

The Tattler

Rotary Club of La Mesa

Volume 2019-20, No.276 Meeting Date: 3/18/20

Wednesday's @ Noon, La Mesa Community Center,
4975 Memorial Drive, La Mesa CA 91942



www.LaMesaRotary.org

D I S T R I C T 5 3 4 0
Scott Elam

PETS Recap / Club Assembly



I was able to attend Southwest PETS in February. PETS is the President Elect Training Seminar. This was a great opportunity to be with all of the President-Elects from Rotary Zone 26/27 and our district as well as the leadership. Each meal had a Keynote Speaker and was very motivational!

Here I am at one of our district meetings with our District Governor-Elect Steve Weitzen and Rotary International President-Elect Holger Knaack from Germany!

I am looking forward to sharing more about this experience on Wednesday!

Lunch Time Service Opportunities

March 18, 2020

Greeter	Bonnie Welch
Songs	Robert Aguilar
Pledge	Maggie Eggers
Thought	Malcolm Graham
Raffle	Tim Miller
Fines	Courtney Patterson
4-Way	Alek Mikolajczak

March 25, 2020

Greeter	Dan Willis
Songs	Bill Ashman
Pledge	Guy Elam
Thought	Ben Hamilton
Raffle	Ron Morell
Fines	Larry Perna
4-Way	Nathan Oestreich

April 1, 2020

Greeter	Dani Womack
Songs	Mark Bagula
Pledge	Scott Elam
Thought	Louise Marshall
Raffle	Ron Morell
Fines	Sue Richardson
4-Way	Kathy Olsen

**If you cannot perform
your assigned duty,
please arrange for a
replacement.**

Important Dates:

- Mar 18th Scott Elam – PETS Recap – Club Assembly
- Mar 25th La Mesa Parks & Rec
- April 6th La Mesa Rotary Board of Directors meeting – 5:30 pm
- April 25th Rotarians At Work Day
- June 6th La Mesa Flag Day Parade
- June 27th Installation Dinner

Comedy Hypnosis Fundraiser has been postponed to August 15th!

HILARITY FOR CHARITY
La Mesa Rotary Club Invites You to Their

COMEDY HYPNOSIS SHOW

Where the Audience Members are the Stars of the Show

Featuring
Marsha Starr
THE HYPNO DIVA
★★★★★

See the Show or
BE the Show!

100% OF THE PROCEEDS FUND THE CHARITIES WE SUPPORT

SATURDAY APRIL 4TH To purchase tickets at
LaughLaMesa.org

7:00pm  La Mesa Community Center
4975 Memorial Drive, La Mesa

Tickets \$25

Bonus: The World's Most Awesome Silent Auction

If you have sold any tickets or advertising they will be honored for the August 15th date. Please put this date in your calendars.

As of now our District has cancelled the District Training Assembly, the District Conference & RYLA.

**LA MESA ROTARY
BOARD OF DIRECTORS 2020-21**

I would like to submit my proposed Board of Directors for 2020-21. This will be voted on at the March 18th Rotary meeting.

President: **Scott Elam**
2020-22 Board Directors
President Elect: **Robert Aguilar**
Mark Matthews
Past President: **Jack Dargitz**
Dale Bailey
Treasurer: **Ron Morell**
Becki Schwartz
Secretary: **Sue Richardson**
President Nominee: **Sue Richardson**

**Have you had enough with the COVID-19 news?
On the next page is an email I received. I
thought it was well written and timely. I
thought I would share it with you.**

Scott

Visit the La Mesa Rotary online! www.LaMesaRotary.org
Or find us on Facebook! Just search for La Mesa Rotary.

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**La Mesa Rotary
2019-20
Board of
Directors**

President:
Jack Dargitz

President Elect:
Scott Elam

Past President:
Dani Womack

Secretary:
Dolly Juntilla

Treasurer:
Ron Morell

2018-20 Directors:
Mark Matthews
Kathy Olsen
Marsha Starr

2019-21 Directors:
Courtney Patterson
Robert Aguilar
Sue Richardson

Foundation President:
Tim Miller

New Generations:
Rose Hurst

Speakers Chair:
Bill Ashman

Membership:
Courtney Patterson

Grants Chair:
Burnie Dunlap

Social Chair:
Marsha Darling
Dolly Juntilla

Life and Business have gotten really crazy in the last week and all signs point to the fact that it will only get more disruptive and crazier in the weeks ahead.

So, how are you going to handle it?

You are a Role Model in your community and your family.

You need to purposefully set your Emotional Tone and how you are going to deal with this.

You need to be hyper aware of what you are portraying to your customers, community and family. Here are some tips I picked up from Brendon Burchard and his High Performance Training.

Don't Complain – this is a GREAT Life Lesson. Make a conscious effort to not complain and bring down the morale of others. Every night before you go to bed score yourself on a scale of 1 to 10 (with 10 being you did not complain about anything all day long). Live with the intention of being positive and calm and focus on your opportunities for growth.

Don't Live in Fear – Gain perspective by looking on the other side of the fear of loss of health, fear of loss of income, fear of the loss of the comfort and certainty we are used to. Instead put your mental and emotional energy towards what you can GAIN now.

Now is the time to focus on your health – focus on eating a healthy diet, start exercising, start practicing meditation and/or focus on your faith. You can take control of these areas of your life and make great gains in them over these crazy weeks.

Now is the time to focus on your...

- Social Media with Live Video and Selling. Host Virtual Events.
- Clienteling with your Customers – call them, check on them. Offer to deliver and/or offer curbside pickup
- Sales Training – make every customer interaction count
- Review your expenses and look for ways to save (get quotes on insurance, phones, research all of your operational expenses and look for savings, make sure you are not paying for subscription services you are not using anymore)
- Update or Create a New Website And/Or Get your Online Store updated or created
- Think of all of the things that you have wanted to do in your business, but you have not had time to research or learn – Do Those Things Now. **Use this time to Study, Engage and Learn.**

Here is a Challenge Test for you to think about:

**How much learning have you done in the last 72 hours vs consuming?
Have you spent more time consuming the news than learning and planning for your future?**

Do not fall to your base impulses.

Take control of your emotions and keep a Long-Term View!