

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

## LM Rotary Learns About AEDs and Aquatics Programs

### 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

Greg Erickson

### Youth Service

Mark Matthews

### Speaker Chair

Bill Ashman



Brooke Walsh and Resusie Annie

**The Rotary Club of La Mesa** welcomed Brooke Walsh, Recreation **Supervisor for La Mesa Parks and Recreation**, as today's featured speaker. Walsh offered an upbeat and informative look at the city's recreation programs, facility improvements, and the department's ongoing commitment to community wellness.

A highlight of her presentation centered on the MacArthur Park Aquatics Center. The Aquatics Center programs cover all age groups and include Watercise/Water Walking, Youth Swin Team, Youth Water Polo, Adult/Teen Starfish Swimming and private swim lessons. The La Mesa Municipal pool also includes a spa which was recently renovated. The highlight of Walsh's presentation was a demonstration on the use of an Automated External Defibrillator (AED) a portable, user-friendly device that analyzes the heart's rhythm and delivers an electric shock to restore a normal heartbeat during sudden cardiac arrest (SCA).

We learned that California AB 310, Youth Sports Act, will require every youth sports league to have a CPR certified coach and an AED present starting in 2028. AEDs cost approximately \$1200 each, a small price with a big pay back if you are one of the 350,000 cardiac events that occur outside of a hospital each year.

If you find unresponsive and not breathing normally, call 911, begin CPR, and immediately use an AED if available. AEDs are designed to be used by lay people with minimal or no training. Speed is critical, each minute defibrillation is delayed the chance of survival drops 7 to 10%. Do NOT touch the individual while the device is analyzing or delivering a shock. AEDs are commonly found in airports, shopping centers, schools, sports center, etc.

## Upcoming Programs

**February 11, 2026**

4 Way Speech Contest

## Lunch Assignments

**February 11, 2026**

Greeter Greg Erickson

Pledge Mike Fellows

Thought Dale Bailey

4 Way Test Ron Morrell

**February 18, 2026**

Greeter Gabriella Misirlioglu

Pledge Greg Erickson

Thought Mike Fellows

4 Way Test Dale Bailey

**February 25, 2026**

Greeter Becki Schwartz

Pledge Gabriela Misirlioglu

Thought Greg Erickson

4 Way Test Mike Fellows

**Please exchange with someone if you're unable to perform your assignment.**

## Grossmont Interact



Grossmont Interact are gathering items to but Valentine swag bags together for 40 residents at the Westmont Retirement Center.

They would appreciate our assistance in gathering items for the bag. The following are suggestions: **candy, combs, toothbrushes, Band-Aids, safety pins, pens and Post- it notes.** **Please bring items to 2/22/26 meeting for Bill.**

## Spring Cleaning Early



February Service project is collecting and donating clean slightly used clothing items to **"Your Safe Place"**. Please bring your donations to one of the February meetings.

## District 5340 CLLS

What is CLLS, you ask.

**District Training Assembly (DTA)** has a new name- **Club Leadership Learning Seminar (CLLS)**. The event will be held at Liberty Station on **March 28<sup>th</sup> at 8 am**. The focus is on training, engaging and empowering club leaders.

To participate in the District Grant and Global Grants we need two club members to participate.

More information to follow.

## Little League Opening Day



**Mark your calendars!** Little League Opening Day will be Saturday, February 28<sup>th</sup>. The event will be held at Kuhlken Field.

**Watch the Tattler** for more information, this will be an all-hands-on deck event.

## Service Opportunities

Event	Date/Time	Location
4 Way Speech Contest	February 11, 2026	
Dostrict 5340 Foundation Dinner <b>Register on District Website</b>	February 12, 2026; 5- 9 PM	The Secret Garden 17025 Avenida De Acacias Rancho Santa Fe
Little League Opening Day	February 28, 2026	Kuhlken Field
District 5340 Intrumental Music Competition	March 15, 2026 1:30 - 4 PM	Coronado Library
Model UN	March 21 - 22, 2026	
Music Competition Next Level	March 23, 2026	Carlsbad Sea Retirement
Club Leadership Learning Seminar (CCLS) <b>Formerly DTA</b>	March 28, 2026	Liberty Station
Mexican House Build	TBD	
Camp Enterprise	April 23 - 25, 2026	
Epic Day of Service	May 16, 2026	TBD