Mike Nowland
Creating Effective Business Leaders

Mike Nowland will present “Creating Effective Business Leaders”. Mike’s purpose in life is to help people be better, do better and live better! He’s a persuasive and empathetic communicator with nearly 25 years of senior level experience in Leadership Development and Human Resources with companies like ResMed, Kisco Senior Living and Marriott International. His passion is working with managers and senior leaders to improve their effectiveness personally, professionally and within their teams. He accomplishes this by coaching, training and inspiring business owners, CEOs, leaders and managers utilizing Crestcom International’s global leadership curriculum. Contact Mike at (619) 780-1260.
Important Dates:

- Apr 26th  Mike Nowland – Creating Effective Business Leaders
- Apr 29th  Rotarians at Work Day
- May 3rd   RYLA
- May 8th   Board of Directors Meeting
- May 10th  Lambert Awards
- May 20th  District 5340 Conference – Liberty Station
- May 24th  Club Assembly
- June 7th  International Grants

La Mesa Rotary 5k Family Day

Under overcast skies, La Mesa Rotary held its first annual 5K Family Fun Day. The event held at Lake Murray on April 8th, invited participants to stroll, run or walk along its banks. The funds raised from the race will go to support La Mesa Schools, Shelter to Soldier and other charities in the La Mesa and San Diego areas.

President Steve Looser thanked the attendees and with a loud horn off they went. The event provided t-shirts, lunch, games and crafts for the 50 who came out.

Past President Mark Matthews provided the games that included hay bale rolling, a very messy raw egg toss, an Easter egg hunt and other relay type races. When the children tired of the games, they could make crafts, blow bubbles or decorate sugar cookies.

Food was catered by the Born in Brooklyn food truck. Runners were able to choose from various meatball sandwiches, chicken tenders or other sandwiches topped off with tots or chips and a drink.

Event organizers state that the race raised close to $4,000 between generous sponsors and event participants and were pleased with the inaugural event. They learned how to improve the event for next time and look forward to planning the next 5K Family Fun Day.

Becki Schwartz
La Mesa Rotary 5k Family Day

Event organizers Becki Schwartz and Marsha Darling

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

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