide thoughts, and 64% of this group have depression and **did not** receive any care.

What can we as Rotarians do to help improve this situation?

- We need to engage, educate and raise awareness of the issue
- Work with clubs and community partners
- Join the NAMI Walk on April 26, 2025

You can familiarize yourself on the signs of suicide by participating in Rotary's Mental Health Initiatives seminar at Oasis, Grossmont Center. This seminar will be held on Tuesday, January 14, 2025|6:00 -7:30 pm.

Generate Hope Service Opportunity



Please let Bonnie know if you can participate in this Anti-Human Trafficking Work Project.

Bake Sale



Interact will be holding their annual bake sale at our meeting on Wednesday, January 15, 2025. The money raised during this event will help defray the cost of our Mexican house build on March 29th. Bring your appetite and checkbook to the meeting.

January Birthdays

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

Upcoming Programs

January 15, 2025

Jerry Troyer
Urban Street Angels

January 22, 2025

Nikki Shubert
Wheelchair Foundation

February 12, 2025

High School Music Contest

Lunch Time Service

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

January 15, 2025

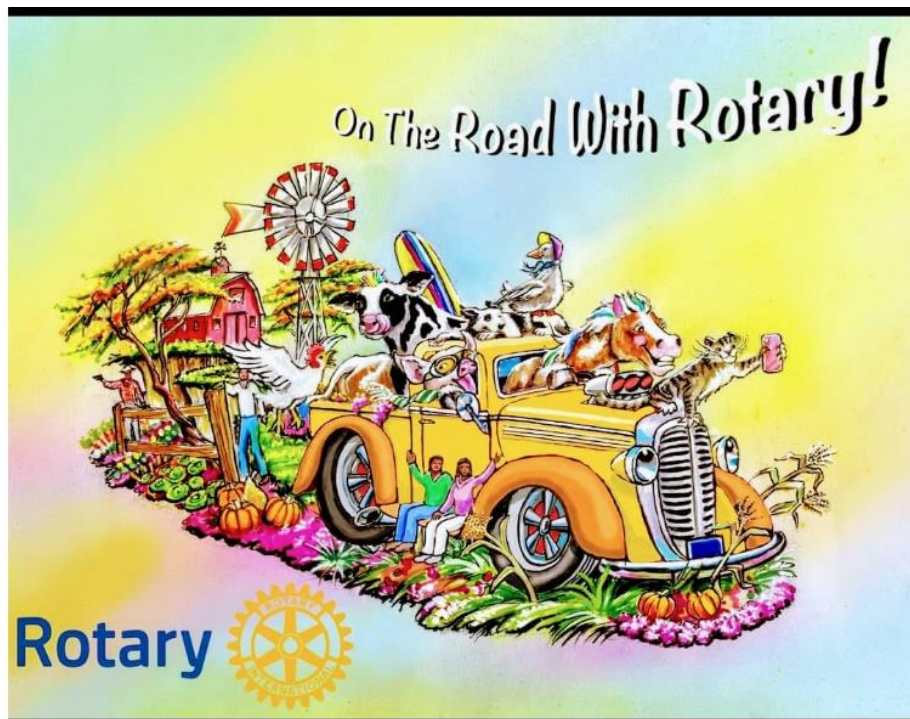
Greeter Marsha Starr
Pledge Kim Schafer
Thought Sue Richardson
4 Way Kathy Olsen

January 22, 2025

Greeter Dr. Jay
Pledge Marsha Starr
Thought Kim Schafer
4 Way Sue Richardson

January 29, 2025

Greeter Bonnie Welch
Pledge Dr. Jay
Thought Marsha Starr
4 Way Kim Schafer

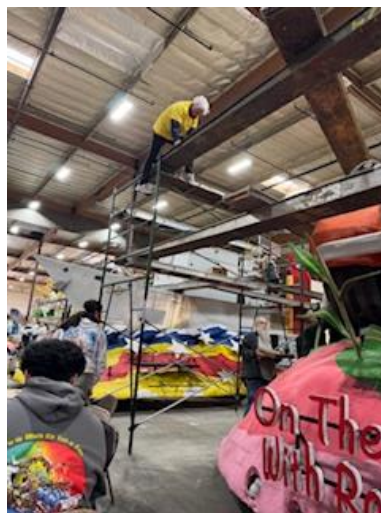


Farm animal friends hit the road for an adventure, riding a classic truck aboard this, the 45th entry from Rotary Rose Parad Float Committee. The truck's body was covered with yellow strawflower, black fine ground onion seed and shiny grey silverleaf; the front grill with shiny grey silverleaf, light grey inoculated raw clover seed, black fine ground onion seed; and the front headlights were made with shiny grey silverleaf, yellow fine-cut strawflower. The cat on the front, taking a selfie with a cell phone, was decorated by Bonnie.

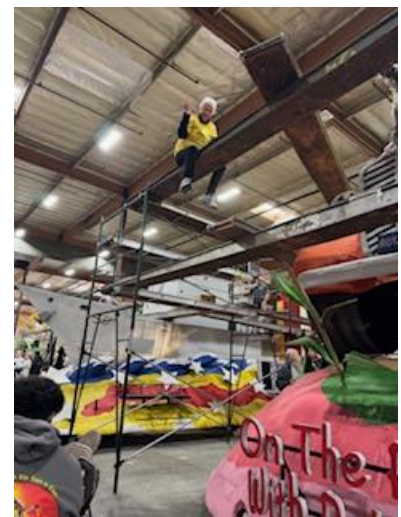
5 La Mesa Rotarians left La Mesa at 0500 on Saturday, December 28th, to drive up to Irwindale to decorate the 2025 Rotary Rose Float. Our driver Bonnie got us there safely and in good time.



Marsha Darling gluing silverleaf.



Bonnie Welch working her way up.



Bonnie Welch on her perch.



Becki working on door.



RI President Stephanie Urchick, Governor-elect Luis Carranza and the La Mesa Rotary team.



Finished 2025 float.



RI President Stephanie Urchick admiring Becki's wheel work.

January 2025

Vocational Service

- 1/15 Interact Bake Sale for Mexican House
- 1/18 Generate Hope Event 8 am
- 1/22 High School Music Contest
- 1/25 Model UN Training
- Ivan Nolan Scholarship Contest

February 2025

Peace Building and Conflict Prevention

- 2/12 4 Way Speech Contest
- 2/21 RYLA applications due
- 2/22 Interact Swap Meet Interact fundraiser