

# The Tattler

## Rotary Club of La Mesa

Volume 2016-17, No.135

Meeting Date: 4/5/17

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



[www.LaMesaRotary.org](http://www.LaMesaRotary.org)

### Scripps Health & Planning Colleen Linnertz, LMFT, BCC

#### Advance Health Care Directive

Keeping your health care choices in your hands.

Have you thought about how you want to be cared for when you can't take care of yourself? Or who to entrust with your important health care decisions?

By establishing an advance directive, you can rest assured that you'll receive care on *your* terms because all the decisions made will be your own. Take the time now to [plan for your health care future](#).

#### What is an advance directive?

An advance directive is a legal document that allows you to make your health care preferences known in the event you can't make them for yourself. You can specify the type of medical treatment you want to receive, who can make health care decisions for you and express your end-of-life wishes. Advance directives also include a health care power of attorney and a living will. Be sure to share a completed copy of your directive with your primary care doctor.

**Secure the future of your health.**

#### Lunch Time Service Opportunities

##### April 5, 2017

Greeter	Jay Thompson
Songs	Bill Ashman
Pledge	Louise Herr-Marshall
Thought	Jenny Flynn
Raffle	Scott Kilian
Fines	Robert Aguilar
4-Way	Tim Miller

##### April 12, 2017

Greeter	Bonnie Welch
Songs	Mark Bagula
Pledge	Jack Dargitz
Thought	Maggie Eggers
Raffle	Jim Kline
Fines	Alek Mikolajczak
4-Way	Ron Morell

##### April 19, 2017

Greeter	Ray Aguilar, Jr.
Songs	Keith Dindinger
Pledge	Marsha Darling
Thought	Louise Marshall
Raffle	Dennis Knight
Fines	John Kalas
4-Way	Nathan Oestreich

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

## Important Dates:

- Apr 5<sup>th</sup> Scripps Health & Planning
- Apr 8 La Mesa Rotary Family Fun Run – Lake Murray Park
- Apr 8-9 RYLA Youth Conference
- Apr 12<sup>th</sup> La Mesa Mayor - Dr. Arapostathis
- Apr 19<sup>th</sup> Mike Nowland – Helping your staff develop!
- Apr 29<sup>th</sup> Rotarians at Work Day
- May 20<sup>th</sup> District 5340 Conference – Liberty Station

## 5k Family Day

*Come spend time with family and friends to support our local community and veterans*



**April 8, 2017**

**Lake Murray Park**

**8:00am-1:00pm**

**Registration 7:30-8:00am**

**Race 8:00-10:00am**

**Food truck, games 11:00-1:00pm**

**Register online at [www.LaMesaRotary.org](http://www.LaMesaRotary.org)**

The honor of your presence is requested at a  
very special dinner to recognize:

**Rotary International President's Representative**  
**Past General Secretary Rotary International**  
**The Rotary Foundation**

**Ed Futa**

**Friday, May 19, 2017 6- 9pm**

**\$90 per person Black Tie Optional**

**The Admiral Kidd Club**

**Naval Base Point Loma**

**San Diego, California**



*Sign Up at*

***FutaDinner.com***

Visit the La Mesa Rotary online! [www.LaMesaRotary.org](http://www.LaMesaRotary.org)  
Or find us on Facebook! Just search for La Mesa Rotary.

La Mesa Rotary TATTLER Editor: Scott Elam  
[elamshallmark@cox.net](mailto:elamshallmark@cox.net)

**La Mesa Rotary**  
**2016-17**  
**Board of**  
**Directors**

President:  
Steve Looser

President Elect:  
Jack Dargitz

Past President:  
Mark Matthews

Secretary:  
Scott Kilian

Treasurer:  
Ron Morell

2015-17 Directors:  
Rose Hurst  
Jay Thompson  
Becky Schwartz

2016-18 Directors:  
Dale Bailey  
Dani Womack  
Parker Cox

Foundation President:  
Guy Elam

New Generations:  
Rose Hurst

Speakers Chair:  
Bill Ashman

Membership:  
Jack Dargitz

Grants Chair:  
John Fistere

Social Chair:  
Marsha Darling  
Dolly Juntilla

**Rotary Club of La Mesa**



**5k Family Day**

**Participant Registration Form**

**Names:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Runner/Walker: (includes shirt and lunch) \$40**

**Race from home: (includes shirt) \$25**

**Shirt size:**      Child S M L      Adult S M L XL XXL

**Amount enclosed** \_\_\_\_\_

**Register/donations on-line at: [www.LaMesaRotary.org](http://www.LaMesaRotary.org)**

**Made payable to La Mesa Rotary**

**\*\*\* All donations are tax deductible**

*Chartered  
1925*